

Fight the Summer Slide

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As students enjoy their summer vacation, it's important to be aware of the loss in academic skills and knowledge that is inherent with a three-month break from school.

Known as the "summer slide," studies show that, on average, students will drop one to two months in grade equivalency in reading and math skills during the summer.

Compared to students in other countries, students in America have the most time off from school. While it's healthy for children to enjoy free time, recreation and a break from their academic routine, it's important that they continue to read and write during the summer.

There are a variety of ways families can be intentional about maintaining their children's academic skills.

The following are proactive steps to ensure your child is keeping pace academically:

- **Check your school's suggested reading list** – Many schools' websites list recommended books that are highly regarded. Often these books will be prerequisite readings for classes during the next school year.
- **Encourage your child to read at least 20 minutes every day** – Whether it's fiction, nonfiction, eBooks, newspapers (online or print) or poetry, there's something for everyone.
- **Participate in the Glenbard Family Read:** "The Immortal Life of Henrietta Lachs" by Rebecca Skloot. Hear Skloot discuss the book during the Aug. 25 Glenbard Parent Series event at Glenbard West. Details at glenbardgps.org
- **Cook with your child** – Following a recipe enhances both reading and math skills.
- **Incorporate learning in family outings** – Study science in local forest preserves, zoos, parks and aquariums. Take a local history tour. Encourage your child to journal about the visits.
- **Check out local libraries** – Parents are encouraged to make good use of the quality local public libraries that we are privileged to have in our communities.

With an intentional approach and a commitment to continuous learning, we can help students maintain their skills and build upon them during the sunny days of summer.

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