



# ldas • Learning Disabilities Association of Sudbury

*The right to learn, the power to achieve*

VOLUME 18 ISSUE 2 – SEPTEMBER 2021

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The Learning Disabilities Association of Sudbury would like to welcome you back to a new school year. Whether you have decided to return to the classroom or you will be learning from home, we want to let you know that we are here to help.

Contact us today to schedule an appointment.  
705 522 0100 or [resource@ldasudbury.ca](mailto:resource@ldasudbury.ca)

### What you will discover after meeting with our Resources Facilitator

- ◆ My children are smart and capable;
- ◆ My children have strengths to be discovered;
- ◆ My children's strengths are valuable and important;
- ◆ My children are strong, capable, growing, and learning everyday;
- ◆ I am my child's best advocate;
- ◆ My child **will** find success.



Adapted from [homeschoolingwithdyslexia.com](http://homeschoolingwithdyslexia.com)

## PARENTS

### ADHD PARENT EDUCATION PROGRAM

LDAS hosted its third ADHD Parent Education Program led by Dr. Robert Silvestri and supported by our Resource Facilitator Wendy Larouche. This program offered parents resources and training to address the behavioral and academic risks facing students with ADHD.

We will be offering the program again in the new year. To request a copy of the registration form email [resource@ldasudbury.ca](mailto:resource@ldasudbury.ca).

#### Feed back from our last session:

"I enjoyed each session, presenter was well informed and prepared for each session."

"Clear directions, great follow up, great material."

"Very clear and informative direction on how to implement specific strategies"



### EXECUTIVE FUNCTIONS AT A GLANCE



Many students with LDs have difficulties with executive functions, as do many students with ADHD.

Executive Function is a term used to describe the many different cognitive processes that students use to control their behavior and to connect past experience with present action.

Students rely on executive functions to perform activities such as planning, organizing, strategizing, paying attention to and remembering details, and managing time and space which can include:

**Impulse Control** - the ability to stop and think before acting;

**Emotional Control** - the ability to manage feelings by thinking about goals;

**Flexibility** - the ability to change strategies or revise plans when conditions change;

**Working Memory** - the ability to hold information in mind and use it to complete a task;

**Self-Monitoring** - the ability to monitor and evaluate your own performance;

**Planning & Setting Priorities** - the ability to create steps to reach a goal and to make decisions about what to focus on;

**Task Initiation** - the ability to recognize when it's time to get started on something and then to begin without procrastinating; and

**Organization** - the ability to create and maintain systems to keep track of information or materials.

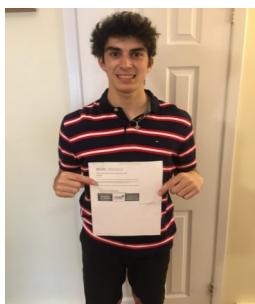
These difficulties tend to become more apparent as students transition to intermediate grades with greater demands on independent work and multiple subject deadlines.

Adapted from [www.ldatschool.ca](http://www.ldatschool.ca)

## YOUTH AND STUDENTS

### STUDENT TRANSITION SCHOLARSHIP

The Learning Disabilities Association of Sudbury partnered with the Elizabeth Barrett Browning (IODE) Imperial Order Daughters of the Empire to offer a \$500 Student Transition Scholarship. This scholarship is awarded to a student pursuing a full-time program in the fall of their graduating year at an accredited post-secondary institution in Northern Ontario. The winner of this scholarship is Carter Benson. Carter will be studying Actuarial Science at Western University this fall.



"As a student with a learning disability many feel as if they are lesser than or not equal to their fellow classmates. This is farthest from the truth, students with learning disabilities are given a perspective that is more valuable than any numerical grade. We learn how to overcome struggles from a young age, and this is clearly an asset. In life everyone goes through internal and external struggles. Students with learning disabilities are being trained for life unlike anyone else, prepared to succeed when struggles appear."

Carter Benson

### LDAS STUDENT OF THE YEAR AWARD

Nicholas de la Morandiere is this year's winner of the LDAS Student of the Year Award. This award recognizes a student who has been successful despite having been identified with a learning disability (LD). Nicholas has used his strengths and developed strategies to overcome the challenges of a LD. He is very self-aware, a whiz with technology and knows how to use his strengths. Nicholas has also been a part of the LDAS Youth Ambassadors for the past five years.



Nicholas de la Morandiere

## QUOTES

"Nothing in the world can trouble you as much as your own thoughts"

Unknown Author

"The way I see it, if you want the rainbow you got to put up with the rain."

Dolly Parton

"One small positive thought in the morning can change your whole day."

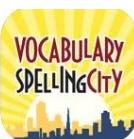
Unknown Author

"There is no competition on the road to becoming a better you."

Sylvina Poole

# EDUCATORS

## THINGS WE DISCOVERED



### Spelling City

Improves spelling and vocabulary by playing games. The site has word lists for every subject and grade level.



### Moose Math - Duck Duck Moose

Through fun multi-level activities, kids will be engaged in counting, addition, subtraction, sorting, and geometry.



### LEGO Mindstorm Fix the Factory

A coding puzzler that requires kids to direct a robot through certain tasks.



### Mindomo (mind-mapping)

Allows you to visually outline complex concepts, tasks, ideas, and other related information in a structured form. Works with Google Drive.



### Brilliant

Build quantitative skills in math, science, and computer science using more than 60 online courses crafted by teachers, researchers, and professionals.



### Time 4 Learning

Offers a home-school curriculum (including after-school activities) for students in kindergarten through high school in all subjects.



### Study Stack

Create flash cards for language, math and science. Once the flashcards have been created the app automatically generates games to motivate you to study.

## NEWS & EVENTS

### WHAT WE'VE BEEN UP TO!

I don't think that any of us would have guessed that we would be delivering all our programs and events virtually again this year! Yet, it was another amazing time in the Learning Disabilities Association of Sudbury's (LDAS) history.

We were able to offer exciting summer programming while we waited for restrictions to be lifted and more in-person activities could take place. Let's Talk Science, Technology support including Google Read & Write training and keyboarding, and our Journey to Success programs were offered for students of all ages to take part. For parents, we were available for Let's Talk Tuesdays; an open forum for parents to join in and ask questions, hear from other parents, seek out resources and to just share what was on their mind. Wednesdays were set aside for parents who needed more of a one on one setting.

This year also saw us step up our fundraising efforts. We sold cookies at Christmas, hosted a bottle drive in January, and partnered with Giant Tiger for a Round Up Your Bill campaign that ran for two weeks in February. Our 5th Annual Fundraising Awards Dinner held in March took on a virtual format this year. Our guests picked up a delicious meal from P&M's The Kouzzina and enjoyed a video of our winners accepting their awards from the comfort of their homes. To make things more engaging we also hosted our first ever virtual silent auction with many great items up for bid.

#### **Link to enjoy the entire event**

[https://www.youtube.com/watch?v=Gs1Y85z\\_MPw](https://www.youtube.com/watch?v=Gs1Y85z_MPw)

Call today to book an appointment to meet with our staff to learn more about learning disabilities or gain assistance with navigating the school system.

#### **We are here to help!**

**705 522 0100 or email [resource@ldasudbury.ca](mailto:resource@ldasudbury.ca)**



### ANNOUNCEMENT!

Students registered in our Coaching Program, please note we are hosting a virtual Meet and Greet to kick off the program.

**Date:** September 28, 2021

**Location:** Families will receive a Zoom link via email to attend.

**Time:** 6:30 p.m.



## NEWS & EVENTS

### LET'S TALK SCIENCE

Once again this summer LDAS partnered with Cambrian College to host Let's Talk Science. Students logged on every Thursday throughout July and August to take part in experiential learning. Our hosts this year, Kritima and Dhruvi demonstrated how helmets protect our brain and how our muscles receive oxygen during sports. Participants also received supply kits and instructions on how to make their own greenhouse and alka seltzer rockets. Thanks Cambrian College for partnering with us again this year. Who knew science could be so much fun!



### DECODABLE BOOKS ARE COMING SOON!

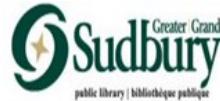


The Learning Disabilities Association of Sudbury has a long standing partnership with Greater Sudbury Libraries dating back to 2005. The main branch houses all of our resources on learning disabilities in the LDAS' learning disabilities section of the main branch library. Families in the community have easy access to information on learning disabilities, our newsletters and brochures. The Greater Sudbury Libraries also provides space for us to host our LDAS Coaching Program in partnership with Laurentian University.

LDAS is very pleased to announce that thanks to funding provided by IDA (International Dyslexia Association of Ontario) Greater Sudbury Libraries will be expanding resources to include decodable books. "We are very excited to share that all thirteen branches of Greater Sudbury Public Libraries will be receiving mini-grants dedicated to the purchase of decodable books," said Janni, Accessibility Technician for Greater Sudbury Libraries.

Decodable books are incredibly helpful to readers who have dyslexia. They are specifically designed to be easily 'decodable', constructed to mitigate the difficulty involved in processing language and correlating speech or vocalization to letters and words by using established phonetic systems and letter groupings.

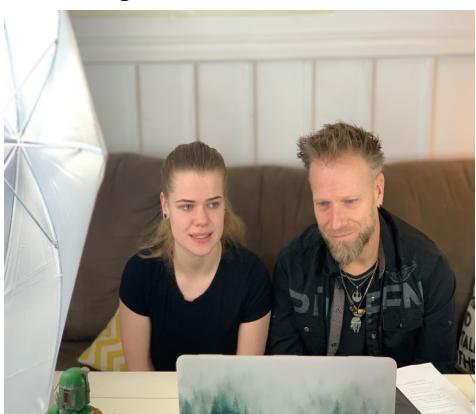
"Adding this valuable resource to our collection demonstrates Greater Sudbury Public Library's enthusiasm to be accessible and responsive to the needs of our community. We hope our collection empowers all members of our community to explore the various resources the public library has to offer." Janni Kranz, Greater Sudbury Libraries



## MARK YOUR CALENDARS

### SAVE THE DATE

In recognition of October is Learning Disabilities Awareness Month, LDA Sudbury is partnering with Cambrian First Step Centre to host ***Don't DIS My Abilities – Talking Trades with Paul Lafrance and his Daughter Promise.***



#### ***Talking Trades with Paul Lafrance and his Daughter Promise.***

Students in grades 7-12, and their parents/guardians and school supporters, are invited to a free, interactive, virtual workshop presenting HGTV's Paul LaFrance and his daughter Promise; as they talk about their journeys in the trades.

**Thursday, October 14, 2021**

**6:00 p.m. - 8:00 p.m.**

**Via Zoom**



Paul Lafrance is most commonly known as the “Deck Guy” both in the Reality TV megacosm as well as in the average North American home. He is also a musician, the CEO and founder of the international design company, **Paul Lafrance Design**, and the proud father of four daughters. Paul is the host of HGTV’s *Home to Win*, *Custom Built*, *Decked Out*, *Disaster Decks*, and *Deck Wars*, as well as one of the judges on *Canada’s Handyman Challenge*. He is known for his infectious energy, quick wit, and unapologetic rock star style.

Cambrian’s own Colleen Heidman will also present “Pathways to Careers in Trades” and to round up the evening there will be a presentation on Dual Credit and the Ontario Youth Apprenticeship Program (OYAP).

**Registration link available soon!**

**This is a free event you will not want to miss!!**

Draw for a \$100 gift card and a laptop will take place at this event.



**Idas • Learning Disabilities  
Association of Sudbury**

*The right to learn, the power to achieve*

**Don't DIS my ABILITIES!**



**October is  
LD Awareness Month**



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LDA Sudbury

## Announcing our Board of Directors for 2021 - 2022

Gale Wiseman, Vice-Chair

Robert Chown, Treasurer

Shannon Boland, Secretary

### Directors

Elizabeth Brett-Dickie      Dr. Bess Blackwell

Chantel Robert      Martina Reynolds

Colleen McDonald      Hannah Smith

Cereena Rows      Angelina Wiwczor

Lisa Levecque

## LDAS SUPPORT AND 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. 3 and up Coaching Program** in partnership with Laurentian University
- **School Age Presentations**
- **Newsletters**
- **Representation** on RDSB SEAC Committee
- **LDAS Youth Ambassador Program**

**LDAS IS PROUD TO BE A UNITED WAY FUNDED PARTNER**