

Keep Reading Through the Summer

As the year winds down and the count down to Summer is on, many students' minds are ready for a break. You may find many students and parents singing the famous song from the Goofy movie, "After today, my brains will be snoozing" Even though the break is nice it is important to remember the importance of continuing to learn and grow throughout the summer. Summer is full of sports, vacations, freedom, and fun, but it is also important to make time for learning, specifically reading.

Reading over the summer may not be a priority for some children, but parents and students of all ages should make it one. Why? Summer reading is critical to a child's ability to not only retain information learned the previous year, but also to grow in knowledge and thinking skills for the coming year. When students read on a daily basis, they are able to maintain literacy skills they learned the previous year, which prepares them for the upcoming school year.

Just as our body needs exercise to stay in shape, reading is the exercise our brain needs. If you don't exercise, you lose muscle, and if you don't read, you will lose literacy skills. A research study shows that children who don't read over the summer lose at least two months of reading development. This is often referred to as "the summer slide". On the other hand, students who do read over the summer may gain a month of proficiency in reading. Reading over the summer is not a suggestion to keep kids busy; it's a critical requirement to help students stay on track for their entire educational career and beyond.

How do we encourage our kids to read? Make it fun & enjoyable! Let your kids read outside, in a tent, listen to audiobooks, or even make a trip to the local library to pick out some new books. If you don't have access to a library, there are many online apps & libraries available for student use. Have your children make a summer reading goal and let your children earn a reward for their hard work.

As Mary Pope Osborne says, "Reading is a passport to countless adventures." Make this summer full of fun, reading, and adventures!