A Second Opinion Publication

SCHOOL'S OUT

Parent's guide to summer camp, day activities, classes, and events from sun up to sun down!

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2025 SUMMER READING PROGRAM | JUNE 9 - JULY 26

- Sign up for the summer reading program starts June 2nd.
- Open to all children 11 years and younger (students entering grade 6 and younger).
- Join in on weekly story time sessions, LEGO club, reading with a local therapy dog, school age book club, family evening entertainment, children's movies, chess club, and more..
- The library welcomes children of all abilities and all programs are FREE of charge.
- Contact the library for more information on the **Children's Summer Reading Program**, the **Teen Program** (students entering grades 7-12), or the **Adult Reading Program**.

MONDAY EVENING 6:30 P.M. ENTERTAINMENT LINE-UP:

- June 9 Kevin's Juggling and Balloons Family Show
- June 16 The Magic of Isaiah (La Crosse Magician)
- June 23 Kenny Ahern's To LAUGH is TO LIVE! Family Show (La Crosse Entertainer)
- **June 30** Tom Pease (Renowned Children's Music Entertainer)
- July 7 Mark Hayward's Family Show: Yo-Yos, Tricks and Comedy
- July 14 Snake Rattle and Roll- Educational Reptile Program
- July 21 Kids Got Talent Show

IDLIC LIBRARY

1303 Lynn Avenue | Altoona, Wl 715-839-5029 altoonapl@altoonapubliclibrary.org www.altoonapubliclibrary.org

Hours: M-Th 9am-8pm; Fri 9am-6pm; Sat 9am-5pm; Closed Sundays



School's Out, Now What? Summer Guide



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School Is Out: Grandparents Can Share Time and Build Memories by Sandra Anderson, RM, CHT, L.U.T.

It's April and most working parents (and grandparents), know school will be out soon. The kids are excited for summer vacation to start, but it is scramble-time for grownups. You have to find out what the kids need and want, create a plan with flexibility, and finalize details for a new summer schedule of activities and responsibilities.

For parents, summer breaks can be overwhelming. They need to find new childcare arrangements

and age-appropriate activities that fit the budget. It is the perfect time for parents to ask grandparents or extended family if they are willing and able to spend some time with their children during summer vacation. For parents, this can reduce childcare cost, as well as create time to decompress and relax knowing the kids are with family.

Summer breaks have their own unique challenges for working parents and grandparents. Here are few ways everyone can cope:

*Good communication

Good communication with partners, grandparents, and other caregivers is important. Knowing who is needed when and where ahead of time lessens last-minute scrambling and reduces stress. Use shared calendars or apps for better coordination and reminders. Teamwork makes the dream work.

*Use local summer programs

There are many opportunities for assistance with childcare: extended after school activities at daycare, rock climbing camp, robot camp, VBS, Groupons to museums or the zoo, or even trading caregiving with other parents.

And grandparents, if you're spending time with children this summer, remember: you're cool! Focus on quality time as even the smallest bits of time are special. Celebrate the small victories, laugh and giggle, and try new experiences.

*Tailor activities to fit age and interests

Suggestions: backyard adventures, water balloon fights, nature hikes, a day at the beach, picnics, library program, theme movie nights with snacks. Additionally, kids also do like to give back to others, so try volunteering



together at an age-appropriate opportunity such as a local animal shelter, the zoo, or food bank.

*Be open to teaching/learning something new

Grandparents and extended family are rich resources of life skills and loving guidance as kids navigate different life stages. Parents, if there is a message you have been trying to get through to your kids, talk it over with Grandpa and or Grandma and ask for their assistance while you are away.

Grandkids can teach grandparents, too. Kids often are great resources on new technology and perspectives that keep themselves engaged and mentally stimulated while inspiring grandparents to try new things.

*Be flexible

Things won't always go as planned. Smile. Build in buffer time and you will be ready to adjust your schedule as needed and don't forget backup activities for rainy days.

*When in need, ask

Don't hesitate to reach out to family, friends, or support groups when you need help. Sharing your needs gives others a chance to care for and help you.

*Self-care is a need

In the chaos, make your well-being a priority. In order to avoid burnout, make time for exercise, relaxation, mindfulness, and activities that rejuvenate you.

Summer break can be overwhelming, but with planning, good communication and teamwork, working parents, grandparents, extended family and caregivers can navigate it with success. Remember, it's okay to ask for help and support.

When kids spend time with grandparents and extended family, any time is a win-win opportunity. It benefits all generations, strengthening family connections in many ways, and creates life long memories.

Sandi Anderson R.M., CHT, L.U.T Grandmother, Life & Spiritual coach/Midwife to the soul, Healer. She lives in the Chippewa Valley, working with individuals across the country on their life's journey to hear their soul, heal, and navigate through transitions.



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SKOUT ORGANICS Organic Kids Bars - Parents,

rejoice! You've found the perfect snack to feed your little Skouts. With 7 or less ingredients that you can pronounce, their Kids Bars are great for school, summer camp, and everything in between! **skoutorganic.com**

COOPER STREET SNACKS

Granola Bakes - Peanut-free, tree nut-free, dairy-free, and soy-free, certified as whole grain, and low sodium. Whether you're enjoying a quick snack at home, packing lunchboxes, or fueling up for outdoor adventures, these are a delicious and nutritious snack for every occasion. cooperstreet.com

DAILY CRUNCH

Sprouted Nut Snacks - They put raw nuts through our signature 4-day process, which results in sprouted + dehydrated nuts that are more nutrient dense, easier to digest, and crunchier than raw or roasted nuts. They flavor their snacks with real ingredients. Sprout their day right! dailycrunchsnacks.com

ASHAPOPS

Popped Water Lily Seeds - a delicious plant-based puffed snack. They're a superfood with light and crunchy puff texture. AshaPops are handmade & dry roasted. At 120 Calories per bag, it's the perfect summer snack! **ashapops.com**



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(715) 877-2212 www.beavercreekreserve.org

School's Out, Now What? Summer Guide

Jesus took the little children in His arms, laid His hands on them, and blessed them. - Mark 10:16 SUMMER VACATION

CHOOSE WHICH WEEK WORKS FOR YOU:

SCHO

SESSION 1: JUNE 23-27 -OR-SESSION 2: AUGUST 4-8

FREE FOR KIDS AGES 3-14 Held at Messiah Lutheran Church in Eau Claire

.....

MESSIAH SCHOOL IS NOW ACCEPTING ENROLLMENTS FOR FALL 2025!

PREK THROUGH GRADE 8



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WHY CHOOSE US?

- CHRIST CENTERED
- BIBLE-BASED
 - NO TUITION



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GOING TO THE BATHROOM AND AFTER COUGHING OR SNEEZING.





School's Out, Now What? Summer Guide

The Benefits of Summer Camp

by Amy Peterson-Foss, YMCA of the Chippewa Valley

Summer camps offer crucial benefits for childcare, fostering independence, social skills, and personal growth, while also providing opportunities for learning, exploration, and physical activity in a supportive and engaging environment.

Developmental Benefits

- Independence and Self-Reliance: Camps provide a structured environment where children can make decisions, manage their daily routines, and learn to be self-sufficient, which fosters independence.
- **Social Skills and Friendships:** Camps encourage interaction with peers from diverse backgrounds, promoting social skills like communication, teamwork, and conflict resolution, while also facilitating the formation of lasting friendships.
- **Emotional Intelligence:** Camp experiences can help children navigate challenges, develop resilience, and build self-esteem, contributing to their overall emotional development.
- **Cognitive Development:** Camps offer structured activities that stimulate learning, problem-solving, and critical thinking, helping to prevent "summer slide" and enhance cognitive skills.
- Physical Activity and Healthy Habits: Camps incorporate outdoor activities, sports, and games, promoting physical activity and encouraging healthy habits.
- **Exploring Interests and Skills:** Camps provide opportunities for children to try new activities, explore different interests, and develop new skills in a fun and supportive environment.
- **Character Building:** Camps emphasize values like respect, responsibility, and teamwork, contributing to the development of positive character traits.
- Resilience and Adaptability: Camp challenges and experiences help children develop resilience, learn to overcome obstacles, and adapt to new situations.
- Sense of Community and Belonging: Camps foster a sense of community and belonging, where children feel accepted and supported, creating positive memories and lasting connections.











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Summer Learning Challenge June 9 - August 2

Challenge Sheets for all ages available to pick up or print starting June 9th. Earn prizes as you read, create, and explore this summer!

Summer Family Storytimes

Tuesdays at 10:30am at Riverfront Park (weather site at CFPL) Starts June 10th

> Wednesdays at 9:30am at CFPL Starts June 11th

Check our website for more details on: Events with Booker the Bookbike Weekly Drop-in Activities Collaborative Art Workshop Teen Comic Club Musical Performers Bruce the Bug Guy Movies and Popcorn Dog Man Party Irvine Park Storywalk and more!!!

Chippewa Falls Public Library 105 W Central St. Chippewa Falls, WI 715-723-1146 chippewafallslibrary.org

Caring for your grandchild?

It's one of your great joys, but it can also be one of your biggest stressors.

The physical and financial demands of caring for a grandchild can be challenging – especially if you've become the main caregiver.

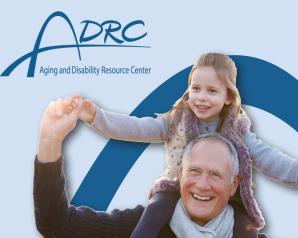
There's help for you!

Grandparenting and Kinship Care Resources: https://gwaar.org/api/cms/viewFile/id/2006511

For further assistance, please contact:

Chippewa County 715-726-7777 or adrc@chippewacountywi.gov Eau Claire County 715-839-4735 or adrc@eauclairecounty.gov Dunn County

715-232-4006 or adrc@co.dunn.wi.us



AUGUST 1-3, 2025



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