

As we all transition into our summer schedule of activities, I want to encourage all to continue to engage children in learning throughout the summer. Significant losses in reading occur over the summer, if children don't read. Researchers have referred to this as the "summer slide" and provide some powerful statistics about the impact summer break has on student progress, in both reading and math:

- The average child loses 1.8 months of math skills and 2.4 months of reading levels over the summer break if they do not read or keep up their math talk and math skills.
- It can take teachers up to 6 weeks of teaching to get students back to where they were at the end of the prior school year.

Over the summer, students should be engaged in reading, writing, mathematics and scientific exploration. It may seem like a struggle to find meaningful activities for children during the summer break, but learning comes in many different forms. There are so many fun and intriguing learning opportunities within our community and across the greater Capital Region. You can also keep the learning going at home too. Here are just a few of the many possibilities:

- Read many books, and mix it up; Short stories, nonfiction, poetry, graphic novels, etc... .
- Limit time playing video games and spend time engaging in activities of the mind and body.
- Make use of free apps/computer games that strengthen reading and math skills.
- Participate in free/sponsored reading programs at a library or a bookstore.
- Keep a summer adventure journal, and record each day's activities.
- Find recipes and cook things (enrich this experience by calculating half/double size portions)

Whatever summer brings to your family, may you be healthy, happy and productive.

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