

# The *Glenwood Gazette*

Glenwood School

150 Lower Horning Road

February 2015

## ***PRINCIPAL'S MESSAGE***

As I have experienced my first month at Glenwood as Vice Principal, my focus has been on listening and building new relationships with students, parents and guardians, staff and community partners. In my conversations with staff, I have asked them to tell me 'what is amazing about Glenwood?' I want to share some of their responses.

<i>amazing team work</i>	<i>'for the kids'</i>	<i>wonderful kids</i>	<i>'about them, not us'</i>
<i>individualized programming</i>	<i>for individual kids</i>	<i>everyone has strengths</i>	<i>our staff want to be here</i>
<i>super friendly place</i>	<i>team work</i>	<i>unique programming</i>	<i>helpful team</i>
<i>we love our kids</i>	<i>problem solvers</i>	<i>a place to laugh</i>	<i>a positive space</i>
<i>where everyone can be heard</i>	<i>supportive</i>	<i>we are like family</i>	<i>staff want to be here</i>
<i>staff expertise</i>	<i>safe</i>	<i>welcoming to all</i>	<i>do anything for kids</i>

I also asked our staff about any 'tweaks, changes and dreams' and I was very impressed with their desire to continue to move Glenwood Special Day school forward as a place where ***'all students can reach their full potential'***.

Please take some time and review the Glenwood calendar. February is full of many activities and opportunities for you and your child to participate in.

You will be receiving a notice shortly from your child's teacher about their **Annual Review (IPRC)**. Each year, all students that have been identified within HWDSB, are required to have an Annual Review. Some parent(s) opt to 'dispense' this meeting and return the assigned paper work. If you want to meet and review your students' progress, please opt to attend this meeting. It is also

*Continued on page 2...*

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a very important meeting to discuss community connections and plans for after graduation. Report Cards will be sent home on February 12.

Please mark February 12 on your calendars. Between 6-8 pm, Glenwood will be having a **FAMILY FUN NIGHT!** We will be opening the school to family, friends and community members to enjoy an evening of games and activities together. The night will also include the introduction of our new Glenwood mascot and the opportunity to get a picture taken with a reptile! A live band will also be performing between 7-8 pm. If you have any questions or concerns about Family Night, please contact the school office or your child's teacher. This will be a great night and a kick off to the Family Day weekend.

As I have asked the staff, I also ask you to reflect on 'what makes Glenwood a great school for your child?' If you feel so inclined, please share that response with your child's teacher or contact me. I am also interested in hearing any of your thoughts on what we can do to make Glenwood an even more special place for your child. Together, we can continue to make Glenwood '*a special place to learn*' for all.

Have a wonderful February!

Sincerely,

Mr. Graves

Vice-Principal  
Glenwood Special Day School  
*'A special place to learn'*



# February 16th

# Family Fun Night at Glenwood

A Night to Remember and enjoy together!

**THURSDAY  
FEB. 12<sup>th</sup>  
6-8 PM**

*Glenwood's School Council invites:*

**All Glenwood community families;**

\*our students with their parents, siblings and caregivers!

\*our staff and their families!

\*our bus drivers and their families!

\*our neighbours and their families too!

~providing an opportunity for our families to meet and network~

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**LIVE BAND! GAMES & PRIZES! REFRESHMENTS!**

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**Please Join Us at the school  
for a Great Evening of Irish / Celtic Music  
games, prizes and FUN FOR ALL!**

*We may be able to help!*

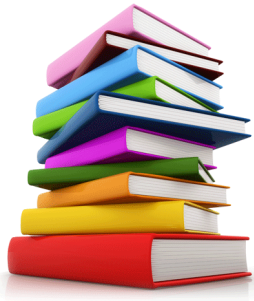
*If you are unable to attend because of transportation issues,  
please let us know and we will arrange for you to join us!*

# OUR DAY 4 ACTIVITIES HAVE BEEN AWESOME SO FAR THIS YEAR!!



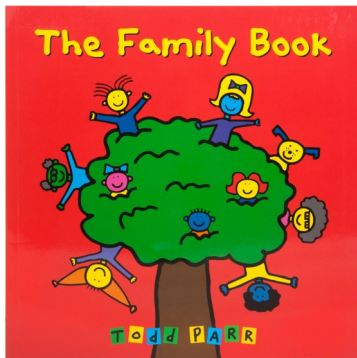


**THANK YOU TO OUR SCHOOL COUNCIL...  
YOUR FUNDRAISING SUPPORTS OUR  
WEEKLY FUN ACTIVITIES**



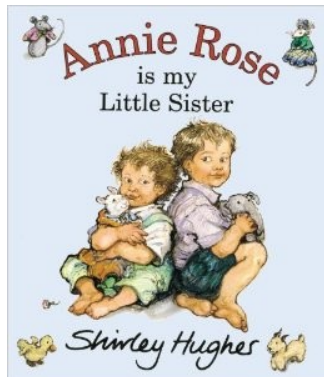
# Latest Library Lookups

February is for families! On February 16<sup>th</sup>, we celebrate Family day and on February 12<sup>th</sup>, join us from 6-8 pm for Glenwood's annual Family Fun Night. In the meantime, cuddle up and enjoy one of these great books about family:



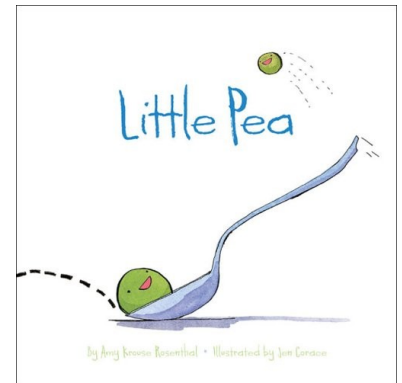
## The Family Book

By Todd Parr



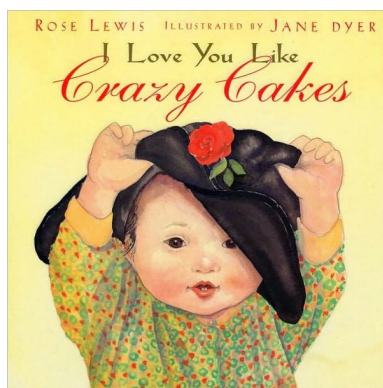
## Annie Rose is My Little Sister

By Shirley Huges



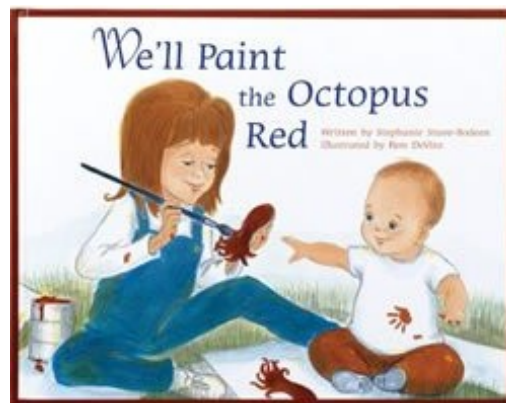
## Little Pea

By Amy Krouse Rosenthal



## I Love You Like Crazy Cakes

By Rose Lewis



## We'll Paint the Octopus Red

By Stephanie Stuve-Bodeen

# RAISING A



# CHILD

Source: [http://sensorysmarts.com/sensory\\_diet\\_activities.html](http://sensorysmarts.com/sensory_diet_activities.html)

A **sensory diet** is a personalized activity plan that provides sensory input to help the person stay focused. Sensory diet activities can be used by parents and schools to help the person to stay calm, relaxed and regulated. Sensory diets are very individualized, meaning what works for one person may not work for another. For example, a person whose nervous system is too wired needs calming input. A person whose nervous system is sluggish/too tired needs more arousing input. At Glenwood School, we work hard to accommodate individual student needs with various activities such as those discussed below.

The great news is that the effects of a sensory diet are usually immediate AND cumulative. Activities that perk up your child/student or calm him down are not only effective in the moment, they actually help to restructure the nervous system over time so that he/she is better able to:

- tolerate sensations and situations he finds challenging
- regulate his alertness and increase attention span
- limit sensory seeking and sensory avoiding behaviors
- handle transitions with less stress

WE HAVE SEVEN SENSES. TO WORK ON A STUDENTS' **SENSORY SMARTS**, TRY THESE ACTIVITIES:

1. **Visual** (sight) - soothing colours to relax; multi-colours to stimulate, light-up toys, etc.
2. **Auditory** (hearing) - examples of providing auditory input (listening/functional literacy): responding to calming music, listening to ocean waves, thunder, birds singing, rain falling, flutes, keyboards, classical music, white noise machine (many of these could be found on YouTube)
3. **Gustatory** (taste) - eat foods of different textures, tastes
4. **Olfactory** (smell) - olfactory input activities: smell a variety of aromas (e.g. vanilla and rose are usually calming; peppermint and citrus are alerting/arousing), essential oils, cinnamon, candles, soaps; eucalyptus essential oil or Vick's VapoRub to help open nasal passages (some of our students have chronic nasal concerns that this may help with)
5. **Tactile** (touch) - there is skin on the body and skin lining the inside of the mouth; some people have oral tactile issues (e.g. feeding difficulties, difficulties with teeth-brushing) - examples of activities: sand, shaving cream, beans, rice, play dough, sandpaper, electric toothbrush (to stimulate tactile input) with toddler training toothpaste that doesn't foam and has a flavoured taste (before student can work their way up to using adult toothpaste, perhaps start by swiping gums with a washcloth or using a rubber finger cot to stimulate gums for those that feel assaulted by teeth brushing)
6. **Vestibular** (balance) - "the sense of movement" (e.g. difficulty walking a straight line) - spinning, swinging and rolling (e.g. down a hill or in a foam mat barrel) are examples of activities that help stimulate vestibular receptors
7. **Proprioception** (muscles/joints) - "the sense of body awareness" (e.g. missing your mouth with the cup/spoon) - examples of activities for proprioceptive input: pushing, pulling, lifting (including one's own weight), activities that push joints together (like pushing something heavy), activities that pull joints apart (like hanging from monkey bars), pull a heavy cart, jump on trampoline, weighted backpack or vest, massage (e.g. rolling a ball on limbs to stimulate muscles), pressure vest, weighted lap pad (e.g. hockey sock filled with beans or rice)



**Wayne Joudrie**

**Interim Director of Education**

**TEL: 905-527-5092 EXT: 2297**

**FAX: 905-521-2539**

January 20, 2015

**Parent Voice Survey 2014/2015**

Dear Parent / Guardian / Caregiver,

We would like to invite you to participate in our annual Parent Voice Survey. We are interested in your feedback and how we can better support you and your children at Hamilton-Wentworth District School Board.

As Parents/Guardians/Caregivers, you play a vital role in HWDSB. Your engagement and involvement in your child's education allows us to know your children better. As a result, our schools become rich and positive places to teach, learn and grow because we are partners in your child's education.

We understand that your main contact with us is through your local school(s). Please complete this survey with your child(ren)'s school in mind. If you have children attending more than one HWDSB school, please select one school to focus on for this survey. At the end of the survey, you will have the opportunity to complete the survey again for a different school.

We are seeking your views about our progress in specific areas:

- Student Achievement
- School Climate
- Parent Communication
- Parent Engagement

The survey is available on our website at [www.hwdsb.on.ca/feedback](http://www.hwdsb.on.ca/feedback), or paper copies can be requested from your child's school.

The survey should take 10-15 minutes to complete. There are no right or wrong answers. The results from all parent surveys will be grouped together and only the combined findings will be shared. We are interested in hearing your opinions and suggestions. Please complete the survey by **Friday, February 20, 2015 at 4pm.**

Thank you for taking the time to help us with this survey, and to offer input into your child's educational experience.

Kind Regards,

A handwritten signature in black ink that reads "W Joudrie".

Wayne Joudrie

Interim Director of Education

**100 MAIN STREET WEST, HAMILTON, ON L8P 1H6 TEL.: 905.527.5092 FAX: 905.521.2544 [www.hwdsb.on.ca](http://www.hwdsb.on.ca)**

**Students Achieving Their Full Potential!**



# parent voice

## *We want to hear from you!*

As parents / guardians / caregivers, you play a vital role in HWDSB.

We are interested in your feedback and how we can better support you and your child(ren) in the areas of:

- Student Achievement
- School Climate (safe and caring schools)
- Parent Communication
- Parent Engagement

*Please share your thoughts with us by Friday, February 20, 2015 at 4 p.m.*

This survey is available in the following languages:

- Arabic
- Chinese (simple)
- English
- Punjabi
- Serbian
- Somali
- Spanish
- Urdu
- Vietnamese

*Please visit the following website for more information:*

**[www.hwdsb.on.ca/feedback](http://www.hwdsb.on.ca/feedback)**

# February

<b>2</b>	<b>3</b>	<b>4</b> McMaster Make Believe	<b>5</b> Day 4 - Pirate Fest	<b>6</b>
<b>9</b>	<b>10</b> ~Jesse Visit ~Mary Moore ~School Council 7pm	<b>11</b>	<b>12</b> ~ Day 4 Valentine Dance ~ Family Fun Night! 6-8pm	<b>13</b> <b>PD DAY</b> No School
<b>16</b> <b>FAMILY DAY</b> No School	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>23</b> Day 4 - Tony the Guitar Guy	<b>24</b> Jesse Visit	<b>25</b>	<b>26</b> McMaster Make Believe	<b>27</b>