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*To inspire each student to
extraordinary achievement
every day*

June 23, 2023

To Staff and the Twin Rivers School Community,

Everyone enjoys a break from work. In fact, the occasional reprieve from the day-to-day tasks associated with work can be good for our health. We can slow down, relax and reflect, and we can take time to enjoy the things that often do not fit into our daily work lives.

Given that school is our children's work, the summer can provide them a nice break from the day-long routine that they know during the school year. And yet, we should be mindful that for years the "summer slide" or "brain drain" that comes from our students being out of school for long periods of time is very real. Studies show that over the summer months, some students lose from 40 – 90% of what they learned. Hence the expression, "summer slide."

Before you read on, please do not worry that I am about to suggest that everyone needs to hit the books and pull out the math fact sheets. Enjoy your summer and let your children enjoy theirs. We can find creative and fun ways to support good learning habits and integrate some reading, writing and math into our summer fun.

Be Active

Encourage your children to get outdoors and play. Healthy bodies support learning. Here are some tips to incorporate learning into outdoor fun.

- Play relay races and calculate the time it will take to complete a portion of the race, such as running a lap or swimming a lap.
- When playing baseball or softball, ask kids to estimate the distance between bases. Then show them how to count 12 inches in a one-foot step. This can cover inches into feet and feet into yards.

Be Creative

Consider designing a game. What would the objective be? What are the rules?

- Ask kids to either write or speak aloud the rules and help them to hear themselves as an informative writer.
- Play card games and add some math. Playing Go Fish with younger children allows you to ask, "If you have all four of the three cards, how many is that in total?"

Be Helpful

Ask children to help with chores and add writing to the chores.

- Consider having your children write the grocery list or take them grocery shopping and give them mental lists of items to gather for you to keep their memorization skills and attention to details sharp.
- Perhaps they can write down what they need for a summer sport or activity, rather than just listing aloud and expecting you to remember everything!
- Ask your children to help categorize your recipes. This is a great way to help young children sort and organize.

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There are many resources on our website to help you keep learning over the summer, including [Math Facts worksheets](#). No need to make it tough or punitive, just find ways to show our students that reading, math, language and writing are all around us, and they can be fun.

Helping your students to keep learning through the summer will help them return to school with an advantage. Our kids are worth everything that we can do to help them enjoy life's continuous learning journey.

With warm regards,

A handwritten signature in blue ink, appearing to read "Steve Martinez", is centered on the page. The signature is fluid and cursive, with a long horizontal stroke at the end.

Steve Martinez, Ed.D.
Superintendent, Twin Rivers Unified