

Learning Disabilities Association of Lambton County Newsletter

Back to School Issue

September/2012



Greetings!

Another great summer is coming to an end and it is time to start thinking about the fall and about going back to school. In our Back to School issue of our newsletter we have highlighted the programs we will once again be offering. Several children have already signed up for our Kids' Positive Program set to start in October, so if you are interested in this or any other program please contact us early to avoid disappointment. May everyone enjoy a great fall.

Setting Goals for Children with Learning Disabilities

It is that time of year again where parents are getting their children ready to go back to school. One of the items on the long list of back to school "to dos" should be to set goals with your child. Encourage your children to continually be setting goals for learning, personal growth, and their future. When setting goals with your children ensure that the goals that they are setting are S.M.A.R.T.: Specific, Measurable, Achievable, Realistic, and Time-bound. Use your own personal experience to teach your child how to achieve their goals.

A key aspect to teaching children the reward of attaining their goals is to display in yourself perseverance and positivity. Children with LDs often face barriers that others do not so having a positive role model display perseverance will help them to stay on their goal path with a positive outlook.

Teaching your child to handle setbacks and failures is an important aspect that they need to learn. It is important that they learn that failure is not something to be ashamed of; failure opens up opportunities for them to learn. The road to success is full of detours that are not to be dwelled on.

Events



Frito Pies Wraps Up a Great Year

The Frito Pies and More Youth Entrepreneurship Program has had an excellent summer. The youth aged 15-25 were able to experience what it is like to be an entrepreneur. The hands on experience of marketing, planning, and selling of the delicious Frito Pies allowed each youth to gain

In This Issue

[Setting Goals](#)

[Frito Pies](#)

[Fall Programs](#)

[Book Review](#)

[10 Tips for Motivating Students](#)

[3rd Annual Volleyball Tournament](#)

[ADHD in Adults](#)



great experience for the workforce that they will enter in the near future. The youth were able to build great social skills while working with each other and interacting with customers. Everyone enjoyed their time as a Frito Pie representative and have gained many tools that will help them in their future.

A great thank you to several members, businesses, and organizations of the Lambton County community is definitely needed. Without the support of many businesses by allowing the Frito Pies to be sold on their property/event this life changing program would not be possible. The local entrepreneurs that came and spoke passionately to the youths were a great facet to this program and to the knowledge the youth gained. We cannot thank you all enough for your continued support throughout this summer as well as previous summers; this program could not run without all of you. Thank you and enjoy the rest of your summer!

Make sure to visit our booth at Jazz & Blues in the Village in September for your last chance to try our Frito Pies & Pulled Pork this season.

Fall Programs to be Starting Soon!

As the summer comes to an end it brings the beginning of our successful programs to commence in the fall!

Homework Hub is Back!

After a great school year last year we are happy to continue the successful after-school program, Homework Hub! Homework Hub was able to help 79 families last year and we are looking to raise that number this year. Homework Hub is a program that offers help to students with their homework when getting help at home can be difficult. Students do not need to be diagnosed with a learning disability to participate in this program.

Students can come from any school in Sarnia-Lambton.
Homework Hub Operates at:

- London Road Public School on Mondays from 3:10 to 4:30
- Holy Trinity School on Tuesdays from 3:20 to 5:00
- St. Matthews Catholic School on Wednesdays from 3:20 to 5:00
- Queen Elizabeth II on Thursdays from 3:10 to 4:30

Homework Hub will be starting in mid to late September. Please call us for any questions. 519-344-4919

Kids Positive Program is Going Strong!

We are happy to announce that our successful social skills program will be running for its 6th time this year starting in October. The program will run for 10-weeks and will cover various topics such as self-esteem, conversation and listening skills, dealing with anger, joining in, friendship, teasing and bullying, and many more. KPP is offered to children aged 7-12 years. This fun and rewarding program allows children to gain friendships, build their self-esteem and become more confident in their social skills.

Wednesday October 10,2012

Study Smart

School is back in a week which means the routine of school work and studying needs to be put into high-gear. For those students who need a kick start with their studying skills or need to learn how to study/note-take properly, Study Smart is the answer. This program covers skills such as studying, note-taking, essay-writing, time-management skills and many more. The program is offered to students in grade 6-9 which helps make for a smooth transition from elementary school to high-school. The program will begin in October.

Parenting Program

We are pleased to offer our unique Parenting Children with Learning Disabilities and/or ADHD program again this fall. This interactive program is a great course for parents who are looking to become more involved with helping their LD child succeed in school. Parents will learn the different types of learning disabilities, the legislation, systems and resources that may affect and assist children with LDs, understand the rights of a parent of a child with a learning disability, and become a more confident advocate for your child. This brief but informative, 5-week course will be offered again in the fall.

Monday October 22, 2012 6:00 pm

For any questions or concerns about any of these programs, or to register for them, please contact Jackie at 519-344-4919 or ldalc@xcelco.on.ca

Book Review: The Resistant Learner: Helping Your Child Knock Down The Barriers to School Success

Students with or without a diagnosed learning disability can struggle in school. Lawrence J. Greene's book *The Resistant Learner* is a great resource for parents who want to have a more active role in their child's educational career and help the resistant students or underachievers realize their potential. This book has methods that are easy to assimilate into you and your child's schedule. Greene discusses how to recognise the signs of a resistant learner and how to change their habits. Greene encourages parents to help their children with goal setting and using their own natural talents to succeed in school. Time management is a big issue that Greene discusses and he uses great examples to teach parents how to help their child become better with time management. This book has a great appendix with templates and charts for parents to use in their approach to helping their child.

This book is a great resource for parents of resistant learners. Greene thoroughly discusses different approaches parents can take to helping their child succeed.

10 Tips For Motivating Students

For many people reading this newsletter the school year has just started

for their children, but are your children ready for the start of a new school year with new classes, exams, classmates and teachers? After a long and leisurely summer, some kids need an extra boost to get amped about school.

Here are 10 tips and ideas for motivating students at the beginning of the school year:

1. **Just Ask!** "Ask a child what will motivate them, as well as their barriers," says Katherine Wagner, an education columnist for School Watch. "Be prepared to spend time to really listen." Allow your child to verbally express what features of school make her eager and curious. A fitting place to do this is in the car, says Wagner.
2. **Get Comfy on Campus.** If your child is transitioning from elementary to high school, entering school for the first, or changing schools, visit his new school numerous times over the summer. For younger students visit the playground. Take advantage of any orientation sessions that are offered. Becoming familiar with his new turf will help tremendously.
3. **Integrate Pop Culture.** Check your child's fall semester curriculums, if available, for books he will read or topics he will learn about. It's possible his books have been adapted into movies (such as *Inkheart* and *Pride and Prejudice*), or his subjects have been covered on TV shows (such as *Mythbusters*). Introduce this entertainment to complement his studies.
4. **Display a Dialogue.** Many fridges have surfaces on which you can doodle with a dry-erase marker. Write a different question or saying of encouragement each day at the start of the new school year. Write, "Take the time to meet a new classmate." Or ask, "Are you excited to have new teachers?" Let your child respond.
5. **Decorate the Bedroom.** New imagery stimulates children - why not update your child's bedroom? Focus on his desk space: add wall stickers, a new calendar, or magazine cutouts of favorite musicians. Rearranging the furniture may also help.
6. **Foster Encouragement.** Bring up the high points of the previous school year: the "A" she earned after studying for that difficult math test, or the second-place ribbon she received at the cross country meet. Concentrate on her past accomplishments to encourage her to do the same for the new school year.
7. **Inspire with Issues.** Talk to your child about the current state of her school: Is there a shortage of computers? Urge her to form opinions on issues that affect her, which may inspire her to become involved at school in a non-academic way.
8. **Create an "Achievement Tree."** Display an achievement tree that exhibits his accomplishments. Draw a tree with numerous brown branches on poster board, and create a handful of "leaves" on strips of green paper. Each time he feels he achieves something over the semester - such as a successful day at band practice or a solution to a tricky geometry problem - he can record it on a leaf and tape it to the tree.
9. **Keep It Simple.** Dave Maskin, a parent and creative entertainer in New York, suggests simple but essential advice: "Tell your kids what I have been telling mine every year on the first day of school: learn something new every day."
10. **Set Goals.** Help your child set reasonable attainable goals, then work on the steps necessary to reach those goals. Just saying I want an A in math is not good enough; help them figure out the steps to get there. Make sure they write their goals down, the chance of achieving your goals are far great when you write them down.

There are many ways to get your child excited about a new year of school. These tips are just the beginning!

3rd Annual Volleyball Tournament



Thanks to the generous donations and sponsors, the Learning Disabilities Association of Lambton County was able to put on a great volleyball tournament on August 18th. The money raised at this fundraiser will help keep the programs that we offer to the members of Sarnia-Lambton running. We are truly grateful for the support, thank you!

ADHD in Adults

Join the Learning Disabilities Association of Lambton County and Dr. Michael Ray for an evening of information and discussion concerning ADHD in adults.

Thursday October 18, 2012

From: 6:30 to 8:30 PM

Have you ever wondered if you perhaps have ADHD? Have you been diagnosed but not sure where to go from here? This will be an information packed session with a question and answer period.

I hope you enjoyed our newsletter and have marked your calendar for our upcoming events.

Sincerely,

Jackie Walker
Learning Disabilities Association of Lambton County

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