

Brighter Beginnings Newsletter

January 2019



The year is off to a "roaring" start with our new unit on Dinosaurs! We are excited to teach this topic to our students, as there are so many concepts that are complimentary to it. Along with dinosaurs, we will be learning how to categorize and the size concepts of big, medium and small. We will discuss why dinosaurs were built the way that they were (i.e. tails for balancing, horns and tail clubs for protection, etc.). As well, dinosaurs will also be integrated into the literacy and art components of our program. It will be a fun month for our potential future paleontologists!

Just a reminder to label your child's personal items, especially winter clothing. As well, please remember to inform Brighter Beginnings directly of your child's absence, either by phone (789-467-7137) or by email (traceyp@eics.ab.ca and megan.fortier@eics.ab.ca)

Contact Information

To let us know of your child's illness/absence or to discuss your child's program, please contact Meg Fortier and Tracey Pineau:

Office Phone: (780) 467-7137

Email: megan.fortier@eics.ab.ca
traceyp@eics.ab.ca

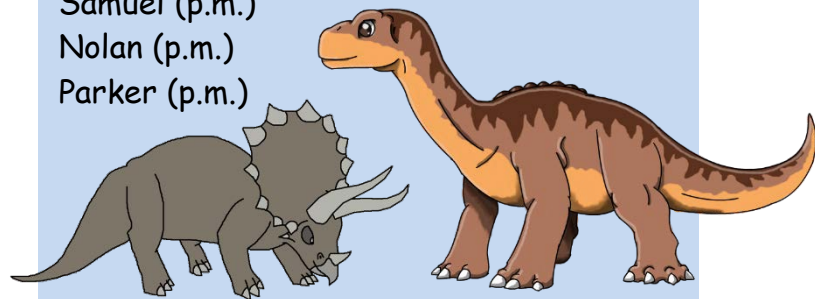
Birthdays this Month:

Nathan (a.m.)

Samuel (p.m.)

Nolan (p.m.)

Parker (p.m.)



Important Dates:

January 16: Speech Sounds Part I FOP (9:00-10:30 am) & Managing Challenging Behaviours FOP (11:00-12:30 am)

January 23: Wiggly or Worried? FOP(10:00-11:30 am)

January 30: Regular Class Day

January 31: PD Day (School Closed to Students)



Occupational Therapy Corner

Jen Szydowski: Jennifer.szydowski@eics.ab.ca



Welcome back to school! I hope everyone had a wonderful Christmas with their families!

This month we will be building on the language and concepts that are used in the 'Zones of Regulation' and the 'Alert' programs. These programs are designed to help children recognize emotions or feelings within themselves and to help them describe these emotions. The Zones and Alert program language provide tools to help our little ones label and express what they are feeling on the inside.

Each zone or engine speed is represented by a colour and is associated with a group of emotions or state of alertness that are closely related by the amount of energy that is needed to sustain those emotions. These programs teach tools or sensory strategies to help us change our zone or engine speed - they can help us feel calmer when we are upset and to adjust our energy levels to match the situation. There are 4 zones that we all move in and out of - there is no bad or good zone.

The Zones are:

Blue - the low energy zone. In this zone we move slowly. We may feel sick, tired, lethargic, bored, sad or super-relaxed. The blue zone can last a long time.

Green - the alert and calm zone. In this zone we are in a 'just right' state and our energy levels are equal and appropriate for the situation. We may feel calm, curious, interested, focused, patient, confident and okay.

Yellow - a high energy zone where we can still keep some control of our bodies. In this zone we may feel wiggly, restless, frustrated, anxious, worried, nervous, annoyed, surprised, silly or excited.

Red - the highest energy zone. Our 'engines' are running very fast and we have lost control of our bodies. Red zone emotions require so much energy that they usually don't last very long. Some examples are terror, rage, elation or being wildly silly and can include behaviours like hitting, screaming, intense crying or out of control laughing.

For our little ones, it is the adult's job to recognize, label and offer support as they learn about their feelings, what to do about them (how to manage them) and what tools they can use. Just like learning colours, shapes and numbers, children need to be taught about emotions. We will be talking about our feelings in January and February.

If you have any questions, feel free to contact me!

Let's Talk About Speech and Language

Kelly Cassan: kelly.cassan@eics.ab.ca

i can
TALK
you into
ANYTHING.



This month we will do a number of activities involving dinosaurs while we practice speech sounds, language skills, and social skills. Some of our activities this month will include:

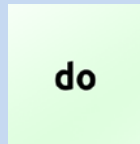
- Dino Hide and Seek - work on following directions and prepositions
- Sorting items into categories and describing actions we do with each item
- What Did Dino Eat? - work on asking and answering questions, sequencing steps for how to make common foods
- Crocodile Dentist game - work on turn-taking and speech sounds before pushing a tooth
- Chipper Chat Dino-Mite and Dinosaur board games- work on turn taking and practicing speech sounds for each number you roll on the die
- Dino's Dinner game - work on turn taking and speech sounds to earn pieces for Dino to eat

Our target words this month will be:

Jan. 7 - 11



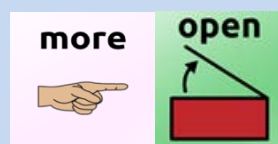
Jan, 14 - 18



Jan. 21 - 25



Jan 28 - Feb 1



Speech and Language Tip of the Month: Model speech sounds, new vocabulary words, or sign language for your child. Avoid the "say this" tendency. Don't pressure the child to speak; keeping the experience positive is important. Instead, model what the child might say when he/she is ready. Emphasize target sounds or key words. This suggestion applies if your child is learning to produce a new speech sound, learning more vocabulary, learning to talk with an iPad/AAC device, or learning to use sign language! The "Zone of Proximal Development" theory or "scaffolding" suggests children learn best when we model and guide a behavior one step above what he or she is currently able to do independently. For example, if a child uses single words, we would model two word phrases. If a child can say an /s/ sound by itself, but not at the start of a word, we would model and emphasize /s/ sounds at the start of short, simple words.

Please feel free to contact me with any questions or concerns!

Kelly Cassan, R.SLP, CCC-SLP Phone: (780) 934-7936 Email: Kelly.Cassan@eics.ab.ca

Thought for the month...



Our thought for the month.....



See the light in others,
and treat them as if
that is all you see.

Dr. Wayne Dyer

Photo by Light
f sv

If parents have ideas they would like to share
or topics they are interested in for our
"Thought of the Month," please email
traceyp@eics.ab.ca by the 25th of the month.

