

# The Library Page

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## The importance of reading *this* summer

By Karen Allen  
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This is not a message about learning loss, although it's been the buzzword this year as much as "the new normal." With schools shutting down last year, delays in starting and reopening, online learning, and everyone rolling with the punches, education had been less than ideal.

Research estimates that, on average, students will have lost five to nine months of learning by the end of the school year — even more so for low-income families and students of color.

Administrators have worked tirelessly listening to concerns and making tough decisions. Teachers (superheroes, really) have outdone themselves to provide quality and engaging instruction in new ways and build meaningful relationships with students online, which we all know is not easy.

Students have spent hours focused on screens, learned countless new types of software, and in the case of my kids, have done many P.E. lessons with household items (grocery bag ghostbusters, anyone?)

It has been an extraordinary year in education and news. One full of frustration and creativity, hard work and worry. No one needs reminders about this because we're still living it. What's critical to remember is that we've given our all and are long due for a Seinfeld "serenity now" scream, a breath of fresh air, and some long-term brain breaks.

Our approach to summer should include relaxation, low stress, healing, mental health restoration, and spending time just being.

In the beforetimes, the library stressed the importance of Summer Reading by making sure you knew about "summer slide" and how reading every day over the summer helps students retain reading and math skills. It does help and will help, but our mental and social health has taken a toll this year and we want to help you and your families replenish those buckets, too.

**"If you, your kiddos, and teens spend the summer reading with us, you'll be on the right track to repairing the toll the pandemic has had on your family's life."**

**—Karen Allen**  
Youth Services Coordinator

More than ever, this summer we want to stress the health benefits of reading. Just a little daily reading can transform you. After reading stops, positive changes like improved focus and memory, reduction in stress and heart rate remarkably continue, demonstrating the long-lasting effects that reading actually has on the brain.

We want to make life simpler for you, so we made Summer Reading an easy fit into your schedule and lifestyle.

You can track your hours online with the Beanstack app or use a simple paper log. If you know someone who loves stickers entering kindergarten through 5th grade next year, we've got a free, 80-page badge book reading journal while supplies last.

Choose whichever method

### SUMMER READING 2021 TAILS & TALES HISTORIAS Y BESTIAS



**READ BOOKS! EARN BADGES!  
ATTEND EVENTS! WIN PRIZES!**

**MAY 27– AUG 21, 2021**

works best for you and your family, then read a total of 30 hours over the summer. There's no pressure to pick the "right" book or finish "assigned" reading. All we care about is that you read what you like.

In fact, choosing your own book (meaning not what someone thinks you should read) has special powers in and of itself. It builds a real interest in reading and helps reluctant readers want to read even more.

If you need some help finding a great book to read, just ask us. We love books and read a whole lot, so know where all of

those fresh, new books are just waiting to get off the shelf and into your hands.

Whether you're spending this summer with a little school year extension or taking some time away from learning, reading should be a part of both.

We all need a break. And what better way to do that than to transport ourselves to fabulous places, have a laugh, put ourselves in the shoes of others, learn a new skill, and read for fun?

It'll help you, your teens, and kiddos maintain their hard-earned skills while giving everyone a much-needed mental breath of fresh air.



**READING IS GOOD**  
FOR YOUR HEALTH\*

#### IT CAN INCREASE

self-esteem  
empathy  
memory  
comprehension  
focus  
mental flexibility  
feeling connected  
creative thought  
lifespan  
sleep readiness

#### IT CAN LOWER

depression  
blood pressure  
heart rate  
distress

\*Learn more at  
[lplks.org/summer](http://lplks.org/summer)

## OUTDOOR BOOK SALES ARE BACK

Shop our Second Saturday Sales just like the old days!

**Jun 12 • Jul 10  
Aug 14 • Sep 11  
10 AM–4 PM**

Or book a time to shop 1000s of books inside at [lplff.org](http://lplff.org).

**Friends & Foundation**  
LAWRENCE PUBLIC LIBRARY

## All animals, all summer at the library

Explore the animal world with us, from our backyard buddies to the wild kingdom, through stories and online events for all ages. We're challenging you to **read a total of 30 hours** this summer — **just 20 minutes each day!** You'll win prizes when you finish.

- 1 Get the Beanstack app or go online to sign up:  
[lawrence.beanstack.org](http://lawrence.beanstack.org)
- 2 Pick a reading challenge that's just right for you — all ages welcome!
- 3 Log\* your reading, do activities, earn badges, and win prizes!



**SIGN UP AT  
[lplks.org](http://lplks.org)**

Free Badge Books for kids entering K–5th in the fall  
WHILE SUPPLIES LAST

**Beanstack**

Download on the App Store | GET IT ON Google Play

\*Paper logs available if you're old-school



Much love to our literacy heroes for sponsoring Summer Reading 2021 and providing prizes for all ages!



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