

CVS CVS

Castleton Village School Newsletter

Hello CVS Families,

Happy Fall! I love October- it might be the best month of the year. At the CSO meeting the other night, we shared all of the things we love about fall and it was hard for me to narrow it down to one thing. I cannot believe we have already been in session for over one month - time is flying. I would like to thank everyone who came out for the CVS Open House. We had a great turn out and it was lovely to meet so many parents and families. The students have been doing a wonderful job with safety drills thus far this year, please thank them for being so cooperative and encourage them to keep it up. We are still looking for input from our parents via the school climate survey that was distributed recently- it is not too late to fill that out- please help us out!

All the best,
Phil Hall
Asst. Principal, CVS



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Counselor's Corner

Middle school moves at a fast pace. Students have many different teachers, each with his or her own expectations, assessment schedules, and due dates. It can be a challenge for students to get and stay organized. Good work management and organizational skills are essential for balancing the load and minimizing stress. For some students, organization comes naturally, but for most, these are skills that must be learned. Here are some suggestions on how to help your student be prepared:

Planners; All CVS students were given a planner at the beginning of the year. No matter how good a student's memory is he or she must have a central place to record assignments and activities. A student's planner should contain important dates and events like holiday breaks, assessments, homework assignments, and project due dates. Some students may want to also include scheduled personal items such as personal investigation appointments, sports, or after-school activities.

Lists are great but they can get long and overwhelming. Teach your student to organize their to-do list by due date, time needed to complete a task, or how easy/hard the task is. Make the list easy to edit (consider using a whiteboard) and use different colors to prioritize tasks.

Binders and Backpacks; These can be your student's greatest and worst resource! Binders, backpacks, and Chomebook cases are the easiest way for students to have quick access to everything they need in their school day. However if these become full of clutter and leftover snacks, papers, pencil stubs, gym clothes, etc these can be a source of stress and time wasters. Designate one day a week for a backpack and binder clean out. Get rid of anything unnecessary and file



loose papers in their proper place. Also consider a place to file papers at home after a lesson is completed. There is usually no need to keep and carry around papers and notes all school year. Staying organized in middle school can be an overwhelming experience for some students. Parents can help by being proactive in stressing the importance of learning these skills and encouraging students to take personal responsibility.

If you have concerns about your student's ability to stay organized please don't hesitate to reach out: Amy Jackson, School Counselor and School Clinician, ajackson@svvut.org 802-468-2203