



Janus Journal

November
2018

Our teaching staff and our students continue to work on fine-tuning and streamlining the group teaching sessions. We are learning what is working best for the students and how we can smooth out the rough edges of our transitions from one learning environment to the next. I have heard some great feedback on the positive changes we have seen with many of the students and the skills they are displaying being with other students who are working at the same levels as they are. We are still in early days so I know we will continue to grow and learn as time goes by. We have heard some very positive remarks from our parents during the Parent/Teacher Conferences and that really keeps the teams motivated.

As with any time changes that are introduced to an organization, we have seen movement within our staffing teams. Team members have moved into different classroom positions, we have said goodbye to some teammates and we have been able to welcome others to the Janus family. I'd like to thank Christine Tracey for volunteering to come and take pictures of each of the classroom teams so that we can send out photos and brief bios on each member so that parents are able to put a face to a name. I hope this will be of great benefit to the families.

I am pleased to announce that we have contracted with the ViTreo Group to do a feasibility study for the organization's readiness to begin a capital campaign for the purchase of a new school. There will be internal and external interviews that happen with our current donors/families/corporations that will show us where our strengths are and where we may need to put some work into so that we can raise the necessary funds for this project. We estimate that this process will take 3 to 4 months to complete, especially with the holiday season coming during interview times. Some of you may receive calls asking you to take part in these interviews. We are trying to get a wide perspective with most stakeholders who will be impacted with this change. We are very excited to get this moving and we are looking forward to the information we are able to gather.

November is a time for Remembrance and taking a moment to reflect on those who have given their lives so that we can live in freedom. Some of our students will be joining the Ramsay School students in a Remembrance Day celebration. We are grateful for this opportunity to come together and pay tribute to our men and women in the Armed Forces.

I look forward to our continued growth, finding ways to offer innovative and challenging educational opportunities for our students.

Carlene Chrumka
Executive Director

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*"They gave their
tomorrows,
So we could have our
today."*

Important Dates

Fall 2018



Mark your calendars

- **November 2** Calgary Climbing Centre (Ramsay - Room 4 & 15)
Gymnastics (Ramsay - Room 11 & 14)
- **November 7** Retake Day
- **November 9** Calgary Climbing Centre (Ramsay - Room 11 & 14)
Gymnastics (Ramsay - Room 4 & 15)
School closed (in lieu of Remembrance Day) - NEW
- **November 12** Swimming (Acadia)
- **November 16** Non-instructional Day (no school)
- **November 23**



*If you require a RETAKE, check the box on the Order Form, sign it and have your child return it to the photographer **on Retake Day – November 7th***



On Friday, November 9 from 10:30am to 11:15am in the Ramsay School gym, we will be participating in a Remembrance Day assembly. Family members are welcome to join us!



The Scholastic book club catalogues have been sent home.

*Please send your completed order form to the school by **November 5, 2018.***

PLEASE DO NOT SEND CASH.

PARENT PICK UP AND DROP OFF – RAMSAY CAMPUS



Parents and caregivers who are picking up and dropping off your children, please make note of the **NO PARKING ZONE** in front of the school along the fence (by the basketball tarmac). This lane is where Transit Access (Handibus) parks to drop off our students in the morning and to pick up at the end of the day.

They have been having difficulty pulling up to the school, especially for pick up, due to cars parking there. Please park directly in front of the school or across the street along Spiller Road.

Thank you for your cooperation!



We prepare everything from soups, stews, salads, desserts, to homemade jam and pickles!



Slicing, dicing, mixing, measuring and pouring are just a few of our many talents. However, eating and sharing with our families is always our favourite!!!

JR./SR. HIGH SCHOOL HOME ECONOMICS FUTURE CHEFS OF JANUS

By Roxanne Smigelski – Cooking Instructor

Welcome to Home Economics at Janus Academy Acadia Campus! This is a very exciting year so far as we have a new room and all new cooking utensils as well as new small appliances. Every year all our recipes are developed to accommodate all the student's dietary needs and restrictions as well as focusing on nutrition and simplicity of preparing dishes that are easy to make independently. At the end of the year each student takes home a recipe book filled with all the dishes that we have prepared throughout the year.



This year, we have added the cookbook "Coach in the Kitchen" to the curriculum. This book has over 290 pages of task-analysed recipes. Recipes are broken into small steps, in simple, clear terms that outlines all that is needed to make exceptional meals.



Math Ramsay Campus

Miranda Berezka – Math Instructor

To build a strong base in mathematics, there are six areas to consider:

1) **Communication:** promoting students to use their own strategies and being able to explain how they found the solution.

2) **Connections:** ensuring the students learn mathematics in context and can transfer their knowledge to real situations.

3) **Mental Math and Estimation:** assisting the students in making mathematical judgements and developing fluency.

4) **Reasoning:** allowing students to use logical processes to analyze a problem, find a solution and defend their conclusion.

5) **Problem Solving:** applying new mathematical knowledge to build depth of conceptual understanding.

6) **Technology:** enrich the student's curiosity through exposure to a variety of resources.



Making Math FUN!

If you have an iPad at home, try these apps:

Crazy Math
Adventure



Splash Math



Online Resources

Interactive website with a variety of games and worksheets at different grade levels:

www.mathgames.com

Looking for free online lessons?

www.e-learningforkids.org/math

More in depth look at the Alberta curriculum:

www.education.alberta.ca

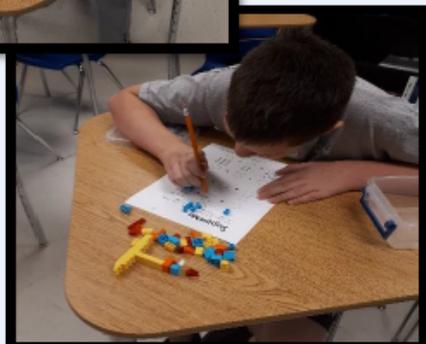
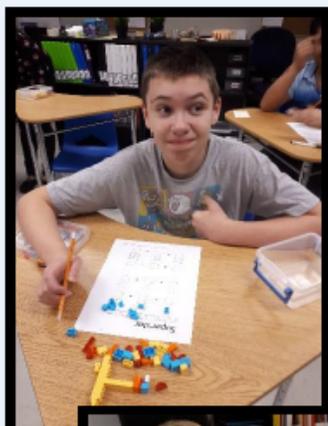
Helping your child with mathematics at home:



- Try using mathematical terminology to help your child understand the concepts. Start simple with more/ less, add/ take away, larger/ smaller.
- Find math in your everyday life and talk about it with your child. Explain the process to them.
- Compare quantities, search for patterns, sort objects, create designs and build with a variety of manipulatives.

MATH Acadia Campus

Natalia Jacquin – Jr./Sr. High Teacher



One of my focuses this year is to take into account my students' interests and support parents in applying already built math skills from the classroom.

Here are some ways of helping your child with math at home:

- Find opportunities to practice math in every day contexts: allow your child to pay for groceries (using cash), and practice finding the right amounts; ask your child if the change is correct when shopping; it is ok to use the calculator in order to simplify tasks.
- Take into account his/her interests and build knowledge upon it. As one of our students who loves saving supermarket flyers. At school, he is happy to bring in some of these flyers in order to be used for comparing prices, writing shopping lists, making estimations and so on. Another of our students who enjoys to build Legos in class, more than building them, he counts them, adds more or takes some and organises them by sizes.
- Ask about his/her day and the time he/she went to a doctor's appointment, sport practice, watch his/her favourite TV show and daily routines. As well as counting days left for his/her special events (birthdays, Halloween, Christmas parties).
- When doing homework, encourage your child to explain how he/she found answers. Emphasize articulation of the strategies as an important part of finding answers, even when there are mistakes in the work. Often students identify their own errors when explaining incorrect work, and the learning that results is valuable.
- In addition, you can try apps such as prodigy, coolmath, IXL, adaptedmind or visit: www.mathlearningcenter.org.

Parent Workshop



Language and Communication Workshop

Date: November 14th, 2018

Location: 8516 Athabasca Street SE (Acadia Campus)

Time: 6:00 to 8:00pm

Presenter: Trish Lawrie (SLP)

Cost: \$20.00 (payment due prior to)

A link will be emailed to you to register.

This workshop will provide families with ways they can support their child with language development at home.

What's New Next Month For Staff Training & PD

All new staff will attend Module (A) Competency testing (Modules are based on ABA theory and behaviour management).

All second year staff will attend Module (B) Competency testing (Modules are based on ABA theory and behaviour management).

All third year staff will attend Module (C) Competency testing (Modules are based on behaviour management, leadership, classroom management, etc.)

All Group Instructors/ Classroom Coordinators will attend an In-Service with an Occupational Therapist. Topics covered will be on developmental sequence, hands on support for fine motor activities such as printing/ cutting, motor skills and group activities.

TRAINING

Yolande Daley, Training Director

We Want To Hear From You



Hello Parents! I am excited to launch my first monthly poll, **"Does it really matter?"** Every second month, I will be posting a question to the Janus families to hear your voice on various topics that may be related to your son or daughter or just a general question about autism. I would really appreciate your participation by just sending me a quick **"YES"** or **"NO"** response and maybe a short **why or why not**. Please note that there are no right or wrong answers. This poll is meant to give you new perspective, verify that you are not alone or even present options you never thought about. I will post the results in the following month's newsletter to share the Janus family voice. Your identity will not be posted ☺.

As we are now in the third month of the school year, many of our students are gaining independence with their routines which brings me to think of one of the many challenges that individuals with autism face, which is learning to tie their shoe laces. Most children and teens don't bother to tie their laces anymore. They simply slide their feet in their shoes that is already pre-tied and out the door they go. However, this is often of great importance to some parents of children with disabilities to ensure that their child is independent. So to get the discussion started, this month's question is:

"Does it really matter to you if your child learns to tie his/her shoe laces?"

Please email your response to yolande@janusacademy.org.

Group Instructor training this month:

All the students have settled in and have started to develop instructional skills and are now able to get more in-depth into their curriculum and IPP goals. The Instructors will be supported this month to structure their teaching to help students acquire the fundamentals of the Pillar subject matter and to make teaching functional and meaningful.

You can expect to see your child experience three important goals in group learning:

- Students will be taught how to communicate effectively and to express what they know.
- Students will gain personal development (reaching their full potential)
- Student will become active learners by way of many different of teaching tools such as manipulatives, visuals, hands on activities, role playing, and scripts.

WANTED

We are looking for the following items for our Jr./Sr. High School program. If you have these items in new or good condition and would like to donate them that would be much appreciated. If you have any questions, please contact Stacey@janusacademy.org.

Games

- Blokus
- Other games for adolescents

Magazine

- Teen or tweens
- Geographic
- Crafts or supplies
- Scrapbooking
- Teen sports

Radio/CD player, DVD player (portable)

2018 HOLIDAY GIFT GUIDE



HOLIDAY GIFT WRAPPING SERVICE



Celebrate the season by participating in Janus Academy's holiday gift wrapping service. Students in the Living Skills/Prevocational program will be expanding their skills to offer this service. You can send in a non-fragile item labelled with your name. The service fee is \$2.00 per item and we will provide the wrapping materials. However, if you would like your own gift wrap, please send it in with your gift.

WHERE: Janus Academy (Acadia Campus)

WHEN: November 5 to December 14, 2018

COST: \$2.00 per item

TIME: 1:30 to 3:00pm on Mondays, Wednesdays and Thursdays. We aim to have your gift returned to you within a 48-hour period. If you have any questions, you can contact lenzie@janusacademy.org.

GIFT JARS FOR SALE

As part of our goal to generalize our students' learning in Home Economics, students will be building on their skills to offer you their selection of gift mixes: **Coconut Curry Soup Mix, Spicy Black Bean Soup Mix, Italian Barley Soup Mix, Hot Chocolate Drink Mix, Spiced Hot Drink Mix** to send to your family and friends. Fill out the order form below and return to the school no later than November 15th, 2018, all mixes are **\$10.00**. If you have any questions, please contact Roxanne@janusacademy.org.



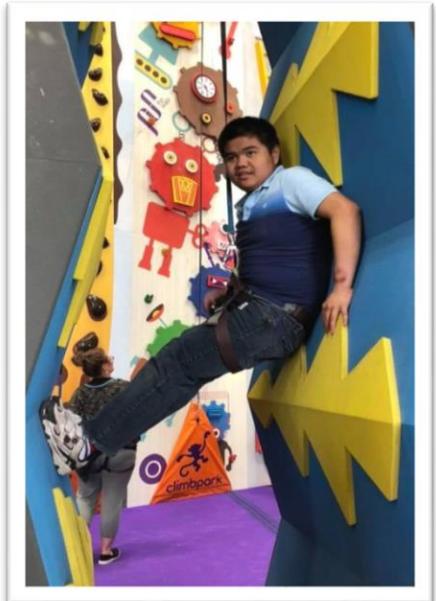
HOLIDAY GIFT GUIDE ORDER FORM

Name: _____

Soup/Drink Mix	# of packages	Price	Total \$
Coconut Curry Soup Mix		\$10.00	
Spicy Black Bean Soup Mix		\$10.00	
Italian Barley Soup Mix		\$10.00	
Hot Chocolate Mix		\$10.00	
Spiced Hot Drink Mix (GF/DF)		\$10.00	
Total Packages		Total Cost	

Please return this order form to your campus office by **November 15, 2018**.

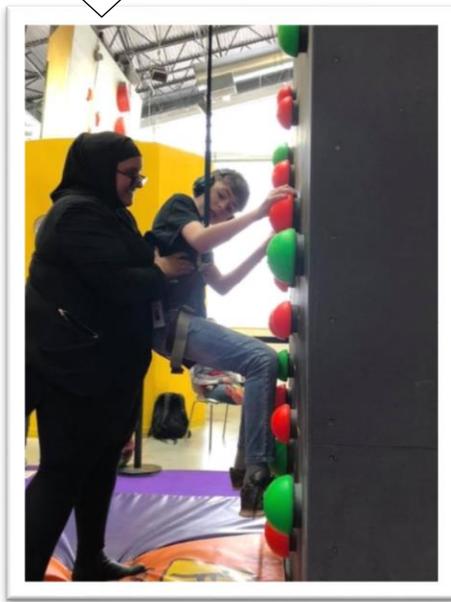
All orders will be filled and sent home by **December 7, 2018**.



Thank you!

Our Junior/Senior High School students experienced their first fieldtrip at the Calgary Climbing Centre (Rocky Mountain) on Friday, October 26, 2018 and they had a BLAST! The Elementary students will have their first experience on November 2 and 9.

We would like to extend our gratitude to **GoodLife Kids Foundation** for providing us grant funds to enhance our Physical Education Program!



FREE

**POSITIVE PARENTING SEMINAR SERIES
HOSTED BY PACEKIDS PROGRAMS**



Seminar 1: Positive Parenting for Children with a Disability
November 8th; 6:30pm - 8:00pm

Seminar 2: Helping Your Child Reach Their Potential
November 15th; 6:30pm - 8:00pm

Seminar 3: Changing Problem Behaviour into Positive Behaviour
November 22nd; 6:30pm - 8:00pm

CAREGIVERS WHO HAVE CHILDREN WITH A DISABILITY UP TO THE AGE OF 12 YEARS ARE WELCOME TO ATTEND ONE OR ALL SEMINARS AT NO CHARGE. (NO CHILD CARE WILL BE PROVIDED).



Free seminars will be held at Cardel Theatre; 180 Quarry Park Blvd Registration is limited; please register via Eventbrite (search seminar topic), by calling 403.234.7876 ext. 157 or by emailing rsvp@pacekids.ca.





Supports for Aging Caregivers

A new initiative of Autism Calgary to provide information and support to parents and caregivers of teen or adult children with autism and other disabilities, who are preparing for their children's future care and their own senior years.



Aging Caregivers Parent Panel Event

Hear from parents and families who have created housing, care and independent living solutions that work for them and their adult children with autism and related disabilities. You will also have a chance to connect with other families and ask questions. FREE event.

Wednesday Nov. 21, 2018 - 6:30-8:30pm

Centre Street Church, West Campus

4120 Centre Street N, Calgary (Enter through east entrance, free parking on east side of building. Refreshments will be served after the panel discussion)

For more info or to register:

autismcalgary.com/agingcaregivers

Board of Directors

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Director	Rebecca Pound
Executive Director	Carlene Chrumka

Our Vision

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

Our Mission

To empower and support persons with autism and their families, maximizing their quality of life by providing the model learning environment that meets 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 24th Ave NW
Calgary, AB

Cornerstone Church - 1227 48th Ave NE
Calgary, AB

