

NEMS SUMMER READING RECOMMENDATIONS



Reading just 10 minutes a day reduces stress levels by more than two-thirds! Reading daily also improves your focus and concentration, and increases your vocabulary, decision-making, and emotional skills. Check out some of these recommended titles this summer!

*See Saw
Girl*

Linda Sue Park

*The Secret
Garden*

Frances Hodgson
Burnett

*Where the
Mountain Meets
the Moon*

Grace Lin

Slacker

Gordon Korman

*City of
Ember*

Jeanne DuPrau

*Bud, Not
Buddy*

Christopher Paul Curtis

*Number
the Stars*

Lois Lowry

*Sylvia &
Aki*

Winifred Conkling

Wonder

R.J. Palacio

WHY MIDDLE SCHOOL READING MATTERS



As kids transition into middle school, summer reading changes from a "nice-to-have" activity into a critical academic bridge. It is one of the easiest, most effective ways to set your child up for success in high school and beyond.

- Summer reading is not just a nice-to-have activity for kids; it's essential for bridging the gap between school years. When kids engage in regular reading over the summer, they retain and build upon what they've learned during the school year, ensuring they start the next grade level on a strong footing.
- **The 20-Minute Rule:** According to data from the American Library Association (ALA) and literacy research, a student who reads 20 minutes a day is exposed to 1.8 million words per year and scores in the 90th percentile on standardized tests. A student who reads only 1 minute a day gets exposed to 8,000 words and typically scores in the 10th percentile.
- **The Vocabulary Gateway:** Middle school is when academic vocabulary spikes. Independent reading is the primary way adolescents discover and learn low-frequency, complex words required for high school textbooks.

TIPS FOR SUMMER READING HABITS



Middle schoolers naturally push back against forced tasks. The key to summer reading at this age is choice and low pressure.

1. **Prioritize Choice Over "Rigor"** - Graphic novels, manga, audiobooks, and sports magazines all count as reading. If a middle schooler chooses their own material, they are vastly more likely to finish it.
2. **Use the "10-Page Rule"** - Tell your child they only have to commit to 10 pages or 15 minutes a day. Often, the hardest part is just opening the book. Once they start, momentum usually takes over.
3. **Audit Your Own Habits** - Kids mimic what they see, not what they are told. If they see you reading a book, a newspaper, or an article instead of scrolling on a phone, it normalizes reading as a leisure activity.
4. **Pair Audiobooks with Screen/Chore Time** - Audiobooks are excellent for building comprehension and vocabulary. Encourage your child to listen to a book while they clean their room, walk the dog, or build something.

THE BOTTOM LINE



Summer reading isn't about duplicating the classroom at the kitchen table. It's about keeping the brain active so that when the school year starts, your child spends the first month moving forward instead of playing catch-up.



6TH GRADE SUMMER READING CHALLENGE

Reading just 10 minutes a day reduces stress levels by more than two-thirds! Reading daily also improves your focus and concentration, and increases your vocabulary, decision-making, and emotional skills. Check out some of these recommended titles this summer!



Hatchet

Gary Paulsen

The Lightning Thief

Rick Riordan



Walk Two Moons

Sharon Creech



One Crazy Summer

Rita Williams Garcia

Flush

Carl Hiaassen



Esperanza Rising

Pam Munoz Ryan



I am Malala

Malala Yousafzai

The Westing Game

Ellen Raskin



Booked

Kwame Alexander





7TH GRADE SUMMER READING CHALLENGE



Directions: Complete as many books listed below as you can. Color in each box as you complete it. Have fun and happy reading!



Stargirl

Jerry Spinelli

*The Jungle
Book*

Rudyard Kipling



The Giver

Lois Lowry

Ghost




Jason Reynolds

*The Boy Who
Harnessed the
Wind*



William
Kamkwamba



*Hidden
Figures*

Margot Lee Shetterly



Tangerine



Edward Bloor

Fever, 1793

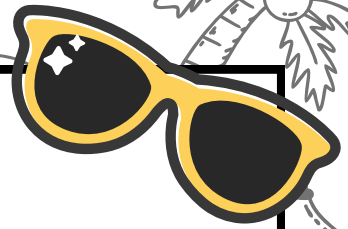


Laurie Halse
Anderson

*The Other Side
of the Sky*



Farah Ahmed



8TH GRADE SUMMER READING CHALLENGE

Directions: Complete as many books listed below as you can. Color in each box as you complete it. Have fun and happy reading!

Chains

Laurie Halse
Anderson

*The
Outsiders*

S.E. Hinton

*The Call of
the Wild*

Jack London

*The
Adventures of
Tom Sawyer*
Virginia Hamilton

*The Diary of
Anne Frank*
Anne Frank

Refugee

Alan Gratz

*Inside Out and
Back Again*
Thanhha Lai

*The Dark
is Rising*
Susan Cooper

*Ten Days in
a Mad-
House*
Nelly Bly

