



Idas • Learning Disabilities Association of Sudbury

The right to learn, the power to achieve

VOLUME 13 ISSUE 2– SEPTEMBER 2016



**United Way
Centraide**
Sudbury and/et
Nipissing Districts
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(705) 759 2554 x 2307

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LDAS Mission Statement:
To support all individuals with learning disabilities in reaching their full potential in a community that values their unique abilities and contributions.

WE ARE GROWING ACROSS THE NORTH!

In January, The Learning Disabilities Association of Sudbury (LDAS) announced that we were the grateful recipients of a three-year \$600,000 Grow Grant from the Ontario Trillium Foundation. Thanks to this grant, we were able to establish a Northern Ontario Centre for Learning Differences (NOCLD) which will expand the programs and services we offer in Sudbury to communities across northeastern Ontario. In partnership with the NOCLD, we have launched a new full-time office and hired full-time Resource Facilitators in both Sault Ste. Marie and North Bay. A new part-time office opened in Timmins this past August and our Resource Facilitator is proud to offer programs and services in that part of the Northeast for the very first time!

We understand that to reach out across northern Ontario we will need to be innovative and creative. This is why on June 7 2016, we hosted and delivered a live stream workshop presentation for grade 7 and 8 classrooms. The workshop, *School's Out, Don't Count Us Out*, was created and presented by Angie DeMarco who is well-known for developing educational and engaging workshops for students, parents and educators. The live stream session was accessed by many classrooms and families across the North.

The LDAS and NOCLD have formed an important partnership with Northern Credit Union. Northern Credit Union will provide two \$500 scholarships for students with learning disabilities to pursue their post-secondary education. We have also launched a True North Strong Communities campaign in support of NOCLD. The campaign is called *We Are Not Alone* and will help fund a parent support program, produce a parent resource manual and develop parent workshops. The

money raised in each community will stay in that community and because there are no administration fees, 100% of the donations made will go directly to the campaign. Collection boxes will be located in Northern Credit Union branches across Northeastern Ontario or you can lend your support by logging onto www.truenorthstrong.ca.

The seeds have been planted to grow brighter futures for students with learning differences and their families across Northeastern Ontario!



PARENTS

Smile, Breathe and Go Slowly is the topic of Gary Petingola's presentation on Mindfulness-Based Stress Reduction as a Promising Practice for Parents, Children, Youth and Adults with Learning Disabilities. Gary Petingola has received formal training at the Centre for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School, Centre for Mindfulness Ireland, the OMEGA Institute for Holistic Studies, Shambhala Mountain Centre and the Harvard Medical School. In a safe environment that blends both theory and experiential learning, participants will explore the application of Mindfulness-Based interventions. Gary's presentation will examine the efficacy, misconceptions and core concepts and will offer Mindfulness Based Stress Reduction exercises. Mark your Calendar as you don't want to miss this presentation to held on **October 24, 2016 at 7 p.m. in the Auditorium of Sudbury Secondary School.**

We Are Not Alone

The Learning Disabilities Association of Sudbury turns to technology to help break down barriers and reach out to families across the north. LDAS hosted four successful parent support group sessions via video conferencing facilitated by Dr. Todd Cunningham, University of Toronto and LDAS Resource Facilitator Wendy Larouche. These sessions were designed for parents with children who have been recently identified with a learning disability and were in grades 4 - 7. Our group included 21 parents from 6 communities across Northern Ontario as far away as Thunder Bay. The topic of our sessions included:

Session 1: LD 101

Session 2: How to Advocate for your Child - Accommodations and Modifications

Session 3: The Impact of LD on Children and Their Families - Emotional Well-being

Session 4: IEP/IPRC Meeting Preparation and Transition Planning for Success



Feedback from the sessions was extremely positive:

"Looking forward to the remaining sessions. Excellent, so glad to see technology being used to reach more remote locations." Parent

"Great information surrounding IEPs—IPRCs, my role, my child's input and the school's contribution to the success of my child! Great overview of the IEP and its content, purpose and implementation. Thank you so much for your support, knowledge and time over the past four months!! What a great outreach program!" Parent

We would like to thank the Ministry of Education Parent Reaching Out Grant for their support of this initiative.

Quotes of Inspiration

"The positive thinker sees the invisible, feels the intangible, and achieves the impossible."

Anonymous

"Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands."

Anne Frank

"Always remember you are braver than you believe, stronger than you seem, and smarter than you think."

AA Milne

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose."

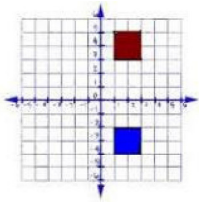
Dr. Seuss

YOUTH AND STUDENTS

Mathematical Dictionary

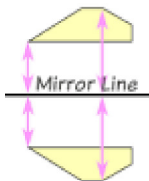
When learning new concepts in math, create a dictionary with both text and images to help you remember.

(Example: Grade 7 Geometry)



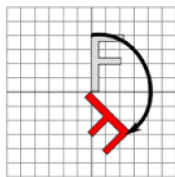
Translation = slide

Translation: To move an object without rotating it or changing its size. Every point must be moved in the same direction for the same distance. (red square translated (moved) to a new location blue square)



Reflection = flip

Reflection: Flip of a shape over the mirror line "A".
Reflection is a mirror image (exactly the same) of the shape.



Rotation = turn

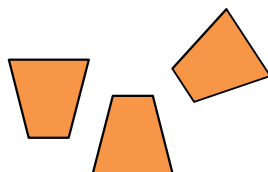
Rotation: Turn an image
Given in degrees



Similar figures are the same shape, but not the same size
When you ALSO have to resize the shape it is **similar**



Congruent figures are the same size and shape
When you rotate, reflect or translate a shape it is **congruent**



Orientation: Describes how it is placed in the space it takes up. Its positioning

Check <https://ca.ixl.com/math> or [Math.com](https://www.math.com) to learn more.

EDUCATORS

Anxiety vs Stress

Stress and anxiety are closely related but are not the same thing, here is how to recognize when your students are struggling with these barriers.

Stress is a natural and normal response to a challenge. Our heart pumps faster and our palms sweat as we get ready to act.

- Stress can make us feel nervous, angry, frustrated—even anxious.
- Stress can have a positive effect. For example it can “pump up” a child to study for a test.
- Stress can also be overwhelming. Feeling stress every day for a long time can take a toll on your body and mind.

Anxiety makes a student feel worried and afraid. “What if?” is a common phrase for anxious students.

- The anxious feeling is often out of proportion to the real or imagined “threat” (for example, a student crying in terror because she’s afraid to enter the classroom to write her history test).
 - Anxious children may expect that something bad will happen and not believe they’ll be able to handle it. (That bee’s going to sting me and I’m going to die!)
- The bad feelings associated with anxiety can come from something specific, like algebra. Or anxiety can be a more general sense of uneasiness that affects much of everyday life.

Adapted from article www.understood.org



INTRODUCING

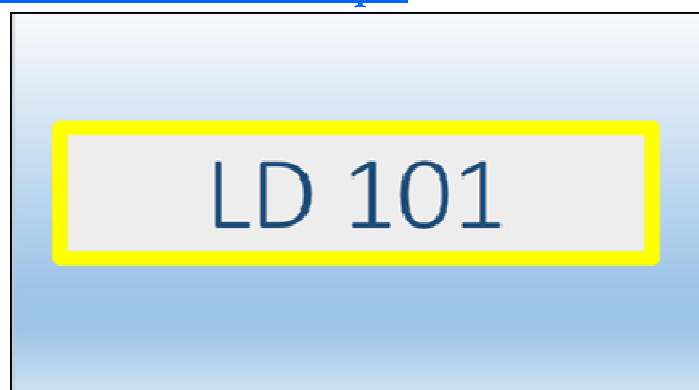
2 BRAND NEW Student Workshops!



Grades 4-5

Time: 30 min

This is an interactive and experiential workshop that provides students with advice and tips on how to handle different social situations. It touches on non-verbal communication, confrontation/ resolution, respect and friendship.



Grades 3-5

Time: 30 min

This presentation is designed to explain to newly identified students along with other students what a Learning Disability is, experience what it might be like and important tips on how to begin to understand how to advocate for your learning.

For more information contact Jarah Preston
Phone: 705-522-0100 Email: jarah@ldasudbury.ca

NEWS & EVENTS



The launch of LDA North Bay and Area was held at One Kids Place. Below from left to right: Ms. Mary-Liz Warwick (Executive Director, NOCLD), Mr. Denis Filiatrault (Executive Director, One Kids Place) Ms. Stefanie Reading (Resource Facilitator), Ms. Marie Derosier (Chair, Community Advisory Committee) and Mr. Vic Fedeli (North Bay MPP).

Ontario Trillium Foundation Funding Announcement held at Huntington University. Above from left to right: Sudbury MPP Glenn Thibeault, Dr. Kevin McCormick (President & Vice-Chancellor of Huntington University and Chair of the NOCLD), Niilo Saari (OTF Volunteer), Ron Lessard (Executive Director LDAS), Mary-Liz Warwick (Executive Director, NOCLD)

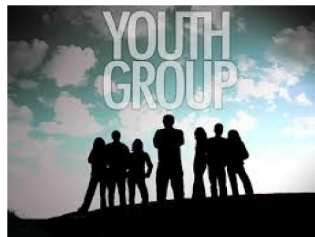


The launch of LDA Sault Ste. Marie was held at Northern Credit Union. From left to right: Mr. Al Suraci (President and CEO, Northern Credit Union), Mr. Matt Trainor (Director of Student Services at Sault College and Chair of the Community Advisory Committee), Ms. Mary-Liz Warwick (Executive Director, NOCLD) and Ms. Sarah Anich (Resource Facilitator, Learning Disabilities Association of SSM).



Meet the LDAS Youth Ambassadors

LDAS welcomes the support of our newly established youth group. This group of energetic young people will be working on event planning, raising awareness and supporting youth in our community.



Welcome Aboard

Cameron Boland, Chase Paquette,
Daniel Leblanc, Mackenzie de la Morandiere
Jayme Anderson, Matthew Turcotte,
Meredith Strelezki and Tom Chown

ANNOUNCEMENT

Those students registered for our Coaching Program, please note we are hosting a Meet and Greet on

September 19, 2016

at

**Lockerby
Composite School**

**in the
Auditorium
at 7:00 p.m.**



Did You Know!

<https://www.dyslexiefont.com/en/dyslexie-font/>
<https://www.dyslexiefont.com/en/background-information/the-designer/>

NORTH BAY SERVICES (705) 476 5437 x 3704

The Learning Disabilities Association of North Bay and Area launched their full time office at a media event held on Wednesday, June 15, 2016 at One Kids Place. LDAS and NOCLD have formed an important partnership with One Kids Place Children's Treatment Centre which will help build sustainability for the continuation of programs and services across the North Bay area. The North Bay office will be housed at One Kids Place and we couldn't imagine a better fit.

"One Kids Place is excited to partner with LDAS/NOCLD," stated Dennis Filiatrault, Executive Director of One Kids Place (OKP). "Having the office in OKP will help to create a synergy for our staff that will be a significant benefit to the children and youth we serve while staying true to our cornerstone of "FOR OUR KIDS / POUR NOSENFANTS."

The establishment of an office and full-time Resource Facilitator in North Bay will provide programs and services in the way of learning strategies, assistive technologies, and various other supports. Our Resource Facilitator, Stefanie Reading, will oversee the management of the North Bay office and can be reached by calling (705) 476-5437 ext. 3704 or by emailing ldanorthbay@gmail.com.



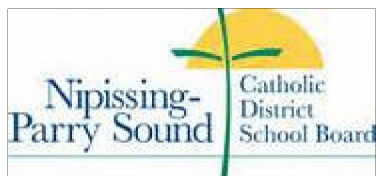
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North Bay and Area



Once again this summer, the Learning Disabilities Association of North Bay and surrounding areas partnered with the Nipissing Parry Sound Catholic District School Board to host an assistive technology camp. The generous funding provided by the Bishop Carter Foundation supported a two-day, 4 sessions program, for children with a learning disability and their parents. The seven families were able to gain experience in GAFE, speech to text, Language tools (organizers, planners, games), Math tools and have time to ask questions and provide comments on what works best for them. Over the course of two days, both parents and their children gained confidence in using different types of technology, programs and apps available to them to help support their children in life and in the classroom. Children were engaged in activities that focused and built on their social and emotional skills and they had the opportunity to create an advocacy card, that they could give their teacher on the first day to introduce themselves. The parents and children left the camp with a lot of information and were very grateful to have the opportunity to learn with each other.



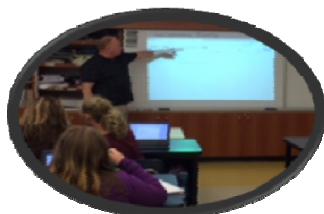
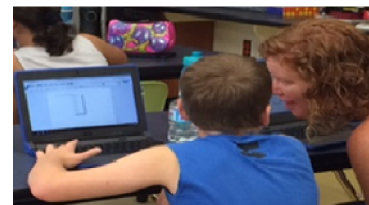
"I learned how easy technology is to use." – parent

"I can use this for reading and writing." – student

"I liked talking to the iPad, a great feature." – student

"I wish we had time to play more games." – student

"I liked that there was interactive learning for parents and children." – parent



SAULT STE. MARIE SERVICES (705) 759 2554 X 2713

The Learning Disabilities Association of Sault Ste. Marie launched their full time office at a media event held on Monday, June 27, 2016 at Northern Credit Union. The expansion of services and programs in Sault Ste. Marie will equip hundreds of children who have learning disabilities, and their families, with the tools needed to develop critical learning strategies. These strategies will lead to success in educational pursuits and eventually meaningful employment.

"We are very excited to officially launch a full-time Learning Disabilities Association in Sault Ste. Marie," said Mary-Liz Warwick, Executive Director of LDAS and NOCLD. "Thanks to the Ontario Trillium Foundation grant we've received, we are planting the seeds for growth across northeastern Ontario."

The NOCLD is proud to partner with Sault College which has donated office space for the Learning Disabilities Association of Sault Ste. Marie District. The office is located in room A1280 and Sarah Anich, Resource Facilitator, is available to answer any questions you may have regarding the programs and services provided by the organization. You can reach Sarah Anich by calling 705-759-2554 ext. 2713 or by emailing ldaossm@gmail.com.

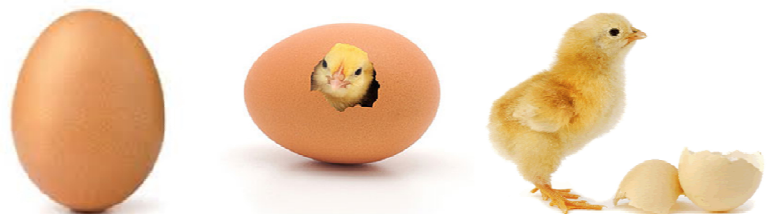
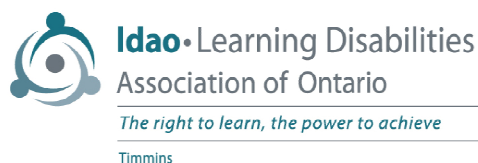


TIMMINS SERVICES (705) 269 0094

Expanding our programs and services to Timmins is an important milestone in supporting children and youth with learning differences across the area. We will be able to share and replicate our one-on-one and group supports to reach parents directly and we will provide an online family support group which will break down the barriers of distance and join parents together through a network. Families across Timmins will benefit knowing they are not alone.

The LDA Timmins will equip youth and their parents with the tools needed to gain critical emotional and social skills. In doing so, students will go on to have success in making and keeping healthy friendships and with finding success in employment and educational pursuits.

Our Resource Facilitator, Gale Wiseman, is happy to offer families and students the tools and guidance they need to be successful. The office is located in PAIB Insurance Inc. and Gale can be reached by calling (705) 269 0094 or by emailing ldaotimmins@gmail.com.

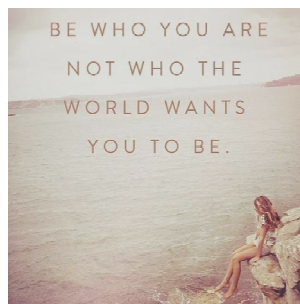




LDAS Services

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LDA Sudbury



- **One-on-one resource/advocacy support** to families as they “navigate the school system”
- **Development and delivery** of workshops and presentations designed to raise awareness through our Community Outreach Program
- **Extensive resource library** offered through our partnership with the Greater Sudbury Public Library
- **Gr. 7 & 8 Coaching Program** in partnership with Laurentian University
- **School Age Presentations:**
 - Be Cool In School Gr. 1 - 3
 - LD 101 Gr. 3 - 5
 - Social Skills Gr. 4 - 5
 - Victor of Transition Gr. 6
 - High School is Going to be a Slice Gr. 7 - 8
 - Step-Up Gr. 12 (self-guided usb)
- **Newsletters**
- **Representation** on School Board SEAC Committees, RDSB & SCDSB
- **Web Site:** www.ldasudbury.ca

Announcing our Board of Directors for 2016—2017

Elizabeth Brett-Dickie, Chair
Robert Chown, Treasurer
Erika Scola, Secretary

Directors

Darrin Black
Shannon Boland
Lucie Gauthier
Adelle Larmour-Delong
Tammy Lavalley
Ron Lessard
Colleen McDonald
Yvan Roy
Tracey Whitehouse

Sudbury Educator of the Year

It is that time of year again when we ask students to think about that one teacher that really understood how they learned, went the extra mile just because they really cared and that helped make their past school year a great one.

The LDAS Teacher of the Year Award recognizes an exceptional teacher who consistently supports, encourages, and advocates for the success of students with learning disabilities.

We want to hear from you!

Nominate your teacher by sending us your thoughts along with your teacher's name and the school you attend.

Teacher of the Year award will be announced during our month long awareness campaign in October.

Help us recognize the outstanding work of our teachers.

Deadline for submission is October 3, 2016

Email: info@ldasudbury.ca
or

Fax: 705 522 2289