



Association of Texas Professional Educators
305 E. Huntland Dr., Suite 300, Austin, TX 78752
(800) 777-ATPE • (512) 467-0071 • atpe.org

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Media Contact:

Stephanie Jacksis
Office: 512-467-0071
Cell: 281-760-8697
sjacksis@atpe.org

ATPE Tips to Avoid Summer Brain Drain

AUSTIN, Texas - Kids across Texas are celebrating the end of another school year, but summer break can have a negative impact on their academic progress. Experts say students can lose three months of knowledge gained from the school year, resulting in “Brain Drain.”

Math, language, and spelling skills are some most affected by summer break, and while some children are able to maintain what they’ve learned, others can take weeks or even months to recover once they are back in the classroom.

The Association of Texas Professional Educators (ATPE) has these tips for parents to help your kids stay sharp.

- **Reading Programs.** Most public libraries offer free summer reading programs for kids! They often give out reading logs, bookmarks, and other goodies for children who log their reading. Another fun idea is to start a family or neighborhood book club, where everyone reads the same book, watches the movie together, and discusses the difference.
- **Math Practice.** Incorporate real-life problem-solving scenarios and let kids help you compare grocery prices, calculate gas mileage, or simply follow a dinner recipe. Another great idea is to go outside and find interesting rocks. This works well for younger kids. You can then add them, subtract them, or simply put them in a line from smallest to largest.
- **Stay Active.** Getting in the recommended one hour of physical activity each day can be fun and easy during the summer. Walk, run, and play with your child. Take them to the park, or let them walk with you and your pet around the neighborhood.
- **Summer Camp.** Consider sending your child on a mini vacation to summer camp. There are usually learning opportunities for kids in church, Scouts, or other camps. Day camps are also a good option for busy families with younger children. Check with your local parks and recreation office or YMCA.

With more than 100,000 members, ATPE is the state’s largest educator association and the voice of public education.

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The Association of Texas Professional Educators (ATPE) has been a strong voice for Texas educators since 1980. It is the leading educators’ association in Texas with more than 100,000 members statewide. With its strong collaborative philosophy, ATPE speaks for classroom teachers, administrators, future, retired and para-educators and works to create better opportunities for 5 million public schoolchildren. ATPE is the ally and the voice of Texas public school educators.