



Newmark Education Parent Alert

September 25, 2024

Executive Functioning - Classroom Routines/Procedures

Dear Newmark Parents,

As we transition between seasons, many changes occur, however, we can find consistency and predictability in our habits and routines. Establishing routines and regular daily habits are important for many reasons, one being to support cognition. The power of routine allows us to conserve our cognitive energy from daily tasks for use on more complex tasks.

In order to help students complete their daily tasks efficiently, we use a set of classroom procedures and routines to guide them through the sequence of tasks required upon arrival and dismissal. As a student becomes more familiar with the classroom routines, they will require less active thinking skills, allowing them to use their higher-level thinking for their academics. This can also be translated into routines that occur within the home environment. Take, for instance, a task such as brushing one's teeth which typically takes 2 minutes to complete and involves multiple steps which require planning and sequencing. At first, this simple task may be difficult to complete, however with continuous repetitive practice of the same sequence your child may be able to complete it more automatically - think of it like 'muscle memory'!

[View](#) Quick tips for establishing routines

We hope some of these tips will help you and your family. If you have any questions, please contact our Related Services Team at 908-753-0330 or by email.

Sincerely,

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