



ldawc • Learning Disabilities Association of Wellington County

The right to learn, the power to achieve

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[LDAWC.ca](http://ldawc.ca)

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June 2020 LDAWC News

Summer is coming soon! Some families will continue with e-learning this summer and others will focus on different activities. This month we have information about a variety of summer activities and some information about virtual summer school.

We are pleased to let you know that we have booked all our speakers for this year's LDAWC 6th Annual Family Conference. We are excited to be hosting Parenting Expert Ann Douglas as our Keynote speaker. Please see page 2 for more details.

On page 4 we list some resources provided by the Wellington Catholic District School Board about talking to your children about the recent racial violence reports in the media. Talking to our kids about these events is very important if they listen, watch or read the news.

As always, please contact us if you have any questions or need resources.

Thanks for being part of our community and if you have any ideas on areas we can assist with, please let us know. info@ldawc.ca

Stay safe and well!

Follow us on social media:



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



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Upcoming LDAWC Events

SAVE THE DATE!

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

JOIN US!

6th 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 or 519-837-2050

Summer Activity Ideas

Here are some suggestions for keeping mentally and physically healthy this summer; as well as some summer activities that will help you connect, make memories and may even be fun learning experiences.



How to Keep your Cool with your Kids this Summer

This summer will be an unusual one. We are spending a lot more time in our family bubble and our usual summer activities are altered. Here are some tips for parents and caregivers.

[Pandemic Parenting 101: How to Keep your Cool with your Kid](#)



Cloth Masks

This article contains information about appropriate use of masks. There are many affordable ways to obtain cloth masks that are not listed in this article. Locally, many sewers are posting on Social Media that they are making masks. You may be handy with a sewing machine, or may have friends and family who can make masks for you.

[Cloth Face Masks: Choosing Them & Keeping them Working](#)

There are also many tutorials on-line on how to make no-sew cloth masks. [Health Canada Instructions for No-Sew Masks](#)



Summer in the Time of Coronavirus: At-Home Activities for Kids with ADHD

Summer activities will be different this year, but kids with all kids (teens & youth too) can still exercise their creativity, athleticism, and curiosity with these at-home ideas for projects, programming, and physical activity. What would you add? [At-Home Activities for Kids with ADHD](#)



Teen Job Skills Workshops

2nd Chance Youth Job Connection & Ways2Work are running virtually. The next Ways2Work group will start **June 15th**. 519-823-2440 or info@2ndchance.ca

Lutherwood will be running a 3 week Job Skills Virtual Workshop starting June 10th for youth ages 16 – 29 who are not working and not in school.

Tel: 519.822.4141 Ext.110; Text:226-979-0202; cturcot@lutherwood.ca

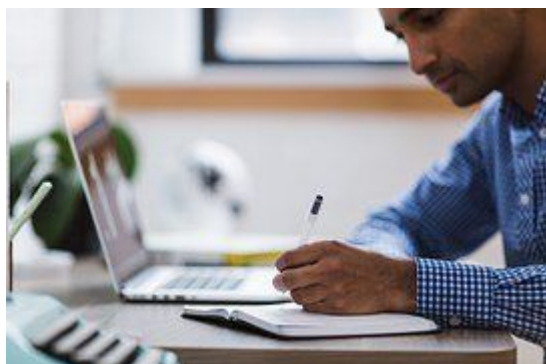
Updates from Local School Boards

UGDSB announces Continuing Education summer school programs for students

UGDSB Summer School 2020

Through UGDSB Continuing Education, in July the board is offering courses for students in Grades 6-8 and Grades 9-12. Please note that due to current circumstances, these summer programs will be offered virtually through a distance learning model.

For students with IEPs, special education supports will be available.



Programs being offered this summer include:

- Grade 6/7/8 Literacy & Numeracy Support Program
- *New!* Grade 8 Reach-Ahead Credits
- Secondary Credits *with New choices added*
- *New!* Secondary Upgrading Credits
- Credit Recovery

-For classes with active e-learning components, please choose Summer School Credits.

-For traditional e-learning summer credits, choose Elearning courses.

[Info Sheet - UGDSB Summer 2020 Course Choices and Registration Info](#)

Update from Wellington Catholic District School Board



Wellington Catholic SB has posted a document that has links to useful resources to guide parents and caregivers when talking to their youth about the recent cases of racial violence.

It is important to talk with our youth about dominant news stories to ensure they have appropriate information and so help deal with any anxieties or fears that result.

[Talking with Youth about Racial Violence](#)

Summer School E-Learning at Wellington Catholic SB has not been announced yet. Please check back to the following link for updates:

[Summer School at Wellington Catholic SB](#)

MEMBERSHIP: BECOME A MEMBER TODAY

[LDAO](#)

Be Sure to Choose LDA Wellington County as your Affiliate Membership

MAIL-IN Membership: Print this Form

[LDAWC Membership Application](#)

[Webinars & Videos](#)

[Parenting Expert Ann Douglas](#), has many useful videos on her YouTube Channel. She partners with Dr. Jean Clinton, Child Psychiatrist to address issues that are concerning parents right now.

[Ann Douglas-YouTube Channel](#)

The [Integrated Youth Services Network](#) is a local Network of Service Providers in Guelph and Wellington County who address Mental Health Issues in Youth (from everyday struggles, to big struggles). They have resources and videos available for youth.

<https://transformingyouth.ca/blog/resources/>

Here is a link to a [Video from the University of Calgary: Managing ADHD During Isolation](#)

Anyone can benefit from some tips from the video.