



The Family Learning Connection

Uniting Families, Educators, & the Community

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ENSURING NO CHILD GOES HUNGRY THIS SUMMER: FREE MEALS FOR TEXAS CHILDREN

As summer approaches, Texas children should look forward to spending quality time with friends and family, not worrying about having enough food to eat. Texas Agriculture Commissioner, Sid Miller, is proud to collaborate with nonprofit organizations to provide free meals for children when school cafeterias close. From June 1 to August 30, kids 18 and younger can receive healthy meals through the U.S. Department of Agriculture's Summer Meal Programs, available at schools, churches, food banks, and other community organizations.

Families can easily find nearby meal sites by:

- Visiting SummerFood.org
- Calling 211 to speak with an operator

It's important to check these resources regularly for updated dates and times. Some rural areas offer multi-day meal bundles for families who have difficulty attending a site daily.

While over 3 million Texas students are served by the National School Lunch Program during the school year, fewer children take part in the Summer Meal Programs. Commissioner Miller encourages Texas families to use these available tools to ensure their children have access to meals this summer, so they can return to school healthy, energized, and ready to learn.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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A FRESHMAN'S GUIDE TO COLLEGE PREPARATION



As your child begins high school, it's a great time to start thinking about college preparation. Early planning sets them up for success and makes applications smoother. Keep in mind that once your student enters a post-secondary institution, they are considered an adult, and the school won't share their information with you without permission. To support their freshman year and independence, consider these steps:

Summer Before Freshman Year:

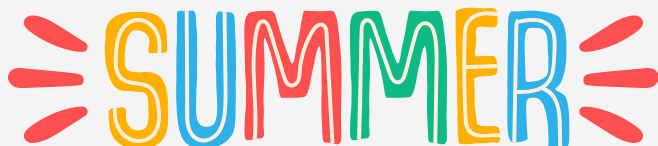
- Help Organize Their Schedule: Encourage using a planner or digital tool to track assignments and events.
- Meet with the Guidance Counselor: Help your child build a relationship with their counselor early to discuss academic goals and college planning.

Throughout Freshman Year:

- Encourage Strong Academics: Support good grades and honors courses if they align with your child's strengths and interests.
- Explore Extracurricular Activities: Help them find clubs, sports, or volunteer opportunities to boost personal growth and college applications.
- Develop Good Study Habits: Guide them in building a consistent study routine. Time management and study skills are key to success.

By staying engaged in your child's high school experience and supporting their growth, you'll help set them on the path to college readiness. Early planning makes all the difference! Read more here:

<http://r16.us/FreshGuide>



KEEP YOUR FAMILY SAFE IN THE SUN

Sunny days are perfect for outdoor fun, but it's crucial to protect your family from harmful ultraviolet (UV) rays. The American Academy of Pediatrics offers these guidelines to help prevent sunburn:

- Dress Smart: Choose cool, comfortable clothing that covers the body, such as lightweight cotton pants and long-sleeved shirts. Opt for fabrics with a tight weave or those labeled with an Ultraviolet Protection Factor (UPF). A hat with a 3-inch brim can shield the face, ears, and neck.
- Time It Right: Limit sun exposure between 10:00 a.m. and 4:00 p.m., when UV rays are strongest. Seek shade whenever possible during these peak hours.
- Eye Protection: Ensure everyone wears sunglasses with at least 99% UV protection. Look for youth-sized options for children.
- Apply Sunscreen: Use a broad-spectrum sunscreen with an SPF of at least 15. Apply it to all exposed skin, even on cloudy days, and reapply every two hours or after swimming and sweating. For babies under 6 months, keep them out of direct sunlight and use minimal sunscreen on small areas if necessary.

By following these steps, you can enjoy sunny days while keeping your family safe from sunburn and long-term skin damage. You can read more here: <http://r16.us/sunsafer>

KEEP YOUR FAMILY SAFE IN THE WATER



[Click here to read more about Alive Solutions' research on safe swimsuit colors](#)

Follow for more great information:



NURTURING LIFELONG READERS

Fostering a love for reading is key to your child's growth. Here are age-specific tips from the Harvard Graduate School of Education:

- Infants (0-18 months): Engage through conversation and interactive reading with simple picture books.
- Toddlers (18 months-3 years): Encourage expression and establish daily reading routines.
- Preschoolers (3-5 years): Promote storytelling and explore letters and sounds.
- Early Elementary (K-2): Share reading time and discuss stories for better comprehension.
- Upper Elementary (3-5): Provide diverse reading materials and connect books to real life.
- Young Teens (6-9): Support discussions about books and current events and encourage exploring various genres.

By incorporating these strategies, you'll help your child develop a lifelong love of reading. You can read more here: <http://r16.us/familyreadingtips>

BOOST ATTENDANCE & ACADEMIC SUCCESS

Engaging with your child's education has a significant impact on their success. Research shows that when parents are actively involved, student absenteeism decreases, and academic performance improves. Creating positive family-school connections can help foster a supportive environment that encourages consistent attendance and overall growth. You can read more here:

<http://r16.us/boostattendance>

YOU'RE INVITED TO PARENT DAY 2025

Join us for our very first Parent Day on October 17, 2025, at the Waco Convention Center—an exciting event created just for parents and caregivers like you!

This special day is all about supporting your child's success and your family's well-being. You'll walk away with practical tips, valuable resources, and fresh inspiration to help you thrive at home and in school life.

We can't wait to see you there! You can visit <https://pfetexas.net/pfeconference> for more information.

Parent Day 2025 at the PFE Conference

\$45

Day Pass for
Parents



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