
I N S I G H T S

FOR FAMILIES



**Enjoy your
summer but be
ready for a new
school year**



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INSIGHTS FOR FAMILIES is provided by your child's school in recognition of your role as a partner in education. Insights is produced by Marcia Latta, communications consultant.

When the school year ends, summer can seem to stretch out endlessly, but the new school year will arrive quicker than we think. It's important to keep students' brains engaged, so they are ready to learn when school starts.

Summer learning loss

Summer should be fun, but not *just* fun and games. Students who do not engage in educational activities lose academic ground. The National Summer Learning Institute published these facts about summer learning loss:

All young people experience learning losses when they do not engage in educational activities during the summer. Research spanning 100 years shows that students typically score lower on standardized tests at the end of summer vacation than they do on the same tests at the beginning of the summer.

Most students lose about two months of grade-level equivalency in mathematical computation skills over the summer months. Low-income students also lose more than two months in reading achievement, despite the fact that their middle-class peers make slight gains.

More than half of the achievement gap between lower- and higher-income youth can be explained by unequal access to summer learning opportunities. As a result, low-income youth are less likely to graduate from high school or enter college.

https://summerlearning.site-ym.com/?page=know_the_facts

Finding programs for your child

The best summer plans include relaxing and unwinding while gearing up for a new year. Fortunately, there are great summer activity options that combine learning and fun activity. Many summer camp options have an educational focus that appeals to kid's specific interests. If the camp focus matches your child's interest, he or she is more likely to engage in the activity.

Camps can be costly, which limits access for some kids. Parents can get financial aid at many camps, especially those sponsored by the YMCA, YWCA, Scouts, etc. Be sure to check into income eligibility for reduced tuition or scholarship availability.

Free activities in your community

The first step in making summer plans should be to google what's happening for free in your town.

Check into these programs that may be available for free near you:
Summer movies at your local theatre
Sports clinics on local college campuses

(Over)

Art activities at local museums
Summer reading programs at local libraries
Volunteer activities at senior centers, pet shelters, food banks and parks
Building activities at home improvement stores such as Lowe's or Home Depot

Back-to-school transition tips

Keeping up with academics is not the only challenge of summer. It is important to help children make the transition to a new school year with as little anxiety as possible. A positive start to the new year can help your child succeed academically and socially.

The National Association of School Psychologists offers these tips for parents:

Maintain good physical and mental health. Schedule doctor checkups and dental visits. Discuss any emotional concerns with your child's pediatrician.

Review all material from the school right away. Complete and return forms as soon as possible.

Make a note of important dates on your calendar.

Buy school supplies early. Bring your child to allow him or her to participate and begin to get in the back-to-school mindset.

Ease back into your regular school and meal routines.

Turn off the TV. Swap passive television time for books, crafts and board games.

Visit your child's school with your child. Meeting the teacher, finding classrooms and the lunchroom and practicing locker combinations will increase your child's familiarity with the school and decrease anxieties about the first day.

Hold off on school clothes shopping. Buy only the essentials to start until you understand the school dress code rules.

Set up school-year systems. Designate where you will keep backpacks and lunch boxes and post school notices and information. Set up a quiet spot for homework.
www.nasponline.org/resources/home_school/b2shandout.aspx

Other tips for a successful new school year

Preschool to kindergartner early literacy tips

www.pbs.org/parents/education/reading-language/reading-tips/learning-to-read/

Health and safety tips from the American Academy of Pediatrics

www.pbs.org/parents/education/reading-language/reading-tips/learning-to-read/

Transition to middle school

www.nea.org/tools/16657.htm

Transition from middle school to high school

www.berkeley.k12.sc.us/webpages/kcrawford/transitions.cfm?subpage=40505