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## **APRIL 2020 LDawc News**

The way we live our lives has certainly changed significantly in the last several weeks. We all hope for health and a return to usual routines.

Although our in-person programming has been put on hold, we want to assure you that we are still here for you. We have many resources available about how to cope during COVID-19 and we share some of those resources in this newsletter. We are keeping track of the many resources that are appearing in various newsletters from local agencies and that are being shared on Social Media. Please contact us at LDawc.ca, by telephone (519-837-2050), check out our blog [ldawc.ca/blog.html](http://ldawc.ca/blog.html), and follow us on Facebook and Twitter.

A summary of the various resources we have are listed on our website homepage: [ldawc.ca](http://ldawc.ca) Please feel free to contact us if you are looking for something particular.

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The most important thing for our youth, families and community right now is to stay healthy in body and mind. We truly believe that each family will find ways to cope that will work for them.

While there are many academic resources for learning posted by your school and your teachers, there are also many fun, creative and physical ways to continue learning. What better way to relieve your stress than to spend time doing a fun activity with your family that doesn't tie learning to an electronic device?

# FUN LEARNING IDEAS

The first thing we at LDAWC want to say is that everyone has different access to technology and differing amounts of time and ability to keep our kids academically engaged. It is very important not to add extra stress on ourselves during this difficult time. Teachers are well aware that their students will have differing abilities to do academic work while school is not in session.

To Quote Eloise Tan, Research Director at People for Education from an interview on CBC's Metro Morning: *"It's important we keep expectations reasonable for the time we're in; that we remember parents cannot substitute for the role of teachers; and we remember that teachers are not separate from what we're all going through."*

## Non-Screen Activities

- A tip from Guelph Mayor, Cam Guthrie: *Create a Maze* through your house for a ping pong ball (or other soft & light ball). Start somewhere up high (top floor, top of the fridge etc) and use household items to create a track for the ball to travel through. Check it out on [Twitter @CamGuthrie](#)
- Build Forts
- Get Kids involved in Baking, and Cooking
- Play Card Games and Board Games
- Crafts and Sewing (use any scraps you have in the house and let the kids create)
- Listen to Music or Tinker on Instruments, Have a "Dance Party"
- Build a "Grateful Tree" <https://www.instagram.com/p/B-H446anR9h/?igshid=1453ib2c3zk16>
- Make up your own stories by taking turns and each person adding one sentence to the story (talk it out loud, or write it out, or type it)
- Scavenger Hunt: Indoor or Outdoor, make up your own list or search the web and social media

## Virtual Field-Trips

- Youtube channel: Exploring by the Seat of your Pants
- [adventuresinfamilyhood.com](http://adventuresinfamilyhood.com) 20 Virtual Field Trips to Take with Your Kids

## Virtual Storytelling and Songs:

- 8pm Nightly, Local actors, authors and politicians read Bedtime Stories on Facebook [@bedtimestories](#)
- [wearerteachers.com](http://wearerteachers.com)
- [audible.com](http://audible.com) is offering free audiobooks for kids during school closures

## Virtual Phys-Ed Classes

[Our Favorite Virtual P.E. Resources to Keep Kids Moving at Home](#)  
[30+ FREE Physical Education Classes & Resources For Kids at Home](#)

# Online Learning Resources



In addition to the online learning platform developed by the Ministry of Education, (<https://ontario.ca/page/learn-at-home>) many school boards have compiled their own lists of learning resources. Visit <https://bit.ly/ONTEDcovidresources> to view a list of links to school board resources.

If you don't see your school board on this list but know that they are sharing additional resources, please contact us at [info@LDAWC.ca](mailto:info@LDAWC.ca)

## Ontario Ministry of Education Resources

[Learn at home](#) (English)

[Apprendre à la maison](#) (French)

## School Board Resources

Upper Grand District School Board:

[Learning resources available to UGDSB students \(Upper Grand District School Board\)](#)

Waterloo Region District School Board: [WRDSB@Home](#)

Wellington Catholic District School Board: [Wellington Catholic District School Board](#)

Waterloo Catholic District School Board: [STEAMDays](#)

Conseil Scolaire Viamonde

Please see school board social media and individual school social media for suggestions for learning and activities. You can find your school on the board website.

[CSViamonde](#)

Mon Avenir Conseil Scolaire Catholique

[Info-Santé](#)

[Conseil scolaire catholique MonAvenir](#) For social media links and to find your school.

# Mental Health Resources during COVID-19

## Message from Upper Grand District School Board (UGDSB):

[Mental Health Resources during COVID-19 \(Upper Grand District School Board\)](#)

The safety and well-being of our students, their families and staff are our top priority. We are all faced with uncertainty during this time of social distancing and self isolation. It is important to monitor and take care of our mental health. We have prepared some resources to help with managing difficult conversations and supporting overall mental health during these difficult times.

## Wellington Catholic District School Board

School Closures As A Result Of Covid-19 Frequently Asked Questions And Answers For Parents As Of March 24, 2020

<https://22.files.edl.io/ebf0/03/24/20/195041-5a039506-0a7a-4f8f-97bb-7d85bc2d7303.pdf>

## National Association of School Psychologists

Comprehensive resources and tips on how to talk to children and youth about COVID-19.

[COVID-19 Resource Center](#)

## Children's Mental Health Ontario

Tips for parents and caregivers for what to say and do to help children and youth who are anxious and may find the information about COVID-19 particularly worrisome.




[Children's Mental Health Ontario: Home](#)



## COVID-19: Tips for Self-Care from CAMH Foundation

We're living in extraordinary times, but there are plenty of ordinary things we can do every day to take care of ourselves.

CAMH has a few tips on how you can practice self-care during the COVID-19 pandemic. Here are some ideas:

	<b>Eat Healthily:</b> Eating healthy foods like fruits and vegetables and drinking lots of water can make you feel better.
	<b>Get Active:</b> Physical activity is a great way to reduce stress, improve your mood and overall health. There are plenty of ways you can exercise in your home—find videos on YouTube or dance to your favourite song!
	<b>Stay Connected:</b> Social distancing is just about physical distance—you can still stay connected to your family, friends and colleagues through phone, video calls and text messaging. Spend time talking to people who are a positive influence when you're feeling stressed.

These strategies can take some time to work. Practice them regularly and in different situations. It's okay if you don't feel better right away. And it's also okay to reach out to a health care professional if you need professional support. Be kind to yourself and others, and we will be able to get through this together.

For tips on talking to kids about COVID-19

[http://give.camh.ca/site/R?i=ew1LlZj5scv\\_UkEtR2g9hQ](http://give.camh.ca/site/R?i=ew1LlZj5scv_UkEtR2g9hQ)

For tips on coping with stress and anxiety <http://give.camh.ca/site/R?i=3aaRSMqXnoYeQD3Of-bAQg>

## How to Talk to Family and Friends Who Ignore Social Distancing Appeals



[How to talk to family and friends who ignore social distancing appeals](#)

# Assistive Technology Available on Standard Mobile Devices

[LD@home.ca](http://LD@home.ca)



Parents, your child may not have their iPad, Chromebook or laptop at home but a mobile phone opens a world of assistive tech to you.

This article will help guide you.

Of course there are other apps that aren't here but this is a great list to fill gaps to help your child's learning!

<https://tinyurl.com/t5gnuqt>

## Coronavirus and Missing School

Although Understood.Org & AdditueMag.com are American Websites, many of the links and information are still very relevant. Please note the specific information about legal rights and government regulations and guidelines are American. If you require links to equivalent Canadian information, please contact us at [info@LDAWC.ca](mailto:info@LDAWC.ca)

1. [Coronavirus Crash Course: Structuring Your Child's School Work At Home](#)
2. [Coronavirus Latest Updates and Resources](#)

There has been lots of news coverage and talk around the coronavirus. For parents of kids who get special education in school, you may be wondering What happens to my child's services if my child has to stay home for an extended period of time?

Topics in this article include:

- What You'll Learn
- How to Talk About Coronavirus With Kids
- School Closings and Learning at Home
- Activities to Keep Kids Busy at Home
- Disability Issues at Work