

RUSSELL H. CONWELL MIDDLE MAGNET SCHOOL

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Ms. Erica Green, Principal

COUNSELOR SUMMER LETTER

June 11, 2024

Dear Parents and Guardians,

I've had the pleasure of working with and providing counseling services to our students this year through very challenging circumstances! Heading into summer, I suggest you look at the [Conwell Website](#) for *summer opportunities*. I also have a few summer tips below to keep our children engaged in learning during the summer months.

1. Read Something 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 like. Allow your kids to stay up a half hour later at night as long as they're reading.

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 figure out change at the drive-thru. Go to [Cool Math](#), Virtual Nerd, and Khan Academy (online) to play math games. Makeup math word problems in the car, while shopping, and at the dinner table.

3. Get Outside and Off Your Device

Intense physical activity programs positively affect 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 them 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. Decrease screen time to combat overstimulation of the brain, attention deficit, and exposure to unwanted/inappropriate content.

4. Have a game night!

Invite your family and friends over for a game night! This can be a fun way to bond with loved ones while playing interactive games that will continue to teach your child things such as cooperating, working in a team, strategizing, and having fun!

5. Do a Good Deed

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

Encourage your child to help at 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.

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

Peace,

Mrs. K. Ford

School Counselor