

Do Kids Need a Break from School in the Summer?

Written by Julie M. Armenta M.A., Education & Family Specialist & Founder of Armenta Learning Academy

With summer months ahead, parents often ask me, “Do my kids need a break in the summer?” I believe it's important for kids to have a break and to have a nice balance between school and personal life. It is best to not be overly scheduled in the summer and for kids to have some unstructured time. However, too much time off can cause the mind to become stagnant. It is important to keep the mind active with balance. For example, kids have one month of summer school instead of two months of time off, part-time summer school instead of full-time summer school, or taking time off a few weeks with the family for special occasions and vacations. Each child has individual needs and each family can work to maintain their own personal balance this upcoming summer.

Maintaining academics through summer school will also benefit children during the school year by making the transition back to school in the fall much easier. Statistics show that going to summer schools or camps can provide fun and enrichment opportunities, as well. We should not over schedule and overwhelm them, but consistency and structured time for some learning. Even if a child goes to summer school for a few hours in the morning, they still have 8+ hours of daylight to enjoy their summer days. It is positive to keep the continuity, the consistency and the responsibilities for kids.

We don't want to burn them out, but we set expectations and the bar for our children. If they get used to learning and going to summer school every summer, it's not as big of a deal to them. They will just keep learning and growing and advancing, which will lead to them becoming very successful in their later years because of this. Statistics also show that when children stay home and have too much time off, they gain weight 2 to 3 times more than the normal rate due to spending more time eating, watching TV and playing video games unsupervised while their parents are work. Generally speaking, our school year is about 180 days long, while around the world it's about 200 days to 220 days. Children in Japan have 243 school days in one school year, so adding another 30 to 60 school days to a child's life is not too much in my opinion.

Kids will feel more empowered and esteemed by getting the help they need so they can go back to the school year and feel successful. Summer school can be the most beautiful thing to help a child feel good about themselves again! In just a few months, they can advance up a whole grade level, whether needed for remediation or to get ahead. Through my work over the last 25+ years with students, I have seen that it is very beneficial to keep them happy, engaged, balanced and learning. It's up to us to create a fun summer learning environment to keep these kids from giving up and staying interested and excited for learning.

Mrs. Armenta looks forward to working with your child on their academic journey, and having a successful summer. Armenta Learning Academy has an exciting summer program planned in which to fully take advantage of all the programs ALA has to offer this summer. We also offer accelerated studies, classes for credit, and remedial support. We provide Academic & Enrichment Programs for the summer and year-round, all learning needs including Special Needs and Gifted programs, Pre-K thru Adult, Onsite/ Offsite, 7 days a week, part-time or full-time with flexible scheduling. Call for support in all subjects in your home or at the academy. We guarantee success!