



Janus Journal

February
2023

February Greeting from Janus Academy

Hello Everyone and welcome to February!

January ended with 'Bell Let's Talk' day, and Beach 'Spirit' day at Janus Academy. Both days were filled with learning opportunities and events for students and staff to support each other and have a *sense of community fun* on campus. Report Cards were also shared with parents, and we are all very proud of our students.

February is a busy month with Student Workshops, Valentine's Day activities in the Elementary classrooms, and Junior/Senior High students planning the Valentine's Day afternoon dance. Janus Academy is also hosting a Parent Open House, Teacher's Convention/Professional Development activities for staff, and Pink Shirt/Anti-Bullying Day. All these events support Relationships, our Core Value for the month for February, as well as reinforce the welcoming and caring culture of Janus Academy.

I hope you all continue to have a safe and healthy 2023.

Stacey Oliver
Principal

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*Every person you
meet is either a
teacher or a mirror.*

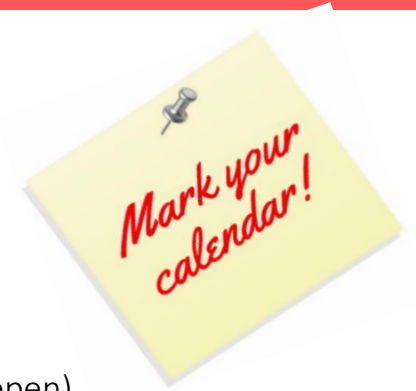


IMPORTANT DATES

Winter 2023

Mark your calendars

- February 6-7-8-9 Student Workshops
- February 10 Non-instructional Day (no school)
- February 14 & 15 Parent Teacher Conferences (school open)
- February 17 Teachers Convention/Staff Professional Development (no school)
- February 20 Family Day (no school)
- February 23 Pink Shirt Day
- March 24 Early Dismissal – 12:00 pm
- March 27-31 Spring Break (no school)
- April 4 Classes Resume



Parent Lunch & Learn

SAVE THE DATE

Topic: Understanding Regulation

Date: Wednesday, February 22, 2023

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

Location: Online

Presenter: Fiona Perkins, BCBA

[Watch your email to register](#)



SECOND STUDENT WORKSHOPS

February 6 - 9

In February, we will be conducting our last set of student workshops. Student workshops give your child’s educational team the opportunity to discuss student progress, review goals and expectations and practice therapy techniques. Workshops are split into 2 sets: Monday/Tuesday and Wednesday/Thursday.

Please refer to the schedule below for workshop attendance. If your child is **NOT** listed on a specific day below, they are to stay home.

<p>February 6 & 7</p>	<p><u>Elementary Students to attend school</u> Humayl, Edward, Denzel, Zoha, Luke C, Charlie, Parker, Connie, Liam, Nathan A, Runo, Petros, Parsa, Seher, Yuvan, Jayden, Sully, Mason, Nathan T, Andy, Marko, Harrison, William, Jordan, Zoe, Rimshaa, Tawana, Noah S, Afsa, Vlaan</p>
<p>February 6 & 7</p>	<p><u>Jr/Sr. High Students to attend school</u> Josh E, Noah C, Alanna, Ayo, Sebastian, Isaiah, Felix, Sharlene, Cole, Kiana, Nurasyil, Olivia, Nadia, George, Attila</p>
<p>February 8 & 9</p>	<p><u>Elementary Students to attend school</u> Stella, Nayef, Isaac, Cruz, Matthew, Luke Y, Zaviyar, Oliver, Zeehan, Anders, Anahita, Eden, Ekene, Ramis, Mila, Siddhan, Marcus, Chloe, Joshua O</p>
<p>February 8 & 9</p>	<p><u>Jr/Sr. High Students to attend school</u> Megan, Adi, Mett, Dylan, Ethan, Josh M, Alex, Cesar, Jessica, Jackson, Annika, Jana, Keira, Jack, Zack</p>

If you have any questions regarding workshops, please feel free to contact the school.

Please note, we are unable to change your child’s workshop dates due to scheduling difficulty. We hope by providing advance notice, that you will be able to accommodate these dates.

Thank you for your understanding.



Around the School

Everyone at Janus Academy had a busy January with many events squeezed into just 3 weeks of school. We had our first field trip of the year, Sr. High had their first shopping trip of the year and stocked up on Snazzy Snacks and Coffee Cart supplies. Jr./Sr. High also hosted a very successful and very tasty Hot Dog Day. We also celebrated Beach Day, Bell Let's Talk Day and had our first Visual Arts Residency session. Wow! Can't wait to see what February brings.



Students & Staff were rockin' it on Beach Day with sunglasses & Hawaiian shirts!



Sr High Student stocking up on supplies for the Coffee Cart/Snazzy Snacks. The Janus staff are truly grateful.



Hot Dog Day had Sr. High Student cooking and serving Hot Dogs to Students & Staff to raise funds for the school as well as develop their entrepreneurial skills.

Field trip
 1. I'm going to the police museum.
 2. I'm going with my friends and my teacher's too.
 3. We will be going in the bus to the museum.
 4. We will be seeing the policemen and having our lunch with them and I'm taking my special pizza in.
 5. I'm so excited with seher 😊

A "BIG" THANK YOU to Philip Murphy, for volunteering to drive the bus for Room 4's first field trip of 2023 to the Youthlink Calgary Police Interpretive Centre. Everyone had a great time!

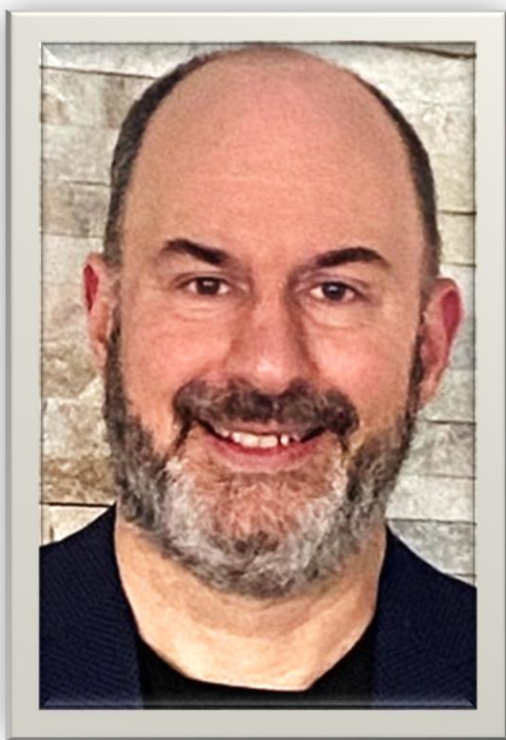




Clay Play, a first in a series of Visual Arts Residency Projects made possible by a grant from the Alberta Foundation for the Arts that was matched by F.O.J.A.A.

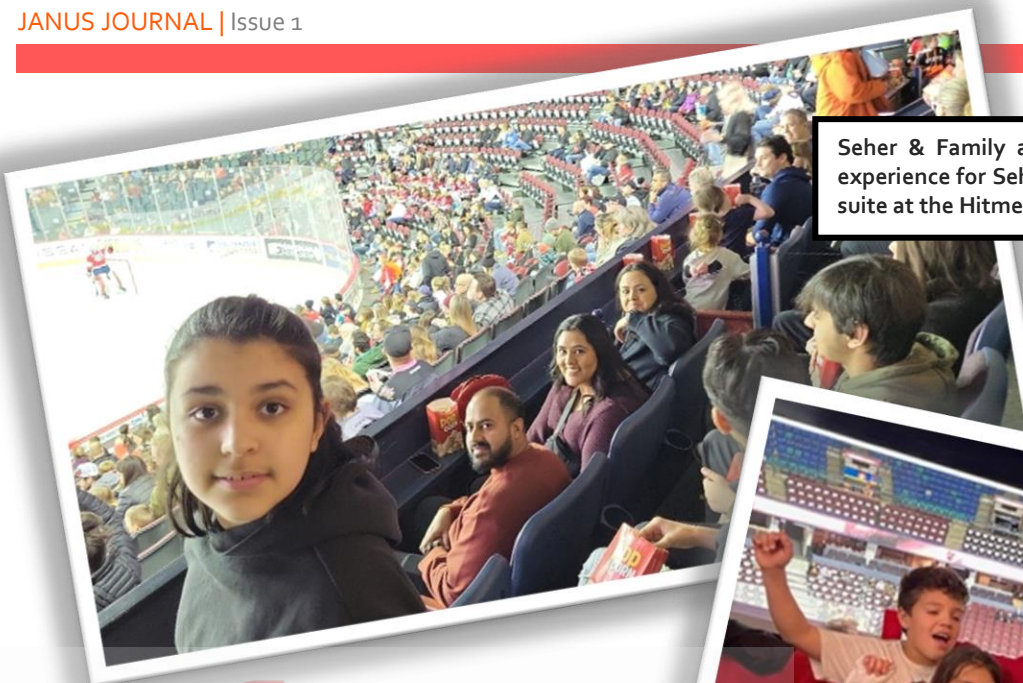


Taylor loves showing off the handprint paintings completed independently by elementary students in her Animal Lovers Club. So far, they have done Tropical Fish, Elephants and Tigers.



HELLO

My name is Paul Moscarella, and I am thrilled to join the Janus team as the Certificated Teacher for Classroom 7. My background in pedagogy is extensive as I have my master's degree in Secondary Education and have been teaching for over 20 years in both Ontario and New York City. My licensed qualifications include English, science, special education, ESL and Co-operative education. I began my career as an adjunct lecturer and English writing instructor at Queens College (CUNY) in NYC, taught for thirteen years at the Summit School (Special Education, secondary) in Queens, NY, married and moved to Hamilton, Ontario, and taught high school for the HWDSB from 2011-2021. With declining student enrolment and the impact of COVID on the education field in Ontario, I moved to Calgary with my wife and son in the summer of 2021 looking to build a bright new future in this city and province.



Seher & Family at Hitmen vs Hurricanes – A wonderful experience for Seher, her family and her friends enjoying a suite at the Hitmen vs Hurricanes game.

Jessica and her friends from SuperHeroes Hockey having fun at the Hitmen vs Kings game. A HUGE thank you to the suite sponsors for providing pizza and drinks!!!



Kids Having Fun

In January, Kids Up Front was able to offer suite opportunities to our Janus Families. Whether hockey or lacrosse, Flames or Hitmen, Wranglers or Roughnecks, families and friends gathered together to share some excitement and good times for all. We are thankful to KUF for these events that allow our students, their families and their friends to enjoy current relationships as well as make new ones. This is a celebration of one of Janus Academy's Core Values: Relationships.

Thank you KUF!



Jackson & Zach's families joined Jessica's to enjoy a suite at a January Roughneck Game. Great to see our Janus Families coming together.



Jordan was able to treat his out-of-town relatives and his family to a "suite" night of hockey at the Wranglers' game.

Classroom 10



Community Skills

Room 10 students have been working on their community skills by taking regular walks around the community and surrounding area. We have been practicing walking together as a group as well as waiting for one another. During these walks students are learning to recognize different environmental signs such as stop signs, traffic lights and walk signs. In January we also focused on our expressive and receptive money skills. Our plan is to start making grocery lists for the class and then combining it with the community and money skills so our class can begin making trips to grocery stores. The groceries purchased by students will be used in our Consumer Science classes when we start making some tasty foods to enjoy.

Life Skills

In Life skills our Room 10 students have been working on packing a wide variety of items such as lunch bags, suitcases, and personal care kits. Personal Care we will be one of our focuses for the coming month. Students will be learning proper face washing techniques as well as the application of ChapStick, deodorant and finishing off with the importance of physical health with different fitness centres.



CLASSROOM NEEDS

Bluetooth Wireless Headphones



These headphones will be used to support student learning, for Students who have sensory issues with wires. It will also help with portability of electronics when necessary.

Weighted Blankets



Weighted blankets are a great O.T. tool to assist our students with self regulation in times of emotional dis-regulation. Blankets need to be a minimum of 25 lbs.



Paw Patrol, Peppa Pig & Potatoe Heads

Paw Patrol, Peppa Pig & Potatoe Heads are high reinforcement tools and they also assist in the building of social skills and collaborative play. If you or anyone you know have these types of toys, they would find a good home at Janus Academy.



Special Request

Do you have cans of wood stain you no longer need?

We are starting to work on our Spring Gala Projects here at Janus Academy and we need some "Polyurethane Stain" for the two wood projects being completed to auction at the event. We are looking for walnut and oak coloured stains. If you have some polyurethane stain, you are no longer using, we would be happy to use it to finish our Gala Project.

SUMMERCAMP

Summer Camps are back at Janus Academy!
 Full Brochure sent home in your child's backpack.

Who is the camp designate for?

The camp is designed for children and youth from the ages of 5 to 18, with a diagnosis of Autism.

The camp will accommodate a 1:2 ratio of counselors to campers. If your child requires 1:1 assistance, you will be asked to provide 1:1 support personal to accompany them on all activities.

About our Summer Camp

Janus Academy is a non-profit organization that creates educational, recreational and social opportunities for children, and youth with a diagnosis of autism. Our summer program blends education, community outings and structured group activities. With the aim of providing the best possible program for these children and youth, the camp takes into consideration each child's unique and individualized needs.



Get In Touch

✉ Clare.murphy@janusacademy.org

☎ 403.262.3333 ext. 7026

📍 200- 403 33 Street NE
 Calgary, AB T2A 1X5

REGISTER NOW



Our Philosophy

Every child should be given the opportunity to participate and experience summer camp within a safe and challenging environment. We believe that when you create positive interactions and stimulating environments, you can produce many opportunities for communication, socialization and an increase in skills.



JANUS ACADEMY
 SUMMER CAMP 2023

A supportive summer camp experience for those on the ASD spectrum ages 5- 18.

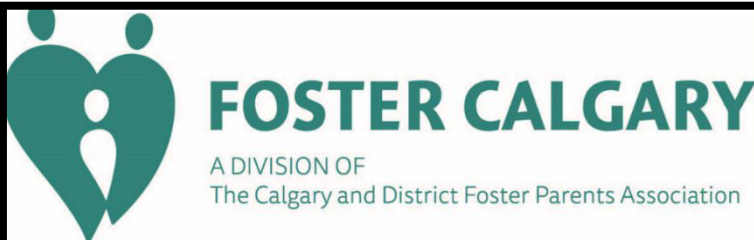
Registration now open

www.janusacademy.org

Reg. Charity # 889704144 RR0001

Coming Soon!

Janus Academy recognizes the importance of an outdoor play space for our students. We have secured the green space with our landlord and now we need support with securing the area for our students. If you have any contacts with companies who supply fencing, please contact Carlene at 403-262-3333 or via email at carlene.chrumka@janusacademy.org. We are very excited to start this process!!



Foster parents needed!

At Foster Calgary, we understand each child coming into care has their own unique story. Sometimes, those stories include being on the autism spectrum. We work hard to match each child with the best foster family, and right now, we need families who would be able to foster autistic children.

We are looking for families who are familiar with ASD, the various community support available, and who have the skills and experience to open their home to an autistic child or youth. Every child deserves a safe, stable, and loving environment. Do you have room in your home to nurture a vulnerable child or youth who is temporarily unable to live with their biological family?

Make a difference in your community by visiting us today to learn more about becoming a foster parent! Call us now at 403-297-5957 or visit our website at fostercalgary.com.



You are never alone
in your
life-changing journey
as a foster parent



World Autism Awareness Day 2023

Volunteer Opportunities

Autism Calgary and AAFS
Calgary
need your help!

Team up Autism Calgary and Autism Asperger's Friendship Society to Autism awareness and acceptance. Come join us for 10th annual celebration of World Autism Awareness Day.

April 2nd 2023

Contact us with your name, phone number, and email!



Volunteering is from 11am-2pm. A few volunteers are needed to help for "set up" at 10am and/or "take-down" at 2pm-3pm.

Contact us : yycwaad@aafscalgary.com



INSIGHTS

by Yolande Daley,
Training Director



Save the Date

March Parent Lunch & Learn

Date: Thursday, March 2, 2023

Time: 12:00 – 1:00 pm

Location: Online

Topic: Supporting Mental Health in Autistic Adolescence



Session Details:

- What are physical and mental health changes that may occur in adolescence?
- How can we support families whose children are experiencing severe mental health and behavioural challenges?
- How does medication treatment support psycho-social interventions for severe mental health and behaviour problems?

Presenter: Dr. Hibbard is a graduate of the University of Alberta where she completed undergraduate training, medical doctorate and post graduate medical education in child and adolescent psychiatry. Dr. Hibbard works at an AHS clinic here in Calgary at the Arnika Centre for Developmental Disabilities Mental Health. She is a proud mom of an adolescence on the spectrum.

"Until you have a child with special needs, you have no idea of the depth of your strength, tenacity and resourcefulness."

Resources:

Additional supports and programs

- <https://autismcalgary.com/upcoming-support-recreation-groups/>
- <https://learning.childrenslink.ca/en/p/family-support.158>

Sibling Session Update:

Hello parents, back in September I had mentioned the possibility of a sibling session, however, I have shifted my focus this year to ensure that the parent's sessions are successful. I will revisit sibling sessions during the 2023/2024 school year.



The Children's Link Society invites you to join us for the...






ACCESS for ALL

Resource Hub and Live Kickoff Events

*Connecting & Equipping the Pan-Disability Community
in Northern, Central & Southern Alberta*



Join us online to meet with agencies and service providers in your community and investigate the options available for [all ages and abilities](#) in the following areas:

-  Preschool and Early Intervention Services and Supports
-  Transition to Adulthood Services and Supports
-  Community Inclusion and Recreation Resources and Options
-  Respite and Wellness Opportunities
-  Resources and Information

We invite you to join us for one, or all, of our upcoming events:

Calgary and Southern Alberta: Wednesday, February 1, 2023 ~ 7 - 9 pm

Central Alberta: Wednesday, February 22, 2023 ~ 7 - 9 pm

Edmonton and Northern Alberta: Wednesday, March 15, 2023 ~ 7 - 9 pm

Registration is free. Register at:

<https://bit.ly/3UF9Abi>





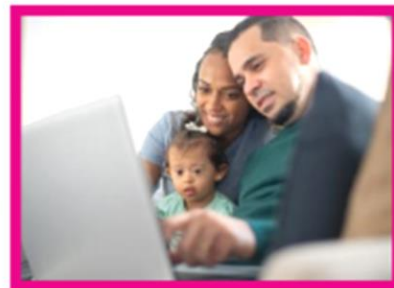
The Children's Link Society
 #211, 8855 Macleod Trail SW
 Calgary, AB | T2H 0M2
 (877) 835-1105
info@childrenslink.ca
<https://childrenslink.ca/>

Dear Families, Guardians, and Community Members:

The Children's Link Society is excited to invite you to our **2023 ACCESS for ALL Live Kickoff Events**, formerly known as our Community Resource Fairs!

Join us **online** to meet with agencies and service providers in your community and investigate the options available for **all ages and abilities** in the following areas:

- Preschool and Early Intervention Services and Supports
- Transition to Adulthood Services and Supports
- Community Inclusion and Recreation Options
- Respite and Wellness Opportunities
- Resources and Information



There will be many organizations and service providers at virtual booths manned with *real people*, who are prepared to give you information and answer your questions!

We invite you to join us for one, or several, live kickoff events:

Calgary and Southern Alberta Live Kickoff Event

Date: Wednesday, February 1, 2023

Time: 7 pm – 9pm

Central Alberta Live Kickoff Event

Date: Wednesday, February 22, 2023

Time: 7 pm – 9pm

Edmonton and Northern Alberta Live Kickoff Event

Date: Wednesday, March 15, 2023

Time: 7 pm – 9pm

Admission is free but you do need to pre-register so we can send you information about the online platform, what to expect, and the link to attend.

To register for ACCESS for ALL, please visit:

<https://bit.ly/3UF9Abj>

Please ensure to choose **"Family Registration"** as your ticket selection.

For more information, please contact us at:

accessforall@childrenslink.ca





THANK YOU TO OUR SPONSORS



GALA TICKET SALES CLOSE

FEB 28

BUY YOURS TODAY

The Gala is a fantastic night out to connect with other parents and have a great time!

AND the value of tickets and tables count towards your fundraising commitment!

Double value!

Check your email for the link to buy tickets

AUCTION ITEMS STILL NEEDED

The Silent Auction is key to helping raise much needed funds and we need more items for guests to bid on.

Some examples include

- Lego sets
- BBQ, patio heater
- Restaurant certificates
- Sports memorabilia
- Camping or sport equipment
- Wine and spirits
- Technology items, such as laptop, smart phone, mini drone, security camera
- Baskets from Silk Road, Springbank Cheese, Pampered Chef and more!

Thank You

We would like to express our gratitude to the following individuals and corporations:

DONATIONS ♥

THANK YOU to **Renert School** for donating new and gently used books for our library.

THANK YOU to the **Adkins family** for donating angel seatbelt clips in case of transportation emergencies.

♥ VOLUNTEERS

THANK YOU to **Terry Batke** for completing some furniture repair.

THANK YOU to **Pat Clendon** for lending us your carpentry skills to a couple different projects around the school.

THANK YOU to **Sami and Morgan** for volunteering additional hours post practicum.

THANK YOU to **Telisa Dubasov** from Bloom Wellness Collective for choreographing and leading the student performance for our annual gala. Rehearsals have begun and we are so excited!

♥ ♥ ♥
so grateful!

Board of Directors

Chair	Maxine Jones-Sine
Vice Chair	Servejit Massey
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Director	Allison Streit
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Director	Peter Taylor
Director	Rosa Twyman
Director	Dr. Julia Jacobs-LeVan
Chief Executive Officer	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.

Sometimes, the most healing thing we can do for another human being, is to listen to them, just ...

LISTEN.

Jaeda DeWalt

PICTUREQUOTES.COM

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Jaeda DeWalt

LISTEN

listen to them, just ...



Janus Academy Society

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