


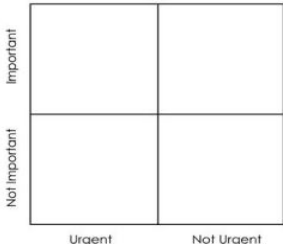
## Welcome to the 2023- 2024 school year!

While we are familiar with most of our families, we wanted to introduce ourselves again and let you know about some changes for the upcoming school year. Dana Thompson will be working primarily with grade 6/7 students and Lise Twa will focus on grade 8/9. Both teachers will be continuing their work on student mental health, Individual Program Plans, English Language Learners, attendance, specialized placements, formal testing and assessments.

For more information on the role of Student Services at Dr. Martha Cohen you can visit the school website at <https://school.cbe.ab.ca/school/drmarthacohen/culture-environment/student-services/pages/default.aspx>

### Planning and Prioritizing Skills for Students

Take a look at two different time management methods that you can introduce to your children.

<p>Pomodoro Method</p> 	<ol style="list-style-type: none"> <li>1. Find a quiet work space and organize your materials</li> <li>2. Set a timer for 15-25 minutes</li> <li>3. Make a to-do list prioritizing or chunking your tasks for 25 minutes of work</li> <li>4. Work on items until timer goes off</li> <li>5. Take a 5 minute active break (no social media!)</li> <li>6. Repeat until tasks are done!</li> </ol>
<p>Quadrant Prioritizing</p> 	<p>Make a box with 4 sections.</p> <ol style="list-style-type: none"> <li>1. <b>Urgent and important:</b> homework/tests happening SOON</li> <li>2. <b>Important but not urgent:</b> Projects or tests that are coming up but not right away</li> <li>3. <b>Urgent but not too important:</b> Emails, sports, texts</li> <li>4. <b>Not urgent and not important:</b> Making weekend plans, re-writing your to-do list, checking socials</li> </ol> <p>Complete the tasks in order of their section. Get the most urgent and most important tasks done first!</p>

### Mental Health Resources

We all need support with our mental health from time to time. Last year The Summit opened in Calgary. It provides walk-in counselling services for anyone under 18 years of age from 10am to 10pm. This centre is also a day-treatment facility and provides community-based treatment programs for those struggling with mental health.

For more information: <https://www.albertahealthservices.ca/summit/summit.aspx>