



NEWSLETTER

NOVEMBER '24

ERS HAPPENINGS

ERS staff cares about all students and their success. In upcoming professional development sessions, ERS staff will engage in learning about Executive Functions. Executive Functions (EF) are mental processes that help to connect past experience with present action to guide future behaviour. Individuals with Learning Disabilities and/or ADHD may experience increased difficulty in the development and use of these functions compared to their same-aged neurotypical peers. These functions underlie activities such as planning, organizing, strategizing, paying attention to and remembering details, and managing time and space. When students struggle in these areas, it can result in behaviours that are often labelled as "attention-seeking", "defiant", "showing off", "unmotivated" or "lazy", "emotional overreactions", and "inflexible", just to name a few.

These sessions will increase our knowledge of how EF deficits impact learning and what we can do to maximize their success. With a focus on cognitive neuroscience research and brain-based strategies that we can use to increase engagement, motivation, and self-management, we will discuss:

- The Executive Functions and how they work
- Discuss the development of EF
- How EF deficits impact student emotions, behaviour, and academics
- How to best support students with EF deficits

We look forward to being even better able to support all learners at ERS!

REMINDERS

1. Doors open at 8:15am and all students need to be in class by the first bell at 8:25am, otherwise they are marked late. Being late means students miss important classroom instruction and routines. Please help your children arrive to school prepared and on time.
2. ERS is a **Nut-Free** school and we have many students with severe nut allergies. Please do not send your child to school with any food containing nuts. Thank you for your cooperation!



EVENTS

- Nov 1 - Half Day Friday
- Nov 6 - Pizza Day
- Nov 6/7 - PM Conferences
- Nov 7 - Remembrance Day Assembly 10:40am
- Nov 8 - AM Conferences (No School)
- Nov 11 - Remembrance Day (No School)
- Nov 12 - Parent Council Mtg.
- Nov 15 - Half Day Friday
- Nov 20 - Pizza Day
- Nov 29 - Half Day Friday

TO-DO

- [Book your Parent Teacher Conference!](#)
- Pay school fees in your [Parent Portal](#)

ABC