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SAN BERNARDINO SCHOOLS SUGGEST FUN SUMMER ACTIVITIES THAT KEEP THE BRAIN AND BODY IN SHAPE

School is out and summer is coming. It's a great time to shift gears from learning in the classroom to learning out in the community.

“District schools are not the only places for children to keep their brains and bodies active. Summer vacation and weekends are great times to explore places in the community where children and families can learn and have fun together,” San Bernardino City Unified School District Chief Academic Officer **Dr. Eliseo Dávalos** said.

Below are four ways families can stay safe and mentally engaged during the summer.

1. **Read:** Everyone loves prizes, making the Summer Reading Game a perfect way to motivate reluctant readers. Most local libraries are participating in some form of the Summer Reading Game during June and July. Children, teens, and adults can earn prizes ranging from bookmarks to an e-reader depending on your age and the number of books you read. For details, call the Highland Sam J. Racadio Library and Learning Center at (909) 425-4700 or the San Bernardino Public Library at (909) 381-8201.
2. **Play Safe:** Physical activity is important for good health and academic success. San Bernardino Community Centers provide supervised activities for children and teens, including youth sports, teen fitness, Hip Hop dance, and more. Call the Parks, Recreation, & Community Services department at (909) 384-5233 for more information.

3. **Meet New People:** Interacting with new people is a great way to improve communication skills. Teens and adults can enjoy free clubs and activities at their local library. The San Bernardino library sponsors an anime club and Family Game Night once a month, as well as free movies and other events. For specific dates and times, visit www.sbpl.org or call (909) 381-8235. The Highland library sponsors a reading group the second and fourth Wednesday of the month at 4 p.m. Call (909) 425-4700 for details.

4. **Soak Up Some Art and Culture:** Art and cultural studies are important for a well-rounded education. The Robert and Frances Fullerton Museum of Art (RAFFMA) on the campus of California State University, San Bernardino features rotating exhibits of both ancient and modern art. General admission is free, but parking is \$5 per vehicle. For details on specific exhibits, visit <http://raffma.csusb.edu>.

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