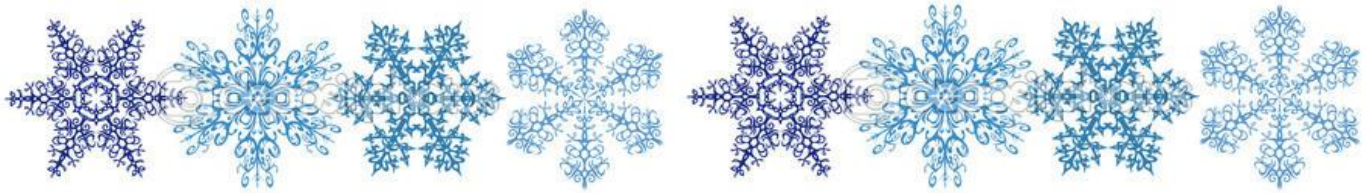




LD Connections Newsletter

January 2016



Happy New Year!

From the whole team at Learning Disabilities Association of Wellington County we would like to wish everyone a very Happy New Year!

We would also like to take this time to thank all of our supporters who have stood by our programs throughout 2015. It is always our pleasure to work with, and meet new families and professionals while having the opportunity to learn from each other.



We are very excited to look forward to what 2016 will bring LDA Wellington County, and hope you're all able to join us on what we hope to be a new and exciting chapter in our programs and services!

We are excited to announce that we have been approved for another year of funding through United Way of Guelph Wellington Dufferin! These generous funds will allow us to continue our services and provide us with the resources to expand some of our services.

If you are interested in becoming involved with our programs or services please call us at 519-837-2050 to get more information about how you can be part of our great programs!

We love hearing from you, so please visit our website at www.ldawc.ca or email us at info@ldawc.ca to provide feedback or learn how you can get more involved with our programs!

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Special Education in your School

There are a variety of excellent resources that are available through your local school board to support your children through their education journey. The Upper Grand District School board has a variety of documents that are available and can be downloaded online through their website.

Parents Guide to Special Education

The purpose of this parent's guide is to provide you with information about the Identification, Placement and Review Committee (IPRC), and to set out for you the principles involved in identifying a student as "exceptional", deciding the pupil's placement, or appealing such decisions if you do not agree with IPRC.

Special Education Plan

School Boards are required by the Ministry of Education to maintain a Special Education Plan, to review it annually, to amend it from time to time to meet the current needs of its exceptional students and to submit any amendments to the Minister of Education for review. The School Board's Special Education Plan is to inform the Ministry of Education and the public about special education programs and services that are provided by the board in accordance with legislation and ministry policy on special education.

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Special Class Placement in UGDSB

Students who require special education programs and services receive support through the classroom teacher and the special education resource teacher at their home schools. However, in some

circumstances, students can be referred to a special education class placement where focused instruction in the area of need is provided.

Special Education Department

Members of the Special Education Department include Itinerant Teachers who travel between schools to work with students, and Special Education Consultants who make recommendations about programming, strategies and resources for students with all types of special needs who require accommodations, modifications or alternative curriculum. Special Education Consultants also work with school staff to submit claims for specialized equipment (e.g. Special Equipment Amount - SEA) and submit requests for Special Incident Portion funding (SIP).

You can view these documents by visiting <http://www.ugdsb.on.ca/programs/article.aspx?id=1074>



Local study aims to better treat ADHD without medication

Waterloo Region Record

By [Johanna Weidner](#)

CAMBRIDGE — Medication doesn't help all children with ADHD and the benefits are temporary.

"When it works, it's fantastic," said Dr. Sol Sandberg of Cambridge Memorial Hospital. "But we want something that's longer-lasting and actually translates to helping the child academically and socially."

A study being launched by Sandberg in partnership with the University of Waterloo's Tara McAuley, assistant professor in the psychology department, aims to see if a computer-based program can reduce ADHD symptoms while also improving a child's thinking and academic skills, along with social and emotional functioning.

They're now recruiting youth, aged eight to 16 years old, with concerns related to attention and behaviour to participate in the study.

Medication is currently the best available treatment, but there are side-effects which only treat the symptoms of inattentiveness and restlessness.

"The benefit is temporary and it doesn't result in an enduring change," McAuley said. "It is a highly persistent condition."

The study organizers hope regular sessions with the computer program will help address the underlying cognitive weaknesses, making things better for the children now and into adulthood.

The brain has a great capacity to respond to this type of intervention, they say.

"It can reorganize," said Sandberg, a clinical health psychologist at Cambridge Memorial for 40 years. "It has the ability to change at any age."

A quarter of the children who come to the hospital clinic are dealing with ADHD. Parents often ask

what else can be done to help their child, since medication only helps 50 to 70 per cent of patients.

"What do you do with that population of kids where it isn't effective," Sandberg asked.

The computer program is designed to improve working memory, which is the ability to concentrate and keep relevant task information in your mind for a short-time.

When a child does well in a given task, there's encouragement and they move onto the next level.

"Your brain is learning to pay attention to these things and it's helping with your working memory," Sandberg said.

He hopes that learning will also help reading comprehension and math skills, while also giving self-esteem a boost. Best of all, it's designed to look like games.



"Everything is fun," Sandberg said.

The study includes psychological testing before, immediately after and three months after the 10 weeks of treatment. Treatment is half an hour three times a week.

Parking or bus tickets will be provided to all participants and there will be other incentives, from Tim Horton's and iTunes gift cards to an iPad for those who attend most sessions.

For more information, call Sandberg at 519-740-4900.

jweidner@therecord.com,
Twitter: @WeidnerRecord

Guelph Storm Tickets

Looking for a fun night out? Help Support Learning Disabilities Association of Wellington County and United Way! This fundraiser is a great opportunity for you to attend a Guelph Storm game at a discounted rate as well as supporting our organization.

Purchasing tickets to these Storm games make it possible for us to run our 50/50 draw on February 12, 2016. This is a significant fundraiser for us and will have a positive impact on our programs and services. We have a variety of game tickets available.



Some reasons to attend a Storm game....

The Guelph Storm had a great win over Kitchener Rangers on January 3, 2016!

Here are the three star standings from the game!

- 1) GUE Michael Giugovaz - 43 saves
- 2) GUE James McEwan - 3 goals
- 3) GUE Givani Smith - 2 goals, 1 assist



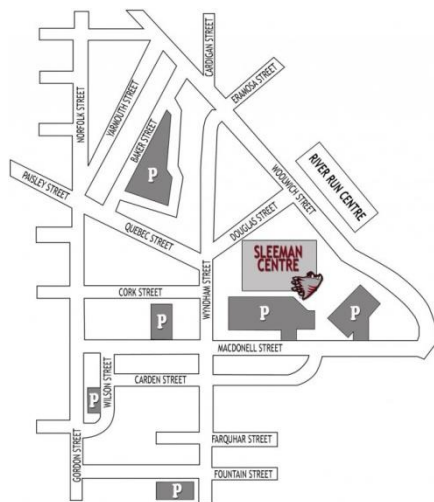
Tickets are \$17.50 each and \$1 from each ticket will be donated to the United Way.

Game dates are as follows:

LIMITED TICKETS LEFT

Jan 29, 2016 7:00pm vs. North Bay

To order tickets email info@ldawc.ca or call (519)837-2050



Myths and Facts about Learning Disabilities

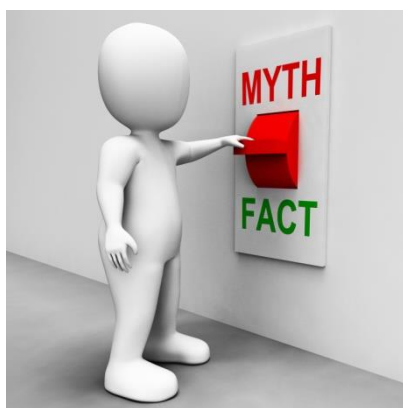
<http://www.idaottawa.com/myths-and-facts/>

Myth: Learning disabilities (LDs) do not really exist.

Fact: LDs are real. Recent research indicates neurological differences in the brain structure and function for people who have learning disabilities.

Myth: People with LDs cannot learn.

Fact: People with LDs are smart and can learn. LDs mean individuals learn in different ways.



Myth: More boys than girls have learning disabilities.

Fact: Four times as many boys as girls are identified as having LDs by schools, but many girls struggle with LDs as well. Many girls' learning difficulties are neither identified nor treated – possibly because boys who are struggling are, in general, more disruptive in classes.

Myth: People with LDs are just lazy.

Fact: People with LDs often have to work harder, but the results may not reflect their efforts. Some people with LDs may become discouraged because they have struggled so hard and they may appear unmotivated or lazy.

Myth: All LDs are outgrown by adulthood.

Fact: LDs tend to be noticed most often in school, but can affect all areas of life. Often by adulthood, people have found ways to use their strengths to

compensate for their LDs. Many adults seek work environments that are a good fit for their strengths.

Myth: Learning disabilities are a school issue.

Fact: LDs affect one or more modes of learning, anywhere that mode is used. LDs tend to be noticed most often when they impact on school-learning, but exist in all areas of life – work, family, relationships, etc.

Myth: Accommodating the needs of students with LDs in schools is too difficult, time consuming and expensive.

Fact: Accommodations implemented for students with LDs are also generally examples of good teaching. They can improve teaching and learning for the overall student population and other minority groups, such as people from a non-English speaking background. Teachers can also benefit from this approach by developing a range of flexible teaching and learning strategies that can be implemented in a number of different environments.

Myth: Accommodations give an unfair advantage.

Fact: Fair is not always equal. Adjustments ensure equal and fair participation in a learning environment and ensure actual learning is recognized. Accommodations allow people with LDs to work to their level of ability and not disability.

Myth: LDs can be cured.

Fact: There have been occasional claims by individuals of curing learning disabilities in various ways. Learning disabilities are a life-long condition; many people learn to successfully cope with their LDs to such an extent that it is no longer an issue for them, but there is no researched evidence that one person's solution will work for all.



Useful Links

Canadian ADHD Resource Alliance

<http://www.caddra.ca/>

People for Education

<http://www.peopleforeducation.ca/profile/child-advocacy-project-cap/>

Putting a Canadian face on Learning Disabilities

<http://www.pacfold.ca/>

Special Needs Ontario Window (SNOW)

<http://www.pacfold.ca/>

Totally ADD

<http://totallyadd.com/>

The we all learn differently Organization

www.thewald.org

Learning potentials

www.learningpotentials.com

Family Anatomy

www.familyanatomy.com

Contact us

LDAWC 24 hour answering machine: 519-837-2050

Mailing address: 233, 17A -218 Silvercreek Parkway N. Guelph N1H 8E8

Email address: info@ldawc.ca

Website: www.ldawc.ca

Don't forget to like us on facebook for the chance to learn about information and events happening in your communities!

www.facebook.com/LDAWellingtonCounty



Events

Dreaming of Summer – Guelph

Thinking about a summer camp for your child? Want to learn about what camp would be the right fit for your child? Are there supports and funding that you can access to make your child's experience a success?

In this parent workshop you will learn about:

- How to find inclusive and specialized camps in your community
- How to access 1:1 supports such as volunteers or trained workers
- Funding for camp fees and specialized supports
- How to share information about your child to promote their success

This workshop will be provided by a Recreation Therapist from KidsAbility and the Supporting Kids in Camp Coordinator from Canadian Mental Health Association

Date: February 25th 2016

Time: 6:00-8:00 pm

Location: KidsAbility, Guelph Site, 21 Imperial Road S

For: Families with children with special needs

Cost: Free

To Register: 1-888-372-2259 x1570 or email waterlootwo@kidsability.ca

Deadline: one week prior to session

Gal Pals- Elmira

A Self-Awareness Group for Girls Ages 9-11 In today's society, girls are forced to grow up too quickly. They struggle with understanding their emotions and friendships. They have difficulty making positive choices for themselves. This program proactively assists girls to become assertive and self-aware which encourages them to make healthy decisions and develop friendships.

Date: January 20-February 24 2016

Time: 6:30-8:00 pm

Location: 6 Memorial Avenue, Elmira

For: Youth girls (9-11 years old)

Cost: \$100

To Register: 519-669-8651

What's next Workshop- Kitchener

PLN presents WHAT'S NEXT? My Life, My Plan, My Community. This is a chance for individuals to explore their dreams and opportunities for the future. This new and interactive program will be facilitated by Lori Maloney Young and other qualified facilitators this spring. Join us for an information session on this seven week session which invites young people with disabilities to consider important questions about their next steps in life, along with their families and family.

Date: January 27 2016

Time: 7:00-8:30 pm

Location: Zehrs, 750 Ottawa Street South

Cost: Free

To Register: 519-884-3146, speak with Anne

It's so much work to be your friend: Helping the child with LD's find social success-Burlington

Rick Lavoie is the author of the book *"It's So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success"* (Touchstone/ Simon and Schuster, 2005). The book addresses the direct link between learning disabilities and social skills issues that many children face. Rick provides specific strategies for parents, teachers and caregivers about how to assist the child in making and keeping friends. The Library Journal praised the book as "a breakthrough."

Date: February 13 2016

Time: 1:00-5:00pm

Location: 50 Fairwood PI West

Cost: \$100 non member \$80 LDA member

To Register: visit www.lidahalton.ca

Join our membership

Learning Disabilities Association of Ontario

Membership Form

Name: _____ Address: _____

City: _____ Province: _____

Postal Code: _____ Tel: (H) _____ (W) _____

Email: _____

Annual Dues: Family/individual \$50; Student \$20; Professional \$75

I am interested in making a donation: _____

and/or volunteering: _____

Membership Advantages:

- Awareness and advocacy efforts on behalf of those with learning disabilities or ADHD at the local, provincial and national level,
- subscription to local and provincial newsletters,
- information on learning disabilities and ADHD
- use of local resources and support services.

Please mail this form and cheque to: Learning Disabilities Association of Ontario
365 Evans Avenue, Suite 202, Toronto, ON M8Z 1K2
Tel: (416) 929-4311 Toll free in Ontario only: 1-877-238-5322
Fax: (416) 929-3905