

**RUSSELL H. CONWELL MIDDLE MAGNET SCHOOL**  
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**COUNSELOR SUMMER LETTER**

June 5, 2020

Dear Parents and Guardians,

It was a pleasure working with and providing counseling services to our students this year through very challenging circumstances! As we head into summer, I would like to suggest that you take a look at [Conwell.philasd.org](http://Conwell.philasd.org) for summer opportunities. I also have a few summer tips below to keep our children engaged in learning during the summer months.

**1. Read Every Day**

At the middle school level, reading four to five books over the summer has a positive impact on fall reading achievement comparable to attending summer school (Kim, 2004).

Encourage your child to enroll in your local library's summer reading program. Almost all libraries have them, and some even have programs specific to teens with awesome prizes. Follow social media pages that have websites with articles on topics you will like. Allow your kids to stay up a half hour later at night as long as they're reading.

**3. Get Outside and Play (Social Distance)**

Intense physical activity programs have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behavior (Journal of School Health 1997).

Find ways to ensure your child is active for 60 minutes each day. Have him or her run the stairs at home, dribble a ball, do jumping jacks, or go for family bike rides. Look for safe, fun ways to play outside or indoors together.

*Have a great summer, we look forward to seeing you in the fall!*

Respectfully,

*Mr. K. Ford*  
School Counselor

**2. Use Math Every Day**

The largest summer learning losses for all children occur in mathematical computation, an average of 2.6 months (Cooper, 1996).

Practice the multiplication tables by making each point in a basketball game worth 7 points (or 8 or 9) (use a trashcan with a ball of paper as a substitute). Ask your kids to make change at the drive-thru. Go to [Cool Math](#) (online) to play math games. Make up math word problems in the car and at the dinner table.

**4. Write Every Week**

More freshmen entering college take remedial writing courses than take remedial reading courses (NCES 2003).

Ask your child to write a weekly letter to his or her grandparents, relatives, or friends. Encourage him to keep a summer journal. Have him or her write the family's grocery list.

**5. Do a Good Deed**

Students learn better and "act out" less when they engage in activities to aid in their social-emotional development, such as community service (The Collaborative for Academic Social and Emotional Learning, 2004).

Encourage your child to help out in the home with deeds that impact and help the house! They can also help neighbors or friends. He or she can volunteer with a local group or complete a service learning project online. Suggest that your child set aside part of his allowance for charity.