



# Glengarda News

## Glengarda Child & Family Services

Accredited by Children's Mental Health Ontario since 2005

[www.glengarda.on.ca](http://www.glengarda.on.ca)

February 2011

### "Celebrating 75 Years of Outstanding Community Support"

#### Upcoming Events:

Charity Pasta Night @ Place Concorde on March 29<sup>th</sup>, 2010.  
Call 519-252-7900 for ticket information.

Glengarda's annual **Christmas Buddy Lunch** was a huge success thanks to the generosity of CAW Local 2458! The children, families, and staff enjoyed a wonderful traditional Christmas meal provided by the Penalty Box while the children entertained the crowd with a variety of performances they worked hard on. The children were treated to a magic show and a special visit with Santa. Thanks to all who attended and supported the event with providing all the wonderful deserts!



**Exciting News!** Glengarda, together with the YMCA, are pleased to announce the expansion of the United Way funded Early Intervention Program. Beginning on February 7<sup>th</sup>, 2011 at the YMCA, the Early Intervention Program will be facilitating a free therapeutic, supportive recreational program for youth between the ages of 6-12. This seven week program is targeted toward children who may struggle with success in general community activities/programs. This is a wonderful opportunity for children to have fun while learning social skills – please be sure to sign up! Registration for this program is through the YMCA at 519-258-9622. For further questions, please contact Michelle DiNardo at 519-252-7900, ext 104.



**Professional Development** – all staff continue to expand their knowledge through ongoing professional development. Most recently, all staff have been provided with training on evidence based practice and Emotional Response Therapy which was facilitated by Dr. Duncan McKinley from the Child and Parent Resource Institute in London.

FYI – Please visit the website [www.werkidsmentalhealth.ca](http://www.werkidsmentalhealth.ca) for information about services in our community pertaining to children's mental health concerns.

You may be able to save money...Transit Windsor is now operating an Affordable Pass program which is a new program that will allow

#### DATES TO REMEMBER:

Friday, February 11<sup>th</sup> – PD Day

February 14<sup>th</sup> – Valentine's Pasta Lunch

Monday, February 21<sup>st</sup> – Family Day

March 4<sup>th</sup> @ 12pm – Parent Advisory Committee Meeting

March 8<sup>th</sup> – Pancake Breakfast

Week of March 14<sup>th</sup> – 18<sup>th</sup> – March Break

March 25<sup>th</sup> – PD Day

riders the ability to purchase a discounted adult or student bus pass, provided they meet the eligibility requirements. APP Application Packages are now available at the Windsor International Transit Terminal at 300 Church Street West and at the Transit Centre at 3700 North Service Road East (at Central).

Glengarda continues to provide educational placements for a number of students from a variety of faculties at both St. Clair College and the University of Windsor. Our building is full of energetic, hard working students who are eager to learn. We appreciate all the work they do for us!

**Social Skills Training:** All teams are teaching and reinforcing social skills to all the children on a daily basis. A handout will go home with your child each time a new skill is taught. A brief outline on the back of the skill explains to parents how to implement the skills at home. You will be invited to come and see a lesson taught in your child's classroom. We encourage all parents to attend so you can see how the skills are being taught in your child's classroom. We encourage all parents to attend so you can see also how the skills are being taught and more easily reinforce the skills at home. Your support is always appreciated.

Winter weather is upon us! Just a reminder to please listen to AM800 CKLW on those challenging weather days to see if the buses are running. Notification of bus cancellations will be made at 6:30 a.m.

**Spirit Committee:** The Spirit Committee has organized two very successful swimming field trips to the Volmer Complex for the children - a good time was had by all! The candy grams were a hit with the children in December so we will do them again for Valentine's Day. Also for Valentine's Day we will be doing some baking with our professional baker volunteer as well as a special pasta lunch for the children. The children have been enjoying the last Friday of each month where we do something fun such as hat day, silly hair day, team colour day, etc. February 25<sup>th</sup> will be Backwards Clothes Day - won't that be a sight to see! Also, on Tuesday, March 8<sup>th</sup> the children will enjoy a pancake breakfast.

**CHILDREN'S ADVISORY COMMITTEE:** Happy New Year from the Children's Advisory Committee. Wishing everyone a great 2011. We are looking to schedule our first meeting in February. The Children's Advisory Committee is looking forward to meeting with the Parents Advisory Committee to plan for "Hot Lunch" days at Glengarda. More information will come your way.

The children's Advisory committee would like to thank all staff, volunteers and management for helping with our first hot dog day of the year.

**PARENT ADVISORY COMMITTEE:** Glengarda's Parent Advisory Committee is always looking for new members! Come for a meeting and have the chance to meet other parents, receive support, and become more involved in the services that are offered by Glengarda Child and Family Services.

Next meeting is *Friday, March 4<sup>th</sup>, 2011 at 12 pm* at the agency. Pizza lunch provided. Please contact Sarah Brennan at 519-252-7900 ext. 115 to confirm your attendance.

**FROM DAVE SIMONE, PRINCIPAL'S OFFICE:** Effective February 11<sup>th</sup>, 2011, I will be leaving Agency Schools, and will be reassigned to Victoria Public School in Tecumseh.

I would like to thank the staff, parents and school administration for all of their support during my stay at Agency schools. Mike Wilcox, presently the Principal at Victoria School, will become the new Agency Schools Principal. Mr. Wilcox is an experienced Principal and will bring a wealth of experience to his new role. I trust that everyone will make Mr. Wilson feel welcome in his new position.

**CYW CORNER / BEHAVIOUR MANAGEMENT COMMITTEE:** How many parents can relate to this?

Situation: I know my kids going to grow up to be a lawyer! He argues whenever he's asked to do something. He debates his rights when he's asked to stop doing something. He pleads his case when I tell him he can't do something. He challenges every rule we create. How can I put a stop to this?

Food for thought: It takes two to argue. Your child cannot "argue" with himself....that's called "mumbling!"

What you can do:

- Practice stating your case, and then be quiet. Ignore your child's argumentative comments, and if necessary walk away. Let your child get used to your word being "final."
- As long as it's respectful, sometimes, let your child have the last word. Often, a statement such as "why do I have to do it?" doesn't require an answer, nor deserve one. Usually, a child's mutterings really mean, "I'll do it because I have to, but I don't like it."
- Some children really do like debating an issue. If your child is like this, set ground rules for when and how the issues can be debated, for instance, no raising of voices, no name calling, quiet listening to the other person's point of view. This behaviour provides excellent practice for learning how to negotiate in life. In addition, your child must understand that some things cannot be argued, that there are some things the parent must decide. For this have a standard reply, such as; "this is not open for discussion."
- Get into the habit of offering your child choices instead of issuing commands. Children who are argumentative will have less opportunity to practice the skill if you offer a choice, such as, "what would you like to do first, your homework or your chores?" (if the response is "neither," you can smile sweetly and say, "that wasn't one of the choices....homework or dishes?")

With consistent use of these suggestions you will experience success helping curtail the problem of arguing.

**ANGER MANAGEMENT FOR ADULTS:** The anger management program is an 8 week program designed to assist individuals, couples, and/or parents who are experiencing difficulties in relationships, either personal or professional, and desire to make a positive change. In certain circumstances, the program can be offered on an individual basis. Benefits to attending the Anger Management Program:

- Gain information
- Ability to share with others
- Receive and offer support
- Assistance in dealing with issues of anger and its effects on relationships, work etc.
- Set of tools and strategies to help control anger

To find out more about this program and upcoming dates contact: 519-252-7900

**LEARNING ABOUT DIVORCE:** The Learning About divorce program:

- Assist families in dealing with issues of conflict and its effects on the relationships between family members.
- Deal with confusion about current roles and responsibilities.
- Address feelings associated with separation and divorce such as guilt, fear, grief and isolation with either the children or the adults.

Practical Ways to Help Your Child Cope include:

- Assure your child that you want them to have a very good relationship with the other parent.
- Do not criticize the other parent when your child is present.
- Do not regularly argue with the other parent when your child can hear or see.
- Work to resolve your own personal emotions of anger and fear in order to focus better on the important tasks ahead of you.
- Work together with your ex-spouse to develop a visitation schedule that is comfortable for everyone.
- Share and discuss good news and bad about your child with the other parent.
- Show your child a great deal of love and understanding. Express to them your knowledge of how difficult this time may be for them.
- Reassure them that you and your ex-spouse are working hard to make sure that things will only get better.
- Be careful never to imply that your child had any part in causing the divorce.
- Do not use your child as a messenger between you and your ex.
- Let your child know it is normal for them to wish their parents reunite.

**Upcoming Groups for LAD:**

March 29, April 5, 12, 2011

June 28, July 5, 12, 2011

**Evidenced Based Practices:** Glengarda strives to be a provider of services that reflect the best of current practice, knowledge and science available. In striving for the best of practice, Glengarda has made a commitment to 'evidence based practices'. Through an evidence based practice mindset we increase our confidence that the work we do actually makes a positive difference in the lives of children, youth and families. We look forward to eventually reviewing all of Glengarda's services, develop growth and sustainability plans for each service, regularly review and revise these plans, seek out new knowledge, measure effectiveness of our treatment methods, be a leader in the field of using the best of knowledge available, and contribute to the body of knowledge through research and practice experience.

**Volunteer Program** - Thank you to our volunteers who continue to come to the agency on a regular basis and offer their time and skills. Many times a week I have a child poke their head in my office asking when their volunteer will be here, as they eagerly await your arrival. Your time and efforts are very much appreciated by staff and children.

**The Grandparent Program**, as it has been for a number of years, has changed. Glengarda still has a partnership with Malden Park; however, now those children involved will be visiting with clients who attend the Adult Day Program. We would like to wish Janet, our Malden Park liaison, a long and enjoyable retirement and thank her for her years of dedication to our children at Glengarda.

December was an exciting month for the program. Our children, under the direction of our Music Therapist student, prepared some Christmas carols to sing for the residents. Thanks to a few special volunteers, one of whom is a professional baker, the children were able to make, decorate and share some delicious cookies with our senior friends at Malden. Thank you very much to those volunteers for making our annual sing-a-long a beautiful, festive occasion.

## **TEAM NEWS:**

**TEAM 1:** We continue to work on improving our reading and math skills. We have also been doing crafts involving 'snow' and 'winter'. We are excited to welcome our new friends Faith and Damion to our team. This month we are looking forward to learning about celebrating Groundhog Day, Valentine's Day, and Chinese New year.

**TEAM 2:** January has brought many changes to Team 2. The New Year began with the successful integration of a student back to his community school and another student moving on to Team Three. The team would also like to welcome three new students to our classroom.

Team Two is designing and making their very own Social Skills Tool Belts. Their tools include: listening, following directions, ignoring, problem solving and dealing with feeling mad. The students will be using their tools to build a brighter future.

In Mathematics, students have finished their multiplication unit up to five times and are beginning to work on subtraction. Students have been interpreting and drawing conclusions from data presented in charts, tables, and graphs. In Literacy, the class will begin reading a variety literary texts focusing largely on poetry. Students will be encouraged to make connections to their own experiences, the world around them, and other literary texts.

Team Two would like to welcome Ms Brittany, a student from the CYW program at St. Clair program and Ms Maria an E.A. student from St. Clair, who will be joining Team Two on Thursdays and Fridays.

**TEAM 3:** Team 3 has a lot of important news to report. First of all we would like to welcome Eric to our classroom. In December, children in Team 3 exchanged Christmas gifts. Over the past two months, Mr. D, Mr. P and Ms Jen are pleased that the kids are following rules and routines very well. In science we built Styrofoam sailboats and had amazing races with them. We were the first classroom to use the sleek new net books! We finished off 2010 with a bang, and are excited about learning and growing in 2011.

**Team 4:** Team 4 has been working each day to strengthen literacy skills in the area in the area of Genre. Each week we have been using the Smart Board and a great program called Destination Reading to enhance our learning. We have been focused on fiction and non-fiction literature and, as a whole class, have just completed a non-fiction book called, "When elephants Fight" by Eric Walters and Adrian Bradbury. This book is a biographical recount of a group of youth who have lived in war-torn countries throughout the world. It allowed for vary mature and interesting class discussions and was very thought provoking. Team 4 also enjoyed a Read-a-thon just before Christmas break which was a great success

and we have decided to repeat the event periodically throughout the school year. Students are currently working on fictional graphic stories using computer generated comic strip software.

In mathematics, Team 4 has recently begun practicing our math concepts in adding, subtracting, multiplication and place value using a game called, "I Have, Who Has." The students really enjoy this fun type of learning. Some of the strands the students are focused on are money, fractions and decimals, as well as measurement.

Team 4 works each day on social skills such as Listening, Following Directions and Knowing When To Tell. The students are reminded regularly of the steps of each of these social skills. We continue to enjoy Music therapy weekly with Ms. Jessica. Students are developing personal collages with Ms. Jessica. Students are developing personal collages that Ms. Jessica will put into a slide show to music. We are excited to see the final product.

**Team 5:** Team 5 has been very busy learning Social Skills twice a week, Our Friends in the room have been volunteering to teach a skill to their peers and have done a remarkable job.

In Language Arts students are learning Reading Strategies, including Predicting, Inferencing, Summarizing, Visualizing and asking Questions. These skills enhance their Literacy Skills as we begin a study of Genre, focusing on various fiction and nonfiction texts.

In Mathematics Team 5 has been working with Tangram challenges in geometry. The students are learning to use math terminology appropriately. The students are gaining confidence in their abilities as they answer more challenging computations.

We all sadly bid Ms. Martha our team social worker farewell and good luck as she moved to California to begin a new life with her family. We will miss you Ms. Martha. We also said good bye to Nicole our co-op student from Holy Names high school. However we do welcome Ms. Brittany and Ms. Tonya as our new team social workers. Welcome to you both.

Our team enjoyed making individual homemade pizza a few weeks ago as well as our swim outing at the Vollmer Complex.

Team 5 friends are very excited to start Hand ball twice weekly in intramurals, good luck to all participants.

**Team 6 (French Team):** We have many exciting things happening in team 6. Following a year and a half with us, we are saying goodbye to a student. This student is currently integrating back to his community school. We will be wishing him good luck with his studies on his final day with us on February 25<sup>th</sup>. We have also had the opportunity to receive visits from the Windsor Police Department. The bilingual constable held interactive discussions with our team, regarding his responsibility and role in the community. The students received the opportunity to ask questions and sit in his police cruiser. On Wednesday's during the month of February, team 6 will be participating in fun and exciting science experiments facilitated by Mlle. Anny, one of Glengarda's community volunteers.

What a joy it is to learn in French!

**Des nouvelles de l'équipe 6 (l'équipe francophone) :** Il y a beaucoup de choses intéressantes qui se passent dans l'équipe 6. Tout d'abord, nous avons commencé l'intégration de l'un de nos élèves dans son école communautaire. Après une période d'un an et demi à Glengarda, nous fêterons le départ de notre ami le 25 février prochain. Nous avons aussi la chance d'avoir la visite occasionnelle d'un policier de Windsor. Ce policier, qui parle aussi en français, discute avec nous de son travail dans la communauté et répond aussi à toutes nos questions. Nous avons même pu nous asseoir dans son auto patrouille! Bientôt, nous ferons des projets de sciences les mercredis avec l'aide de Mlle Anny, une étudiante bénévole à Glengarda.

Quel plaisir nous avons d'étudier en français!