

## Middle School Summer Brain Care & Reading List



According to current research, the brain needs time to process the learning from the previous school year and reset for the next school year. Often we see kids come back in August to find last year's math concepts easier to understand, as their brains have matured over the summer. In order for this natural learning cycle to take place, kids need to be allowed unstructured time to play, visit friends and family, take trips, and just be kids. If your child will be taking summer classes, let him/her choose the classes; it should be something they enjoy. Academic enrichment classes are fine, as long as there is some time that is just fun.

If there is one brain activity I would suggest for time, it is reading. I recommend lots of reading that is chosen by your child. In addition, we do have required summer reading. This year we have chosen the following books:

6<sup>th</sup> grade – Mania Magee by Jerry Spinelli

7<sup>th</sup> grade – Outsiders by S.E. Hinton

8<sup>th</sup> grade – Stargirl by Jerry Spinelli

In the Fall, the homeroom/advisory teachers will be leading discussions and possibly projects based on this reading. It is important for your child to do the reading in order to fully participate in the learning experience.

Should you have any questions, please do not hesitate to email me at

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