

## Excellence Grounded in Faith



Dear ASCA families,

My name is Mrs. Aloisio and I am the Student Services Coordinator here at All Saints Catholic Academy. This is my 4th year here at All Saints. I am excited to share that this year we will continue with offering executive functioning lessons to the junior high students. I am thrilled that we will be beginning executive functioning skills lessons for our Kindergarten through 5th grade students this year as well.

According to the Center on the Developing Child at Harvard University “executive function” refers to skills that include the ability to plan, meet goals, display self-control, follow multiple step directions even when interrupted and stay focused on a task. Our lessons for kindergarten through 5th grade will include learning about flexible thinking, organizing materials and time, organizing information, remembering and self-monitoring. Junior high lessons will include test taking strategies, how to ask for help effectively, goal setting, organization, planning, study strategies, note taking strategies, flexible thinking and self-monitoring. Eighth graders will also receive a lesson on how to manage the High School Placement Test with some sample questions for extra practice.

The first topic we will be covering in Junior High will be test taking strategies for online tests. The first topic we will cover in the primary and intermediate academies will be what is executive functioning and why it is important. At the end of each month, Mrs. Marshall will link resources for home and the information about upcoming topics in “Saints Speak.” The teachers will have opportunities for students to practice what they have learned about for that month as well.

Executive functioning skills are skills for life. These are the skills students can use both in school and in their lives beyond school. The following is a list of benefits that explicit teaching of these skills offers students.

- Greater academic successes
- Organizational tools at student disposal
- Development of critical thinking skills
- Persisting through difficult tasks (Problem solving skills)
- Scaffolding a task into manageable pieces (time management)
- Increase in independence

If you have any questions, please do not hesitate to contact me. I look forward to working in all the classrooms at ASCA this year and to watch the impact learning these skills will have on all our students’ academic successes. Thank you for your support.

Sincerely,

Ann Aloisio  
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