

ABA Corner

Summer break is a major transition, shifting from the highly structured environment of a classroom to a much more open-ended schedule. Balancing fun with a sense of routine can help prevent the "summer slide" and keep everyone sane.

Here are a few ways to approach the summer months effectively:

1. Establish a "Summer Rhythm"

While you don't need a bell schedule, kids usually thrive when they know what to expect. Instead of a rigid timetable, try a thematic daily rhythm:

- **Maker Mondays:** Focus on crafts, LEGO builds, or science experiments.
- **Take-off Tuesdays:** Visit a local park, library, or museum.
- **Water Wednesdays:** Pool time, water balloons, or even just a sprinkler in the yard.
- **Thoughtful Thursdays:** Write letters to grandparents or bake something for a neighbor.
- **Field Trip Fridays:** A larger outing or a "yes day" for a specific activity.

2. Maintaining Skills (Without the Stress)

To keep academic skills fresh without it feeling like "summer school," integrate learning into daily life:

- **The Library Challenge:** Most public libraries run summer reading programs with rewards. Setting a goal of one book per week keeps literacy levels high.
- **Real-World Math:** Have kids help with the grocery budget, measure ingredients for a recipe, or calculate the countdown to a vacation.
- **Journaling:** Encourage keeping a "Summer Scrapbook" where they write two sentences about their favorite part of the day and glue in a leaf or a ticket stub.

3. Social-Emotional Maintenance

Summer can be lonely for kids used to seeing friends daily.

- **Scheduled Playdates:** Try to keep at least one consistent social touchpoint per week to practice sharing and social cues outside of a school setting.
- **Responsibility Shifts:** Summer is a great time to introduce one new "big kid" chore (like sorting laundry or feeding a pet) to build confidence and independence.

4. Preparation for the Transition Back

In late July or August, begin the "bridge" back to school:

- **The Sleep Slide:** Move bedtimes up by 15 minutes every few days starting two weeks before school begins.
- **The Supply Refresh:** Getting kids involved in picking out their new backpack or notebooks can help build positive anticipation for the return to the classroom.

MEET THE STAFF - MS. JESS

Hangar 8 Instructor -

Jess is a first-year teacher at ASHA and excited to be a part of this community serving as the Hangar 8 Homeroom teacher as well as the Math teacher for the Middle and High School students.

She holds a Bachelor of Arts in Psychology and has dedicated her education to preparing for a career working with children. Her passion for helping students with special needs is a key part of her teaching philosophy, and is thrilled to be able to put that into practice every day.

