



# Janus Journal

Remembrance  
Day  
2017

IN THIS ISSUE

## What's Happening...

by Carlene Chrumka, Executive Director (interim)

October came in like a lamb and left like a lion with such a steady stream of snow. We were so blessed with beautiful weather on October 5<sup>th</sup> for our Shoot of the Century fundraising event. There were 15 teams of four competing at Silver Willow Sporting Club in a Sporting Clay shoot out. We were able to raise over \$10,000 as well as raising awareness for our school and the needs for support we have. A special thank you goes out to Greg Guderyan and his team at Sagium Health for all their support in pulling the event together and getting so many of their colleagues to come out and participate in the event. Their hard work helped to make the day such a success.

This was my first October working at Janus, so I was not prepared for the energy and enthusiasm that was here for Halloween. Each classroom picked a theme and all of the staff dressed up in costume according to the theme. It was marvelous to see staff and students embracing the spirit of the occasion!

October also brought a flurry of activities with student workshops, Parent/Teacher conferences and the creation of each student's IPP. I am sure that everyone let out a sigh of relief when October finally ended.

On Friday November 10<sup>th</sup> some of our students have been invited to participate in Ramsay School's Remembrance Day Assembly. It is a wonderful opportunity for our students to interact with other peer groups and to pay our respects to those who gave their lives to ensure the safety of our country.

We are also gearing up for our yearly Christmas Concert. Students and staff are busily learning lines and creating wonderful scenery for this event. We hope all of you can join us in this celebration.

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# Important Dates

Fall 2017

## Mark your calendars

- **November 8** Retake Day
- **November 11** Remembrance Day
- **November 15** Parent Workshop (Acadia Campus) 6pm – 8pm
- **November 24** Professional Development Day (no school)



Janus Academy  
Christmas Concert  
Presents:  
*Twas the Night before Christmas*  
Friday December 8th @ 2:00pm  
Location: Ramsay Elementary Gym  
Please RSVP to [Karli@janusacademy.org](mailto:Karli@janusacademy.org)  
As soon as possible  
Please bring a non perishable food item for donation

## Defining sexuality

Sexuality has to do with:

- Gender identification, roles and expression
- Physical, emotional, mental, spiritual health
- Body image, self-image
- Relationships with others
- How we grow and change over the years
- How we reproduce
- How we make decisions
- Personality, values, expression, communication

## Sexuality Workshop

**Presented By: Heather Cobb B.Sc., PGCE**

It was a record breaking attendance for the sexuality workshop on October 19<sup>th</sup>. Discussions and questions confirmed that this was a well needed workshop to support our student population who are transitioning into the phrase of puberty. It was also helpful for our teenagers who are going through different waves (phases).

The foundation for any individual sexual development starts at birth and progresses through to adulthood. There are many changes that we all experience such as sexual, emotional, physical, and social development that many of our students with autism are not able to communicate.

Sexuality education is the opportunity to learn, understand, and practice what it means to be a sexual being. By learning ways to recognize these changes with individuals with autism; parents, teachers, professionals and support workers can be prepared to best support and talk about the changes that are normal and healthy.

Please visit [www.ahs.ca](http://www.ahs.ca) for more information.

If you would like a copy of the information from the workshop, please email [Yolande@janusacademy.org](mailto:Yolande@janusacademy.org).



## UPCOMING PARENT WORKSHOP - UNDERSTANDING BEHAVIOURS

**Date: Wednesday November 15<sup>th</sup>, 2017 @ 6:00 – 8:00pm**

**Location: 8516 Athabasca Street SE. (Acadia Campus)**

**Presented by: Yolande Daley (email [yolande@janusacademy.org](mailto:yolande@janusacademy.org) to register)**

This workshop is designed to provide a how-to guide in dealing with behavioural challenges at home. Topics will include, identifying the functions of behaviours, proactive strategies to teach alternatives to maladaptive behaviours and reactive approaches for when behaviours occur.

The workshop will include some theory on behaviours and an interactive component for parents to practice these techniques. We would recommend this workshop for new parents. Returning parents are encouraged and welcomed, however, if you have attended my previous behaviour workshop, the concepts will be similar.

# Community Partnerships

## Janus Academy and FFCA Partnership

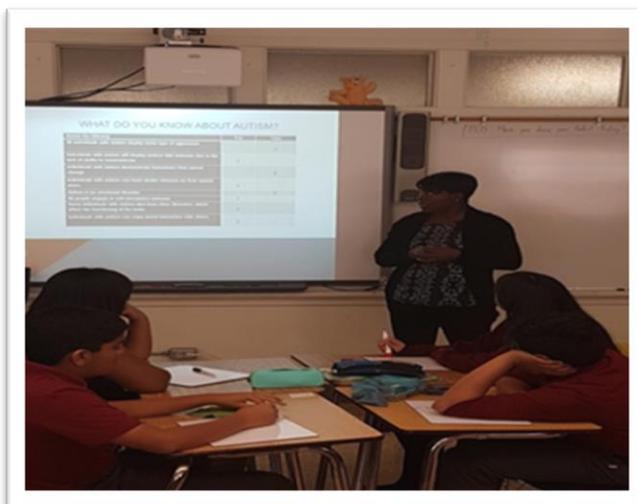
On Monday October 30, grade 8 students from Foundations for the Future Charter Academy will visit the Janus Academy Acadia Campus classroom 1. This marks the 6<sup>th</sup> year we have been fortunate to collaborate with FFCA in a reverse integration community project. This project is unique to Janus Academy and we are excited to be able to provide this opportunity to our students.

The grade 8 FFCA students will visit in small teams comprised of 5 students. Each student team will come twice, for a total of 10 onsite visits, between October and April 2018. The first 5 visits are planned by the Janus Academy teaching staff and then the remaining 5 visits are planned by the FFCA student teams.

The goal of this project is to provide a peer integration opportunity for our students where they can use and practice social skills and build peer relationships. This project has always been a huge success for both the Janus and FFCA students and we are looking forward to meeting and getting to know the all FFCA students in the coming months.

On October 25<sup>th</sup>, Yolande Daley, Janus Academy Training Director visited the FFCA Grade 8 class and gave a presentation. The intent of the presentation was to educate the students about individuals with autism and to prepare them for their community service project with the Janus Academy Junior High students over the coming months.

Yolande said she had to admit that she was extremely nervous because it was her first time presenting to this age group. However, she found it to be a great learning experience. Highlighting the Janus student abilities was very vital to foster community understanding and knowledge.



## Self Regulation

By: Elizabeth O'Connor, O.T.

Self-regulation is the ability to monitor and control our own behavior, emotions, or thoughts, altering them in accordance with the demands of the situation.

*When self-regulating, we have a higher ability to concentrate and learn. Practicing to self-regulate in many styles and in many environments can improve the cognitive activity we may be doing at the time.*

Self-regulation can be complex at times, and involves a number of areas such as memory and a number of higher cognitive skills, joint attending, concentration, sensory processing, emotional regulation, receptive communication and social skills.

Regular movement has been shown to increase focus and retention in children and adults of all ages. Movement helps with self-regulation.

Having regular and frequent movement breaks can be effective when learning and studying.

It is recommended to try lots of different methods of movement breaks, as it is a totally personal thing. Some people respond better to fast movement, while others respond better to deep breathing.

[GoNoodle - Movement and Mindfulness for the Classroom](#)

Here is a link that offers all sorts of interactive movement breaks: [www.gonoodle.com](http://www.gonoodle.com)

## Classroom of the Month

By Andrea Hasnain

Class 1 has been busy this month! The students definitely enjoyed our field trip to Gymnastics; jumping and somersaulting all over the place. They are looking forward to Halloween: coming to school in costumes, special Dance and Music classes, and "trick or treating" within the school. This month, we also introduced something new during our Class Group time. The students are learning about "The 7 Habits of Happy Kids". This is a series of books that illustrates important life skills such as being confident and liking yourself, and keeping track of your belongings and being responsible. They are paying attention and it is facilitating great conversations within our group. I'm so proud of them!



# Fundraising

mabel's labels

We are now registered with Mabel's Labels as a school! For every order that is made and directed to Janus Academy, we receive 20% of all sales! If you're in need of labels, help reduce the lost and found pile and give back to the school at the same time! Plus, FREE standard shipping within Canada!

Please visit [campaigns.mabelslabels.com](https://campaigns.mabelslabels.com) and click on Janus Academy from the drop-down list before placing your order. Please forward this link to family and friends who may also be interested. Anyone making a purchase can direct their proceeds to Janus Academy!



## Holiday Cards for sale!

'Tis the season! Help support Janus Academy by purchasing holiday cards, showcasing our student's artwork! There are six designs to choose from:



Pricing: 5 pack for \$10.00 or 10 pack for \$20.00

The order deadline is **Friday, November 3**. Please email to [yolande@janusacademy.org](mailto:yolande@janusacademy.org).

*You may also purchase cards at the Ramsay Campus.*

We wanted to take a moment and thank you once again for supporting Janus Academy at our recent **"Shoot of the Century"** fundraising event. We are so grateful to everyone who came out and to Mother Nature for giving us a beautiful day!!

We are pleased to announce that we were able to raise over **\$10,000** from the day. These funds help to support the school in fulfilling our Mission to maximize the potential of each child with autism by enabling academic success and facilitating lifelong community integration.

A special THANK YOU goes out to our event sponsors and donors:

*Sagium*

*Terry and Linda Gomke*

*Les Grabill*

*Bartier Bros. Vineyard & Winery*

*Oasis Spa*

*Big T's BBQ & Smokehouse*

*Tony Giasson*

*Tina and Sarit Sengar*

*CSN Wine and Spirits*

*The Bow Valley Club*

Thank you again for sharing this day with us and we look forward to seeing you again next year.



Janus Academy would like to take this opportunity to extend our sincerest gratitude to our following supporters in the months of September and October:

*The Prosser Charitable Foundation*

*SeisWare International Inc.*

*TransCanada Pipelines Ltd.*

*Plains Midstream Canada*

*United Way Donor's Choice Program*

*Jana El-Guebaly*

*Tania Rizwan*

*Jorge Aguirre*

*Brad Klaiber*

*John Plamondon*

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*Terry and Linda Gomke*

*Jane Loehr*

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*Sarah Polley*

*Terry Batke*

*Don Bartier*

*Les Grabill*

*Tony Giasson*

*Jason Gartner*

*Anne Marie Pitt*

*Adam Walker*

# Board of Directors

Chair	Mona Johnson
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Director	Raj Bal
Director	Maxine Jones-Sine
Executive Director	Carlene Chrumka

**Our Vision**

*To be recognized as a leader in specialized education and the facilitation of lifelong community integration of children and youth with autism*

**Our Mission**

*To empower and support children and youth with autism and their families, maximizing their quality of life by providing excellence in innovative teaching techniques that meet their academic, social and emotional needs*

**RAMSAY CAMPUS**

2223 Spiller Road SE  
Calgary, AB T2G 4G9

403.262.3333

**ACADIA CAMPUS**

8516 Athabasca Street SE  
Calgary, AB T2H 1S1

403.228.5559

**ADULT DAY PROGRAMS**

Ability Hub – 300, 3820 24<sup>th</sup> Ave NW  
Calgary, AB

Cornerstone Church - 1227 48<sup>th</sup> Ave NE  
Calgary, AB

