Ideas for Summer Fun in L.A. with the Family!

With another school year rapidly coming to an end, it’s time to start making plans for family summer fun! Here are some ideas, many of which use public transportation.

1) Grand Park's Playground and Splash Pad [http://grandparkla.org/](http://grandparkla.org/) (Metro Red or Purple Line)
2) California Science Center [https://californiasciencecenter.org/](https://californiasciencecenter.org/) (Metro Expo Line)
3) Santa Monica beaches and the famous Santa Monica Pier [http://santamonicapier.org/](http://santamonicapier.org/) (Metro Expo Line)
4) Griffith Park and the Observatory [http://griffithobservatory.org/](http://griffithobservatory.org/). This is also a great spot to see fireworks from all over the city on the 4th of July! (Metro Red Line and Griffith Observatory Shuttle)
5) Los Angeles Public Library [http://www.lapl.org/whats-on](http://www.lapl.org/whats-on). Find out what’s happening at your local library branch. All branches offer special summer reading programs for kids.

**Conservatory of Fine Arts Showcase**

Talented students from across the District wowed audiences May 6th at the 36th Annual Gifted/Talented Programs Conservatory of Fine Arts Final Showcase events. More than 300 student artists displayed their best artwork, hosted for the first time in the Fine Arts Gallery at CSULA. Nine graduating seniors, many of whom have participated in the Conservatory for eight or more years, were awarded art scholarships to continue their studies at college. More than 225 student performers took to the stage in 25 short acts at Esteban Torres High School to demonstrate their talents in dance, drama, and vocal music. Six graduating seniors were able to culminate their 10 years in the program with solos and lead roles. The Conservatory looks forward to starting its 37th season this fall.

Applications for interested students can be found on [https://apply.lausd.net](https://apply.lausd.net) starting June 1, 2017.
Glenfeliz Blvd. Elementary School was recently designated as a Schools for Advanced Studies (SAS) demonstration site for exemplary GATE implementation. Their instructional program is guided by the themes “Farm to Table Gardening and Culinary Arts.” This unique program is designed to give students the opportunity to learn core curriculum subjects like science, math and language arts through gardening and cooking, while also emphasizing environmental science and community outreach.

On Earth Day in April, Glenfeliz students shared with parents and the community their passion and skill for gardening and culinary arts at the Annual Friday Night in the Garden event. Student docents conducted garden tours of the seasonal produce growing in the farm and gave horticulture advice. Meanwhile, the Advanced Skills culinary class created tasting samples of spiced toasted pita chips and cilantro hummus with fresh vegetable garnish and chocolate banana bites with mascarpone cheese. Over 300 people attended the celebration of a year of students’ growth and learning!

**Kid’s Corner: Word Play!**

**Fun with Palindromes**

Like “a Toyota” or “Civic,” I’m just as good in reverse. What am I? A palindrome! Palindromes are words, phrases, or sentences that read the same backward or forward. Here are some fun palindrome riddles:

1. What verb becomes a palindrome when viewed upside down and backwards?
2. What time of day, when written in capital letters, is the same forwards, backwards, and upside down?

**More palindrome words:**

- Dad
- Madam
- Rotator
- Did
- Mom
- Sagas
- Gag
- Pop
- Racecar
- Sees
- Kayak
- Radar

**Funny palindrome phrases:**

- Ma handed Edna ham
- Yo banana boy
- Never odd or even
- No lemons no melon
- Too bad I hid a boot
- Was it a car or a cat I saw

**Can you make up your own palindrome?**

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**Family Screen Tips**

The special attraction this year at our parent meetings and Annual Parent Conference was the documentary SCREENAGERS: Growing Up in the Digital Age. Here are some highlights from the Screenagers website [https://www.screenagersmovie.com/](https://www.screenagersmovie.com/) to keep in mind as you start your summer vacation.

1) Start Tech Talk Tuesdays this summer when you aren’t as rushed to get homework and projects completed. If you sign up for the Tech Talk Tuesday Pledge on the website, you will receive an email each Tuesday with conversation starters about social media, research, tech tips and much more to incite a dynamic conversation with your kids or students.

2) Think about keeping phones and other devices out of your kid’s bedrooms during sleep time. Check out these research links from the website:

- **Sleep and Screens: Get an Alarm Clock**, by Delaney Ruston, MD
- **Sleep Duration, Restfulness and Screens in the Sleep Environment**, by the American Academy of Pediatrics.
- **Sleeping with a Smartphone**, Wendy Sue Swanson, MD at Seattle Children’s Hospital and Clinical Instructor in the Department of Pediatrics at the University of Washington.