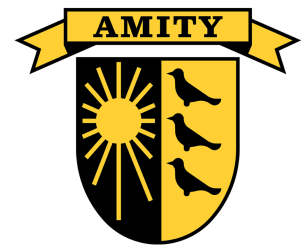


AMSB Counseling Newsletter

September 24th, 2024

Dear Parents and Guardians,

Welcome to the new school year! As we embark on this exciting journey into 7th grade, we want to highlight two crucial skills that will greatly benefit your child's academic success and overall well-being: organization and time management. Developing these skills early on will not only help them thrive in middle school but will also set a strong foundation for their future educational and personal endeavors.



AMSB Career Day!

We are thrilled to share that the annual AMSB Career Day will be held on **November 21, 2024**, from 8:00am- 10:15am! We are seeking volunteers to share their occupation with our students to help get them thinking about future career possibilities.

Participating volunteers will present the same half hour presentation to 3 different groups of students (approximately 20 in each session) and we will need you to be here from 8:00 am - 10:15 am. **If you are interested in volunteering as a presenter, please complete this form by October 4th, 2024.**

[Volunteer Registration Form](#)

Why Organization and Time Management Matter

1. **Reduces Stress:** A well-organized student who manages their time effectively is less likely to feel overwhelmed by assignments and deadlines.
 2. **Improves Academic Performance:** Good organization helps students keep track of homework, projects, and tests, leading to better preparation and higher grades.
 3. **Builds Confidence:** Mastering these skills empowers students to take control of their responsibilities, fostering a sense of accomplishment and self-esteem.
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Tips for Parents to Support Organizational Skills

1. **Establish a Routine:** Help your child create a daily schedule that includes time for homework, extracurricular activities, and relaxation. Consistency helps build good habits.
 2. **Create a Study Space:** Designate a clutter-free area in your home for studying. Ensure it is well-lit and stocked with necessary supplies.
 3. **Use a Planner:** Encourage your child to use a planner or digital calendar to track assignments, deadlines, and upcoming tests. Review it together regularly to stay on top of their workload.
 4. **Organize School Materials:** Help your child set up a system for organizing school materials. This could include binders for each subject, folders for important papers, and a dedicated place for textbooks and notebooks.
 5. **Break Tasks into Steps:** Teach your child to break large assignments or projects into smaller, manageable tasks. This makes them less daunting and easier to tackle.
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Tips for Parents to Support Time Management

1. **Prioritize Tasks:** Help your child learn to prioritize tasks by importance and deadlines. This will help them focus on what needs to be done first.
2. **Set Time Limits:** Encourage your child to allocate specific time blocks for each task and stick to these limits. This can improve focus and efficiency.
3. **Use Timers:** A timer can be a great tool for managing time. Set it for study periods and breaks to help your child stay on track and avoid procrastination.
4. **Monitor Progress:** Regularly check in on your child's progress with their tasks and time management. Offer guidance and support as needed.

5. **Encourage Breaks:** Remind your child to take short breaks during study sessions to rest and recharge. This can improve concentration and productivity.

Resources for Further Assistance

- **Online Planners and Apps:** Tools like Google Calendar, Trello, or My Study Life can help students keep track of their tasks and deadlines.
- **Organizational Tools:** Use of a daily planner. Review this regularly with your child.
- **Schoology:** Familiarize yourself and your child with how to access current assignments on Schoology.

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By fostering strong organizational and time management skills, you are equipping your child with essential tools for success. Your involvement and support play a crucial role in helping them develop these skills. Together, we can ensure a productive and enjoyable 7th grade year!

If you have any questions or need additional resources, please feel free to reach out to us.

Best Regards,

AMSB Middle School Counseling Team

Mrs. Donroe, School Social Worker
Mrs. Lanziero, 7th Grade Counselor
Mrs. Parillo, 8th Grade Counselor
Ms. DiLorenzo, School Psychologist



Amity Middle School - Bethany
Counseling Department