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## 7 Strategies for Preventing Summer Learning Loss

Some students can fall behind in their reading achievement and in other aspects of their learning during the summer months, according to research, says Ann Harrington, teaching associate professor of reading education at the NC State College of Education. The loss — commonly known as “summer setback” or “summer slide” — can be even more significant for children in low socioeconomic homes because studies show those students have less access to enrichment activities like summer camps or day camp activities.

Educators and families alike can prevent summer learning loss by creating opportunities to use critical thinking skills in ordinary moments. Below NC State College of Education faculty recommend seven strategies and activities to help children continue to develop and retain the science, math and reading knowledge they gained during the school year.

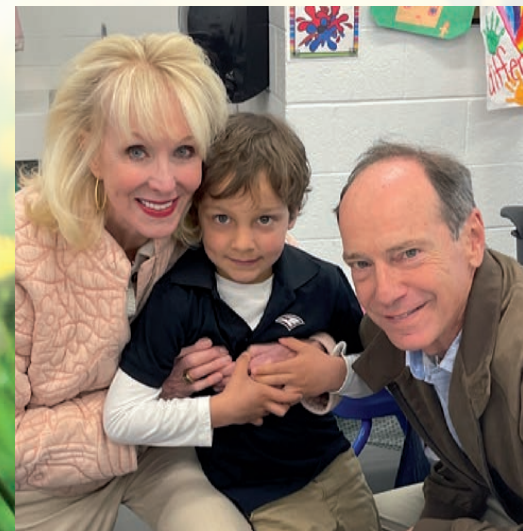
- 1. Build Momentum on What They Already Know** Encourage kids to maintain the literacy practices they learned in school while they are on break. Ways to do this include reading books together as a family and finding opportunities — like making a grocery list or “to do” list— to use writing skills in everyday life.
- 2. Identify Mathematical Opportunities While Reading** Find ways to incorporate math while reading books together. Ways to do this include acknowledging a character’s age and asking questions like: “How much older or younger is this character than you?”

or asking children to create their own math problem that connects to the events in the story.

- 3. Talk About Everything** Capture your surroundings through spoken word is a vital way to develop vocabulary and background knowledge. Take a walk and talk about the ordinary and small things, like clouds or grass, found in the neighborhood. Making conversations a priority around children reinforces the value of literacy skills they learned in school.
  - 4. Engage in Culturally Enriching Experiences and Visit Informal Learning Spaces** Museums, state parks, zoos and historic sites provide free or low-cost activities to keep kids’ minds and bodies active during the summer while exposing them to diverse subject matter like history, science and the arts.
  - 5. Calculate Back-to-School Costs** Back-to-school shopping presents a perfect opportunity to engage children in math. Ask children to estimate or calculate costs like in this example: “We need to buy six boxes of crayons for you and your brother. They are 50 cents per box. How much do the crayons cost? Is \$5 enough? How do you know?”
- Another easy way to get them engaged in math (while also teaching them to be careful consumers) is to ask them to determine the better buy when deciding between two packages or brands of a product like cereal or popsicles.

- 6. Use the Weather to Your Advantage** Connect science to the natural world using everyday occurrences. Explore evaporation by pouring one cup of water on an absorbent surface outside, tracing the outline, and then predicting what it will look like 20 minutes later. Another simple activity she suggests is tracing shadows every two hours starting at breakfast and ending after dinner.
- 7. Play to Your Strengths** Using what excites kids can make a difference in how they respond to learning. In both reading and science, find activities and books that involve kids’ favorite things. If they like playing dress up, look for age-appropriate books on fashion and textiles at the library. If they love playing outside, suggest digging up dirt to find and identify different types of rocks as a science experiment.

*(Article by Leah Jarvis Reprinted with permission from NC State University)*



Grandparent’s Day at school

# Health Benefits of Being Outside

*"Nature is the best physician" - Hippocrates*

Human beings currently spend more time inside than at any point in our history. Spending time outside has significant benefits to body and mind. Below are 7 major benefits that come with spending more time outside.

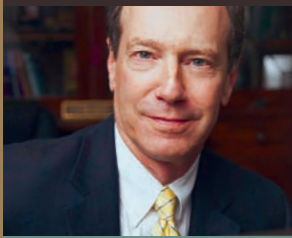


- 1. More vitamin D.** Lack of vitamin D can lead to health issues. The best source of vitamin D is the sun.
- 2. Better sleep.** Our bodies run on an internal clock that has developed over generations. Today, our lack of time outside and ability to ignore the sun and our internal clock has led to an epidemic of sleep problems.
- 3. Protected vision.** Much of the time we spend indoors is spent in front of a screen. Getting outdoors and using our vision as it should be used (to see a predator on the horizon) reduces the likelihood of various eye and health issues.
- 4. Lower stress levels.** Stress causes a host of problems. Getting outdoors provides an escape from the hectic pace of life and allows our minds to chill. Just 20 minutes outside can reduce stress and anxiety.
- 5. Reduced mental fatigue.** Getting outside and leaving our "screens" behind allow our minds to get into a more natural state which reduces fatigue while improving focus and attention.
- 6. Less depression and anxiety.** Studies show that immersing yourself in nature can help reduce or prevent depression and anxiety.
- 7. Other health benefits.** Less inflammation, lower blood pressure, improved immune function, lower risk of heart attack and stroke and a lower risk of death are all on the list. Find something that you enjoy doing that gets you into the natural environment and start doing it. The health benefits start right away. So get outside today!

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*The greatest professional compliment we can receive is when one of our clients refers a friend, family member, or neighbor to our firm. **Thank you!** We appreciate your confidence in us.*



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The information included in this newsletter is not intended as a substitute for professional legal advice. For your specific situation, please call the appropriate legal professional.

Any plans for this weekend?

Triathlon.

Wow. Swim, cycle, run?

No. Book, bath, nap.

## Motorcycle Safety

One of the most common reasons drivers give for cutting off or pulling out in front of a motorcycle is that they "didn't see it."

Bikers can prevent crashes and injuries by:

- ▶ Using mirrors
- ▶ Keeping a safe distance
- ▶ Keeping headlights & taillights on
- ▶ Wearing proper gear

### Sharing the Road with Bikers

- ▶ Be extra cautious when more motorcyclists take to the road
- ▶ Provide motorcyclists adequate room to maneuver
- ▶ Allow extra room in areas with potholes, pavement transitions and railroad crossings
- ▶ Never try to share a lane with a motorcycle
- ▶ If a motorcycle is nearby, check your mirrors carefully before changing lanes

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