



Summer time  
and the livin' is easy



# Tonight

- physical activities
- health and nutrition
- emotional well-being
  - alone
  - with others
- (summer) homework ?
- upcoming events





# Physical activities



# Health and nutrition



## KIDS FOOD CRITIC ACTIVITY

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.

DRAW FOOD HERE!

Visual Appeal	1 ○	2 ○	3 ○	4 ○	5 ○	_____
Smell	1 ○	2 ○	3 ○	4 ○	5 ○	_____
Taste	1 ○	2 ○	3 ○	4 ○	5 ○	_____
Texture	1 ○	2 ○	3 ○	4 ○	5 ○	_____

TOTAL: \_\_\_\_\_

**TOTAL SCORE**

\_\_\_\_\_

○ 😐

○ 😊

○ 😄

Serve it again?

YES NO



### FOR EXTRA FUN:

- Have kids choose and prepare foods and have friends, siblings, or parents sample and rate them.
- Present 3 new recipes to sample and compare them.

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USDA is an equal opportunity provider and employer.





# Emotional well-being







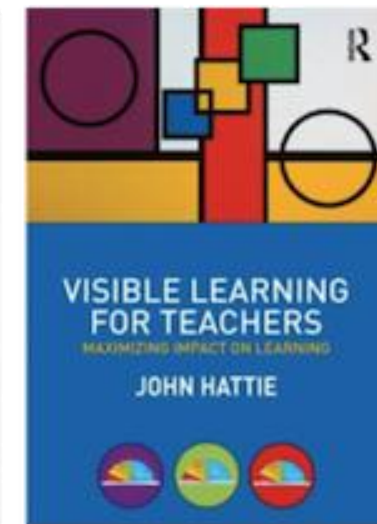




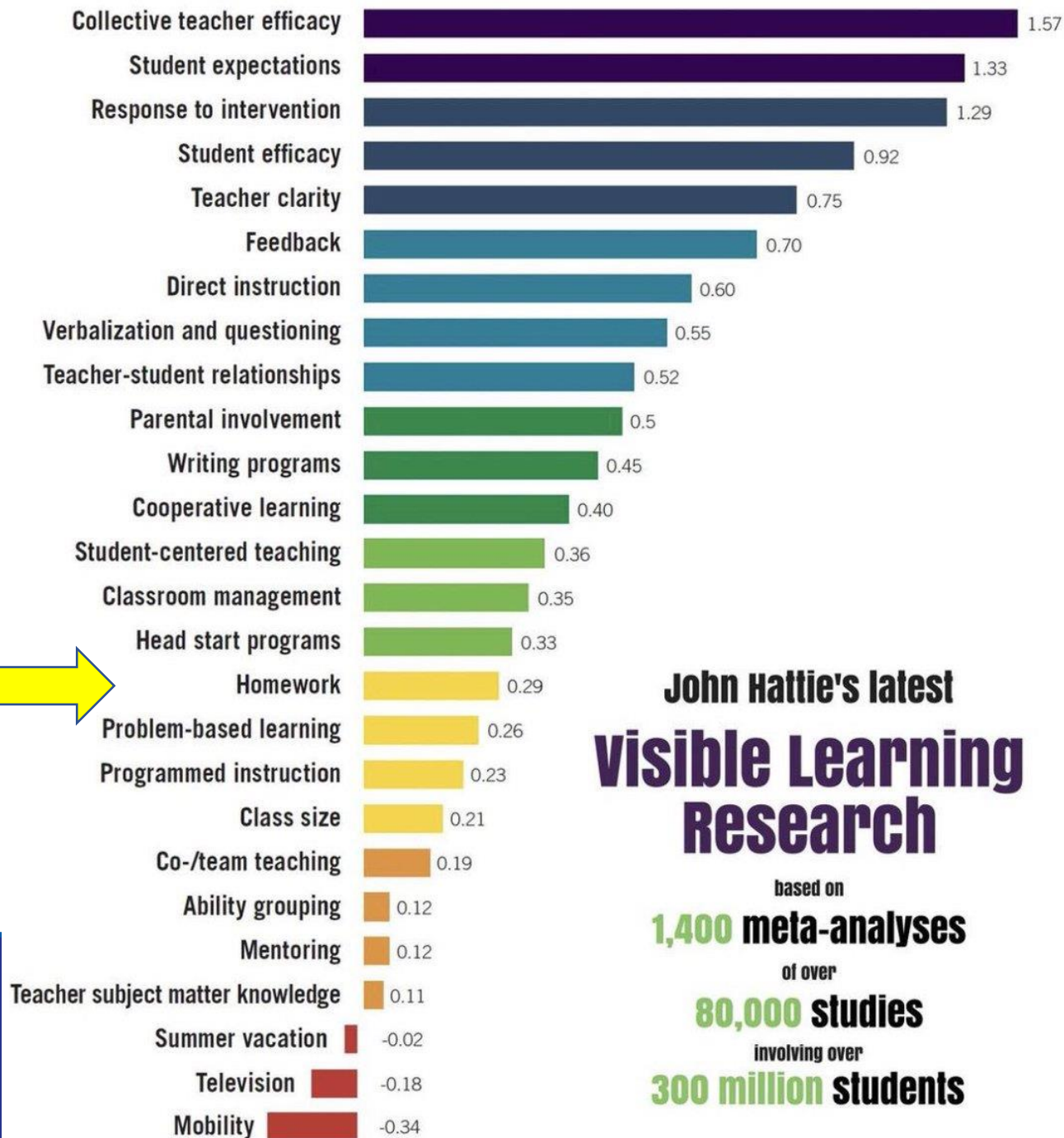












## John Hattie's latest Visible Learning Research

based on  
**1,400 meta-analyses**  
of over  
**80,000 studies**  
involving over  
**300 million students**

“Homework in primary school has an effect of **around zero**. In high school it’s larger. (...) Which is why we need to get it right. Not why we need to get rid of it. It’s one of those lower hanging fruit that we should be looking in our primary schools to say, “Is it really making a difference?” If you try and get rid of homework in primary schools many parents judge the quality of the school by the presence of homework. So, don’t get rid of it. Treat the zero as saying, “It’s probably not making much of a difference but let’s improve it”. Certainly I think we get over obsessed with homework. Five to ten minutes has the same effect of one hour to two hours. The worst thing you can do with homework is give kids projects. The best thing you can do is to reinforce something you’ve already learnt.”









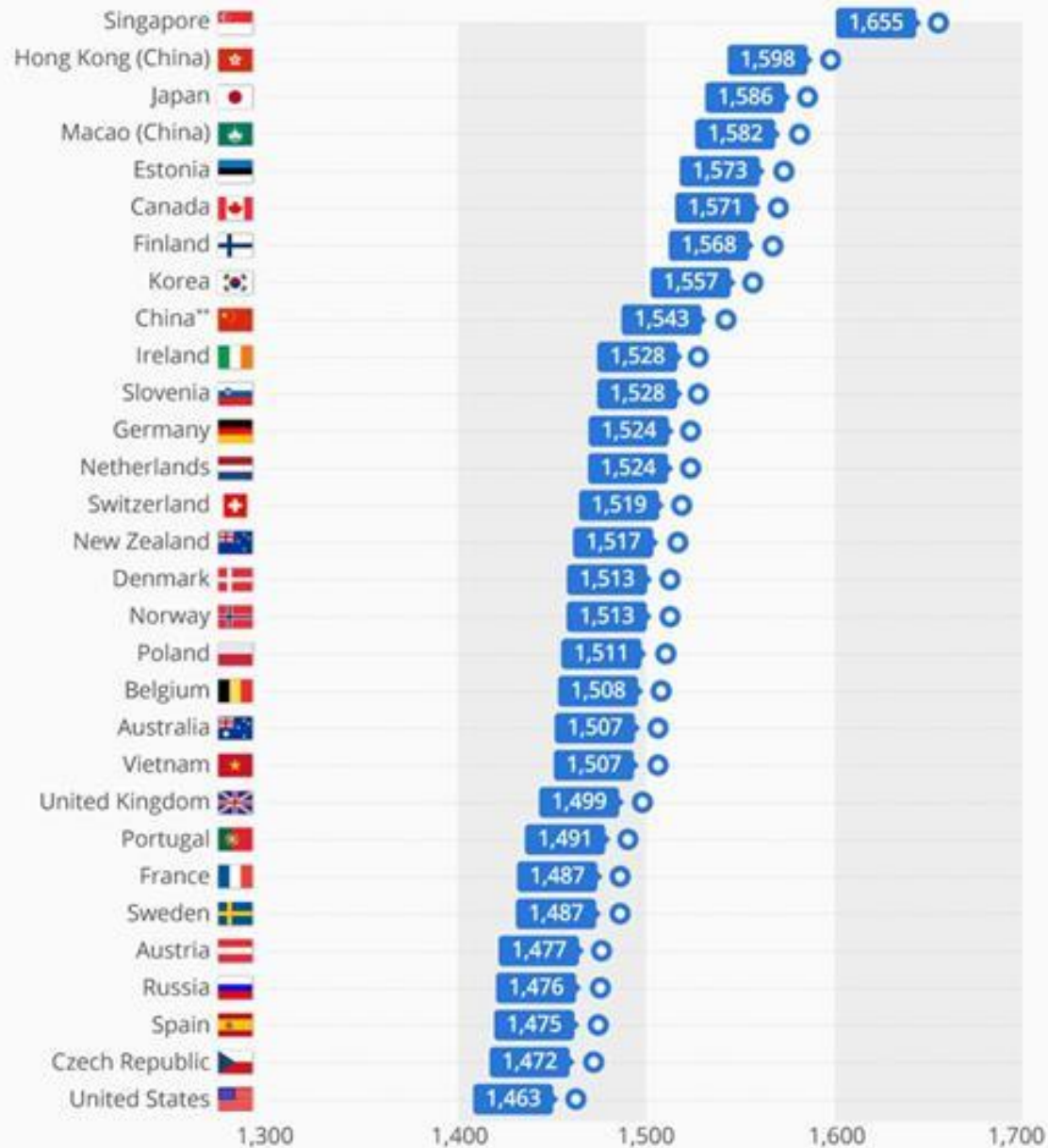






## OECD PISA: The Top Rated Countries/Regions 2016

Sum of mean science, reading and mathematics scores from the OECD PISA Results 2015\*



\* PISA = Programme for International Student Assessment  
 \*\* Beijing, Shanghai, Jiangsu, Guangdong  
 @StatistaCharts Source: OECD

statista

Overall ranking	Country	Mental well-being	Physical health	Skills
1	Netherlands	1	9	3
2	Denmark	5	4	7
3	Norway	11	8	1
4	Switzerland	13	3	12
5	Finland	12	6	9
6	Spain	3	23	4
7	France	7	18	5
8	Belgium	17	7	8
9	Slovenia	23	11	2
10	Sweden	22	5	14
11	Croatia	10	25	10
12	Ireland	26	17	6
13	Luxembourg	19	2	28
14	Germany	16	10	21
15	Hungary	15	21	13
16	Austria	21	12	17
17	Portugal	6	26	20
18	Cyprus	2	29	24
19	Italy	9	31	15
20	Japan	37	1	27
21	Republic of Korea	34	13	11
22	Czech Republic	24	14	22
23	Estonia	33	15	16
24	Iceland	20	16	34
25	Romania	4	34	30





# Set screen limits





**Play is often talked about as if it  
were a relief from serious learning.**

**But for children, play is serious  
learning.**

**Play is really  
the work of  
childhood.**



*Fred Rogers*

**“The simplest toys allow for the highest creativity”**







# Let kids get bored









# PPC open meeting to present survey results 30-6





# Additional PPC meeting 5th of July





[https://www.playworks.org/game-library/?page=1&per\\_page=9&orderby=name&order=ASC&post\\_type=game&game-tags\[\]=350](https://www.playworks.org/game-library/?page=1&per_page=9&orderby=name&order=ASC&post_type=game&game-tags[]=350)  
<https://www.pyfpstore.org/pages/pyfpathome> (USA challenge)  
<https://health.gov/moveyourway/get-kids-active>  
<https://www.youtube.com/watch?v=99Grz6zrzil>  
<https://www.childrenandnature.org/resources/family-nature-club-toolkit/>  
<https://www.nutrition.gov/topics/nutrition-life-stage/children/kids-corner>  
<https://www.cdc.gov/healthyschools/bam/mobileapp.html>  
<https://www.nutrition.gov/recipes/search?f%5B0%5D=category%3AKid-Friendly&node=3423>  
[https://myplate-prod.azureedge.us/sites/default/files/2020-12/Food\\_Critic\\_508.pdf](https://myplate-prod.azureedge.us/sites/default/files/2020-12/Food_Critic_508.pdf)  
[https://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html#tricks](https://www.cdc.gov/healthyweight/healthy_eating/drinks.html#tricks)  
<https://youtu.be/ZNLqpRmMGT4> (tips for healthy breakfast and introducing new foods)  
<https://www.edutopia.org/social-emotional-learning-parent-resources>  
<https://theartofeducation.edu/2020/10/27/50-activities-that-support-social-emotional-learning/>  
<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>