



What is the Summer Slump?

Information for families

The learning gap, learning loss, the summer slide and the summer slump. You might have heard of these terms but what do they actually mean for parents and carers at home?

The summer slump is a well-documented phenomenon where **pupils are at risk of losing academic skills gained during the year over the school holidays**. It's particularly relevant for the summer break when children have the longest time away from school.

School provides children with structure, purpose, connection and hope. For many, especially those who are neurodivergent or experiencing mental health challenges, education can be a protective factor. A place that can offer stability, belonging, and opportunity. For these pupils, the changes in routine can be daunting and result in a bigger hill to climb in September.

How you can help at home

Don't panic! **Holidays are important** for rest, relaxation, connection and fun. There are lots of little things that you can do at home. They can be integrated into your summer fun **AND** help prepare pupils for a successful September start.

Get ahead – speak to your child's teacher or SENCO about any specific strategies that can be kept in place over summer. Some schools offer curriculum activity booklets to keep those skills going throughout the break.

Play games – games are an excellent source of learning. Card games and board games can offer pattern recognition, counting, analysis and more maths skills.

Get outside – with the British weather hopefully on your side, it's the right time to get outside and stay active - walk, swim, bike, skate. Outside play will increase physical activity and mental wellbeing. Important for all the family.

Write – try to keep your child writing. Whether its postcards or story creation, it doesn't need to be perfect just regular. Can you get them to keep a journal of their activities, even if its once a week?

Read – reading plays a crucial role in academic success for pupils for all ages. Getting children to read at home can be challenging but there are so many different options on offer. From graphic novels and non-fiction to e-readers and even audiobooks.

Keep talking – encourage your child to reflect and share how they feel about September. Work together to organise new supplies, practice the morning routine and even try out the journey back to school.