

June 21, 2024

Dear *Transition to MS* Course Families,

What a busy first week! Our rising middle schoolers are well on their way to learning about the differences between elementary and middle school. Each day, we break our time into two sections: discussing the transition to middle school and specific executive functioning (EF) skills. Here is a brief overview of this week's covered content - be sure to ask your child about each topic and also their feelings on transitioning to middle school.

| Date | Transition to Middle School Topics | Executive Functioning Skills |
|--|--|------------------------------|
| June 17 | How MS is different than elementary school, 10 Keys to MS success | Intro to EF |
| June 18 | Staying engaged, changing classes, navigating different teachers | Planning |
| June 20 | Organization, making a HW plan, effective study strategies, planning ahead | Organization |
| June 21 | Grading, study halls, navigating hallways and lockers, passing time | Time Management |
| Additional Topics Covered: Setting class goals, mindfulness, and brain games | | |

Next week, we will continue our work and discussion on both the transition to MS as well as key EF skills students will need both in school and at home/activities. Please check in with your child after each class and ask about the topics covered - all of the EF skills are useful during summertime as well (we even discussed planning our breakfasts, our outfits, and how to complete our school's summer reading/math assignments). We use a combination of resources, including Pathways 2 Success, the Rush Neurobehavioral Center's Intermediate EF Guide, and more. While students are currently leaving their folders and notebooks here each day, they'll bring all resources and materials home with them at the conclusion of the course.

Have a wonderful weekend, and I look forward to seeing your kiddos on Monday!
Warmly,
Amanda Schirmacher