



LD Connections Newsletter

October 2016



October is Learning Disabilities Awareness Month!

Hopefully everyone has settled into a routine as the first few weeks of the school year are behind us. October is Learning Disabilities (LD) month – an opportunity to promote awareness and understanding – see how LDAO is promoting this special month in the article on page 2.

Locally we are promoting LD month with our second annual Family Conference. This event is funded through a PRO grant and we are excited to over this amazing event FREE this year. This event is designed for parents of children with learning disabilities to obtain knowledge and support from an outstanding list of professionals as well as other parents experiencing a similar journey. See all the details starting on page 5 of this edition of the newsletter. Don't miss out on this event!

Help support LDAWC and the United Way by purchasing tickets to select Storm games. Selling these tickets allows us 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. See page 5 for game dates.



October is...
Learning Disabilities
Awareness Month!

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October is Learning Disabilities Awareness Month

See how Learning Disabilities of Ontario is spreading the word.

<http://www.ldao.ca/about/october-is-learning-disabilities-awareness-month/>

Let's face it- whether you are a child or an adult- people love to attach labels to things they don't understand. Learning disabilities are not an exception to this rule. Many of those with learning disabilities find themselves at one point in their life or another being labeled by others as "stupid", "dumb" or "slow".

People with learning disabilities are far from that. They are creative. They are intelligent. They have hobbies. They are brave. They have hopes, and they have dreams. They are many things beyond their disabilities. In fact, they are just like the rest of us; the only difference is that they have different learning needs.

Having learning disabilities shouldn't define who a person is, but in our society this is still a reality.



LD is **NOT**
who I am,
it's what I have.

OCTOBER is LD Awareness Month
Help us set the record straight.

Visit our website to find out how:

www.LDAO.ca/awarenessmonth



Download a poster at www.ldao.ca and help spread awareness.



Generously Funded by United Way of Guelph Wellington Dufferin

Eric Gillis Proudly Represented Canada

Eric Gillis has been a friend of the Learning Disabilities Association of Wellington County for a number of years as a speaker at one of our workshops and a presenter at our 2015 Family Conference. Eric Gillis has shared his personal story of his life with dyslexia. He shared his school journey highlighting the challenges of his personal academic experience as well as the enjoyment he found in playing all kinds of sports.

Running Resume

Eric Gillis made his Olympic debut at Beijing 2008 where he competed in the 10,000m. He then transitioned into the marathon, making his debut in Houston in January 2010 and finishing the year ranked second in Canada. In October 2011 he ran 2:11:28 at the Toronto Waterfront Marathon, going under Athletics Canada's qualification standard for London 2012 by just one second. Gillis placed 22nd of the 85 men who finished the Olympic marathon and was the second-ranked Canadian in the field. In 2013 Gillis was again the second-fastest marathoner in Canada before taking over top spot in 2014 with his personal best 2:11:21 at the Toronto Waterfront Marathon. In October 2015 he went under the qualification standard for Rio 2016 with his 2:11:31 at the Toronto Waterfront Marathon. [Gillis finished an incredible 10th in the 2016 Olympic marathon, posting Canada's best result in the event since national record holder Jerome Drayton finished sixth at Montreal 1976.](#)

Congratulations to Eric for his accomplishments and strong representation on the Canadian Olympic Team!





Idawc • Learning Disabilities
Association of Wellington County

The right to learn, the power to achieve

**Learning Disabilities Association of Wellington
County Cordially Invites you to our
Annual General Meeting**

Please join us on October 5th at 7:00pm

Location: Riverside Glen, 60 Woodlawn Road East

AGM
Annual General Meeting

To RSVP please call 519-837-2050 or Email info@ldawc.ca

Guelph Storm

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 as follows:

November 11, 2016 7:30pm vs. Ottawa

January 6, 2017 7:30pm vs. Windsor

February 17, 2017 7:30pm vs. Barrie



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

LDAWC 2016 Family Conference

We are pleased to announce that registration for the upcoming program is now open. Follow the link below to register or visit our website at www.ldawc.ca

<https://www.eventbrite.com/e/ldawc-family-conference-2016-tickets-27744152507>

We have a mountain of information in this month's website including the following:

- Event details – page 5
- Program for the day – page 6
- Summaries of the key note, plenary, break-out sessions and biographies of the speakers – page 7-11

This year's event is FREE!



Idawc • Learning Disabilities
Association of Wellington County

The right to learn, the power to achieve

2nd Annual LDAWC Family Conference October 22, 2016

This **FREE** event is intended for parents and caregivers of children with learning disabilities. The focus is providing parents with tools and strategies to aid them in supporting their children. This event will host two key note speakers and a variety of field professionals throughout the day. You will have the opportunity to gain new skills and network with other families.



Where: Centennial Collegiate Vocational Institute- 289 College Avenue West

When: October 22nd 2016 9:00am-4:00pm

How: Call 519-837-2050 or Email info@ldawc.ca to register

2nd Annual LDAWC Family Conference

PROGRAM

8:30 – 9:00 Registration

9:00 – 9:05 Welcoming Remarks, Susan Newcombe & Christine MacDonald

9:05 – 10:05 Key Note Speaker –Healthy Body, Healthy Mind, Dr. Alexandre Tavares

10:05 – 10:20 Refreshment Break

10:20 – 12:30 Concurrent Workshop Streams

| | Breakout #1 | Breakout #2 | Breakout #3 |
|---------------|--|---|--|
| 10:20 – 11:20 | Navigating the Education System Presenter: Dr. Sean Cameron, Vice Principal / University of Guelph | Mental Health & ADHD Matthew Goetz Masters level Therapist at ADHD and Asperger's Centre | Tech Tools: What is New and Working Janet Regan, B.A.Sc. Metamorphosis Learning |
| 11:20 – 11:30 | | | |
| 11:30 – 12:30 | Navigating the Education System Presenter: Dr. Sean Cameron, Vice Principal / University of Guelph | Executive Functioning for the Learner with LD Dr. Patricia Peters, Registered Psychologist | Talking to your Kids and Teens about their LD Rose Freigang, B.A., C. Psych. Assoc. Registered Clinical and School Psychological Associate. |

12:30– 1:30 Lunch Break – provide local restaurants or catering?

1:30- 2:30 Concurrent Workshop Streams - Topics

| | Breakout #1 | Breakout #2 | Breakout #3 |
|------------|---|--|---|
| 1:30- 2:30 | Mental Health & ADHD Matthew Goetz Masters level Therapist at ADHD and Asperger's Centre | Executive Functioning for the Learner with LD Dr. Patricia Peters, Registered Psychologist | Tech Tools: What is New and Working for Kids Janet Regan, B.A.Sc. Metamorphosis Learning |

2:30– 2:50 Refreshment Break

Concurrent Session:

2:50 – 3:50 Making Connections, Dr. Michele Preyde, University of Guelph

3:50 – 4:00 Closing Remarks, End of day

2nd Annual LDAWC Family Conference

Program Summaries

KEYNOTE SPEAKER: *Healthy Body, Healthy Mind*, Dr. Alexandre Tavares

In this presentation you will learn powerful techniques to immediately help children improve their attention span. We will talk about physical activity and learning techniques that maximize the learning potential of children who have limited attention span. We will also talk about how to help your child have healthier diet and sleep habits to maximize their well-being and their learning potential.

Dr. Alexandre Tavares is a child psychiatrist. He grew up knowing that he did not have the best attention span, was not a good speller, and was not a fast reader, but had a thirst for knowledge. He was supported by his parents and grandparents since his childhood. They believed in him and never questioned the validity of learning with less formal educational methods used at that time: TV programs, magazines and supported listening. As a child psychiatrist Dr. Tavares uses his personal experiences to better empathize with the experiences of children and teenagers with ADHD and/or learning disorders.

BREAKOUT SESSION A – 10:20-11:20, choose 1 of 3 sessions

Breakout #1

Navigating the Education System: Understanding the IPRC and IEP Process

Dr. Sean Cameron's presentation will address the following topics, which are critical foundation information for parents:

- Learning disability diagnosis - what now?
- What is IEP, IPRC and what do they mean?
- How to support your child in school with a learning disability
- Movement from elementary to secondary to post-secondary with a learning disability
- Frustrated - what now?

Dr. Cameron is a developmental psychologist that has worked in the field of education for the past 10 years. He has taught courses on learning disabilities at the University of Guelph for six years, and currently works as an administrator in elementary education. Dr. Cameron has experience with the IPRC process both as special education resource teacher and a school administrator.

Breakout #2

Mental Health & ADHD

Matthew will be discussing how individuals with ADHD can live mentally healthy lives. Matthew will explain how ADHD can be a superpower if correctly accessed and will provide tools children, teens and adults can utilize to access their ADHD as the superpower it is.

Matthew has been a counsellor for over 5 years working in weight management, sex addiction, seniors issues, and now ADHD and Asperger's. Matthew has learned to use his ADHD in ways to help him achieve all his goals. One of his favourite things to do is to help people learn how to use their own limitations to achieve their dreams.

Breakout #3

Tech Tools: What is New and Working for Kids

Janet Regan will help parents better understand what tools are available for students. Janet will focus on the following topics:

- Identify what tools children have available to them at the school so parents are aware of which tools could benefit their child
- Allow parents to better understand what the tools can offer their children to fully understand the benefits
- Provide insight into what is available for free on the cloud and how to access it

This breakout session will allow parents to use their own technology to participate in this session if they chose. These tools are geared towards students in Grade 4-12.

Janet is a teacher and instructor in educational and assistive technologies. She believes that parents and others in a student's circle of support should have awareness of the technology the student is using, to help with their learning struggles. She has worked with students Grade 2 to University and ESL, one on one, and in small groups, as well as with teachers, parents and administrators. Janet believes that when specific technology tools are introduced to a student, their confidence to learn and express their ideas can be greatly enhanced.

BREAKOUT SESSION B – 11:30-12:30, choose 1 of 3 sessions

Breakout #1

Navigating the Education System: Understanding the IPRC and IEP Process

See details of this presentation in breakout session A

Breakout #2

Executive Functioning for the Learner with LD

Executive functions are an important cluster of skills we all need in order to “get the job done”. This talk will look at the skills that make up executive functions and how they impact students with learning disabilities and differences. We will also look at how to support executive functions in the classroom and at home.

Dr. Patricia Peters is a community based Clinical Psychologist with extensive experience working with children, youth, and their families. Through her private practice, Dr. Peters serves clients in Guelph, Wellington and Dufferin Counties. She also consults to the Wellington Catholic District School Board and to Dufferin Child and Family Services.

Breakout #3**Talking to Your Kids and Teens about Their LD**

Rose Freigang will be presenting on how to disclose a learning disabilities diagnosis to your children. Specific emphasis will be on how a diagnosis is communicated to the child/adolescent as well as to the parents, especially around focusing on strengths, needs, learning style, and accessing resources and supports. There is also some attention given to empowering the child/adolescent with knowledge that will help him/her advocate for him/herself, and enhancing self-esteem. Having a diagnosis and understanding can be a very powerful and positive tool for change and development.

Rose Freigang is a Registered Psychological Associate with the College of Psychologists of Ontario in the areas of Clinical and School Psychology. Rose received her academic training at the University of Waterloo, and completed internships at London Health Centre, K-W Hospital, and Winnipeg Health Sciences Centre. She has provided consultation, assessment and treatment services to preschoolers, school-aged children, adolescents and adults for more than twenty-five years in community agency and private settings. Rose has extensive experience providing diagnostic assessments and follow-up for individuals of all ages with Autism Spectrum Disorder (ASD) and other Neurodevelopmental Disorders. She also provides comprehensive psychological assessments for Specific Learning Disabilities, Attention-Deficit/Hyperactivity Disorder and Mental Health concerns. Rose can be a strong advocate, and understands both the triumphs and obstacles to living with lifelong challenges. She enjoys working together with individuals and their families to build understanding and cope with stress.

Rose lives in Guelph, where she appreciates the rich cultural opportunities this community offers. She enjoys spending time with friends and family, especially when laughter is involved.

BREAKOUT SESSION C – 1:30-2:30, choose 1 of 3 sessions

Breakout #1**Mental Health & ADHD**

See details of this presentation in breakout session A

Breakout #2**Executive Functioning for the Learner with LD**

See details of this presentation in breakout session B

Breakout #3**Tech Tools: What is New and Working for Kids**

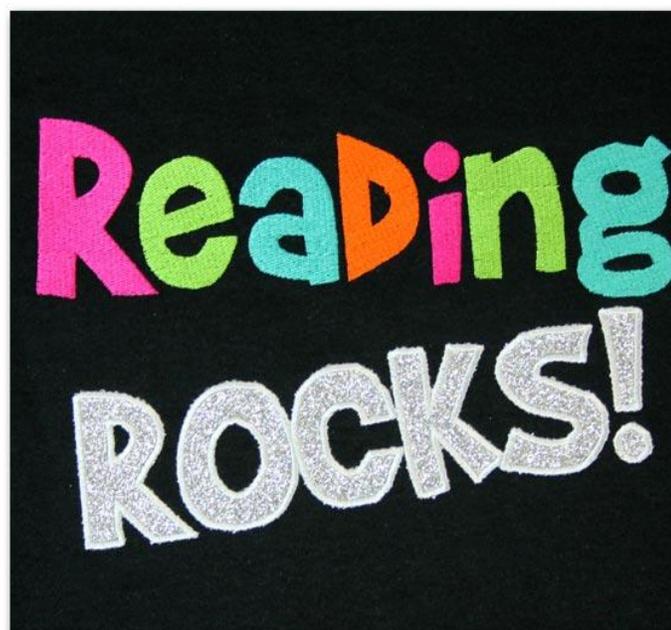
See details of this presentation in breakout session A

PLENARY SESSION – 2:50-3:50

Making Connections

This program of research has been conducted with youth accessing intensive mental health treatment (mainly residential and intensive home-based treatment, and in-patient psychiatric care) and their parents. These youth have multiple disorders with behavioural disorders being the most prominent in youth accessing residential treatment, and depression being most prominent in youth hospitalized for psychiatric care. Some of these youth have Learning Disabilities; most of these youth have mental health symptoms that interfere with learning. Many youth reported accessing specialized education and reported a variety of difficulties including academic difficulties, interpersonal difficulties with peers and teachers, school avoidance and a lack of motivation. Research suggests that healthy social connections may be one of the most important protective factors especially for these vulnerable youth that can safeguard them and facilitate positive educational experiences and outcomes. What does the research suggest will help in developing better social relationships?

Michèle Preyde, PhD, is an Associate Professor in the College of Social and Applied Human Sciences at the University of Guelph. Her PhD is from the Faculty of Social Work, University of Toronto. Dr. Preyde's approach in research centres on practitioner-researcher collaboration and integrated knowledge translation. Her main research interests concern the well-being of people with mental or physical illnesses, such as child and youth mental health, residential and home-based treatment outcomes, the psychosocial impact of illness and vulnerable populations. She is currently involved in research with child and adolescent clinical populations, the long-term adaptation, and psychosocial and educational outcomes of youth who accessed intensive mental health treatments.



LDAWC is really excited to share that we will be beginning our first direct programming starting in February 2017.

Reading Rocks is a literacy program with proven results in improving children's reading ability.

This pilot program will be held in three locations throughout Wellington County and will serve 30 children.

Watch your email and www.ldawc.ca for further information.

This program is possible due to a grant from the Ontario Trillium Foundation

Instil Good Homework Habits in Your Children

By Paola Breda
www.canadianliving.com

With a new school year beginning, getting the kids back into a homework routine may be challenging. Here are some tips to make this important task a bit easier:

- Find an area in the house and designate it as the "Go to School Spot". Everything that needs to return to school should go there: books, bags, running shoes, and completed homework.
- After Grade 2, children should use a daybook to keep track of assignments. Teach your child to use a symbol which can be checked off when assignments are complete.
- Each item should go into their bag as soon as it's completed. This helps your child feel a sense of accomplishment and ensures homework will return to school. It also gives them a physical separation between homework tasks.
- Create a special study spot. The designated spot doesn't have to be a desk. It could be a sofa, the kitchen table, or their bed. The two keys are: all needed items are at arm's reach and it's not too close to any temptations. (i.e. the television, computer games, etc.)
- Keep the homework area well-equipped: tape, stapler, staple remover, hole puncher, pens, pencils, markers, rulers, extra paper, plain and lined, and adequate lighting for night work, if your child will work after dinner.
- If your child has trouble with attention span and constantly asks for breaks, say "Yes, you can go as soon as you finish...", instead of saying "No, you can't go until...is finished." It's hard to dispute a 'yes'. Be firm, gentle, and repetitive if necessary.
- If your child is a hyperactive learner, use music to help him complete his homework. The key is that the music be orderly and recognizable - something he already knows, but not the radio. Studies have shown that the element of surprise leads to distraction, but expected music in certain orders helps a hyperactive mind concentrate.
- Time your child's attention span and use positive reinforcement to work towards expanding the span.
- Dedicate a specific time each day to do homework. For stress reduction and buffer time, it's better to start earlier rather than later.
- Work on one assignment at a time.
- When doing homework, think of ways to easily remember things. Use mental imagery, acronyms, key words, and funny sentences to help them memorize key concepts.

Paola Breda runs the Gap Academy, a Toronto school for kids with learning disabilities

Tech Talk – Best Apps for Homework Management

Whether they're juggling multiplication tables or calculus differentials, students of all ages can always use a little help when it comes to homework management. With multiple assignments in a variety of classes, kids are required to stay on top of worksheets, quizzes and tests. But they aren't the only ones who could use some organization assistance in the homework department. Teachers with due dates for multiple classes and parents who want to check on their children's progress could also use a little smartphone support, too. Try these three apps created to help track of homework. Check to see which work best for students, teachers, parents or all three.

myHomework

Price: Free

Ideal for: Students

Great for college as well as high schoolers and younger students, myHomework allows you to prioritize homework assignments as well as track them on a user-friendly calendar. The simple interface lets you differentiate whether an assignment is a paper, test or just regular homework and color-code assignments as into upcoming or even late categories. And because each school operates on a different schedule, myHomework allows you to set up block scheduling for your classes. While the app itself is free, the ability to sync between your iPhone and the website on any computer as well as to receive assignment reminders costs \$1.99 per year.

iStudiez Pro

Price: \$2.99

Ideal for: Students, teachers, parents

Sporting a colorful and user-friendly design, iStudiez Pro allows you to organize complicated schedules, prioritize homework, receive push notifications before assignments are due and even track your grade point average. Helpful features allow students to input rotating or block schedules and even account for holiday weeks. You can also add your instructor's e-mail, phone number and office hours. Homework can be prioritized based on due date or even class. Perhaps the best part is that you can send all of your data to your e-mail address by pushing a single button.

Educators will find this app handy for organizing classes and assignments. With the ability to input grades, you can keep track of how well students are doing in class. Parents can keep track of kids' assignments with this well-organized app. Since assignments are broken down by classes, parents can check in to see if homework is done or if the kids need additional guidance.

Evernote

Price: Free (\$5 a month for premium service)

Ideal for: Students, teachers, parents

Whether you're taking notes in history or English, you can keep everything in one place with Evernote. This free app lets students of all ages access clippings, URLs, and notes from an Evernote hub, which is accessible via iPhone or from a laptop or desktop computer. You can also collaborate with fellow students by sharing notes via the app. And instead of your jumbled mess of notes, Evernote allows you to organize via a clear notebook sorting system. Teachers can access lesson plans and class notes through Evernote. They, too, can collaborate with other teachers by sharing documents for class. Parents are able to look over their children's homework on the go. Kids can share papers or other work with Mom or Dad, and they can read it over an iPhone or computer. Evernote also offers a premium service for \$5 a month or \$45 a year that allows you to upload more data, collaborate with others, and work offline. But don't be scared off by the subscription fee — you can get a lot done using the standard service.

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

Telephone: 519-837-2050

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

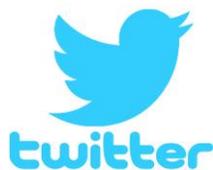
Email address: info@ldawc.ca

Website: www.ldawc.ca

Please join us on social media, we can be found on Facebook and Twitter!



www.facebook.com/LDAWellingtonCounty



www.twitter.com/LDA_Wellington



LEARNING DISABILITIES ASSOCIATION OF ONTARIO
MEMBERSHIP APPLICATION FORM



Mr. Mrs. Miss Dr.

New Membership

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Home Phone: _____ Business Phone: _____

Chapter Affiliation: _____

Please check this box if you agreed to receive your copies of Communiqué by email in the future

E-mail address: _____

Type of Yearly Membership (please check one)

Family/Individual \$50.00 Professional \$75.00
Institutional \$125.00 Student \$20.00 (ID # Required)

Type of Payment

Cash (only if paying in person) Cheque (payable to LDAO) Money Order Visa Master Card
Card # _____ Expiry Date: _____

Name as it appears on the Credit Card: _____ Signature: _____

Benefits of Membership for all Members:

- Discount to LDA Programs and services
- Communiqué (Provincial) newsletter – 2 times per year (5 copies each printing of Communiqué for Professional and 10 each for Institutional members)
- National newsletter – 1 time per year (5 copies each printing of National for Professional and 10 each for Institutional members)
- Chapter newsletters (frequency varies from Chapter to Chapter)

Please make all payments payable to LDAO and forward to:

LDAO Membership Coordinator

365 Bloor Street East, Box 39 Ste. 1004, Toronto, ON M4W 3L4

Phone: 416-929-4311, ext 21 Fax 416-929-3905

Website: www.LDAO.ca



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<http://www.facebook.com/LDAOntario>



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