



# Amsterdam School Title 1 Newsletter January/February 2025



## Executive Functioning

### What is it?

A set of processes that all have to do with managing oneself and one's resources in order to achieve a goal. It is an umbrella term for the neurologically-based skills involving mental control and self-regulation.

**Does your child struggle to:** pay attention, organize & plan, initiate tasks & stay focused on them, regulate their emotions, or self-monitor themselves (keep track of what they are doing)? If so.....they might have executive functioning issues.

### Why Is It SO Important?

Executive functioning issues are weaknesses in a set of important mental **skills that are key to learning**. Kids with executive functioning issues often struggle with working memory, flexible thinking and self-control.

### How can parents help?...PLAY BOARD GAMES!

- **Max** (4-7 yrs) - Skills: Emotional control; planning and prioritizing; flexible thinking
- **Jenga** (8 & up) – Skills: Self-monitoring; flexible thinking; impulse control
- **Distraction** (8 & up) – Skills: working memory, flexible thinking
- **Mindtrap** (12 & up) – Skills: flexible thinking
- **AnimaLogic** (5 & up) – Skill: Planning and prioritizing; flexible thinking; organization
- **Snake Oil** (10 & up) – Skills: Task initiation; flexible thinking; organization
- **Quiddler** (8 & up) – Skills: Organization; flexible thinking; planning and prioritizing
- **No Stress Chess** (8 & up) – Skills: Planning and prioritizing; organization; task initiation; impulse control; flexible thinking

Resource: Understood by Lexi Walters Wright

## **Dates to Remember**

### **\*January 6th - 24th\***

NO Title 1 Services

Benchmark 2 School-wide Assessments

### **\*Monday, January 20th\***

NO SCHOOL

### **\*Tuesday, January 21st\***

End of 2nd Quarter

### **\*February 10th - 14th\***

Random Acts of Kindness week

### **\*Monday, February 17th\***

NO SCHOOL



## **Math Fact Fluency Apps**

**\*Multiplication or Addition Chalkboard**

**\*Big Math Flash Cards**

**\*Operation Math 2 - \$3.99**

**\*Learn Math Facts**

## **3 Steps to organizing your family:**

- **Hold weekly meetings** to get everyone working on the same game plan. Set family goals or priorities (ex. Homework, getting enough sleep or exercise, etc.). Decide what can be added to or dropped from the schedule.
- **Make a plan** by setting routines/schedules for each person in the family. Write out the schedules and post them where everyone can see them. Help others stay accountable!
- **Sync up** by using a digital calendar such as Google Calendars so caregivers and kids old enough to have gadgets can see the big picture. Younger kids will need something visual like a whiteboard calendar so they can keep track as well.