



Idak • Learning Disabilities Association of Kingston

Winter Newsletter 2010

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Website: www.ldakingston.com Email: ldak@ldakingston.com

Turning Blue Bluegrass Concert Series

LDAK will be holding a *Bluegrass Concert Series* at the *Christ Church Cataraqui*, 990 Sydenham Rd. for the months of **February, March and April**. Musicians include:

Opening Act for all 3 concerts Bill White & White Pine
February 24, 2010 The James King Band
March 24, 2010 Lorraine Jordan & Carolina Road
April 21, 2010 Monroe Crossing



Early Bird Ticket Special for 3 concerts — \$50.00 (before February 12, 2010)
Advance Ticket — \$20.00 At the door — \$23.00

For ticket information contact LDAK 613-545-0373 or Bill & June White 613-372-2400
Limited Seating! Previous concerts sold out!

Annual Roast Beef Dinner

The Learning Disabilities Association is sponsoring it's
Annual Roast Beef Fundraiser Dinner
Served to you, with dessert on Saturday February 6th, 5:30 pm at
Christ Church Parish Centre,
990 Sydenham Rd.

Adults: \$15.00 Children 6 - 12 yrs. \$7.50
Under 6 free Family ticket - \$35.00

For tickets call the Learning Disabilities Association at
613-545-0373 or Donna at 613-549-7468
Limited seating.



Office Hours

Please note our office will now be open from **10 am - 4:30 pm** daily Monday-Friday.

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PLEASE POST UNTIL MARCH 22, 2010



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GROUPS AND MEETINGS

LDAK Annual General Meeting

Mark this date on your calendar! Upcoming Technology Demonstration

To be held on **Monday April 26, 2010 at 7:00 p.m.** in the board room at 417 Bagot St. and all are welcome to attend. There will be a 10 minute business meeting before the meeting begins.

Topic: Assistive Technology Demonstration

Pat Dudley, Faculty of Education, Queen's University and LDAK Board Member will demonstrate some of the assistive software and hardware that LDAK has available in its resource centre.

Software includes writing predictors, text-to-speech, talking word processors, mind mapping software and others.

Hardware includes easy-to-use video recorder digital scanning, audio recording pens, portable spell checkers and light weight portable (speaking) recording keyboards. (e.g. Dane Elec Zpen, Alphasmart and Writer Fusion Keyboards, Livescribe Pulse Digital Smartpen)

Academy of Orton-Gillingham Practitioners and Educators Annual Conference

To be held on April 23-24 2010 at
Havergal College, Toronto

To receive a conference brochure please email
the National Office at:
ortonacademy@verizon.net

Please visit the academy's website for
Information: www.ortonacademy.org

LDAK Financial Report

The financial report can be found on our
website at www.ldakingston.com

Sincere Appreciation and Thanks

To **Judy Fox** who is leaving our board after 29 years of dedicated service and commitment to LDAK. Judy was one of the founding members, who along with Pat Dudley began meetings in a living room to discuss learning disabilities.

We wish Judy much happiness
with her new endeavours!

LDA Kingston Board of Directors
and Staff



Quintilian Social Club

Tuesdays 6:00pm-8:30pm

**"Building confidence, improving self
esteem while having fun and making new
friends in our supportive and welcoming
environment..."**

BELONGING TOGETHER"

Spaces available in High School Group

613-542-0400 for details

www.quintilianschool.org

Bullying and Special Needs

From ancient times, bullies have harassed or hurt others. This pattern starts very young in our species. We try to socialize and teach our children to become sensitive to the feelings and needs of others—with varying success. The media is laced with violent themes, not to mention the news that fills our homes with its disturbing and tragic images. And we wonder why the problem of bullying seems to be a growing issue in our schools.

Children with special learning needs are often caught in these situations with greater frequency than others. Their schoolwork may be untidy or incomplete; they may not be able to read well or do sums in front of the class. They may misunderstand or misinterpret classroom instructions and also social chatter, making them look incompetent and “out of the picture”. In their embarrassment and shame, they may use silly or strange behaviours as a defence, making them even more prone to ridicule or scapegoating by others. These kids can become victims.

On the flip side, students who suffer from untreated learning problems become increasingly frustrated, fearful and angry at a world that misunderstands them and mistreats them. The damage to their self-esteem and the influence of our violent society may result in acting out their pain as aggressors. Then of course, they are punished—usually with no attention given to the root cause of their actions. And so the cycle revolves, with the current spin-off into cyberspace internet bullying as well. Negative messages and harassment can circulate and escalate at lightning speed through a school or entire community.

Families need to learn more about any special needs of their kids and how to parent with increased patience and structure. Violent media influences need to be virtually eliminated in the home environment, where possible. Computers need to be in public family space with careful parent monitoring, allowing computers that are misused to be temporarily removed for a time-out consequence. If family counselling is indicated to deal with marital stress or parenting problems, that should be a priority.

What is required is a whole school plan to reward kind and considerate behaviour on the part of the students. This school-wide plan to highlight positive target behaviours is set up with the principal taking visible leadership and randomly acknowledging and rewarding students who befriend or help others in the halls, on the school buses, and in the playground.

In each classroom, the teacher directs students to make a blackboard list of “How To Be A Good Neighbour”. Points are collected by individuals who report positive target behaviours done by themselves or another classmate. The teacher can award extra points for random acts of kindness noticed here and there. Before the end of the day or class, honourable mention is made of several deserving individuals (with care to ensure all students are regularly and fairly evenly acknowledged). The principal visits each class occasionally to encourage and praise progress. When enough predetermined points are collected, the entire class is rewarded every few weeks with a special movie, group activity or downtime treat. These points can be collected over a longer time toward a class party or class trip. In school assemblies, the principal publicly acknowledges several individual and group examples and dramatically speaks of personal pride to be the principal of such an amazing school. This “culture” motivates positive participation.

For students who continue to have difficulty on either end of the bullying spectrum a classroom teacher can select a special buddy who is discreetly engaged for a few weeks to help the individual along and to report

Bullying and Special Needs

progress points for the class list. The teacher coaches this buddy, acknowledges his/her special responsibility and maturity and checks in daily to provide support. Hopefully, the student needing help will make a new friend with someone in the buddy's social group and experience more acceptance. Parents are notified and involved in the process. Counselling should be engaged for serious issues that do not respond to this approach, and for older students, possible suspension, with community or school service or making direct amends.

Compassion is also part of human nature. Bullying can be replaced with a family and school culture of kindness and respect—it's in the power of everyone to make this happen.

Reprinted with permission "LDAO Communique" Carol McMullen Fall/Winter 2008

The following are a few of the resources found in our library on Bullying and Social Skills.

Bullies Are A Pain In The Brain - Real Life Strategies - DVD Grades 2-8
Promoting social and emotional fitness for kids.

Hands Are Not For Hitting - Children's book—Martine Agassi

Bully Dance - National Film Board of Canada - VHS tape For children in grades 1-6.

It's So Much Work To Be Your Friend - Richard Lavoie - Book and DVD
Helping the Learning Disabled child find social success.

"Last One Picked..First One Picked On" Learning Disabilities & Social Skills - Richard Lavoie DVD

Gives parents and teachers a better understanding of social skill deficits and specific strategies for developing skills and fostering social competence.

Early Social Behaviour Books - Nita Everly - Ages 3-6 years - There are 12 books in this series:
Can You Use a Good Voice? Can You Be A Friend? Can You Tell Me How Someone Feels? Can You Share? Can You Use Your Words? Can You Take Turns? Can You Be A Helper? Can You Stand Up For Yourself? Can You Talk To Your Friends? Can You Keep Trying? Can You Listen With Your Eyes? Can You Be Polite?

Early Social Behaviour Books - Volume 1 Interactive Software : Ages 3 through 6 Nita Everly

Can you:

Be a Helper? Be a Friend? Be Polite? Share? Take Turns? Keep Trying?



The Artist and Dyslexia

An interest or career in art is definitely a strong possibility for anyone who has dyslexia. The positives associated with dyslexia—and, yes, there are positives—means you've an in-built aptitude for two-dimensional visual representation and three-dimensional constructs.

What is Dyslexia and Might I Have It?

Dyslexia can affect people in several ways; have a look at this simple checklist:

Reading: Skipping, scrambling and reversing letters and numbers is common, as is the blurring of words on paper. Associated with this is a pronounced difficulty in reading (it tends to be a tiring process) and an apparent loss of concentration.

Handwriting: Because the feedback from what you see of letters and numbers as you write becoming scrambled, the handwriting of dyslexics is often untidy and variable. Curiously, dyslexics are often able to write upside down or backwards with ease.

Motor Skills: Dyslexia is associated with problems of balance and co-ordination (such as being able to tie shoelaces or catch a ball), and confusion between left and right. (In some people—LDAO)

What is Dyslexia Doing to My Thinking?

Dyslexia is the result of cognitive problems in the processing of the phonological parts of language. It is essentially a left-brain problem where language is not processed in the correct sequence. This means that anything to do with understanding and interpreting sequences of symbols is harder than normal.

Why is Dyslexia a Problem?

The biggest problem with dyslexia is the generation of low self-esteem. This is often as a result of poor interaction with the education system, which can label those with dyslexia as deficient or unenthusiastic for learning as a whole without taking into account the problems that dyslexia can create.

What is Positive About Dyslexia?

Compare to the average person, a dyslexic generally has very strong visual skills, a vivid imagination, strong practical/manipulative skills, innovation, and (so long as the education system doesn't inhibit it) an above average intelligence. Basically the right side of the brain is stronger than the left—and that's what a good artist needs!

What are the Visual Skills Associated with Dyslexia?

As a dyslexic you are likely to have a greater appreciation for colour, tone and texture. Your grasp of two-dimensional and three-dimensional form is more acute. You can visualize your art before reaching for the paint brush, and your imagination will allow you to go beyond the norm and create new and innovative expression. In other words, you are creative!

Which Famous Artists Are Said to Have Had Dyslexia?

The list of famous artists believed to have been dyslexic includes: Leonardo da Vinci, Pablo Picasso, Jackson Pollock, Andy Warhol and Robert Rauschenberg.

What Now?

In the past, people with dyslexia would find themselves propelled by the education system towards vocational training or manual labour. It's well past time for the individual's creative nature to be acknowledged, and for their creative expression to be encouraged.

Find Out More About Dyslexia

If you think you may have dyslexia, start by reading up more about it and then find a qualified person to consult for a definite diagnosis.

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SCHOLARSHIPS

Scholarships Available to Students with Learning Disabilities

Please visit LDAC's website for a full description of the following four of LDAC's scholarships, criteria and application forms: www.ldac-taac.ca and click **scholarships**

Doreen Kronick Scholarship: For graduate studies in a program which will train that student to work with persons with learning disabilities; \$500.00; application deadline is no later than **May 15**.

Carol Thompson Memorial Fund Scholarship: For students with learning disabilities to pursue college, private vocational school or an under-graduate program at a Canadian University. Value of Scholarship is \$1000.00; application deadline is no later than **May 15**.



The Donald Cummings Apprenticeship and Industry Training Scholarship for Students with Learning Disabilities: Open to students registered full-time as an apprentice in a program of 6 months or longer. Value of Scholarship is \$500.00; application deadline is no later than **May 15**.

The Joanna Townsend Applied Arts Scholarship - Awarded to a Canadian student with learning disabilities who has an interest in pursuing an education and/or career in any of the various applied arts programs. Value of scholarship is \$1000.00; application deadline is no later than **May 15**.

LDA KINGSTON administers the following memorial fund: *One scholarship annually if funding permits*

Tristin Memorial Scholarship Application: \$500.00 scholarship will be given to a Canadian student with learning disabilities who demonstrates an interest in pursuing an education and/or to recognize an individual with a learning disability, who through effort and perseverance, is seeking to use his/her potential to its maximum. Postmarked no later than **May 15th**. For details: www.ldakingston.com

Other sites of Interest on Financial Assistance Programs and Scholarships information for Post-Secondary Students with Disabilities:

<http://www.ldao.on.ca/landis.html>

Learning Disabilities Association of Ontario - Gloria Landis Memorial Bursary

<http://www.studentawards.com/english/can/>

Canadian database of thousands of scholarships, bursaries, fellowships, grants and other financial awards.



Resources In Our

More Than A Mom—Amy Baskin & Heather Fawcett
Living a full and balanced life when your child has special needs.

Understanding Girls With AD/HD - Kathleen Nadeau, Ph.D. Ellen B. Littman, PH.D. Patricia O. Quinn M.D. For parents, teachers and other professionals who want to learn how to recognize and help girls with AD/HD.

Navigating the Social World - Jeanette McAfee, M.D. - A video workshop offering creative strategies for teaching social skills in fun ways. For Teachers, Therapist and Family Members

Mirror Mind - This book is written by Toronto based comic book author Tory Woollcott. Tory uses the comic book format to recount her childhood experiences with dyslexia. This book is an enjoyable read and reaches out directly to children struggling with dyslexia.

ADHD & LD: Powerful Teaching Strategies & Accommodations - Sandra Rief - This video is packed with hundreds of proven and practical classroom strategies for improving the performance of all elementary school students. An excellent tool for training teachers and other school personnel in how to best educate students with ADHD and /or Learning Disabilities.

Facing FEAR Without Freaking Out - Trevor Romain - Promoting social and emotional fitness for kids. This animated and live-action video helps students to understand how to tackle their fears, build self-confidence and encourage strong academic performance. Grades 2-8

Speaking Children's Dictionary - With spell correction! Easy-to-understand definitions, rhyme finder and word games provide fun, systematic approach to improving spelling and vocabulary and much more.

DVD's by Richard Lavoie in our library:

"Beyond F.A.T. City" offers practical strategies for those who teach children with learning disabilities who struggle with Frustration, Anxiety and Tension (F.A.T.)

"How Difficult Can This Be?" Richard Lavoie leads a group of parents, educators, psychologists and children through a series of exercises that cause frustration, anxiety and tension...feelings all too familiar to children with learning disabilities. At the end of the workshop, participants discuss strategies for working more effectively with learning disabled children.

"Beyond F.A.T. City" offers practical strategies for those who teach children with learning disabilities who struggle with Frustration, Anxiety and Tension (F.A.T.)

"It's So Much Work to Be Your Friend" explores the causes and consequences of "social incompetence."

"The Motivation Breakthrough" Richard Lavoie - Six secrets for tuning on the tuned-out child.



L. D. A. K. EXECUTIVE

2009 - 2010

President	Bruce Todd
Vice President	Bill Cormier
Treasurer	Pat Dudley
Secretary	Sue Herrick
Members	Greg Speagle
at	David Williams
Large	Marie McCarron
	Gail Eaton-Smith

RESOURCE CENTRE HOURS

417 Bagot St
Kingston, ON K7K 3C1

Monday to Friday 10:00 a.m. — 4:30 p.m.
Saturday & Sunday Closed

Resource Centre Co-ordinator
Lana Greenwood

Resource Facilitator
Janice Barling

Disclaimer

THE LEARNING DISABILITIES ASSOCIATION does not endorse or recommend any of the facilities listed or any of the methods, programmes, products or treatments offered by such facilities.

Our aim is to keep the community informed about services and facilities that are available to people with learning disabilities.

We urge consumers and service providers to review carefully any programmes and services listed in order to select those which will meet most appropriately the identified needs of the person with learning disabilities.

Membership Application Form

Name: _____

Address: _____

CITY PROVINCE POSTAL CODE

Telephone: (H) _____ (W) _____

ANNUAL DUES:(Effective April 2/04)

Family/Individual - 1 Year Fee -\$50

Student (1 Year Fee Only) - \$20

Institutional (1Year Only) - \$125

Professional (Private Practices)
1 Year Fee - \$75

I would like to volunteer to help with:

- | | |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Membership |
| <input type="checkbox"/> Publicity | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Other | |

Membership Advantages:

- ⇒ subscription to Communiqué & National
- ⇒ affiliation with local, provincial and national levels of LDA
- ⇒ free information on learning disabilities
- ⇒ free access to Kingston's resource centre and the lending library of LDA Ontario
- ⇒ discount on LDA conferences

Your membership is important in providing a stronger voice within all levels of the Association.

Please tear off and mail this form and cheque (made out to **LEARNING DISABILITIES ASSOCIATION OF KINGSTON**) to Learning Disabilities Association of Kingston 417 Bagot St., Kingston ON K7K 3C1.

THANK YOU