



# LD Connections Newsletter July 2016



## Summer is HERE!

The sun is shining, the parks are full of fun and school is out! All of us at LDA Wellington County would like to wish you and your family a safe summer season! There are lots of events and festivals in our communities over the next few months allowing for lots of opportunities for making memories in the warm weather with the people you enjoy most ☺



**Summer is the hottest of the four temperate seasons, falling between spring and autumn. At the summer solstice, the days are longest and the nights are shortest, with day-length decreasing as the season progresses after the solstice. The date of the beginning of summer varies according to climate, tradition and culture, but when it is summer in the Northern Hemisphere, it is winter in the Southern Hemisphere, and vice versa.**

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## How do I find the right camp for my Child?

**Author:** Henri Audet, Executive Director, Camp Kirk

Undoubtedly, this is one of the questions most often asked by parents as their child reaches the age where a camping experience becomes an option. I might add that “option” is the operative word and here is why. There are many different programs and recreational experiences available for children today, and certainly camp is one of them, but camp is not necessarily the be all and end all. So, my first recommendation would be that parents thoroughly research all of the options available to them for their child before making a final decision. Having said this, I might point out that, particularly for children with learning disabilities and those with ADD or ADHD, where socialization and low self-esteem is a concern, a camping experience may offer just the right recipe to help a child learn the skills necessary for him or her to become the best that they can be. No, camp is not a cure, but it can certainly set a child on the path to success and as parents or educators, what more can we ask for?

The other important point I would like to make is, to include your child as early as possible in the process, no matter which options you are looking at. First and foremost, this is meant to benefit the child, notwithstanding the fact that moms, dads and care givers indirectly benefit as well, if you know what I mean... So make it “fun” for everyone.

Once you have made the decision that camp is the desired option, then here is what you do. First, you contact the Ontario Camping Association at 416-781-0525 and ask for their camping guide which lists all of the camps accredited by the Association.

Basically what the OCA accreditation process does, is give its member camps the “Good Housekeeping Seal of Approval.” In other words, every accredited camp has met the required standards of the Association, thereby assuring prospective campers and their families of a minimum standard of quality in every aspect of a camp’s operation.



While you are waiting to receive the directory, you and your child need to spend time to answer some very basic questions, e.g., What do we want from camp? What length of time best suits our needs? Is an all girls, all boys or co-ed setting best for our child? What type of program and/or philosophy are we looking for? Are there special physical, emotional or mental needs we should consider or compare to the camp’s ability to meet them?

After you have received the OCA directory, you might want to do a preliminary read through and, based on your child’s and your own priorities and expectations, simply go through an initial process of elimination. A checklist for choosing a camp might include the following: health and safety procedures, emergency procedures, name of director, quality of living space, quality of dining area and of food preparation, quality and balance of camp program, staff training and experience, general supervision and camper/staff ratio, ability to meet special needs,

references from other parents, and accreditation from OCA or similar associations.

Once you have made a short list of potential camps, then call the director of each camp and request a camper application package. Upon receipt of this material, sit down with your child, read each camp brochure, and keeping in mind your priorities and your child's needs, evaluate the camps, make notes and check marks, particularly around things which come across in the brochure as being outstanding. The reason for this is that you want to make sure that what you saw or read is really what happens at this camp. Even though camp brochures are designed primarily as a selling tool, they can provide you with invaluable information about the camp. Do read between the lines, however. For example, if a camp puts a great deal of emphasis on its past history, perhaps it has failed to evolve and keep up with the changing times, both in terms of program and recreational and/or educational philosophy.

One of the most important steps in choosing a camp is to have an opportunity to meet the camp director, or at least a representative, in person, either at an open house, or preferably in your home. You will want to ask about his or her background in camping, about the camp's philosophy and about the camp's provisions for campers with special needs. This is your chance to ask any questions or to raise any concerns you or your child might have about the camp or the program. One crucial point here is that parents and/or guardians of a child, particularly one with special needs, must be completely up front as to their child's condition, his/her specific requirements and their expectations. You will find that, under most circumstances, camp directors are more than willing to make the necessary adjustments to meet a child's needs.

This face to face meeting is also the camp director's opportunity to start forming a relationship among himself, a prospective camper and his/her family. Remember, your child's camping experience may span several years, so the relationship you develop with each other may prove to be very significant. Therefore, if a director is unable or unwilling to facilitate this, as a parent I would be concerned.

Let me end simply by stating that, regardless of your own past camping experiences, or what other people may have told you, in my opinion and based on my experience of over 20 years in the camping business, no camp can and should claim to be suitable for every child. Moreover, no responsible camp director will ever give you a guarantee that your child will succeed at camp. Even though it is understood that every parent wants to make absolutely sure that they are doing the best for their child, one must also understand that there are simply too many variables to be able to guarantee a successful camping experience. The real and only issue here is that all children, regardless of their abilities or disabilities, should be given a choice based on their individual needs and their own goals and aspirations, as they relate to a camp's philosophy, resources and capabilities. It is up to everyone concerned to make sure that the best possible choices are made, and that ultimately, the child is the "winner."

Article listed at [www.ldao.ca](http://www.ldao.ca)





**ldawc** • Learning Disabilities  
Association of Wellington County

*The right to learn, the power to achieve*

## **2<sup>nd</sup> Annual LDAWC Family Conference SAVE THE DATE! October 22, 2016**

This event is intended for parents and caregivers of children with learning disabilities. The focus is providing parents with tools and strategies to aid them in supporting their children.

The day will include key note speakers and choices of break-out sessions lead by inspiring professional speakers.

Guelph location for this event to be announced

### **REGISTRATION IS FREE!**

*We invite you to watch your email or visit our website at [www.ldawc.ca](http://www.ldawc.ca) as we post updates about this event!*

## Transition to Postsecondary

Students with learning disabilities who are going from secondary to postsecondary education can benefit greatly from attending summer transition programs funded through the Ministry of Training, Colleges and Universities. Most colleges and universities in Ontario run programs for their own incoming students, and there are at least a couple of programs that are open to students attending other postsecondary institutions. See: Postsecondary Summer Transition Programs 2016



The Regional Assessment and Resource Centre (RARC) has created a new practical resource document for students with disabilities who are going on to postsecondary education. The Resource Guide for Students with Disabilities can be found at [www.transitionresourceguide.ca/](http://www.transitionresourceguide.ca/). There are a number of different sections on the website which contain important information for students to consider as they prepare for future studies. Of particular interest is the Chart of Differences between High School and College/University (PDF – 208 KB). The website also has a listing of colleges and universities in Ontario, including what they offer for students with disabilities.

To understand how getting accommodations at the postsecondary level is different from at the secondary level, students and parents can read LDAO's Accommodating Students with LDs in Postsecondary Studies.

To view article and related resources please visit: [www.ldao.ca](http://www.ldao.ca)

# The Leader in Me

**For:**

Students going into Grade 7

**Duration:**

Starting on Monday, August 8<sup>th</sup> to Friday, August 12<sup>th</sup>, 2016 (5 days)

**Time:**

1PM to 4PM

**Location:**

400 Queen St. S.  
Kitchener, ON

**Cost:**

\$150, includes snacks and all art materials

**Register:**

Contact Intake at 519-743-6333

400 Queen Street S.  
Kitchener, ON  
N2G 1W7

[info@carizon.ca](mailto:info@carizon.ca)

[www.carizon.ca](http://www.carizon.ca)

Changing schools can be a stressful and anxiety provoking experience for some students. The Leader in Me is a unique group that helps students to prepare for transitioning into a new school environment. Through fun, cooperative, indoor/ outdoor games and confidence building activities, students will develop leadership skills, improve their self-esteem, and gain communication skills in order to build new relationships. Students will also learn effective strategies to decrease stress and to help them cope through new situations.

- Improve self-esteem
- Develop healthy coping strategies
- Gain communication skills
- Learn to manage through new transitions



**CARIZON**  
family + community services



**75**  
YEARS  
United Way  
Guelph Wellington  
Dufferin

Generously Funded by United Way of Guelph Wellington Dufferin

# The Leader in Me

**For:**

Students going into Grade 9

**Duration:**

Starting on Monday, August 15<sup>th</sup> to Friday, August 19<sup>th</sup>, 2016 (5 days)

**Time:**

1PM to 4PM

**Location:**

400 Queen St. S.  
Kitchener, ON

**Cost:**

\$150, includes snacks and all art materials

**Register:**

Contact Intake at 519-743-6333

400 Queen Street S.  
Kitchener, ON  
N2G 1W7

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## Sun Safety Tips

To keep you and your child safe, you should:

- **Cover up.** Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.
- **Limit your time in the sun.** Keep out of the sun and heat between 11 a.m. and 4 p.m. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.



- **Use the UV Index forecast.** Tune into local radio and TV stations or check the forecast in your local area. When the UV index is 3 or higher, wear protective clothing, sunglasses, and sunscreen.
- **Use sunscreen.** Put sunscreen on when the UV index is 3 or more.
- **Drink liquids (especially water).** If sunny days are also hot and humid stay cool and hydrated to avoid heat illness. Dehydration is dangerous and thirst is not always a good indicator of how often you should drink liquids.
- **Avoid using tanning beds.** If you do use them, understand the risks and learn how to protect yourself.

Full article listed at [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)



## Big News for LDA Chapters!

There are so many great things happening in the LDA world! We are excited for the LDA Toronto Chapter for their recent award of \$75,000 through the Ontario Trillium Foundation to run a new program!

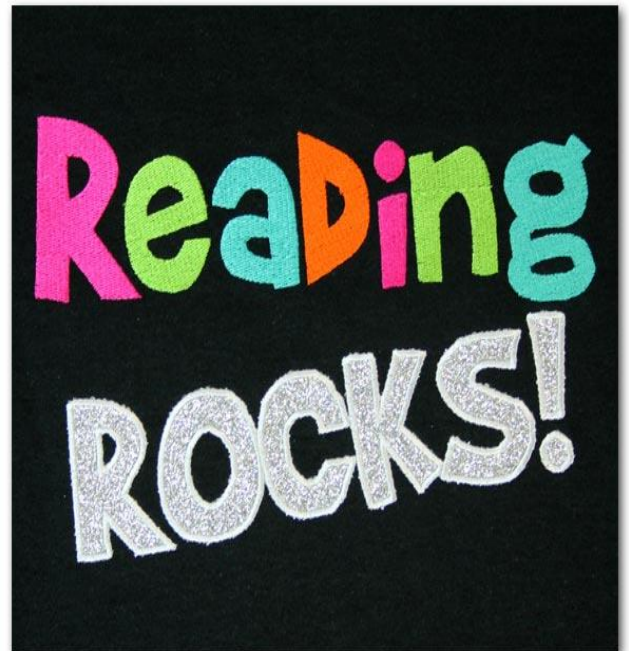
## \$75,000 OTF GRANT TO LAUNCH LD@Home WEBSITE

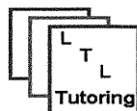
At the end of January, local MPP Peter Milczyn met members of the Learning Disabilities Association Ontario (LDAO) to congratulate us on receiving a Seed grant from the Ontario Trillium Foundation. This is exciting news for LDAO, as we'll be piloting LD@Home new web support service designed to assist Ontarians living with learning disabilities. MPP Milczyn and an OTF representative presented LDAO with a plaque and heard how our organization is making a difference to people across the province.

"I am delighted to have LDAO in my riding of Etobicoke-Lakeshore tackling issues around literacy, poverty and breaking down barriers and stigma surrounding Learning Disabilities," said Milczyn, MPP (Etobicoke-Lakeshore). "I am very excited that the new LD@Home website will offer invaluable insight and support to marginalized youth and adults as well as family and friends who support them."



**Our Chapter is also excited to announce that we have some one on one programming that will be rolling out this fall due to the successful Ontario Trillium Foundation grant that we were awarded! STAY TUNED FOR MORE INFORMATION COMING SOON!!!!!!**





**L.T.L. TUTORING CENTRAL**  
 Director: Ronald J. Johnson  
 Phone: (519) 824 0982  
 e-mail: [tutoringcentral@inbox.com](mailto:tutoringcentral@inbox.com)  
[www.tutoringcentral.com](http://www.tutoringcentral.com)

## SUMMER TIME!

Those long, hot days of summer are coming.  
 Hey! We've already had a few.



Take advantage of the opportunity to learn more while  
 retaining lessons learned this year.

Only a couple of hours a week can make a dramatic difference in September.

Besides, learning and gaining knowledge is fun!

**Morning & Evening hours available.**

CALL: 519 824 0982  
 Email: [tutoringcentral@inbox.com](mailto:tutoringcentral@inbox.com)

Ronald J. Johnson (Ron)



Please feel free to pass this notice on to others.

## Useful Links

Canadian ADHD Resource Alliance

<http://www.caddra.ca/>

People for Education

<http://www.peopleforeducation.ca/profile/child-advocacy-project-cap/>

Putting a Canadian Face on Learning Disabilities

<http://www.pacfold.ca/>

Special Needs Ontario Window (SNOW)

<http://www.pacfold.ca/>

Totally ADD

<http://totallyadd.com/>

The We All Learn Differently Organization

[www.thewald.org](http://www.thewald.org)

Learning Potentials

[www.learningpotentials.com](http://www.learningpotentials.com)

Family Anatomy

[www.familyanatomy.com](http://www.familyanatomy.com)

## Contact us

Telephone: 519-837-2050

Mailing address: 233, 17A -218 Silvercreek Parkway N. Guelph N1H 8E8

Email address: info@ldawc.ca

Website: www.ldawc.ca

*Don't forget to like us on facebook for the chance to learn about information and events happening in your communities!*

[www.facebook.com/LDAWellingtonCounty](http://www.facebook.com/LDAWellingtonCounty)



LEARNING DISABILITIES ASSOCIATION OF ONTARIO  
MEMBERSHIP APPLICATION FORM



Mr.  Mrs.  Miss  Dr.

New Membership

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Business Phone: \_\_\_\_\_

Chapter Affiliation: \_\_\_\_\_

Please check this box if you agreed to receive your copies of Communiqué by email in the future

E-mail address: \_\_\_\_\_

**Type of Yearly Membership (please check one)**

Family/Individual  \$50.00 Professional  \$75.00  
Institutional  \$125.00 Student  \$20.00 (ID # Required)

**Type of Payment**

Cash (only if paying in person)  Cheque (payable to LDAO)  Money Order  Visa  Master Card  
Card # \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name as it appears on the Credit Card: \_\_\_\_\_ Signature: \_\_\_\_\_

**Benefits of Membership for all Members:**

- Discount to LDA Programs and services
- Communiqué (Provincial) newsletter – 2 times per year (5 copies each printing of Communiqué for Professional and 10 each for Institutional members)
- National newsletter – 1 time per year (5 copies each printing of National for Professional and 10 each for Institutional members)
- Chapter newsletters (frequency varies from Chapter to Chapter)

Please make all payments payable to LDAO and forward to:

LDAO Membership Coordinator

365 Bloor Street East, Box 39 Ste. 1004, Toronto, ON M4W 3L4

Phone: 416-929-4311, ext 21 Fax 416-929-3905

Website: [www.LDAO.ca](http://www.LDAO.ca)



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<http://www.facebook.com/LDAOntario>



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