



## Newmark Education Parent Alert

June 12, 2024

### End of Year Tips From Newmark's Related Services

Dear Newmark Parents,

We are nearing the end of a successful school year and we could not be prouder of our students for all that they have accomplished. Now that summer is here, our students and families can enjoy a well-deserved break and spend some time relaxing and recharging. Here are some tips from Newmark's Related Services Speech-Language Therapy and Occupational Therapy teams.

#### Speech-Language Therapy: Visualizing The Plan

Summer can be a great time of year, filled with fun and adventure. It can also be a difficult time for many students to navigate as there is often less structure and new, unfamiliar activities to navigate. If you think back to previous summers, did you ever find yourself telling your child ten times, "get ready for the beach" and they say, "okay"; yet when you leave for the beach, they are not, in fact, ready for the beach?

For many students with language and/or executive function needs, a seemingly simple direction such as "get ready for the beach" or "pack your bag for the beach" can actually be very difficult to complete. It is not that they did not listen to you give the direction, but that they cannot actually think about their plan for completing this task.

A great way to assist your child in strengthening his/her executive functions and language skills is to actively engage your child in talking about the plan and helping them visualize the plan. Use of specific language and gesture/miming are great tools to use for developing, rehearsing and mentally storing the plan. [Learn More](#).

#### Occupational Therapy: Summer Sensory Ideas

As the school year ends, it's important to continue fostering sensory experiences for our children over the summer. Sensory processing opportunities are abundant during this time, offering unique chances for our elementary and middle school students to explore, learn and develop in fun and engaging ways. By incorporating sensory experiences into your child's summer routine, you can help promote their sensory development, regulate their nervous system and ensure a summer filled with exploration, growth and joy. [Learn More](#) about Outdoor Adventures, Water Play, Gardening and other Sensory-Friendly Events & Crafts.

If you have any questions, please contact us at 908-753-0330 or by email. Wishing you all a restful and fun summer!

Sincerely,

Sharon Ratiner, MA CCC-SLP, - [sratiner@newmarkeducation.com](mailto:sratiner@newmarkeducation.com)  
Julia Latorraca, MS CCC-SLP - [jlatorraca@newmarkeducation.com](mailto:jlatorraca@newmarkeducation.com)

Cate Tafur, OTR/L - [ctafur@newmarkeducation.com](mailto:ctafur@newmarkeducation.com)  
Cyndi Dudek, OTR/L - [cdudek@newmarkeducation.com](mailto:cdudek@newmarkeducation.com)  
Allison Inserra, OTD, OTR/L - [ainserra@newmarkeducation.com](mailto:ainserra@newmarkeducation.com)

Cc: Dr. Regina M. Peter, Executive Director  
Cynthia Allman, Executive Director  
Gina M. Borea, Principal

---

Newmark Education  
1000 Cellar Avenue, Scotch Plains, NJ 07076  
908-753-0330 [info@newmarkeducation.com](mailto:info@newmarkeducation.com)

