

Preparing your Child for a Transition Year

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Syosset Central School District

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What is a transition year?

A transition year is a critical time of
growth and development:

- Preschool years to Elementary
 - 5th Grade to 6th Grade
 - 8th Grade to 9th Grade
 - Post High School years

Transition Commonalities



- Anticipatory Anxiety
- Changes in Behavior
- Shifts in Development
- Communication Styles
- Competing Feelings & Behaviors



Transition Commonalities

"A ship is safe in harbor, but that's not what ships are for."

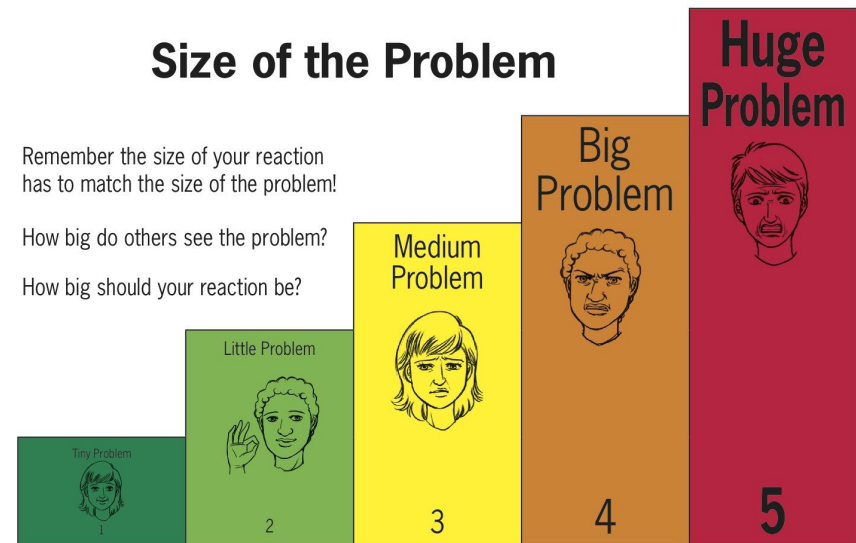


Growth and Development occurs through facing adversity, trials and tribulations, and new experiences outside of established comfort zones.

Transition Preparedness

- Assess your regulation
- Label the feelings
- Identify the size of the problem
- Tried & true coping skills
- Cope Ahead Plan

The ZONES of Regulation® Reproducible W



Visual adapted by Leah Kuypers, Donna Brittain and Jill Kuzma for The Zones of Regulation® from the original work of Winner's Think Social! (2005), pages 44-45, www.socialthinking.com, and Buron and Curtis' The Incredible 5-Point Scale (2003), www.5pointscale.com

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Early Childhood (4-8 years of Age): Developmental Milestones

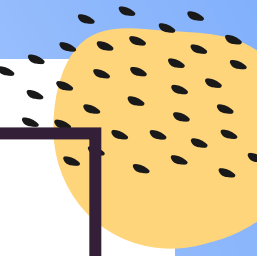
- Show more independence from parents and family
- Start to think about the future
- Pay more attention to friendships and teamwork
- Want to be liked and accepted by friends
- Show rapid development of mental skills
- Talk about thoughts and feelings



- Separation anxiety is a normal stage of development
- Young children often experience a period of separation anxiety, but most children outgrow separation anxiety by about 3 years of age

Early Childhood: Ways to Approach the Transition

- Present a social story
- Try role plays
- Provide emotional visuals
- Recognize your own anxieties
- Include an outside trusted adult
- Utilize transition opportunities at the building
- Talk to other families/students



- Independence
- Influence of Peer Pressure
- Sense of Responsibility
- Physical Changes/Puberty
- Complexity in Friendships
- Social/Emotional Awareness
- Academic challenges
- Development of Attention
- Perspective Taking

Middle Childhood (9–11 years of age): Developmental Milestones

Middle Childhood Developmental Milestone?



A recent study published in *Child Development*, followed a group of more than 250 children for five years. About 25% of children received phones by age 10.7, and 75% by age 12.6. Nearly all children had phones by age 15 years. Among children who owned phones, 99% had smartphones by the end of the study.

Middle Childhood: Ways to Approach the Transition

- Start the conversation
- Present a social story
- Provide emotion labels/visuals
- Allow time & circle back
- Recognize your own anxieties
- Include a trusted adult
- Utilize transition opportunities at the building



Middle School Supports for Transition

Academic:

- Use of Google Classroom
- Extra Help
- Lunchtime options
(Nook & Workshop)
- Reading & Math labs
- Instructional Support
- Testing Room
- Caseload Teacher

Social/Emotional:

- Guidance Office
- Wellness Center
- Social Worker
- School Psychologist
- Advisory

Get to know the building:

- May visits
- August Orientation

- Show more concern about body image, looks, and clothes
- Focus on themselves; going back and forth between high expectations and lack of confidence
- Experience more moodiness
- Show more interest in and influence by peer group
- Express less affection toward parents; sometimes might seem rude or short-tempered
- Feel stress from more challenging school work

Young Teens (12–14 years of age): Developmental Milestones

- Be honest and direct with your teen
- Meet and get to know your teen's friends
- Encourage your teen to self-monitor and self-advocate
 - Students can email or speak to teachers when they have a question or concern so that little concerns don't become bigger

Young Teens: Ways to Approach the Transition



Young Teens: Ways to Approach the Transition

- When there is a conflict, be clear about goals and expectations AND allow your teen input on how to reach those goals
 - Address areas of conflict outside of high conflict times
- Cope Ahead: Have a conversation with your teen on who they can go to if they are feeling stressed or overwhelmed
 - Family member, support staff member

High School Transition Support

- The SHS Team begins transition planning well before the first day of 9th grade
- 9th Grade orientation *E-book* (on SHS website) for course descriptions, sequences, and NYS graduation requirements
- Articulation meetings - starting in December the Special Education Teachers from the HS meet with both HBT and SW to discuss each individual student's needs
- Guidance Counselors and School Psychologists discuss incoming 9th grade students
- Annual Review meetings - a SHS Special Education Teacher attends every 8th grade annual review meeting
- 9th grade orientation at SHS in August
- Counselors meet with all 9th graders in September

High School Supports

- Guidance Resource Center
- Student Support Groups
 - e.g., Executive Functioning Skills Group, Breathe for Peace
- Guidance Counselors
- School Psychologists
- Social Worker
- School Counselor



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Tips From the Team

- *“This is a big jump in many ways, but it is a warm and supportive building. Students will benefit from being reminded to take a breath and enjoy this part of the journey, because the years here go quickly.”*
– Dr. Leslie Eder, School Psychologist
- *“Challenge yourself within reason in the subjects you enjoy and remember high school is also about meeting new people, joining activities and having fun!”*
– Mrs. Beth Waschitz, Guidance Counselor

A Universal Tip From the Team

- There is great benefit from getting involved
- At SHS, there is a motto...
“*something for everyone*”
- Wealth of academic and co-curricular opportunities
- A **balance** of academics and after-school activities such as sports & clubs is an important part of the school community

Student Activity	Adviser	Meeting Day and Time	Room
Adelettes	Kristin Howell	Monday 6:30pm	Chorus room or Auditorium
Art Club	Demetra Protonentis	Alternate Thursdays @2:30	CD1-CD2
ASL Club	Amanda Landers	Tuesdays after school	E33
Association of Creative Thespians	Gene Connor	First Thurs of each month 2:30	The Little Theater
Astronomy Club	Hayley Lovett	2nd and 4th Thursday 2:30	E21
Auto club	Rob Landon	Wednesdays 2:20	S03
Aviation Group		Tuesdays 2:30	E11
Awareness Club (co-advisor)	Kevin Dineen/Erika Marcus	Mondays 2:20	D8
BASIC	Terri Tozer/John Chae	Thursdays 2:30	A2
Braille Group	Victoria Buscareno	Mondays 2:15	D5
Brass Ensemble	Paul Caputo	Thursdays 4:00	Band Room
Breaking Borders	Gabrielle Schavran	Tuesdays 2:30	Teacher's Cafeteria
Bring Change 2 Mind (BC2M)	Lauren O'Rourke	Wednesdays 2:30	C2
Cabaret Night	Kristin Howell	TBD	Chorus room
Chamber Music Club	Stephanie Merten	Wednesdays 2:30	Chorus Room and Band Room
Chess Club	Mildred Castaneda	Thursday 2:30	E104
Chinese Cultural Club Society	Lu Jiang	Once a Month, Tuesday	E16
Choral Pride	Kristin Howell	Monday 5:30pm	Chorus room
Class of 2023	Greg Cardona	Every Friday 2:20	Little Theater
Class of 2024	Stacey Balducci	Every Friday 2:20	Little Theater
Class of 2025	Dale Iovine-Lynch	Every Friday 2:20	Little Theater
Class of 2026	Rich Cafiero	Every Friday 2:20	Little Theater
Coding & Web Design Club	Christine Owens	Thursday 2:30	E23
Comic Book	Melanie Marinello	Alternate Mondays 2:15	B7
Cooking Club	Beth Schettino	Mondays 2:30	HE3
Crochet and knit	Kristina Holzweiss	Monday 2:30	Innovation Lab
D and D Group	Nicole Sullo	Tuesdays	E96
Dance Club	Nicole Condela	Wednesdays 2:20	Dance Room-SHS
Dancing Days	Jill Biblow	Wednesdays 2:15	D10
DECA	Danielle Garrison	Wednesday 2:30	A13, A14, A15, A16
Dog Rescue Group	Jodi Cohen/Dana Kaplan	Alternate Mondays 2:15	Cafeteria
E Sports	Marc Occhiuto	Fridays 2:30	East Cafeteria
Entrepreneurship Group	Courtney Brown	Mondays 2:20	E14
Environmental Group	Betsy Girardi	Alternate Mondays 2:30	E9
Ethics Bowl	Lydia Esslinger/Phil Edelson	Tuesdays After School	E102
Fantasy Sports Group	Scott Holtzman	Wednesdays 3:00	E9
Fashion Group	Danielle Garrison	Every other Thursday 2:30	A13
Film Appreciation Club	David Gordon	Mondays 2:30	E101
Forensics	Lydia Esslinger	Weekdays	E102
French club	Hubert Laisney	Every other Thursday 2:20	A4
Future Leaders of America	Eileen DePaolo/Marissa Maltz	Thursdays 2:30	HE2
Gardening Group	Eileen DePaolo	Tuesdays 2:20	HE1
Girls Who Code	Jennifer D'Aquila/Christine Owens	Wednesday 2:20	E23
GSA	Gabrielle Schavran	Wednesdays 2:30	E103
Helping Hands Society	Alexa Tyner	Tuesdays 2:30	E97



Post- Secondary Planning

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- › [Parent/Educator Resource Guide to Section 504](#)
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Transition and College Readiness for Students With Learning Differences

A Positive Approach to the College Application Process



[Transition Manual for Students with Learning Differences](#)



THANK YOU!

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