

June 28, 2024

Dear *Transition to MS* Course Families,

We are truly off and running! The second week of our class had the students really digging into the EF skills listed below. We spent a lot of time talking about maintaining attention and how to zoom in and tune out. Everyone shared great strategies for how they work to minimize distractions, especially those of the electronic type (like using “do not disturb” mode or simply putting devices in a different room of the house).

Date	Transition to Middle School Topics	Executive Functioning Skills
June 24	Peer Pressure and Knowing the Rules	Task Initiation
June 25	Science Labs and Getting Involved	Working Memory
June 26	Lunch Time and Changing for PE/PE Lockers	Metacognition
June 27	Who to go to for help, MS specific goal planning (SMART goals)	Self-Control & Self-Regulation
June 28	Decision Making	Sustained Attention & Focus
Additional Topics Covered: Discussing memory, attention, mindfulness, healthy focus habits, and cultivating a positive mindset		

Next week, we will wrap up our discussions and writing prompts with our final topics. Please let summer@latinschool.org know if your child will not be able to attend class these last three days.

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

Warmly,

Amanda Schirmacher