



The Oberle Update

Summer, Summer, Summer Time!

Summer can be a difficult time for many teens and parents as routines change and structures soften. The hope is that by the time kids reach their teen years, they will be more capable of managing their time, but many will need a loose outline of daily expectations. It is completely reasonable to expect that your teen ventures into the working world or volunteers his time on a part-time basis. Below is an example of a scheduled summer day for your teen:

9:00am- Out of bed, breakfast, shower, dress, etc.

10:30am- Chore time

11:30am- Free time at home

1pm- Attend part-time job or volunteer position

4pm- Free time at home

5:30pm- Dinner with family

6:30pm- Free time to socialize with peers

10pm weekdays- Curfew

Again, these are just examples of structured and balanced summer schedules. The key point is that many parents find that it creates more stress for the whole family when kids are over-booked. When there is too much on a child's plate, it will likely result in resistance and power struggles. Build in free time to the schedule in amounts that will give your child time to slow down, relax, or accept a last minute invitation to spend time with a friend. You may have to experiment with how much free time will be the right amount—because having too much or too little both carry problems. Ultimately, making the transition into summer vacation can be a smooth and pleasant one if you take the needs of your family into consideration and come up with a game plan. Having structure in the summer can also help kids make a more seamless transition back into school come fall. They will already be accustomed to meeting the demands of a schedule (and getting up in the morning), whereas if no summer structure was in place, the school routine could be a shock to their systems once the new semester rolls around again.

Counseling Corner

See below for a list of some summer activities here in the Fredericksburg Area:

1. Our local libraries: Each branch offers programs for children and adults. Contact librarypoint.org
2. Local churches: Check the Free Lance Star for listings of Vacation Bible School offered at various times throughout the summer.
3. Virginia State Parks: offer nature programs, events, and activities for the entire family. Contact virginiastateparks.gov
4. "Pick Your Own" Farms- farms and orchards in Virginia where you can "pick your own" fruits and vegetables. Contact www.pickyourown.org/VA.htm
5. AMF Bowling-offers bowling leagues and clubs. Free bowling for kids (15 and under) all summer long. Must pay for shoes. www.amf.com
6. Liberty Lanes- offers summer specials. Libertycenterva.com
7. Regal Movies- \$1 movies on Tuesday and Wednesday. 540-786-7796
8. Marquee Southpoint-offers summer movie specials. 540-710-0401

This Month in American History

- June 1st - Comic "Superman" is first published (1938)
- June 2nd - Congress grants US citizenship to people of American Indian descent (1924)
- June 3rd - Astronaut Edward White became the first American to walk in space (1965)
- June 4th - Henry Ford made successful test run with his horseless carriage in Detroit (1896)
- June 5th - Senator Robert F. Kennedy was shot and mortally wounded in Los Angeles (1968)
- June 6th - D-Day invasion is launched in Normandy, France (1944)
- June 7th - The "United Colonies" makes a name change and become the United States (1775)
- June 9th - Disney's Donald Duck makes his debut (1934)
- June 10th - Benjamin Franklin flies a kite in a lightning storm and discovers electricity (1752)
- June 11th - Alabama Governor George Wallace blocks black students from entering the University of Alabama (1963)
- June 12th - Virginia's colonial legislature became first to adopt a Bill of Rights (1776)
- June 13th - Thurgood Marshall became the first black justice on the United States Supreme Court (1967)
- June 14th - The Stars & Stripes was adopted as the American Flag (1777)
- June 15th - Secretary of War Stanton establishes Arlington National Cemetery (1864)
- June 16th - Mark Twain's "Tom Sawyer" published (1876)
- June 17th - Amelia Earhart becomes first woman to fly across the Atlantic Ocean (1928)
- June 18th - Astronaut Sally K. Ride, became America's first woman in space (1983)
- June 21st - Cyrus McCormick patents the reaping machine (1834)
- June 22nd - President Nixon signed a measure lowering the voting age to 18 (1970)
- June 23rd - US Secret Service is created (1860)
- June 24th - The National Minimum Wage law was enacted (1938)
- June 25th - Virginia entered the Union as the 10th state (1788)
- June 26th - The Korean War ended (1953)
- June 27th - Helen Keller, was born in Tuscumbia, Alabama (1880)
- June 28th - Labor Day was established as a federal holiday (1894)
- June 29th - Patrick Henry was made the governor of Virginia (1776)
- June 30th - Margaret Mitchell's novel "Gone with the Wind" was published (1936)

Word of the Month: PERSEVERANCE

June Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Adobo Glass Noodles Luuu Salad	2 Macaroni & Cheese Spinach	3 Pizza Carrots Marble Swirl Cake
6 Cheesebrgr Corn Chowder	7 Chicken Parmesan Pasta Spirals Peas	8 Hot Dogs French Fries Chili	9 Italian Hoagie Potato Chips Celery Spears	10 Panna Cotta Pizza Antipasto Salad
13 Meatball Sub Potato Chips Zucchini	14 Jamaican Chicken Rice & Beans Plantains	15 Turkey BLT Popcorn	16 Ham Sub Lettuce Tomato Pickle	17 Pizza Veggies Brownie

Reminders to Students:

1. Enjoy your summer!
2. Be safe!
3. Remember and use all the skills you have learned!
4. Wear sunscreen when outdoors!
5. Wear sunglasses and a hat when in the sun!
6. Get outside and play☺
7. Give your social media accounts a rest.
8. Drink plenty of water.
9. Reconnect with old friends.
10. Read a good book.
11. Try something new!
12. Stick to a schedule.
13. Take time to smell the roses.
14. Help your parents around the house.
15. Work on a puzzle.
16. Go camping!
17. Go to sleep at a reasonable hour!
18. Get a summer job!
19. Save your money.
20. Enjoy your summer☺

Reminders to Parents:

1. Please complete and return a new enrollment packet prior to the start of the new school year. These will be mailed home over the summer break.
2. Extended School Year (ESY) is an extension of the school year that supports students with emerging skill sets or those who would regress without this support. ESY begins June 20 and concludes July 15. These dates are a change from the original schedule!
3. School resumes August 22, 2016.

Important Dates:

June 1: Clubs
June 2: Reward Day- Yearbook Signing Party
June 3: 2nd Annual Golf Tournament
June 10: Graduation @ 1:00pm
June 16: Student Showcase 4-7pm
June 16-17: Exams/Early Dismissal
June 17: Last Day of School
June 20-July 15: Extended School Year
June 24: Report Cards

Bulldog Barks

Happy Birthday!!!

Bobby -- June 4

Jake D.—June 6

Nicole—June 7

Lee G. - June 8

Ryan - June 8

Hannah - June 12

Nigel - June 13

Chris J. - June 17

Congratulations to the following students for their recognition at the Student Awards and Senior Recognition Ceremony on Wednesday, May 25:

History Award- Hannah

Math Award- Libby

English Award- Jabrell

Science Award- Hannah

Art Award- Chris F.

Culinary Arts Award- Josh C.

Small Engine Award- Sam

Bike Repair Award- Josh L.

PE/Health Award- Libby & Bobby

Education for Employment Award- Dante & Jabrell

Most Improved Award- Owen

Citizenship Award- Jeremy S

Student of the Year Award- Libby

. These students worked tirelessly throughout the year and should be proud of themselves! Job well done!

Visit us online: www.eri-va.com

HOME OF THE BULLDOGS