



# ldawc • Learning Disabilities Association of Wellington County

*The right to learn, the power to achieve*

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## August 2020 LDawc News

Can you believe we are now half way through the summer?! Our Blog Posts over the last several weeks have covered the following topics: Summer Schedules; an Introduction to Ann Douglas (our Fall Conference Keynote Speaker); and LD's and Social Skills. Stay tuned for more interesting information. Check it out at <https://ldawc.ca/blog.html>.

We are planning on running a SOAR program, which is a skills program to support the transition to High School. The program will run from Monday September 21st for nine weeks. It will be open to students starting grades 7,8&9. We are monitoring the COVID-19 situation and plan to make a decision sometime in August about whether this program will run on-line or in-person (small group).

Don't forget to mark your calendars and save-the-date for our 6th Annual Family Conference on Saturday October 17th, 2020. We are excited to be hosting Parenting Expert Ann Douglas as our Keynote speaker. Please see page 2 for more details.

We are planning our Fall Workshops with the following topics: Read&Write assistive technology (Sept), Individual Education Plans (Oct), and Financial Literacy (Nov). Check our Website for details, or sign up for our newsletter [www.LDAWC.ca](http://www.LDAWC.ca). We can't wait to see you (virtually or in person) this Fall!

Thanks for being part of our community!

### Follow us on social media:



[facebook.com/LDAWellington County](https://facebook.com/LDAWellingtonCounty)



[twitter.com/lda\\_wellington](https://twitter.com/lda_wellington)



## Upcoming LDAWC Events

# SAVE THE DATE!

Looking for Tools & Strategies to support your Child's  
Mental Health & Learning?

JOIN US!

## 6<sup>th</sup> Annual Family Conference

Date: Saturday, October 17, 2020

Time: 8:30 am – 3:40 pm

Location: Guelph, TBD

Registration opening soon. No Charge to Attend.

Find out more: <https://ldawc.ca/annual-family-conference.html>



**Who should attend:** Parents/caregivers of children with learning disabilities and/or ADHD seeking tools & strategies to support mental health & learning at school and at home.

**Keynote Speaker:** Ann Douglas, Author and Parenting Expert



**Parenting in an Age of Anxiety: A Stress and Anxiety Toolkit for Parents.**

This presentation will address that all kids experience stress and anxiety. These emotions are part of being human, after all. But one in eight children experiences such a high level of anxiety that the child finds it difficult to manage at home or at school.

**Breakout Sessions include:** EdTech, Wellness, IEPs, Executive Function & More!

For More Information: [info@LDAWC.ca](mailto:info@LDAWC.ca) or 519-837-2050

# Local Events

## #KeepCoolandCope: Try a mindfulness exercise!

Please join Big Brothers Big Sisters Youth Action Committee and YouthTALK in this challenge of holding ice cubes to raise awareness for youth mental health. From Friday July 24 – Friday August 7 take a picture or video of you holding an ice cube in your hand for at least 30 seconds and you will be entered into a PRIZE GIFT CARD DRAW!! Why ice cubes? Ice cubes are used as a grounding technique for wellness coping. Please consider participating, donating, or sharing it with anyone who may be interested! <https://youthtalkdotorg.wordpress.com/keep-cool-and-cope/>

**#KEEPCOOLANDCOPE**

### Ice Cube Challenge

Hold an ice cube in your hand for 30 seconds to raise awareness for youth mental health

July 24th - August 7th

But Why Ice Cubes?

Participate to win a Tim Horton's Gift Card!

- Must mention this is for Youth Mental Health
- Must use #keepcoolandcope
- Must post your video or picture

Ice cubes are used as a grounding technique for wellness coping

**THREE** Tag at least three friends keep the challenge going

Ice Cube Challenge for all ages

If you would like to donate to support youth mental health, donate the cost of your favourite ICED drink

Check out the links or email [youthtalk@cmhaww.ca](mailto:youthtalk@cmhaww.ca) for more information



## Articles and Information



### Young Adults who Have Returned Home during COVID-19

Due to the pandemic, many parents are experiencing the return (to home) of their young adults. In this article this parent discusses the challenges of supporting on-line school routines for Post-Secondary Students.

[My ADHD, Not so Empty Nest](#)



### Tackling Back-to-School Issues

Understood.org, although it is a U.S. website, it deals with issues that we are familiar with. It has some good articles that address some back-to-school issues that are particular to September 2020:

- [Back-to-School Anxiety This Year-What to Watch Out for](#)
- [Do Kids With an IEP Have to Go Back to In-Person School This Fall?](#)
- [3 Way Distance Learning Has Been Good for Kids in Our Community - What we have Learned](#)

### Myth: People with LDs are just Lazy

#### Facts:

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

# Updates from Local School Boards and Ontario Ministry of Education

Wellington County School Boards have posted their school calendars for 2020/21. School will start on Tuesday September 8, 2020. There are currently still many unknowns about what format school will be this fall. Although we know what day school will start, there is still the possibility that school calendars could change, if School Boards are directed to provide blended learning with some days at school and some days at home. Waterloo Region School Boards and local French School Boards have not yet released their 2020/21 school Calendar.

In the upcoming weeks the Ontario Ministry of Education will be posting updates on what back to school will look like this fall. <http://www.edu.gov.on.ca/eng/new/new.html>

## **Important dates in the school reopening process are:**

- Week of July 27, 2020: Review of Board plans with Ministry
- Week of August 4, 2020:
  - Expected Ministry announcement regarding reopening model
  - Expected UGDSB release of Reopening Schools plan to staff and families
  - Anticipated Pre-Registration for parents regarding their plans for student attendance and busing knowing the approved model
- Week of Sept. 1, 2020: Staff training/planning for reopening implementation
- Sept. 8, 2020: First day of school for students (whether in class or online)
- Ongoing: Possible adjustments to the plan as directed by Ministry of Education and/or Public Health

## **Upper Grand District School Board (UGDSB)**

**Reopening Schools Information:** This summer, the UGDSB will be providing updates about our Reopening Schools plan for the 2020-2021 school year. To learn more, please visit [www.ugdsb.ca/fall2020](http://www.ugdsb.ca/fall2020).

## **Wellington Catholic District School Board**



Follow Wellington Catholic DSB on [Twitter](#) where they will be sharing notices about these updates.

Following the Ministry announcement about the model in which schools will reopen, the board will be sending a survey to all our families to confirm fall attendance and transportation needs. This information will be very important as they finalize our plans based on the ministry's direction.

**Board Message:** "The uncertainty of what will be happening in the fall is hard for everyone. While we can't take that uncertainty away, we are going to keep communicating what we know as soon as we know it."



## Waterloo Region District School Board

Dates for the 2020-21 school year have not been released yet as they are waiting for Ministry approval. Updates are posted at <https://www.wrdsb.ca/>

## Waterloo Catholic District School Board

No updates or school start date have been posted. <https://www.wcdsb.ca/search/>

**Conseil Scolaire Viamonde** has posted a back to school start date Tuesday, September 8th. 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. <https://csviamonde.ca/>

## Mon Avenir Conseil Scolaire Catholique

This school board has not posted updated information about the 2020/21 school year. For social media links and to find your school. <https://www.cscmonavenir.ca>

**MEMBERSHIP: BECOME A MEMBER TODAY**

[LDAO](#)

\*Be Sure to Choose LDA Wellington County as your Affiliate Membership\*

## Classes, Conferences, Podcasts, Webinars



*Webinar:* August 20th, 1pm ET.

**A Parents' Guide to Understanding and Supporting Twice-Exceptional Children** Presented by Additude.com  
[Register and attend live, or watch the replay.](#)



*Online Course:* **Paragraph Writing.** Any two weeks in August. The International Dyslexia Society of Ontario still has one affordable course that will run this summer: The Paragraph Writing course is approximately 4 hours. You will have access to the course for two weeks of your choice with a start date anytime during the viewing period ( August 1-31, 2020). Paragraph Writing. [IDA "Project Read" Courses](#)



LD@School (part of the Learning Disabilities Association of Ontario) is hosting an on-line Educators Conference on August 18th and 19th. <https://www.ldatschool.ca/annual-educators-institute/program/>

