



# Marengo Community High School

Newsletter: Oct. 2 - Oct. 7

## September Student Tardy Challenge

For the month of September, MCHS held a tardy challenge. If a student has zero tardies for the month of September, MCHS has planned a reward for those students. We will bring in food trucks for students on October 20 as a reward for accepting the zero tardy challenge and succeeding. We are checking our attendance records and will notify students who earned the incentive.

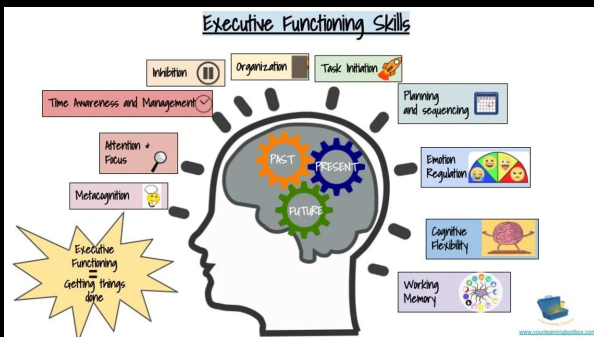


## Helping Kids and Teens Who Struggle with Executive Functioning Skills

The information below is from the website [thepathwaytosuccess.com](http://thepathwaytosuccess.com).

What are executive functioning skills and how can I support struggling children? These are questions that many educators and parents have, and for good reason. Executive functioning skills are the processes in our brains that help us accomplish daily tasks. They include our abilities to organize materials, prioritize work, stay focused during activities, and persevere through challenges. It goes without saying that these skills are important. Without even thinking about it, we use these skills numerous times every day. Just by reading this article alone, you use your abilities for attention, metacognition, and working memory.

When these skills are easy for us, we often don't even think about using them. That's a good thing – you have trained your brain to engage in the skills you need when you need them. Let's consider an example. When you have a chore to do, you probably talk yourself into getting started (task initiation), stay focused while ignoring distractions (attention), and work through until you are finished (perseverance).



As individuals, we each have our own unique set of executive functioning strengths and challenges. Because of this, executive functioning challenges can impact different people in different ways. Some behaviors can be obvious, but they can also be subtle. When looking for EF challenges, it's most helpful to look for patterns of behavior over time.

### Activities

10/2 - VB vs. Plano (F, JV, V)  
10/2 - B & G Golf @ Sectional, TBA  
10/2 - Tennis vs. Woodstock  
10/3 - CC @ Harvard  
10/3 - Tennis vs. Elgin, Senior Night  
10/4 - Blood Drive  
10/4 - VB @ Johnsbury (F, JV, V)  
10/4 - Soccer @ ACC (JV, V)  
10/4 - Tennis @ Woodstock North  
10/5 - Tennis @ Johnsbury  
10/6 - FB @ Kaneland (FS, V)  
10/6 - B & G Gold State, TBA  
10/6 - CC @ Lakes  
10/6 - Tennis @ KRC Tourney, TBD  
10/6 - Cheer @ Kaneland (FS, V)  
10/7 - B & G Golf @ State, TBD

**Kids and teens who struggle with executive functioning skills might:**

- Have difficulty starting or finishing tasks.
- Frequently lose or misplace materials.
- Have trouble getting or staying organized.
- Forget directions or steps to a task.
- Have difficulty focusing on a task, or switching from one task to another.
- Act in impulsive ways (acting without thinking through a situation).
- Rush to finish work at the last minute.
- Have difficulty managing time well.

For the full article, please visit [Helping Kids and Teens Who Struggle with Executive Functioning Skills.](#)

If you have information about any safety issues at school, please report them to a trusted adult at the school. All information provided is kept confidential. You can also report any issues to [tipline@mchs154.org](mailto:tipline@mchs154.org).

**Thank you for helping to keep our school safe!**

**Jay Mullens, Ed.S. | MCHS Principal**