

HOW TO AVOID SUMMER SLUMP

Regardless of other activities, the best predictor of summer loss or summer gain is whether or not a child reads during the summer. **Studies suggest that children who read as few as six books over the summer maintain the level of reading skills they achieved during the preceding school year.** Reading more books leads to even greater success.

The best predictor of whether children read is whether or not they have access to books. In addition to MyOn, and the Dearborn Public Library, remember that Dearborn elementary media centers will be open this summer. Check with your child's school for times!

HEALTHY BODIES, HEALTHY BRAINS

Soon summer will be here, which means more time spent outdoors. We want everyone to enjoy the warm weather and sunshine, but we also want everyone to stay safe and sound. Summertime health tips include wearing plenty of sunscreen, watching out for bug bites, remembering to make healthy food choices (lots of fresh fruit and vegetables, for sure), and, especially important – drinking lots of water!

We all need extra water when it's warm outdoors. We need to keep our bodies hydrated – and our brains, too. When our brains don't get enough water, they start to shut down. We don't notice as much, we don't think as clearly as usual, we don't respond as fast as we normally would – results which can lead to all sorts of problems. So be sure to keep plenty of water on hand – and enjoy the great outdoors!

SUMMER READING TIPS FOR PARENTS

Children of all ages benefit from personal home reading spaces. These are places where kids can post their reading interests and track their progress. All they need is a designated area on a chalkboard or a wall, a tabletop or a shelf. Children can use construction paper, large Post-It notes, chart paper, charts and stickers, masking tape, boxes, drawers, closets, corkboards, posters, wall calendars, shelf paper, or whatever works in your home to share their favorite books and authors, interesting words and ideas, and personal reading goals. Children can also include drawings, cartoons, and bookmarks. And one more idea – talk to your kids about books and reading! Ask them questions – and ask for plenty of details. **Remember – whoever's doing the talking is doing the learning!**

SUMMER MATH TIPS FOR PARENTS

- Before the school year ends, start asking to see your child's daily math work. Ask them to tell you what they've done. If you don't understand something, ask them to explain it to you.
- If you don't understand your child's math assignments, or don't understand what's happening in the classroom during math instruction, ask for help before summer comes! Talk to your child's teacher, check teacher blogs, school websites, and other school resources. Get help before it's too late.
- Keep these conversations going during the summer. Many schools will send home summer work packets. Or ask your child's teacher about free online resources that you can use at home over the summer.
- If your child has struggled in math, check to see if the school offers extended year (summer school) math help.
- Use every-day, real world connections and opportunities to reinforce math learning, such as playing games, compiling sports statistics, measuring, cooking, creating schedules and calendars, or shopping and paying for items.
- Make sure to attend any Family Math Nights or other parent sessions that your school offers.

CALLING ALL PARENTS – GET INVOLVED!

Decades of research show that when parents are closely involved with their child's education, students have:

- Higher grades, test scores, and graduation rates
- Better school attendance
- Increased motivation and better self-esteem
- Lower rates of suspension
- Decreased use of drugs and alcohol
- Fewer instances of violent behavior

This is true, whether your child is in elementary, middle, or even high school. So get involved and stay involved - our schools welcome you!