



**ldawc** • Learning Disabilities  
Association of Wellington County

*The right to learn, the power to achieve*

## **LDawc's Back-to-School Newsletter Edition**

*The Learning Disabilities Association of Wellington County does not endorse, recommend, or make representations with respect to the research, services, programs, medications, products, or treatments referenced in this newsletter. The material provided in this newsletter is designed for educational and informational purposes only.*



### **What Does Back to School Mean for You?**

Back to school can mean different things to different people. A new challenge. The end of summer. Seeing old friends. Anxiety provoking situations. Things are new, and although that can be exciting, it can also be scary.

If your child has an LD or ADHD, or if your son or daughter is having challenges in school, remember to keep the lines of communication open with his/her teacher. Ask what sorts of activities and exercises you can do at home to increase confidence and skill in areas of struggle.

Also, please reach out to us for information, resources or if you suspect an LD. We can help guide you if your child is struggling in school, or answer questions about the IEP or IPRC process. Reach out to our Program Coordinator at (519) 837-2050 or [info@ldawc.ca](mailto:info@ldawc.ca).

### **LDawc Staffing Change**

While we are sad to see Cheri Herdman give up her role with us, we are very excited to have Jen Paterson come on board as our new Program Coordinator! Jen has lots of great experience not only from her previous role with LDA London, but also with her academic accomplishments: Jen is a qualified teacher with additional qualifications in Special Education. New to our region, we are lucky that the timing worked out so well. While Jen may not be familiar yet with our local school boards, the knowledge she brings on how to navigate the school system and



advocate for your child is the best reason to reach out and connect with us. Jen will be available Monday –Thursday, 9 am – 4 pm at (519) 837-2050 or by email at [info@ldawc.ca](mailto:info@ldawc.ca).



## LDAWC's Peer Support Network

The LDAWC peer support network aims to provide informal monthly opportunities to share local LD resources, experiences, challenges and successes. Monthly meetings provide a forum for parents to learn about new topics from experts while at the same time meeting like-minded parents. This open, relaxed forum allows you to learn from

other parents' experiences and what has and hasn't worked for parents and families. Living, learning and/or working with a LD, or supporting a family member with LD, has its ups and downs. Feel supported and help join together to reduce stigma and stress.

### ***Join us for September's Peer Support Network – Preparing for the School Year – IEP 101***

The school year is back in full swing and you may have some questions about the IEP process. Sue Shaw is our presenter for this workshop. A professional in the education field, she comes highly recommended because of her own personal experiences around navigating the IEP. You don't want to miss out on this one!

**When:** Wednesday, September 27; 7-9:30 PM

**Where:** RLB LLP Guelph; 197 Hanlon Creek Blvd. #103, Guelph

**Register here:** <https://www.eventbrite.com/e/preparing-for-the-school-year-iep-101-tickets-35925061827>

## ADHD – Local and National Support

Guelph is very fortunate to have its very own ADHD and Asperger's Clinic, which has an incredible range of resources, services and supports for children, teens and adults who have ADD or ADHD. Some services offered



are coaching, counselling, texting support programs and support groups. They are also very involved in the community, and have spoken at LDAWC's Peer Support Network events....and are even slated to speak this November 29<sup>th</sup> on ADHD and Mental Health. Their centre aims 'to unite and strengthen the ADHD & Asperger's community through research-based education and treatment around neurodiversity so no more "smart but scattered" people get left behind.' To learn more, go to [www.adhdinterrupted.com](http://www.adhdinterrupted.com).

If you haven't ever checked out the website [www.totallyadd.com](http://www.totallyadd.com), you are definitely missing out on this great ADHD resource for adults! Its content is fully Canadian, and a lot of the articles and videos are created by comedians Rick Green and Patrick McKenna. Best known for their documentary that first aired on Global and PBS in the US, ADHD and Loving It! is a fun exploration of what it's like to have ADHD, dispelling many myths.



## Want to Inspire your Child to Learn and Understand Math?

There's a ton of different resources geared to increase parent engagement on this Ministry of Education website below. Some tools include videos, guides for how to implement principles, and fact sheets. Plus, information is broken down by grade so it is easy to find what you need:

[http://www.ontariodirectors.ca/parent\\_engagement-math/en/index.htm](http://www.ontariodirectors.ca/parent_engagement-math/en/index.htm)

## MATH - Free Homework Help

The province offers FREE live homework help for students in grades 7-10. An Ontario certified teacher monitors and provides help. To register, all you need is the Ontario Education Number (OEN) found at the top of your report card to register!

You can log in Monday to Thursday from 5:30 – 9:30 PM.

Tutoring options are one-on-one tutoring (directly asking teacher) or joining your grade's tutor





## Guelph Storm - Help Us Fundraise!

*Tickets are \$17.50 each*

Help support LDAWC and The United Way! By purchasing tickets to these Storm games we are able to run our 50/50 draw. This is a significant fundraiser for us every year so help us be able to participate.

*\$1 from each ticket will be donated to the United Way.*

Game dates are:

Saturday, October 29, 4:00 PM – Guelph vs. London Knights

Sunday, November 26, 7:30 PM – Guelph vs. Barrie Colts

Saturday, December 16, 4:00 PM – Guelph vs. Sault Ste. Marie Greyhounds

Thurs, December 28, 7:00 PM – Guelph vs. Peterborough Petes

Friday, January 5, 7:30 PM – Guelph vs. Owen Sound Attack

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



# AGM

Annual General Meeting

## Celebrate with Us!

Wednesday, October 4th

6:30 PM

Riverside Glen - 60 Woodlawn Road, Guelph

Come for a potluck at 6:30 pm and stay to learn all about our year and what's planned for 2017/18.

Please RSVP to [info@ldawc.ca](mailto:info@ldawc.ca) or (519) 837-2050, and note what you'll bring (appetizer/salad, main or dessert).



## New LDAWC Resource Coming Soon!

LDAWC is excited to announce that within the next month, we will have some exciting new Fact Sheets about different LDs up on our website! You'll be able to learn more about and explore excellent resources on:

- General information about learning disabilities
- Reading learning disabilities
- Writing learning disabilities
- Math learning disabilities
- Learning disabilities and ADHD
- Learning disabilities and assistive technology
- LDs, IEPs and the IPRC



## Other Agency Events

### United Way's Kick-off Event – September 6th

As you may or may not be aware, United Way Guelph Wellington Dufferin is our primary funder. Please come out and support their 2017 campaign kick-off event on Wednesday, September 6<sup>th</sup> from 11:30 am – 1:30 pm at Market Square & 10C, downtown Guelph!



Get more information here: [www.unitedwayguelph.com](http://www.unitedwayguelph.com)

### Waterloo Region Family Network (WRFN) Family Conference

The WRFN is hosting its family conference on September 16<sup>th</sup> from 9 am to 3 pm. This year's theme is "Focussing on Self-Care" - something that is so important to our families and is often overlooked because of our busy lives.

Childcare is FREE for children 4 years and older. For details and to register, go to <http://bit.ly2gZWur7> \*Note – there are registration deadlines



## SickKids Research Study

**Families needed for SickKids research study on the genetics of reading disabilities**

### **Who can apply?**

Children aged 6 to 16 who struggle with reading, and their parents



### **What's involved?**

1. Eligibility screening
2. Eligible families come to SickKids hospital in Toronto for one full day of study participation, involving the following:
  - § Psycho-educational assessment for the child
  - § Parent interviews and questionnaires
  - § Blood sample from child and parents
3. Following participation, families will receive a detailed report describing the results of their child's psycho-educational assessment, which may be helpful with educational planning

### **How do I apply?**

Contact Kirsten Blokland, PhD:

[kirsten.blokland@sickkids.ca](mailto:kirsten.blokland@sickkids.ca)

(416) 813-8207

This study is funded by the Canadian Institutes of Health Research. The study is recruiting participants until January 2019, and possibly beyond.