



**United Way  
Centraide**

**Sudbury and/et  
Nipissing Districts**

**Change starts here.  
L'heure est au changement.**

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LD is what  
I have,  
**NOT**  
who I am.

## LDAS Launches a New Look

With support from United Way Sudbury and Nipissing District and the Ontario Trillium Foundation, LDAS has a new look for 2013!

Our latest information is now at your fingertips: [www.ldasudbury.ca](http://www.ldasudbury.ca) On our **Home** page you will find notification of any upcoming workshops and a link to our latest newsletter. Also, links to Twitter, facebook, and YouTube are in the top right corner.



For the newcomer to learning disabilities, you will find (under **LD Facts** on the **Home** page) important information on learning disabilities, assessments and diagnoses, and resources such as the Learning Disabilities Tax Credit and Assistive Technology.

**Programs & Services** on the **Home** page links you to ways in which LDAS can support you: helping parents navigate the school system for their child with a learning disability; attending IEP and IPRC meetings, and various workshops that LDAS offers for educators, students, and parents. Take the time to read some of the feedback comments that participants have shared!

Thanks to the efforts of website designer Bureau Frank Chartrand, as well as LDAS Board Member Yohanna Hodgins, our new website is up and running.

### HINT:

Having difficulty reading the website text?



Click the icon in the top right hand corner of the home page, and you will link to BrowseAloud – a free text-to-speech software program that once installed, will allow you to listen to our website information.

## PARENTS

### The Truth and Nothing but the Truth

by Angie DeMarco, LDAS Community Outreach Staff & Person with a Learning Disability

**The most powerful personal truths are rooted in the heart, firsthand experience, and research!**

For the past six years, I have had the pleasure of being a voice for LDAS, advocating for awareness of and empathy for individuals with learning disabilities. My intention here is to share my insights with students, parents and educators.

**1. We are not learning disabled . . . we want to learn, we can learn.** Through the science of fMRI machines, we now know with certainty that our brains are not defective in any way, but are clearly wired differently. The genius of amazing people who possess this exceptionality, like Stephen Spielberg, Jay Leno, and Daniel Radcliff among others, attests to this difference (See **Todd Richards**, UW Learning Disability Centre, University of Washington).



**2. We are smart!** Assessment of average to above average intelligence is a distinction of this exceptionality. Our ability to think is not affected. Our different ways of processing simply have us managing information in a different way than the mainstream learner. This processing difference can be accommodated when we utilize different methods or equipment to complete tasks with efficiency and understanding. Accommodations that meet our needs should be updated regularly in our Individual Education Plans or IEPs (**Ontario Ministry of Education**).

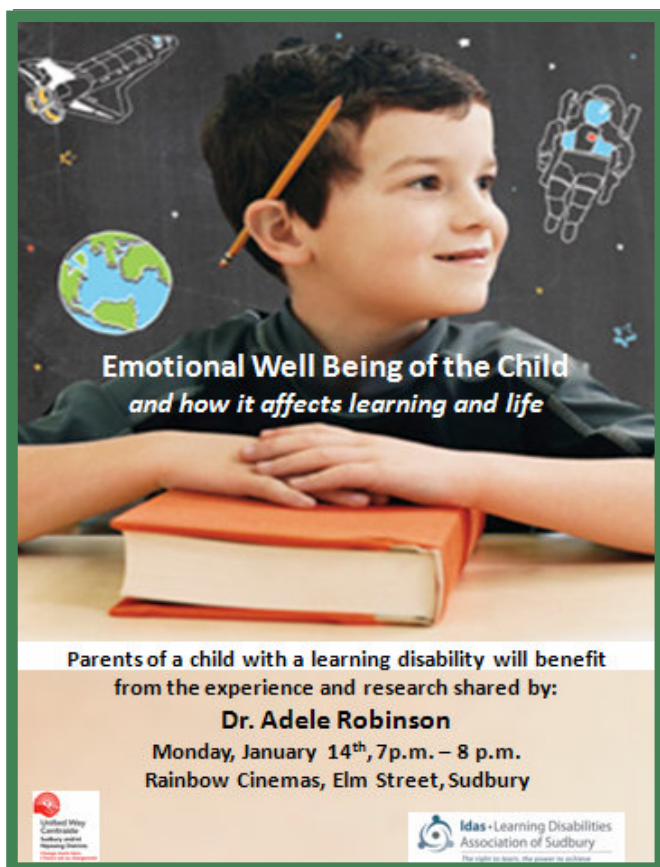
**3. What kind of smart** a person is should be of prime importance. We all need to adjust our use of the term “smart” using recent cognitive theory. If parents or teachers talk about a child as bright, they should qualify “in what capacity.” Traditional education concentrates on a narrow view of intelligence, and a school curriculum focused on “linguistic and logic smarts” (reading/writing/math/science). However, children who believe that all of their smarts are valued are more likely to stay in school, be successful, and pursue a diversity of career paths. (See **Howard Gardner**, Theory of Multiple Intelligences and Thomas Armstrong).

**4. 80% of people with learning disabilities struggle with reading** and may never read well in the mainstream way. However, we do not all have to read and write the same way! Assistive Technology has proven itself as a fluid way to bridge processing differences. A parent or teacher who continues to maintain that “they still have to read and write in the mainstream way” is in need of more information from LDAS to dispel this misguided premise (See **Todd Cunningham**, University of Toronto and The Hospital for Sick Children).

**5. Of the three learning styles, 30% of all students are tactile-kinesthetic learners** as opposed to the remaining 70% that are either visual or auditory learners. Within the 30% is a high incidence of students with learning disabilities who favour a hands-on, experiential approach to learning. An instructional approach that delivers academic content through project and activity based learning opportunities is crucial to addressing the gap for “equal opportunity learning” (See **Dunn & Dunn**).

**6. Self-regulation is key!** “Self-regulation is defined by how effectively a child deals with stress and then recovers to calm and alert learning.” Without the ability to self-regulate, a student will have difficulty learning. The most influential person to model this skill is the parent or caregiver. The Early Childhood Education initiative is rooted in the belief that improved literacy will be a byproduct of the mentoring of good self-regulation skills. Incorporating anti-anxiety techniques in the classroom at all grade levels, can increase student opportunities for success (See **Stuart Shanker**, York University).



## MARK YOUR CALENDAR



**Emotional Well Being of the Child  
and how it affects learning and life**

Parents of a child with a learning disability will benefit from the experience and research shared by:

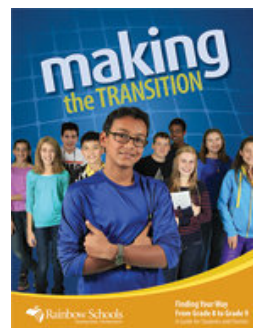
**Dr. Adele Robinson**  
Monday, January 14<sup>th</sup>, 7 p.m. – 8 p.m.  
Rainbow Cinemas, Elm Street, Sudbury

## Secondary School Open Houses

### Rainbow District Schools

Chelmsford, Jan. 16<sup>th</sup>, 6 p.m.  
Confederation, Jan. 17<sup>th</sup>, 6 p.m.  
Sudbury Sec., Feb 11<sup>th</sup>, 6:30 p.m.  
Lockerby, Feb 12<sup>th</sup>, 7 p.m.  
Lasalle, Feb. 13<sup>th</sup>, 6:30 p.m.  
Lively, Feb 13<sup>th</sup>, 6:30 p.m.  
LoEllen, Feb 14<sup>th</sup>, 6:30 p.m.  
Manitoulin, Feb 27<sup>th</sup>, 6:30 p.m.  
Espanola, Feb 27<sup>th</sup>, 7 p.m.



### Sudbury Catholic District Schools



St. Charles School, Jan. 15<sup>th</sup>, 6:30 p.m.  
St. Benedict School, Feb 13<sup>th</sup>, 6:30 p.m.  
Bishop Alexander School, Feb 12<sup>th</sup>, 6 p.m.  
Marymount Academy, Feb 21<sup>st</sup>, 7 p.m.

## Ministry of Education Document – Shared Solutions

A guide that addresses conflicts affecting students with special education needs, intended to help parents, educators, & students to work together to prevent conflicts, and to quickly resolve any that surface.

**Thursday, January 31, 2013, 6:30 P.M.**  
**New Sudbury Public Library, 1346 Lasalle Blvd.**

This experiential 1 ½ hour workshop lays out the content of the Ministry's document in a clear and user-friendly way with the three components being  
--- **Understanding Conflict - Preventing Conflict - Resolving Conflict** ---

**For further information or to confirm your attendance**  
**Please call: (705) 522-0100 or**  
**e-mail us at [resource@ldasudbury.ca](mailto:resource@ldasudbury.ca)**



## YOUTH, STUDENTS AND EDUCATORS

### Focus on "SCOPE": A Learning Strategy for Writing

Finished writing that paragraph your teacher assigned? Want to motivate students to move beyond a "one-and-only-one" draft of writing?

Time to wash out the paragraph with **SCOPE**, a writing strategy for proofreading papers before you submit the copy to the teacher. Try it!

Read your paragraph through 5 times. Each time look for a different type of error. If your paragraph is typed on the computer, you will find many more options available to you for corrections. Check off each box as you complete the item.

☐ **S**pelling

☐ **C**apitalization

☐ **O**rder of Words

☐ **P**unctuation

☐ **E**xpress a Complete Thought



For the full explanation check out the learning strategies section our website [www.ldasudbury.ca](http://www.ldasudbury.ca)

Adapted from *The Learning Toolbox* <http://coe.jmu.edu/LearningToolbox/index.html>

#### QUOTE

It is easier to build strong children than to repair broken men.

Frederick Douglass, Author

### Turning Challenges into Opportunity A Family's Journey to Success

A mother writes, "What a difference it made in my child's life once diagnosis was given. Once Jack was aware of his strengths as well as his struggles with dyslexia he became the boy I once knew. Inquisitive, spiritual, funny and creative about the people and environment around him. He was no longer withdrawn, or speaking out of turn in class to prove he was intelligent. He wanted to learn again and ready to mend the reputation he had with teachers and students.

He was a leader in JK and he is working his way back there. He will not have to face life with the constant anxiety of being different, labelled as lazy and just not good enough. He has made better choices in friends and true to himself.

Now... he is not a saint, but there was a transformation from my JK little boy with an old kind soul, to a boy struggling with friends and teachers, in pain and self loathing. Pain he did not know how to express. I could feel his pain and I could not bare it. He was like me. Sure I came out ok, but I did not want this for him. My boy is back because of his hard work, education aids, determination and ability to forgive. It has been a positive journey for my baby boy of 12 years, and one of healing for me.

Thank you so kindly: Psychologist Dr. Bassis, Private Tutor Gloria Landry, The Learning Disabilities Association of Sudbury's coaching program with Laurentian University and my son's coach Brittany."

Jack's Mom



## LIBRARY RESOURCES

### Have difficulty reading print?

#### Free access to audio books, magazines and more from CNIB Library

If you or someone you know has difficulty reading print because of a learning, physical or visual disability, a partnership between your public library and CNIB offers lots of other ways to read.

Thanks a partnership with CNIB Library, your public library provides access to the CNIB Library's collection of 80,000 titles for people with print disabilities.



#### You can receive:

- Audio, e-text, and other formats
- Download books or receive by mail books, newspapers, magazines, books for kids, teens and adults, classics, best sellers, career books and more
- Services in English or French

This service is offered free-of-charge; all you need is a public library card.

To sign up with your public library card, visit [cnib.ca/selfregistration](http://cnib.ca/selfregistration). For more information contact **CNIB Library @1-800-563-2642 x7055** or [partnersprogram@cnib.ca](mailto:partnersprogram@cnib.ca).

By Lindsay Tyler, CNIB Library

## Check Out What's New at the Greater Sudbury Public Library

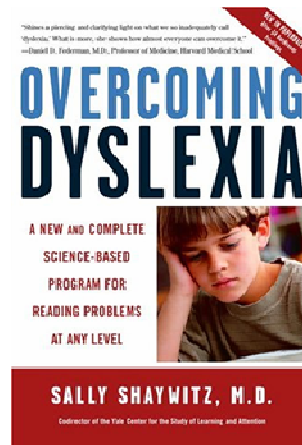
Yale Neuroscientist Sally Shaywitz demystifies the roots of this language processing difference and offers parents and educators the latest research on how they can assist children with reading challenges.

Shaywitz delves deeply into how, with magnetic resonance imaging, scientists can now trace the disability to a difference in the language system at the phonological level.

According to Shaywitz, science now has clear evidence that the brain of the reader with a learning disability is activated in a different area than that of the non-impaired reader.

Interestingly, the struggling reader may be strong in reasoning, problem solving and critical thinking, but invariably lacks phonemic awareness - the ability to break words apart into distinct sounds-which is critical in order to crack the reading code.

Dr. Shaywitz walks parents through ways to help their child develop phonemic awareness, become fluent readers, and exercise the area of the brain essential for reading.



**NORTH BAY SERVICES (705) 476 5437 or toll free 1 855 522 0100****North Bay Learning Disabilities Association Celebrates First Anniversary**

With support from the United Way Sudbury and Nipissing District, the Learning Disabilities Association in North Bay celebrated its first year in operation. The Community Advisory Committee (CAC) for the association in North Bay and our great team of Elaine, Kelli, and Nanci, opened our new office at One Kids Place (400 McKeown Ave., North Bay).

The welcoming staff and this superb community facility make this location a special partnership for the Learning Disabilities Association in North Bay. Students with learning disabilities and their families now have access to services within their own community.

Year highlights include the following:

- Honorary co-chairs for Learning Disabilities Awareness Month, Mayor Al Macdonald and his partner Wendy Abdallah pledged their support for awareness of and advocacy for individuals with learning disabilities. Their public acknowledgement that all students with learning disabilities have the potential to reach post-secondary education, to find meaningful employment, and to become valuable, contributing members of the community, has resonated across the city.
- For the first time in Canada, a Learning Disabilities Association flag (complete with the United Way logo) was flown at City Hall in October.
- A partnership with the North Bay Public Library was formed. Paul Walker (library CEO and member of the CAC) and the Learning Disabilities team joined the mayor for a ribbon-cutting ceremony opening the "Community Resource Library on Learning Disabilities," as part of the library's new parenting section. Check out the growing list of resources on the North Bay Public Library website!  
[www.cityofnorthbay.ca/library](http://www.cityofnorthbay.ca/library)

With continued United Way funding and continued community support from school boards, Nipissing University, and the municipality, the new year will be one of growth for the North Bay Learning Disabilities Association satellite office. As part of the United Way family, we can now work towards "helping kids be all that they can be."

For information, support and access to programs and services, please call:

North Bay office

705) 476 5437

Sudbury office toll free

(855) 522 0100



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Compliments of the North Bay Nugget  
October 2, 2012

**SAULT STE. MARIE SERVICES 1 855 522 0100****Building Community Capacity in Sault Ste. Marie**

Champions of children and youth with learning disabilities in Sault Ste. Marie have rallied together to form a Community Advisory Committee (CAC) on Learning Disabilities. While start up funding was provided by an Ontario Trillium Foundation Grant, the committee is optimistic that present services will continue through local funding support, specifically through a United Way of Sault Ste. Marie and District 2013 Funding Application.



Chaired by Matt Trainor, Director of Student Services at Sault College, the CAC will meet with representatives from the municipality, Algoma District School Board, Huron Superior Catholic School Board, Sault College, Algoma University, community agencies and parents in early February to develop an action plan to meet the needs of students with learning disabilities and their parents through 2013 and beyond.

With over 1 000 students identified with a learning disability in the Algoma District, there is an urgency to develop support services for them and their families as they navigate the educational system and as they develop the skills/strategies necessary for success in life.

LDA Sudbury is pleased to be coming to Sault Ste. Marie! At the invitation of the Lion's Club, LDAS will make a presentation on Feb. 13<sup>th</sup> at their dinner meeting. While in the city, LDAS will present a free evening workshop for students, parents, and educators on February 12<sup>th</sup> at 7:00 p.m. hosted by the CAC (Sault Ste. Marie) at the Main Branch of the Sault Ste. Marie Public Library downtown. This fun and engaging workshop, "Shared Solutions," focuses on how to deal with conflict involving students with special education needs: helping parents, educators, and students to work together to prevent conflicts, and to resolve quickly any that surface.

Classroom presentations, short teacher workshops, and specially designed interactive and educational sessions for case managers from community and municipal agencies are also being planned for the future.

For further information on our Sault Ste. Marie programs and services, or details on the February workshop, please call 1 855 522 0100.

**MARK YOUR CALENDAR**

Tues., Feb. 12, 2013 - 7:00 p.m. – Downtown  
Sault Ste. Marie Public Library:  
**"Shared Solutions" Workshop**  
for students, parents, and  
educators (free admission)

Wed., Feb. 13, 2013 - 6:30 p.m.  
LDAS Presentation to  
Sault Ste. Marie **Lion's Club**





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## LDAS Services we provide:

- **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:**  
Happy Feet                      Gr. 2 - 4  
LD 101                              Gr. 5 - 6  
Transition Pizza                Gr. 7 - 8
- **Edu-Kinethetics** an interactive workshop to address anxiety and negative emotions
- **Newsletters** "Working Together for Rising Stars"
- **Representation** on School Board SEAC Committees, RDSB & SCDSB
- **Web Site:** www.ldasudbury.ca

## From the World of Special Education

In a twenty year study recently published in the *Journal of Learning Disabilities Research and Practice*, researchers identified six characteristics that distinguish people with learning disabilities who succeed and those who remain dependent.

The six characteristics needed for success include the following abilities:

1. Learning how to anticipate difficulties and respond with positive actions
2. Developing the skills to set realistic goals and reach them step by step
3. Developing the inner drive to refuse to give up but...
4. Knowing when to "change gears" when a strategy is not working
5. Finding ways to cope with stress such as planning ahead for tough situations
6. Viewing a learning disability as just one aspect of themselves.

All students, no matter if they have a learning disability or not, can benefit from this knowledge.

Mr. Mike Cull, Program Leader of Special Education  
Lockerby Composite School

## Educator of the Year

Each year The Learning Disabilities Association of Sudbury recognizes teachers for their consistent support, encouragement and advocacy for the success of students with learning disabilities.

## 2012 Award Recipients



**Mrs. Mansourian (right)  
St. David's School**



**Ms. Branconnier  
Lasalle Secondary  
School**