

Cheney Tech's Parent's Newsletter

CTHSS-

Dear Parent,
My name is Mrs. Cortez, LCSW and I'm your child's School Social Worker.

I hope you enjoy this edition of Cheney Tech's Parent's Newsletter. My hope is to keep you engaged in conversation. If you have any questions, please feel free to call me or email me (860) 649-5396, Ext. 366 / marie.cortez@ct.gov

SPECIAL POINTS OF INTEREST:

- Life after high school...
- Attendance Matters....
- Key telephone numbers to keep handy...
- A message from the Yearbook Advisor ...



Life after high school may seem like a far, far away myth for some parents. But believe it or not four years of high school, go by really fast.

I am aware that the four years of high school are easier for some students and challenging and/or very difficult for others. And for the latter students, as a parent, one may often wonder:

"What would my son/daughter do after high school?"

"Would they ever make it in life, after high school?"

I can assure you, we at Cheney Tech, spend every day, diligently working with your son/daughter, to provide the support he/she would need to be successful after high school. As I have said it before and I'll say it again: Please remember we cannot do this alone. Your son/daughter needs your support, we as a school need your support, in order for them to have success after high school.

I want to take this opportunity to discuss a very fancy term, we often use in schools. The term is Executive Skills or also known as Executive Functioning Skills. I will also give you some resources for you on this topic. Please know that mastering these executive skills, is a crucial step, ***in assuring success after high school!*** After all, that is one goal we all share.

What are Executive Skills?

"Executive skills are, in fact, what your teenager needs to make any of your hopes and dreams

Life after high school

for her/his future-- or ...hopes and dreams-- come true" (R.Guare; P. Dawson & C.Guare-authors of *Smart but scattered Teens*, page 12). Others describe it as: ***" a set of mental processes that helps us connect past experience with present action"***. Visit this link for a detailed description and a very interactive article:

<https://www.understood.org/-/media/040bfb1894284d019bf78ac01a5f1513.pdf>

These skills take time to develop and weakness in some of these skills, become very evident in high school, when your expectations of your teenage son/daughter are higher. Most experts in this topic, refer to 11 executive skills and these are:

- ◆ **Response inhibition** - The ability to stop and think before acting
- ◆ **Working memory**- The ability to retain information in one's memory
- ◆ **Emotional control**- The ability to control one's emotions/temper as one goes through out the day
- ◆ **Flexibility**- The ability to adjust to the unexpected; obstacles; set-backs.
- ◆ **Task initiation**- The ability to begin one's homework/projects/ deadlines
- ◆ **Organization**- Being able to create and maintain systems that help one stay/keep track of information, schedules, assignments, etc.
- ◆ **Sustained attention**- The ability to pay attention to a situation or task, despite distractions.
- ◆ **Planning/Prioritization**- The capacity to come up with a plan/a map to reach a goal.
- ◆ **Time management**- Being able to set timelines to finish a project , maintain deadlines and stay within the timelines.
- ◆ **Goal-directed persistence**- Being able to set goals, follow through until completing the goal and not be distracted

- ◆ **Metacognition**- The capacity to observe how one solves a problem. It's being able to self monitor and being able to evaluate ones skills.

Don't be alarmed if you find that your son/daughter struggles in one or some of these areas. Having a weakness in one of these areas, **does not mean, that your son/daughter is doomed**. It simply means that he/she will need to learn strategies to compensate for their weaknesses, they will need extra support from you, teachers, or someone like myself (your son/daughter's school social worker).

If as a parent, you recognize your son/daughter struggles in one of these areas, what can you do moving forward?

I can suggest a few steps:

1. Research the topic a bit further. A good book: **Smart but Scattered Teens**, by: R.Guare; P. Dawson & C.Guare .
2. The National Center for Learning Disabilities, Inc. has an excellent E-Book- follow this link to access it:

<https://www.understood.org/-/media/040bfb1894284d019bf78ac01a5f1513.pdf>

3. A very important step, but often very difficult is having a conversation with your son/daughter about this. At the same time, It's also having your son/daughter accept your concerns and show willingness to want to improve.

Please know, you don't need to do this alone. Please feel free to call me and I can help you and guide you with your son/daughter. Also, please remember: Your teen may not show it, but he/she wants to be successful in life; they might just not know, how to work towards that goal!



Attendance Matters...

Here's a message from your Dean of students:

School Attendance is Important! Attending school regularly can help your child succeed.

It can help your child:

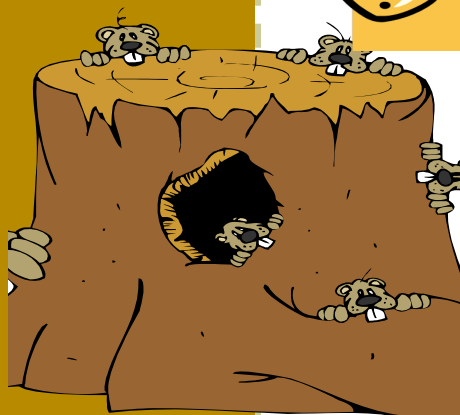
- ◇ Have a positive attitude about learning
- ◇ Do his/her best in school
- ◇ Be better prepared for the future.

Remember:

- ◇ Poor School attendance can have lasting effects.
- ◇ Frequent absences can cause a student to fall behind in school. He/ she may get poor grades, have low self-esteem and feel isolated from classmates.

Make school attendance a priority!!!!

This is a snip it from School Attendance- Helping your child avoid truancy by the Channing--Beta CO.



A few Key numbers....

Counseling Service Office:

(860) 649-5396

Who's your Child's Counselor?

Grade 9:

Last Name A– G Ms. Mehlinger

Last Name H– N Ms. Bernier

Last Name O– Z Mr. Vazquez

Grade 10: Ms. Mehlinger - Ext. 319

Grade 11: Mr. Vazquez— Ext.395

Grade 12: Ms. Bernier Ext. 321

School Social Worker & **S.A.T** Coordinator: Mrs. Cortez— Ext. 366

S.A.T (Student Assistance Team)

School Psychologist & 504 Coordinator: Mrs. Recchia—Ext. 320

Dean of Student & Work Based Learning Coordinator— 311



Attention Senior Parents... Class of 2017! A message from the yearbook advisor:

- ⇒ Celebrate your student's milestone, by purchasing a parent ad in the yearbook. These are \$15.00. Click on this link <http://jostensyearbooks.com/?REF=A01048600> and on the left hand side menu, click on Yearbook Recognition Ad
- ⇒ Yearbooks are \$70.00. To purchase a yearbook, just click on this link: <http://jostensyearbooks.com/?REF=A01048600>
- ⇒ Please remind your son/daughter to email their senior quotes to Ms. Cortez, they know my email!
- ⇒ I'm still missing lots of baby pictures. Please, submit Baby Pictures, via email to Ms. Cortez