



FAN4FAMILIES NEWS

A Resource for
Kids + Families

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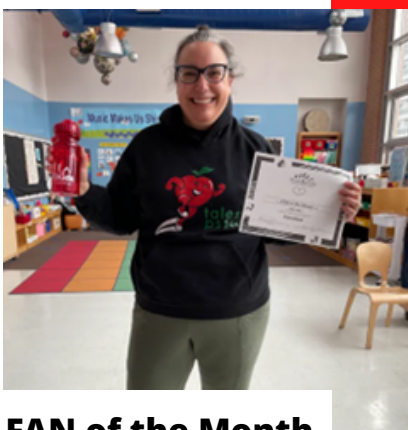
FAN 4 UPDATES

Summer Reset

This school year has swiftly come to an end and students can't wait for the freedom of summer and to not have to worry about school. While this can be an exciting time for children, sometimes the shift in routine can provide stress. During this time, it is important to focus on our students' mental health and well-being. Children thrive on consistency and routines can help them feel safe while building independence. Continuing to have set bedtimes, eating times and wake-up times along with other routines in your household, helps to maintain expectations.

Find different summer activities to get your child involved in such as camps, community programs and events. It is also important to have a good balance between activity and rest time. As much as we talk about adults doing self-care, it is also important to note that children need to practice self-care too. Here are some recommended ways parents and children can practice self-care.

- 1. Routine eating times:** practice eating mindfully and have a set time each day that breakfast, lunch, dinner and snacks are eaten. This ensures that everyone is eating and drinking enough throughout the day.
- 2. Physical activity:** Being active has so many positive outcomes. Boosting moods, maintaining a healthy weight and improving sleep are just a few.
- 3. Practice Mindfulness:** Together you can practice meditation or yoga. There are plenty of videos on youtube that you can do together as a family. All of these activities will allow you to focus your attention on being present in the moment.



FAN of the Month

Mrs. Kim, P.S. 244q, Queens

“ Mrs. Kim is the music teacher at P.S. 244q, The Active Learning Elementary School (TALES). She leads the students on how to become the best versions of themselves through music, movement, as well as FAN4Kids. Whenever classes have FAN4Kids, she starts by having the students sing a theme song she made up herself! (Check out our Instagram to hear it!) Mrs. Kim uses her incredible talents and passion for music to boost the wellbeing of the students. She has amazing, infectious, enthusiasm that excites students in every FAN4Kids lesson.

Mrs. Kim is a wonderful teacher to work with and constantly shows support for FAN4Kids by trying foods during our tastings, providing a unique learning medium for our lessons through music, and providing students new perspectives on food and nutrition. Her warm and caring energy from being a teacher, a mother, an artist, and a strong advocate for life and wellness is a crucial factor in the school every day. TALES and FAN4Kids is so lucky to have such a supportive teacher like Mrs. Kim! ”

FAMILY MENU

YUMMY BUDGET FRIENDLY

HEALTHY + QUICK

Fruit Salad with Honey Lime Dressing from www.joyousapron.com

Ingredients

- 1 ½ cups strawberries
- 3 peaches
- 1 ½ cup blueberries
- 2-3 kiwis
- 3 tbsp honey
- 2 tbsp lime juice

Instructions

- Cut up all fruit and add them to a large bowl
- Combine honey and lime to a small bowl and mix well
- Pour honey and lime dressing on top of the fruit in a big bowl and gently toss
- Enjoy!



FAN4Kids Question Corner

Which of the following fruit has a pit?

- a. Watermelon
- b. Apple
- c. Peach
- d. Strawberry

What does 'Eat the Rainbow' mean?

- a. Eating Skittles
- b. Eating Different Color Candy
- c. Eating Lots of Food
- d. Eating Fruits and Veggies of all Colors

Besides food, where else can we get Vitamin D?

- a. The Sun
- b. The Moon
- c. The Stars
- d. The Grass

Where are the 2 places you can check your pulse?

- a. Stomach and Back
- b. Ears and Nose
- c. Wrist and Neck
- d. Knees and Elbows

Q + A

Got a question, ask us:
info@fan4kids.org

Answers

- A. **Peach**: A pit is a big seed found in the middle of fruits. Other fruits that have pits are avocados, mangos and cherries.
- D. **Eating Fruits and Vegetables of all colors**: It is important for us to eat fruits and vegetables of all colors because each color helps our body in a different way. For example, yellow/orange helps with our vision and immune system.
- A. **The Sun**: Vitamin D is a special vitamin as it's the only one we can get from the sun in addition to food. This vitamin helps us have stronger bones and teeth.
- C. **Wrist and Neck**: By placing 2 fingers on your neck below your ear and on your wrist below your thumb, you will be able to feel a pulse that is your heart rate.

Robert L. Oliver Jr. - Founder + CEO
Karen Schocklin - Program Director
Erin Johnson - Development Director
Saraswathi Cuffey - Program Coordinator + Lead Instructor

Who is Team FAN4Kids?

Alice Luo - F4K Instructor
Madeline Peguero - F4K Instructor
Natalie Tee - F4K Instructor
Dainer Clark - F4K Instructor

Your most pressing wellness questions answered!

DEAR MS. FAN4KIDS



Dear Ms. FAN4Kids,

As summer break approaches I am starting to plan out the summer with my 1st and 3rd grader. I have a few weeks of summer camp scheduled, but the majority of the time they will be at home. Snacks are a big issue during the summer. I feel like I am constantly being asked for snacks. My 3rd grade girl is normally asking for some sort of chip and my 1st grader wants popsicles. I know these are not the healthiest options and want to do better this summer with other options available for my children to choose. Can you help me with ideas for providing healthier snacks? Help!

From,
Snack Mama

Dear Snack Mama,

You are not the only one trying to control the summer time raiding of kitchen cabinets for snacks. While it is ok to sometimes have popsicles or chips for a snack, we definitely don't want that to be the only items children are eating. Try to replace some of those chips and popsicles with fresh fruits, veggies, yogurt and other healthier options. Have fruits like apples, mandarins and bananas on the countertop for a quick and easy grab. In the fridge you can have baby carrots in proportioned snack bags as well as other prepped veggies like celery, bell peppers and broccoli. For the child that likes popsicles, try putting some low sugar yogurt in the freezer for a sweet and cold healthy snack that cools you down. Follow these tips and you can do this!

Sincerely, Ms. FAN4Kids



- Our FitKids love having fun at recess with their FAN4Kids instructors. Here, a 1st grader from PS 157 Bronx, NY is playing some hopscotch with an added activity at the end.
- Self-Portraits! FitKids at P.S. 157, Bronx, NY drew self-portraits but with a twist. They could only use fruits and vegetables. This second grader used strawberries as eyes and a watermelon for his mouth.
- Our last Virtual FAN4Family Dance Parties "Club F4K" is this month! Please join us as we promise your F4K instructors and DJ Keith will get you moving and having fun to some upbeat music! Families, students and staff are all welcome! The Theme is Celebrate Summer Fun! Join the party, Friday, June 17th @ 1 pm EST.
[Zoom Link - https://us02web.zoom.us/j/82461516800](https://us02web.zoom.us/j/82461516800)
[Meeting ID 824 6151 6800](https://us02web.zoom.us/j/82461516800)

EVENTS + TIDBITS

A special thanks to our partners and schools:

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P.S. 69, 157, 54, 382, 77, 161, 93, 35, 150, 207, 273, 298, 368, C.S. 134, TALES, Peshine Ave., Salome Urena

FAN4Kids is proud to inspire, educate and empower the children and families we work with. Proudly serving up to 3,000 kids per week with the help of our incredible partners and donors

Questions: karens@fan4kids.org



www.fan4kids.org

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