

# SUMMER LEARNING GOING INTO FIFTH GRADE

## FORMING ROUTINES

- ❖ Have your child take responsibility for getting organized. It will help them succeed in school, especially as they prepare for middle school.
- ❖ Create a schedule that shows:
  - Snack time
  - Dinner time
  - Play time
  - Wind down time
  - Bedtime



In September:

- ❖ Add: Homework time (pack up when done) & Extra curricular activities to schedule.
- ❖ If your child has papers for you to look at/sign/fill out, where should they go?
- ❖ Review time. Give yourself a set time to sit and review papers/notes and return them directly to your child's book bag. We know mornings can sometimes be hectic!



## SLEEP HABITS

Get ready for the next day (clothes, books, etc.) as part of night routine. This will help create a smoother morning.

Fifth graders classroom performance is affected by the amount of sleep they have had. Too little sleep puts them at risk for health problems and being able to stay awake in school.

- ❖ Be firm on bedtime
- ❖ Be consistent about bedtime
- ❖ Use a clock or timer for wind down time so they know bedtime is approaching.
- ❖ No electronics to help start to quiet the brain
- ❖ Avoid caffeine or sugary snacks at least two hours before bedtime.

Recommended Amount of Sleep for Pediatric Populations\*

| Age                           | Recommended Sleep Hours per 24 Hour Period |
|-------------------------------|--|
| Infants: 4 to 12 months       | 12 to 16 hours (including naps)            |
| Toddlers: 1 to 2 years        | 11 to 14 hours (including naps)            |
| Preschoolers: 3 to 5 years    | 10 to 13 hours (including naps)            |
| Gradeschoolers: 6 to 12 years | 9 to 12 hours                              |
| Teens: 13 to 18 years         | 8 to 10 hours                              |

\*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).  
Source: Paruthi S, Brooks GJ, Chrousos CP, Heit W, Kline S, Lloyd RM, Muzik B, Muzik K, Nichols C, Quan SF, Rosen CL, Troester MM, Wolk MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25; 12(5):785-86. PubMed PMID: 27208099.

## THINGS YOUR CHILD SHOULD WORK ON IN PREPARATION

- ❖ Use and understand figurative language
  - Simile, metaphor, idioms, imagery, onomatopoeia
- ❖ Reading on grade level fluently
- ❖ Identifying themes in stories
- ❖ Multi-step word problems
- ❖ Adding, subtracting, and comparing fractions and decimals
- ❖ Long division using multi digit numbers
- ❖ U.S. History (13 colonies, American Revolution, American Indian War)
- ❖ Identifying the meaning of words using the root word, prefixes, and suffixes
- ❖ Write a thorough, well constructed paragraph on topic
  - expository, descriptive, persuasive, and narrative essays



## SUMMER LEARNING

- ❖ About 40 or more minutes of summer learning each day.
  - Summer learning can be the resources in your backpack, resources you have at home, and the "everyday" concepts suggested throughout this video.
- ❖ Create a space away from noise and distractions.
  - Have supplies readily available in space.
- ❖ Use a timer, if needed, to help your child stay focused.
  - Managing time will become more and more important.
- ❖ Be supportive by monitoring progress and giving help if needed.
  - Do not do the work for your child.
  - Break the assignment into small, manageable tasks
  - Be patient

Other suggestions could include, homemade flash cards of math facts or spelling words, or have your child read a book.



When?

- Car ride
- Taking a walk, tossing a ball, or playing basketball
- Dinner time
- Wind down/ bed time

How?

- Ask your child questions that they cannot just answer with a 'yes' or 'no'
  - What made you happy about today?
  - What did you enjoy about today?
  - What do you wish you didn't have to do in today?
  - What activity did you really like today?
  - What was your favorite part of the day today?
  - What would you have done differently today if you were able to choose?

Let the questions spark further conversation. Open communication is crucial as your child gets older

## FAMILY CONVERSATIONS

Your child has plenty to say even if it seems like they don't want to talk to you. The challenge is to talk with your child, not at them.

## READING IS EVERYWHERE

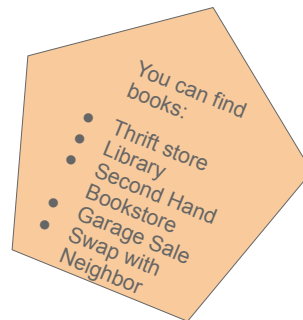


Reading for fun is just as important as reading to learn. Help your child find books and text that appeal to them.

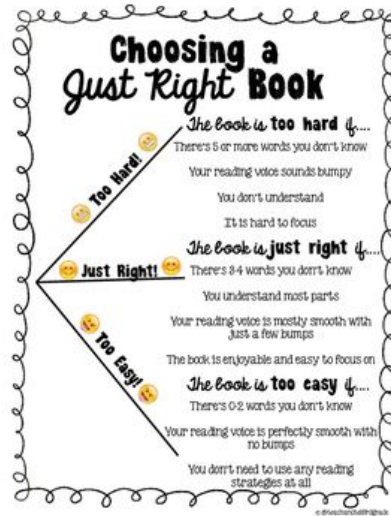
- Projects- have your child create a project about the book they are reading, or just finished reading.
- Compare and contrast- After reading the book, watch the movie. (Cat in the Hat). Ask your child how they are alike and how they are different.
- Shared Reading- take turns reading a story aloud.
- Book of the Month- all members of the family choose a different book to read. Discuss characters, setting, problem, solution, favorite part of the story, funniest, etc.
- Comics- Encourage your child to read the comics from a paper or a short book. Discuss what makes them funny.
- Subscription- ChickaDEE, Jack and Jill or Zoobooks, something that expands your child's interests.

## HOME LIBRARY (SUGGESTED BOOKS)

- 📖 Tuck Everlasting by Natalie Babbitt
- 📖 The Homework Machine by Dan Gutman
- 📖 Number the Stars by Lois Lowry
- 📖 Freak the Mighty by Rodman Philbrick
- 📖 From the Mixed Up Files of Mrs. Basil E. Frankweiler by E.L. Konigsburg
- 📖 Smile by Raina Telgemeier
- 📖 Wonder by R. J. Palacio
- 📖 Out of My Mind by Sharon M. Draper
- 📖 Al Capone Does My Shirts by Gennifer Choldenko
- 📖 I Am Malala by Malala Yousafzai
- 📖 The Crossover by Kwame Alexander
- 📖 From the Desk of Zoe Washington by Janae Marks
- 📖 The One and Only Ivan by Katherine Applegate
- 📖 Pay It Forward by Catherine Ryan Hyde
- 📖 Inside Out and Back Again by Thanhha Lai



## HOW TO FIND A BOOK



By now, your child has started building a rich vocabulary. You can continue to develop that vocabulary by having some fun with word play.

- ❖ Make cards for others: birthday, get well, thank you, thinking of you, just because- using higher level vocabulary.
- ❖ Sound Game (Onomatopoeia): Say a noun and have your child tell you the onomatopoeia. Ex., cow- moo, pig- oink
- ❖ Review prefixes and suffixes

## SPELLING AND WRITING

## MATH AT HOME OR ON THE GO

- ❖ Cooking- teach measurement equivalents (and some basic chemistry).
- ❖ Budgeting- help your child learn how to make a budget. Provide a chance to earn money in addition to allowance or gifts they might receive.
- ❖ Multiplication/ Division War
- ❖ Lego Area and Perimeter
- ❖ Battleship
- ❖ Math BINGO



## SCIENCE & SOCIAL STUDIES ALL AROUND US

- ❖ Create!
  - Ramps, pulleys, teeter totter, bridges.
  - Compost Center
- ❖ Discover!
  - Research and conduct science experiments using the Scientific Method
- ❖ Research
  - Weather patterns. Chart it and predict upcoming weather
  - Start a collection: rocks, shells, pressed leaves or flowers, photographs of plants or animals.
- ❖ Holidays
  - Why do we celebrate them? What is the history behind them?
- ❖ Famous Figures
  - Learn about important historical figures and places where you live and places you are visiting.
- ❖ Maps
  - Can you name all 50 states? In alphabetical order?
- ❖ Diversity - celebrate differences in traditions, appearance, dress, and food.



## FUTURE TEST TAKING TIPS

### Before the Test:

- ❖ Use study guide
- ❖ Work on practice problems
- ❖ Read information aloud
- ❖ Work with a buddy
- ❖ Is it a word problem? Sketch it out. Look for patterns or clues.
- ❖ Work backwards to find the answer

### During the Test:

- ❖ Read the directions carefully
- ❖ Read all answers first if its multiple choice
- ❖ Use process of elimination
- ❖ Write out the problem or draw pictures
- ❖ Check test when complete



## SUMMER FUN - CHECK LOCAL LIBRARY FOR FREE PASSES



|                       |                                 |
|-----------------------|---------------------------------|
| Hands-on Museum       | Cooking Class                   |
| Zoo                   | Art lesson at local craft store |
| Aquarium              | Planetarium                     |
| Local Library         | Play an instrument/ Sing        |
| Local Theatre         | Gymnastics/ Dance/ Karate Class |
| Roller or ice skating | Volunteer                       |
| Bowling               | Nature Cove Walk                |

**Just Play!!!**

## FAMILY FUN NIGHTS



- ❖ Movie Night
- ❖ Game Night: Board Game, Card Game, Hot Potato, BINGO, Pictionary
- ❖ Flashlight Tag
- ❖ Make a fun dinner together (make your own pizza)
- ❖ Backyard Camping
- ❖ Scavenger Hunt around the house or neighborhood
- ❖ Arts and Crafts Night
- ❖ Bike Ride as a family
- ❖ Children's Choice
- ❖ A Day in Pictures- take photos of family, favorite toy, flower in your garden, places you visit.

## LEARNING ON THE ROAD

- ❖ Alphabet Hunt
  - Start at the beginning and shout out something you see that begins with that letter. Go in order.
- ❖ State Hunt
  - Can you find all 50 license plates?
- ❖ Shapes Hunt
  - Find 3 things per shape.
- ❖ Memory Games
  - "I went on a picnic and I brought an **apple**, I went on a picnic and I brought an apple and **bread**"
- ❖ Audio book & discussion
- ❖ Mad Libs (learn parts of speech)
- ❖ Twenty Questions

## REFERENCES

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