



May 2026

Dear Families,

The 2025/2026 school year is approaching its end. Considering the growing anticipation of summer break, this newsletter is geared to help ease the transition and help make this a great summer!

For children, the end of the school year can represent an important accomplishment as they prepare to move to the next grade level. With this can also come an array of emotions. Below are some reflection questions to help your child process the end of the school year.

Reflection questions

- What did you learn about yourself during this school year?
- What were the highlights and blessings of the school year?
- Is there anything that you're going to miss?
- Is there anything that you're not going to miss?
- What did you enjoy most about this year?

- [A Simple Tool to Inspire School Year Reflections](#)

Talk About Goodbyes

Children can also experience strong emotions as they anticipate the end of the school year. If this is the case, it can be helpful for your child to explore how they would like to say goodbye to their teachers and classmates. This could include a card, a meaningful gesture, or even exchanging numbers with friends they would like to stay in touch with. Below are two articles that discuss goodbyes as well as other approaches to help with the end of the school year.

- [Helping Kids Navigate the End-of-School-Year Rollercoaster](#)

- [Saying Goodbye: Helping Children with End-of-Year Transitions](#)

The start of summer can also bring a significant change in routine for both children and parents. Below are some general tips to help with this adjustment.

Establish and Maintain a Consistent Routine

Maintaining a consistent routine with waking, sleeping, eating, and hobbies can be very beneficial for children. Routines help reduce anxiety, add stability, and can increase confidence.

- [Summer break guide: Boosting your kids' and teen's mental health](#)

Communicating the Schedule

It's helpful to talk with your child about upcoming changes to their schedule. Discuss what summer days may look like and how they feel about those changes. If your child benefits from visuals, a calendar or whiteboard can be helpful. This can also help your child anticipate days that may be very busy or slower than usual.

[-Summer Schedules and Why Children Need Them](#)

Create a Behavioral System

Kids, and especially teenagers, may act like they want to be in charge, but they often find comfort and safety in knowing what parents expect from them. This can be further reinforced when they understand the rewards of positive behavior. You can pick two or three desired behaviors to focus on over the summer. Positive reinforcement can include charts with stickers, praise, earning privileges, or allocated time on a video game or tablet.

[-10 Positive Reinforcement Examples That Genuinely Nurture Your Child's Heart](#)

Encourage Social Connections

One of the biggest changes for kids over the summer is the absence of their school friends. To help your child maintain social connections during the summer, you can encourage them to stay in touch with their friend through phone calls, video chats, and play dates. You can also look for activities such as summer camps, activities at the local library, and sports.

Below are three additional resources that include further suggestions.

[-Helping Kids Transition from School to Summer Break](#)

[-Helping Children Transition from the School Year to Summer Break](#)

[-Strategies for a Successful Summer Break](#)

Feel free to reach out if you have any questions. Thank you- Have a great month and a great summer!

Kathleen Schlueter, LSW, kathleen@sopcc.org

Terri Johnston, LPCC-S, terri@sopcc.org