



## **No more pencils, no more books... You know the rest!**

Summer is on the horizon! Students, teachers and parents have worked hard all year, and the summer break brings some much deserved time away from the hectic schedules of the school year. Days at the beach, summer camps, and family vacations are what it is all about. However, maintaining academic progress during the summer break is crucial for students to prevent learning loss and prepare for the upcoming school year. “On average, students lose two months of reading skills and nearly three months of math skills during summer break. What that means is they have to relearn those skills before they can move on to new material in the next school year. The good news is that parents and other caregivers can help minimize the learning losses.” (1) This doesn’t necessarily translate into costly summer programming. There are simple and effective strategies that students can easily incorporate into their summer to stay engaged and prevent the “summer slide”:

### **Set Learning Goals and Create a Loose Schedule**

Start by setting specific academic goals for the summer break. Whether it's mastering a new skill or improving/maintaining progress in a particular subject, having clear objectives will help your child stay focused and motivated. For instance, a 3rd grade student who wants to prevent a backslide in reading progress, may set a goal to read for 20 minutes a day.

Establish a weekly schedule or loose outline for meeting student goals that includes dedicated time for reading, math, and other learning activities. It is important to be realistic when creating a schedule for incorporating academics. Summer is meant to be fun, so build in work time around leisure time. “A summer schedule is one of the best ways to help your child

maximize their time. Depending on your child and your family, this may include: camps, chores, day trips, library or museum visits, reading time, etc". (2) It is all about a healthy balance between maintaining learning progress and relaxation.

### **Read and Practice Math/Problem Solving Regularly**

Reading is one of the most effective ways to maintain and improve academic skills during the summer break. Set aside time each day to read books, articles, or other materials that interest your child. Visit your local library or explore online resources to discover new titles and genres.

Keep your child's math skills sharp by practicing regularly. Solve math problems, work on puzzles, and/or look for real-life applications of math concepts in everyday situations to reinforce your understanding. For instance, instead of getting a sitter so that you can get the grocery shopping done, bring your child and have them weigh the produce, calculate the grocery bill as you go, and read the grocery signs, labels, etc.

### **Explore Enrichment Activities and Use Educational Resources**

Take advantage of the extra time during the summer break to explore your child's interests and passions outside of the classroom. Whether it's art, music, sports, or science, engage in enrichment activities that stimulate his or her creativity and curiosity. Again, this doesn't mean signing up for expensive programs or camps. Simple trips to the park, taking a hike or cooking with your child in the kitchen can reinforce math and science concepts.

Utilize educational resources available online and in your community to supplement your child's learning. Many websites offer interactive lessons, tutorials, and practice exercises in various subjects. Additionally, for older students, consider enrolling in summer courses, workshops, or camps focused on areas of interest or academic improvement.

Overall, SCHOOL'S OUT FOR SUMMER!!!! And while it is crucial to incorporate academic activities into the summer months, it is even more important to have fun and enjoy the downtime. The school year is full of intellectual and social/emotional demands for students. The summer months offer precious time for families to be together and for kids to have fun! By incorporating some simple strategies into your summer routine, you can help your child to maintain academic progress, expand his or her knowledge, and set them up for success in the upcoming school year. Have a great summer, and we will look forward to welcoming you back in the fall!

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#### References:

1. "Mayo Clinic Health System" *Tips for Preventing 'Summer Slide'*. Mayo Clinic Health System. July 2023.  
<https://mayoclinichealthsystem.org/hometown-health/speaking-of-health/tips-for-preventing-summer-slide>
2. "Children's Health" *7 Ways to Avoid Summer Learning Loss*. Children's Health. June 2022. <http://childrens.com/health-wellness/ways-to-avoid-learning-loss>