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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.

Planting the Seeds for Success

Thanks to an Ontario Trillium Foundation (OTF) Grow Grant, LDAS has established a Northern Ontario Centre for Learning Differences (NOCLD) with satellite offices and staff in North Bay, Sault Ste. Marie, and Timmins. Through these satellite offices and a main office located in Greater Sudbury, the NOCLD provides services to thousands of students, their parents, caregivers and adult allies. In fact, over the first two years of our OTF Grow Grant we have provided support to **965 parents and 1,499 students**.

As part of our agreement with OTF, we hosted a Regional Conference in Year Two of our grant. Early on in the planning stages, we believed that in order for it to be a true Regional Conference, we should deliver workshops in communities throughout northeastern Ontario. We decided to host a Kick-Off event in Sudbury (which was livestreamed to our satellite offices) and then travel with keynote speakers to six different communities.

The Kick-Off in Sudbury was a huge success with Barbara Coloroso as our keynote speaker. Over **600 parents and educators** registered to come hear her speak in Sudbury and close to **100 more** watched the presentation via livestream technology.

Here is a list of our other Regional Conference speakers and their workshops:

- Sarah Mansfield** *LD 101*
- Dr. Robert Silvestri** *ADHD & Executive Functions*
- Angie DeMarco** *Emotions Impact Learning*
- Lesley Andrew** *Beating the Odds*



Barbara Coloroso presenting the keynote address at the our Regional Conference Kick-off

Our workshop presenters travelled to Sault Ste. Marie, Timmins, Parry Sound, South River and North Bay. In the end, we travelled **1,664 km** and delivered **24 workshops**. More importantly, we were able to reach **935 parents/educators** and **1,717 students**.

We would like to thank the Ontario Trillium Foundation, Ministry of Education Parent Reaching Out Grant, Bishop Alexander Carter Foundation and our two Platinum Sponsors, The City of Greater Sudbury and Huntington University. We would also like to thank our Media Sponsor, Sudbury.com as well as the Algoma District School Board, District School Board Ontario North East, Huron Superior Catholic District School Board, Laurentian University, Near North District School Board, Nipissing-Parry Sound Catholic District School Board, Northern College, Sault College, Rainbow District School Board and the City of Timmins. Without your support this conference would not have been possible!

PARENTS

Parents of children with learning disabilities know that math can present some of the greatest hurdles in their academic careers, yet building math skills is necessary for succeeding in everyday life. We use math for cooking, shopping, playing games, sports and so much more. Math is everywhere and parents play an important role in supporting children's math learning. LD@home has created a video on math to help parents help their children with LDs. The video explains how learning disabilities can affect math learning, offers suggestions for collaborating with your child's school, and includes resources to support your child in building math skills at home.

Building Math Skills at Home, can be accessed here:

<https://www.ldathome.ca/2018/06/videobuilding-math-skills-at-home/>



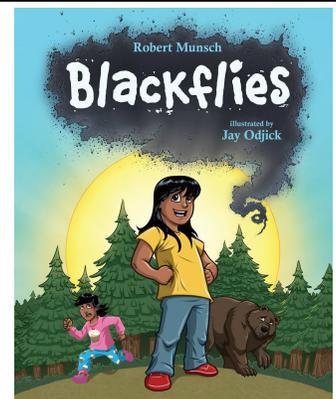
LD@home also created a parent resource kit, which is a companion to the video *Building Math Skills at Home* and provides parents with information and activities to do with their children to support their math learning. The resource kit can be accessed here:

https://www.ldathome.ca/wp-content/uploads/2018/06/LDAO_ViewersGuide_FINAL_AODA.pdf

Source: LDA Wellington County

Blackflies

Looking for a good book to read with your children? Check out *Blackflies* written by Canadian children's author Robert Munsch. *Blackflies* is set in Fort McMurray Alberta, and a young girl named Helen takes matters into her own hands when trying to deal with blackflies and mosquitoes during spring-time. To learn more about Robert Munsch and for a full listing of his books please visit www.robertmunsch.com



Quotes of Inspiration

"Children learn to smile from their parents."

Shinichi Suzuki

"Doubt kills more dreams than failure ever will."

Karim Seddiki

"Behind every young child who believes in himself is a parent who believed first."

Unknown

"Live so that when your children think of fairness, caring, and integrity, they think of you."

Unknown

YOUTH AND STUDENTS

WE WANT YOU!

LDAS Youth Ambassadors are looking for new members!

Who We Are: Students in grades 7 to 12 identified with a learning disability.

What We Do: We are the voice of youth in our community.
 □ We speak at October Awareness Events and in other social settings.

We coordinate activities for youth.
 □ bowling, laser tag, gaming nights

We offer peer support to youth with learning disabilities.

When We Meet: Monthly - in the evening

Where: Lockerby Composite School, 1391 Ramsey View Court Room 206

Why We Meet: We want youth to feel empowered, engaged and connected with like minded youth.

Want to join or learn more?

Contact: Wendy Larouche resource@ldasudbury.ca or 705 522 0100



Strategies for Dealing with Challenges

Breathe

Reflect on your options

Ask for help - Look for Information

Initiate your plan

Never stop trying

schoolhealth@sdhu.com

ANNOUNCEMENT

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

**Tuesday,
 September 18, 2018 at
 Lockerby
 Composite School
 1391 Ramsey View Court
 in the
 Auditorium
 at 7:00 p.m.**

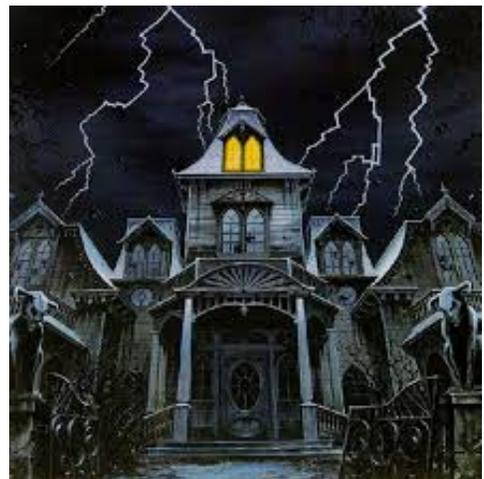
LDAS Youth Ambassadors will be taking part in the 4th Annual Nightmare on Elm Street Haunted House event hosted by the Elizabeth Fry Society on Saturday, October 20, 2018. This is a fundraising event to support United Way Centraide North East Ontario. Ambassadors will be decorating a room in the house and visitors will have a chance to vote on their favourite room.

If you are interested in supporting the group here is how you can help.

- ◆ Donate decorations
- ◆ Volunteer to help decorate the room
- ◆ Come out on October 20th and walk through the Haunted House

If you would like more information about the event please contact our office 705 522 0100.

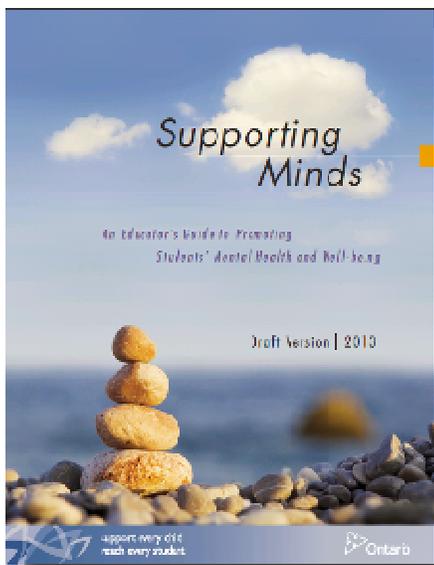
HAPPY HALLOWEEN



EDUCATORS

Mathway www.mathway.com is a mathematical problem solver. From basic algebra to complex calculus, Mathway instantly solves your most difficult math problems - simply type your problem in (or point your camera and snap a pic!) to receive instant free answers. Need detailed step-by-step solutions? Mathway is like a private tutor in the palm of your hand, providing instant homework help anywhere, anytime.

Khan Academy www.khanacademy.org is a non-profit educational organization created in 2006 by educator Salman Khan with a goal of creating a set of online tools that help educate students. The organization produces short lessons in the form of YouTube videos. Math tutorial cover content ranging from early math/basic arithmetic to Advanced Calculus. Other subjects include Sciences & Engineering, Computing, Economics & Finance and more. Information is shared by Yvan Roy, Assistive Technologist, Glen Crombie Centre at Cambrian



EDUCATORS' ROLE IN STUDENT MENTAL HEALTH

“While **educators cannot and should not attempt to diagnose mental health problems**, they have an important role in: promoting positive mental health at school; identifying students who may have mental health problems; and connecting those students with appropriate services.” Supporting Minds, Ontario Ministry of Education, 2013 p.6.

Educators have a unique opportunity to support and foster student well-being and resiliency. By seeking to understand a child’s learning strengths, to empathize with their challenges, and to foster the development of lagging skills and opportunities for success, we create an environment for positive well-being. Source: www.ld@schools.ca

NEWS & EVENTS

SCHOLARSHIP WINNERS

The Northern Ontario Centre for Learning Differences offers scholarships to students (with a documented learning disability) pursuing a full time program in the fall of their graduation year at a postsecondary institution in Northern Ontario. The scholarships are made possible because of the generosity of both Huntington University and Northern Credit Union. These organizations each donate two scholarships. We are proud to announce that Cole Finch of Webbwood, ON and Matthew McParland of North Bay, ON are the winners of the scholarships donated by Northern Credit Union. Mackenzie de la Morandiere and Chase Paquette, both from Sudbury, ON, are the winners of the scholarships donated by Huntington University. They have each received a \$500 scholarship. We are very grateful for the ongoing support from Huntington University and Northern Credit Union. Their partnerships have been instrumental to the success of our organization and so important for students with learning disabilities and their families.



Cheque presentation to Cole Finch. From left to right: Marty Punkari (Principal, Espanola High School), Mary-Liz Warwick, Cole Finch, Deborah Robertson (Director of Sales, NCU), Geoff Phillips (Director of Wealth Management & Sales, NCU).



Cheque presentation to Matthew McParland in North Bay. From left to right: Mary-Liz Warwick, (Executive Director, NOCLD), Matthew McParland, Tim Foster (Board Chair, NCU Board of Directors) and Jarah Coolidge (Learning Disabilities Association of North Bay).



Cheque presentation to Mackenzie de la Morandiere. From right to left: Mary-Liz Warwick, Mackenzie de la Morandiere and Dr. Kevin McCormick (President and Vice-Chancellor of Huntington University)



Chase Paquette also received a scholarship cheque, seen here with Mary-Liz Warwick and Dr. Kevin McCormick.

THE LEARNING DISABILITIES ASSOCIATION OF SUDBURY
WELCOMES YOU TO THE THIRD ANNUAL

Fundraising Awards Dinner

THURSDAY, NOVEMBER 15, 2018
COCKTAILS: 5:30 P.M. DINNER & AWARDS CEREMONY: 6:30 P.M.
\$75/PERSON OR \$520/TABLE
HOLIDAY INN (1696 REGENT STREET)

AWARDS WILL BE GIVEN UNDER THE FOLLOWING CATEGORIES:
PARENT | STUDENT | EDUCATOR | LEADERSHIP | CORPORATION | VOLUNTEER



Reserve your tickets by calling 705-522-0100 or by emailing maryliz@idasudbury.ca

My Practicum Experience

I was very excited to start my practicum with The Learning Disabilities Association of Sudbury, as I had a great deal of experience working within the local special needs community. At the time I was completing my third and final term of my Master of Public Health from Western University, where students are required to work with an organization that helps to improve the overall health of others. I was shocked to learn that learning disabilities did not include intellectual disabilities or developmental disabilities, as I had previously thought when I voiced my initial interest in completing a practicum with LDAS. I was unaware of what a learning disability is throughout my years in the public education system, which is why I was thankful to have happily mistaken choosing this organization to work with. I had the opportunity to learn from some of the best, about common challenges and barriers faced by Canadians with learning disabilities within the educational setting. This included negative health outcomes commonly faced by those who are unable to successfully graduate from high school. Throughout the practicum I focused mainly on social determinants of health for high school dropouts, since there was little research available for learning disabilities in the Canadian context. I was extremely thankful to have been provided the opportunity to take what I learned through my courses and apply them in a local, current situation. I have gained a much greater appreciation for the work that is being done by this amazing organization, as LDAS' mission is to ensure that students with learning disabilities achieve their full potential in a community that values their unique contributions and abilities. This closely mirrors the overall goals of public health professionals, who understand that education is an important factor in achieving the greatest levels of health and overall potential for those within their communities. Avery P.



NORTH BAY SERVICES (705) 476 5437 x 3704

October Awareness

The 2017-2018 school year started off superbly with October Awareness month! We had two student honorary co-chairs, Abbey Tanner representing the Near North District School Board and Amanda Derosier representing the Nipissing Parry Sound Catholic District School Board. The student representatives attended our flag raising ceremony at City Hall along with the Mayor of North Bay, Al McDonald, Mary-Liz Warwick (E.D., LDAS & NOCLD), Marie Derosier (Chair CAC North Bay) and Jodie Weller (Superintendent of Education for NPSCDSB). This also coincided with our annual flag planting at One Kids Place. There were over 2000 flags planted, representing the students in North Bay diagnosed with a Learning Disability. Angie DeMarco, affiliated with the Learning Disabilities Association of Sudbury provided a number of interactive workshops for educators in the Near North District School Board and the Nipissing Parry Sound Catholic District School Board.



Programs

Our Journey to Success program was offered several times throughout the school year. Students identified with a learning disability were made aware of the importance of understanding the content of their Individual Education Plan (IEP) and how it would help them be successful learners.

Parent Support

This year's focus to support parents included one-on-one meetings to address concerns and offer parents resources and advocacy support. Meetings took place in our office space at One Kids Place. We offered parents the opportunity to join us at movie nights and to take part in our parent support group virtual forum. The virtual forum was a great way to take part in a group from the comfort of home. Once logged in the group parents would receive resources and links to information and have the opportunity to chat with other parents. Mindfulness, ADHD, parenting and emotional coaching, resiliency and grit, were just some of the topics covered. Through these various avenues we were able to reach just over 250 parents and their families and hope to reach even more next year!

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

Our Resource Facilitator Sarah Mansfield has accepted a teaching position beginning this fall and will be leaving LDAO SSM. Sarah has been with our organization since 2016 and has supported many families over the years. We will miss Sarah but know that she will make an exceptional teacher and we wish her well. Luckily, Sarah has agreed to step into the Chair position of the Community Advisory Committee in SSM where she will continue to be a strong advocate for children with learning disabilities. We would like to welcome our new Resource Facilitator, Tiffany Bignall to LDAO SSM. Tiffany has graduated from both the Social Service Worker Program and the Liberal Studies (Teacher Education) Program offered at Sault College. Prior to accepting the position of Resource Facilitator with our organization, Tiffany was the Diversity and Campus Standards Coordinator for Sault College and also has experience as an Educational Assistant. Please join us in welcoming Tiffany to our community.



Matt Trainor steps down as the Chair of the Community Advisory Committee in SSM. Thanks Matt for your vision and leadership in supporting families with children with learning disabilities. Matt is seen here with Mayor Provenzano.



Thank you so much to our Honorary Co-Chairs for your amazing courage and advocacy in representing all students in Sault Ste. Marie with Learning Differences during October LD Awareness Month 2017 Elissa & Kayle!



Sarah is pictured here with students taking part in our journey to success program.



TIMMINS SERVICES (1 855) 522 0100

Since the LDAO Timmins office opened in 2016, Resource Facilitator Gale Wiseman has been instrumental in raising awareness about learning disabilities and offering resources and advocacy support to countless families in the area. We would like to thank Gale for her support and dedication and we wish her all the best in her future endeavours. We hope our paths cross once again! The LDAO office is now being supported by Samantha Shortt. Samantha is a graduate of the Social Service Worker program offered at Northern College and has completed her LDAO Accreditation Training for Chapter Resource Facilitators. Samantha is looking forward to working with existing families as well as meeting new families in the LDAO community. Please do not hesitate to contact Samantha for support.



Mayor Black proclaims October is Learning Disabilities Awareness Month in Timmins.



Timmins Police Services donates \$500 to LDAO Timmins.

Our thanks goes out to PBL Insurance Limited and Timmins Police Services for their generous support of our association.



PBL Insurance Limited donates \$500.





ldas • Learning Disabilities
Association of Sudbury
The right to learn, the power to achieve

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LDA Sudbury



United Way
Centraide
North East Ontario
Nord-est de l'Ontario

About the NOCLD

In January 2016, The Learning Disabilities Association of Sudbury (LDAS) announced that they had received a three-year \$600,000 Grow grant from the Ontario Trillium Foundation (OTF) to establish a Northern Ontario Centre for Learning Differences (NOCLD). The goal of the NOCLD is to equip 1,050 Northern Ontario youth with learning disabilities, and their families, with the tools needed to develop critical emotional and social skills. These skills will lead to success in educational pursuits and eventually meaningful employment. You can lend your support to the **We Are Not Alone** campaign by visiting www.truenorthstrong.ca. For further information, please visit our website www.ldasudbury.ca.

LDAS Services

- **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. 6 - 10 Coaching Program** in partnership with Laurentian University
- **School Age Presentations:**
 - LD for Little Learners Gr. 1 - 3
 - LD 101 Gr. 3 - 4
 - Social Skills Gr. 4 - 5
 - LD 101 Intermediate Gr. 5 - 6
 - Victors of Transition Gr. 6
 - High School is Going to be a Slice Gr. 7 - 8
 - LD Means Learns Differently Gr. 7 - 8
 - Step-Up Gr. 12 (self-guided usb)
- **Newsletters** (bi-annually)
- **Representation** on School Board SEAC Committees, RDSB & SCDSB
- **Youth Ambassadors** -students in grades 7 - 12 are the voice of youth in our community
- **Parent Support Group**
- **Web Site:** www.ldasudbury.ca

Announcing our Board of Directors for 2018-2019

Elizabeth Brett-Dickie, Chair
Ron Lessard, Vice-Chair
Robert Chown, Treasurer
Shannon Boland, Secretary

Directors

Dr. Bess Blackwell
Roxanne Pickering
Tammy Lavalle
Colleen McDonald
Tracey Whitehouse
Hannah Smith

Laura Urso
Lucie Gauthier
Graziella Visentin
Chantal Robert
Chris Doucette

The Power of Your Mind

Having a healthy mindset can make a world of difference. Sometimes it's okay to fail, you don't always need to be good at everything. Check out the following video links and website for more information

Change your mindset, change the game <https://www.youtube.com/watch?v=0tqq66zwa7g>

The power of belief: mindset success <https://www.youtube.com/watch?v=pN34FNbOKXc>

www.additudemag.com/mindfulness-meditation-for-adhd the site offers a free download of this document, also if you scroll down the page on the right you will find “Easy Mindfulness Exercises for Kids with ADHD” -also a free download.