



Newmark Education Parent Alert

June 11, 2025

Summer 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.

Occupational Therapy: Summer Bucket List - Cognitive Skills Challenge

Summer is a great time for rest, play, and exploration—but it's also a perfect opportunity to keep young minds growing by incorporating cognitive skills into your summer fun! **Cognitive skills** are the mental tools used for learning and thinking. These include memory, reasoning, attention, speed and executive functioning. Cognitive skills are involved in reading, writing, solving math problems, following instructions and staying organized. Just like muscles, these skills can strengthen with regular use—and without practice, they can fade over time.

To help make this practice both meaningful and enjoyable, we've turned these skill-building tips into a "**Summer Bucket List Challenge**." Together with your child, you can check off activities that sharpen their thinking while still enjoying all the joy and fun that summer brings. Whether you're at the beach, on a hike, or having a quiet day at home, there's always a way to sneak in a bit of brain-building fun!

[View](#) **Summer Bucket List Challenge**

Speech-Language Therapy: Keep Up The Progress

As speech-language therapists, we are passionate about communication and that doesn't stop at the end of the academic school year! The American Speech-Language-Hearing Association, our national organization, has some great tips for students to continue or maintain their progress over the summer.

[View](#) **Tips from the American Speech-Language-Hearing Association**

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

Sincerely,

Cate Tafur, OTR/L, Coordinator of Related Services - ctafur@newmarkeducation.com

Cyndi Dudek, OTR/L - cdudek@newmarkeducation.com

Allison Inserra, OTD, OTR/L - ainserra@newmarkeducation.com

Sharon Ratiner, MA CCC-SLP, - sratiner@newmarkeducation.com

Julia Latorraca, MS CCC-SLP - jlatorraca@newmarkeducation.com

cc: Ms. Gina M. Borea, Principal

Dr. Regina M. Peter, Executive Director

Ms. Cynthia Allman, Executive Director

Newmark Education
1000 Cellar Avenue, Scotch Plains, NJ 07076
908-753-0330 info@newmarkeducation.com