



# STILLWATER PUBLIC SCHOOLS FAMILY WELLNESS NEWSLETTER



It is our goal to support families in their overall wellness. Parents and families have a powerful role in supporting children's learning and emotional wellness at home and at school. When caregivers are engaged in their children's school activities, children get better grades, choose healthier behaviors, and have better social skills. We hope this wellness newsletter will give you additional tools you can use to support your child's wellness in school and at home.

## Summer Break Wellness Tips

Summer vacation for many include camps, trips and relaxing days at home. For some, however, the break from school creates a change in routine that can be difficult for children who may have trouble adjusting. The freedom that comes with summer can be overwhelming for some kids and teens, which can lead to increased anxiety and loneliness.

The school year provides young people with structure and an organized routine, where they encounter their teachers each day, as well as their friends and peers. The loss of this routine can be distressing and leave kids feeling disconnected. Summer can be an opportunity for parents and caregivers to spend time reconnecting with children. There are ways to keep children's mental health a priority during the summer, so they are refreshed and prepared with the school year begins again.

- **Create a Schedule Just for Them** - At the end of the school year, talk with your child and discuss what you each want to do during the break. What activities can you plan together?
- **Keep to a Routine** - Most children thrive with an established routine, which means consistency is a priority.
- **Encourage Mindfulness** - The practice of mindfulness is being aware of feelings and acknowledging your surroundings in the present, without judgement.
- **Balance is Key** - It is important that children have engaging activities to participate in during the summer, but it is also important that they have time to relax.

Adapted from Kids Minds Matter

An extensive list of summer opportunities provided by Stillwater Public Schools, Oklahoma State University, and various community organizations is available at [stillwaterschools.com/summer](https://www.stillwaterschools.com/summer)

Looking for something fun to do? Check out **Oklahoma's State Parks!** There is something for everyone and provides affordable summer fun!  
<https://www.travelok.com/state-parks>



# UPCOMING EVENTS:

HERE ARE JUST A FEW OF THE MANY FAMILY FRIENDLY EVENTS COMING UP. GO TO VISITSTILLWATEROK.COM FOR AN UP TO DATE EVENT CALENDAR.

**Cops and Bobbers at Boomer Lake Park** - Hey kids, come fish with local police officers and the Oklahoma Department of Wildlife Conservation. There will fishing clinics, food, fun and fishing. The Payne County Health Department will also be there with their first-aid van. The event will take place at Boomer Lake on the West side near the playground on Saturday, May 11 from 10am-Noon

"**Second Saturday**" at the **OSU Museum of Art** happens every month on – you guessed it – the second Saturday! Experience FREE hands-on art activities designed to be inclusive of visitors of all ages and abilities. Enjoy "Story Time in the Museum" hosted by the Stillwater Public Library at 11:30 AM and 1:00 PM.

Activities are come-and-go, 11 AM – 2 PM.

Note: All children must be accompanied by an adult.

**Summer on the Plaza** is a community-wide event which offers fun for community members and their families. This year there will be water slides, bounce houses, lawn games, a splash pad, the Stillwater Library Book Bus, and community resources! Come out for a great time every Thursday in June from 6-8 PM, on the Student Union Plaza.

**Dancing Turtle Arts Festival** June 6-9, 2024 at the Stillwater Community Center The Dancing Turtle Festival is an annual event hosted by the Stillwater Community Center Foundation in collaboration with the City of Stillwater and many others. It's an interactive, unique, multi-arts festival that includes visual arts, music, dance, theater, film, industrial arts, and kid's zone programs that is largely free of charge and open to the public. Go to [dancingturtleok.org](https://dancingturtleok.org) for a schedule of events and more information

**Stillwater Community Band Concerts** on May 30, June 6, June 20, and July 4. Be on the lookout for times and locations on their Facebook page - <https://www.facebook.com/stillwatercommunityband>

**Juneteenth Community Picnic** at Southern Woods Park on June 15, 2024 11am-1pm. Celebrate Juneteenth with live music, free hotdogs, food trucks, inflatable for kids, games, prizes, and more! This family-friendly, free community event has activities for all ages.

**Stillwater Public Library** will have a variety of summer programming for all ages. check their website for more information - [library.stillwater.org](https://library.stillwater.org)



## Have a great summer break!

Please remember that school starts on August 15th. Keep an eye out for information this summer about enrollment verification/schedule pickup.

