



# Janus Journal

October  
2022

## *October Greeting from Janus Academy*

Fall Happenings at school!!! There was much excitement upon the students return to school; returning students greeting each other and meeting new students in their classrooms. Staff have received training and prepared activities to learn our students' strengths and needs. All our students and staff have now settled in and learning has begun!

September has some warm days allowing students to be outside to learn parking lot safety, neighborhood walks observing and sharing about Fall changes and to practice a fire drill.

Our first community get together was September 15 with the meeting of parents. Attendance of new and returning parents totaled 71 with the addition of 14 Janus staff members. Being able to share your child's school with you was looked forward to with great enthusiasm, as are the upcoming community get togethers planned for this school year.

The Value Focus of the Month for September was "relationships". Many classroom activities and conversations were created to promote this value for the entire year. October's Value Focus is "Initiative". October will highlight this value and our teams will create ways to ensure we are putting it into practice.

Student Workshops held the first days of October are an important opportunity for staff training, staff capacity building, and setting direction for the Fall term. Other October events include Friendsgiving and Halloween. Continue looking at your child's Classroom calendar and the planned activities for your child to partake in.

The entire Janus Academy staff will continue our development to ensure we are fulfilling our Vision of being 'recognized as a leader in specialized education and the facilitation of lifelong community integration of persons with autism'.

*Stacey Oliver*  
Principal

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# IMPORTANT DATES

Fall 2022

## Mark your calendars

- October 3-6 Student Workshops (see schedule below)
- October 7 Non-instructional Day (no school)
- October 10 Thanksgiving (no school)
- October 11 Picture Day
- October 31 Halloween – Jr/Sr High Dance
- November 10 Parent Teacher Conferences (no school)
- November 11 Remembrance Day (no school)
- November 25 Non-Instructional Day (no school)



## Parent Lunch & Learn

**Topic: Proactive Approaches for Everyday Solutions**

**Date: Wednesday, Oct 19, 2022**

**Time: 12:00 p.m. to 1:00 p.m.**

**Location: Online**

**Presenter: Yolande Daley**

**Director of Training – Janus Academy**

**Watch your email for further details**

# Thanksgiving

Since the beginning of the Thanksgiving holiday, its date has moved several times—from mid-week in April to November—until 1967, when the Canadian government officially declared that Thanksgiving would occur on the second Monday in October. This ensured that Thanksgiving and another Canadian Holiday, Remembrance Day (November 11), would no longer overlap.

Everyone seems to know the story of the first American Thanksgiving in 1621, but do you know how Canadian Thanksgiving came about? In fact, the first Canadian Thanksgiving may have even pre-dated the Pilgrims' big meal. The tradition of Thanksgiving originated with the harvest festival—an autumnal celebration meant to show appreciation for the bountiful harvest of the season. However, Canadian Thanksgiving was originally less about celebrating the harvest and more about thanking God for keeping early explorers safe as they ventured into the New World.

In that sense of "thanks-giving," the earliest report of such a dinner, dates back to 1578, when English explorer Martin Frobisher and his crew held a special meal to thank God for granting them safe passage through northern North America, into what is today the Canadian Territory of Nunavut.

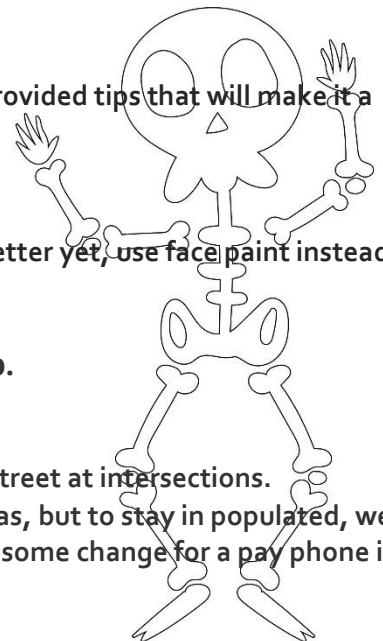


Halloween is a holiday celebrated each year on October 31. The tradition originated with the ancient Celtic festival of Samhain when people would light bonfires and wear costumes to ward off ghosts. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o'-lanterns, festive gatherings, donning costumes and eating treats.

## Trick-or-Treating Tips

To keep your little trick-or-treaters safe on Halloween, the Calgary Police Service has provided tips that will make it a safe and fun event for everyone.

- A bright costume with reflector tape will make children more visible to drivers.
- Costumes should not be highly flammable or interfere with easy walking.
- If children are wearing masks, the masks shouldn't interfere with their vision: better yet, use face paint instead.
- Try to trick-or-treat while it's still light out.
- An adult should accompany younger children.
- Older kids who are mature enough to be unsupervised should travel in a group.
- Parents should help their kids plan a route and set a time to be home.
- Remind children never to go beyond the doorway, and not to talk to strangers.
- Parents should also remind children to stay on the sidewalk and only cross the street at intersections.
- Let your children know not to take shortcuts through alleys and abandoned areas, but to stay in populated, well-lit areas. It's a good idea for kids to carry a flashlight and to have a cell phone or some change for a pay phone in case there's a problem.
- An adult should inspect the candy to make sure it hasn't been tampered with.



For more tips for Homeowners and Drivers, please visit The City of Calgary website at [www.calgary.ca](http://www.calgary.ca) and type 'Halloween Safety' in the search bar.



## Guitar Club

Sheldon hosted his very first guitar club during the 2nd week of school and the students enjoyed it immensely. Engaging with each other and getting to try out the guitar built new relationships that will continue to grow throughout the year.



## Around the School

Each month this year Janus Academy will focus on one of our Core Values and how it is a part of our daily activities. We started with "Relationships" in September and were delighted our students also embraced this Core Value as well.



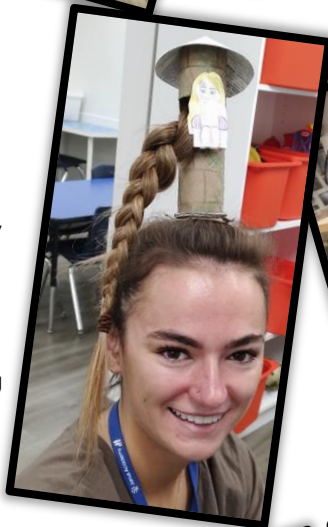
## Teamwork

Our Sr. High students have been working on teamwork in Life Skills class and they ended the unit with a scavenger hunt around the school. They were split up into two teams: Purple and Green and had to complete activities and solve riddles to win! These activities included using pool noodles to pass a ball across the gym, decode a message, put together a puzzle and build a stool that would support their weight! It was close but, in the end, it was the Green Team that won!



## The Power of Play

While play is often seen as something frivolous that children do to pass the time, play is an incredibly important part of a child's healthy development. Through play, children learn academic skills like math, science, reading, language, and literacy. They learn social skills like effective communication, conflict resolution, problem solving and cooperation. Maybe most importantly, they learn about themselves – they get to know their personalities including their likes and dislikes, strengths, and interests. The first week of school has seen many friendships starting to form.



## Crazy Hat / Crazy Hair Day

Throughout the year Janus Academy hosts "Spirit Days" in which the entire school participates. This gives staff and students the opportunity to engage in an activity that encompasses the entire campus including our practicum students and leadership team.





## Kids Having Fun

Kid's Up Front started our school year by offering some wonderful event opportunities to our Janus Families, as well as finishing up last year with some last minute summer events that were awarded at the end of June. Watch your email for notification of upcoming events.



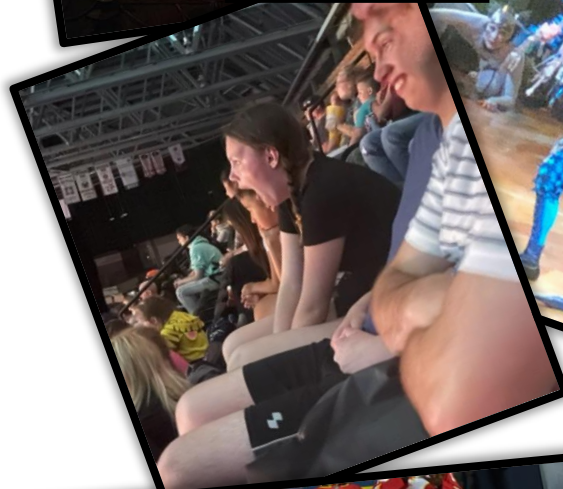
Kid's Block Party hosted by Kid's Up Front



Hitmen vs Broncos



Cirque du Soleil



Flames vs Canucks



Imagine Action



CALGARY  
PHILHARMONIC  
ORCHESTRA

Karen Gomyo: Violin Virtuoso



# CLASSROOM NEEDS

## *A “BIG” Thank You*

The staff and students at Janus Academy want to send out a “BIG” Thank you to Miles Bystrom for his generous donation of LEGO for our S.T.E.M. program.

*S.T.E.M.*

### We need LEGO!

What is “STEM”? It stands for Science Technology Engineering & Math. In this program students are given various challenges that all tie in with how we can improve the way cargo is sorted and transported. They use Lego and code robotics to bring their ideas to life. This club is not just about playing with Lego and robots! The values we focus on are teamwork, innovation, discovery, impact, inclusion, and fun.

## MINECRAFT



Minecraft Toys will allow our students to put exercise imagination and creativity skills. If you or anyone you know has Minecraft toys and items they would be willing to donate to our school, both the students and staff would greatly appreciate it.

*Contact*

### TV Needed

One of our classroom TVs is no longer working and has been a big disappointment for our students who work hard to earn TV time, whether it's their favourite video game or movie, they look forward to being able to use the TV. We are looking for a replacement in a 32 inch size. We are unable to accept anything larger than a 40 inch TV.

If you or anyone you know has any of the above items that they would be willing to donate to our school, both the staff and the students would really appreciate it.

If you have any questions, or wish to make delivery arrangements for your donation, please contact Tamara at 403-262-3333

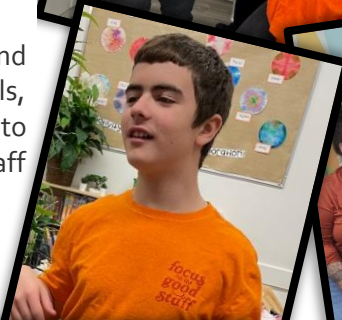


# Orange Shirt Day



## Every Child Matters

Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30. Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family, and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters". Due to our school being closed on September 30, Students and Staff celebrated on September 29 by wearing orange to honour the thousands of Survivors of residential schools.





Director of Training: Yolande Daley

# INSIGHTS



## Recreation Information

### Inside Out Theatre -

Offers community-based drama programs

Website: <https://www.insideouttheatre.com>

### Recreational Respite:

Offers access to recreation and other community programs

Website: <https://www.recrespite.com>

Email: [info@recrespite.com](mailto:info@recrespite.com)

### Spectrum Yoga and Wellness Ltd:

A mobile yoga company

[spectrumyogaandwellness@gmail.com](mailto:spectrumyogaandwellness@gmail.com)

Phone: (587) 573-1466

## "How to" Resources

### How to Stop Your Kids from Using Internet WiFi after a Certain Time

[https://youtu.be/gLp\\_0IFHgxo](https://youtu.be/gLp_0IFHgxo)

### How to set Ipad time limits with automatic shut down!

video link will guide you with step by step instructions

<https://youtu.be/-yPoJ0Vct-k>

### Parent Survival Resource & Connection Society

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

## STAFF TRAINING THIS MONTH

- "Exploring Autism in the Classroom" - "Autism Series for Educators"
- "A Parent's Journey" - Cassidy Brown
- "Exploring Strategies to Find Balance in the Workplace" - Kyle Kalloo/ Master Coach
- Hands on training by all the Program Coordinators and leadership team



## UPCOMING ONLINE PARENT SESSIONS

DETAILS WILL BE SENT OUT IN AN EMAIL. STAY TUNED!!



### OCTOBER:

- PROACTIVE APPROACHES FOR EVERYDAY SITUATIONS
- HOW TO NAVIGATE FSCD

### NOVEMBER :

- HOW TO SUPPORT YOUR CHILD WITH ANXIETY



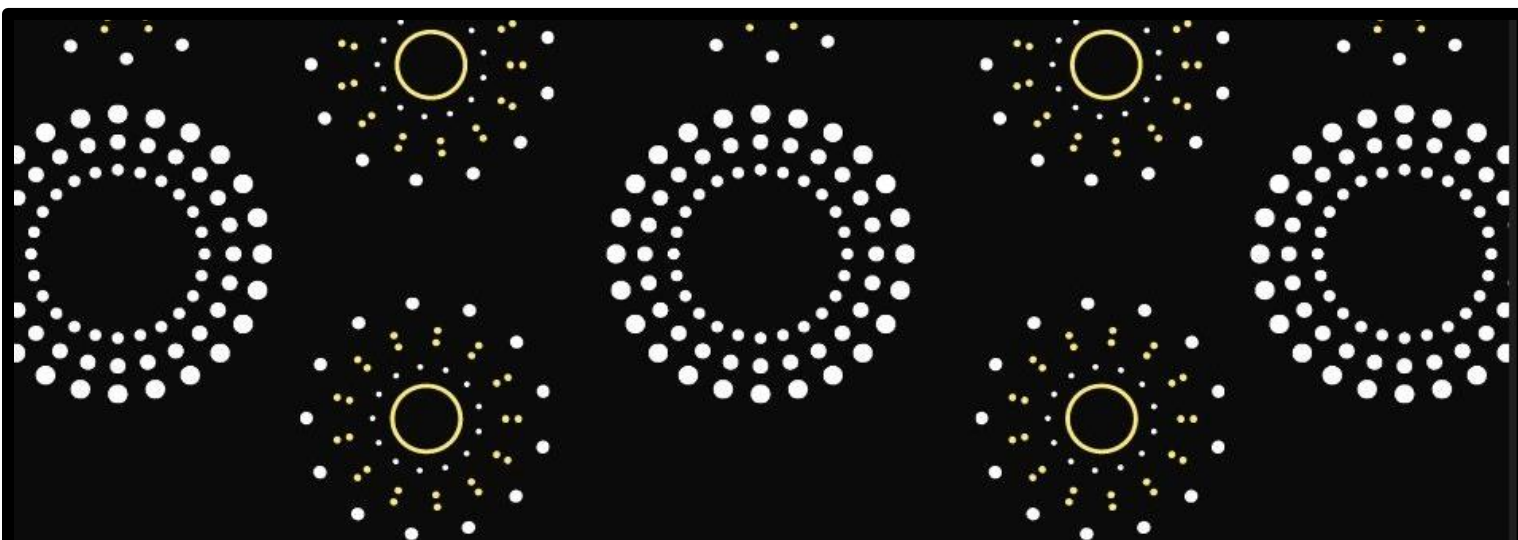
## Thank you 2022 Casino Volunteers!

Our 2022 Casino fundraiser was a success! Huge thank you to the 69 volunteers who filled all the shifts on Friday and Saturday (Sept 30 and Oct 1). We will receive our funds towards the end of November.

Casino funds are important for program enrichment and can be used for purchasing equipment, arts residencies, field trips, dance classes, music therapy and even swimming. We are excited to continue supporting our students!

We have already applied for our next Casino and are hoping to be scheduled for that one within 18-24 months. Our Casino lead, Lina will be looking to train a new Lead for the next Casino. Please contact her directly if interested at [linadilov@gmail.com](mailto:linadilov@gmail.com).

Friends of Janus Academy Association



**HEY  
HAVE YOU HEARD THE NEWS?**

**ON SATURDAY, MARCH 18, 2023**

**YOUR MISSION, SHOULD YOU CHOOSE TO ACCEPT IT, WILL BE TO  
ATTEND THE SPRING GALA AND HELP RAISE FUNDS TO SUPPORT  
STUDENTS**

**Stay tuned for more details!**

# Thank You

WE WOULD LIKE TO EXPRESS OUR GRATITUDE TO  
THE FOLLOWING INDIVIDUALS AND  
CORPORATIONS:

THANK YOU to the **FRIENDS OF JANUS ACADEMY ASSOCIATION** for coordinating the casino on the weekend to support school programming. The funds raised are critical to providing additional programs for all students.

THANK YOU to the **STACEY OLIVER**, our principal, for donating the Jr./Sr. High mural and rocker chairs for students to use. Your dedication to creating a warm and caring environment for students and staff is deeply appreciated by all!

THANK YOU to **CALGARY ACADEMY** for donating 6 mobile storage and charging carts for our technology devices. Their continued support with gently used school furniture and equipment has been greatly appreciated and has saved us from purchasing everything new!

THANK YOU to our **JANUS FAMILIES** for attending our first in-person Parent Meeting on September 15 and to **MEL LITWINOW** for the warm welcome. We hope to continue to build our community with more engaging opportunities.



## Board of Directors

Chair	Maxine Jones-Sine
Vice Chair	Servejit Massey
Treasurer	Cecilia Chen
Secretary	
Director	Allison Streit
Director	Rahim Bhatia
Director	Peter Taylor
Director	Rosa Twyman
Director	Katherine Ruddy
Director	Dr. Julia Jacobs-LeVan
Director	Jennifer Tinkler-Chirvau
Executive Director	Carlene Chrumka

## 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.*



## Our Vision

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

“  
**Nothing is  
impossible, the  
word itself says  
‘I’m possible’!**”

AUDREY HEPBURN

## Janus Academy Society

200 – 403 33 Street NE  
Calgary, AB  
T2A 1X5

P: 403.262.3333  
F: 403.693.2345