



The GRIT Program



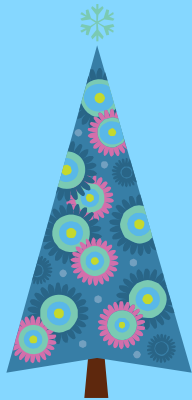
Inspiring Inclusive Futures

ALUMNI

December 2011 & January 2012

Special points of interest:

© ERC Presentation—
"Including Samuel",
video presentation &
discussion—Monday,
January 16



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\$30,000 For 30 Years

This year, we are celebrating 30 years of growth with children, families and our communities!

As the holiday season draws near we ask you to join us as we launch our new campaign.

Thanks to strong families with a vision, dedicated and caring staff, along with financial support from community partners and friends we can continue *inspiring inclusive futures!*

Give a gift to The GRIT Program in the name of a friend or family member, in celebration of a birthday, an anniversary, in memory, or other special holidays.

Help us reach our goal of \$30,000!



Make A Donation Today:

✓ on our website ✓ by phone ✓ by payroll deduction/matching
✓ by mail ✓ in person at our office.

We accept Visa, MasterCard, Cash & Cheques.

Web site donors will receive their tax receipt immediately by email.

*GRIT's Charitable Tax Number 131527723 RR001



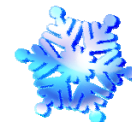
Seasons Greetings



GRIT UPDATES



Introducing....our NEW WEBSITE!



In honor of our 30th Anniversary Year and our new logo, we have a brand new look on our website! Check it out at www.gritprogram.com.

Special thanks to GRIT staff *Leslie Dancause* and web designer *Roman Sokolowski* for making GRIT'S new vision come true!



Also be sure to check us out on Facebook!



Volunteers Needed—Check your Calendar!!



Our list is growing, but more are needed to break our record of
120 volunteers ALL IN ONE WEEK!



CASINO
MARCH 13 & 14
(Tuesday & Wednesday)



OILERS 50/50
MARCH 16
(Friday)




Come meet new friends and have fun while supporting a great cause—GRIT!!

Contact Heather at 780.454.9910 or gritprog@gritprogram.com





Creative Corner—A Very Sensory Holiday



By Gina Blank & Vicki Traub, Resource Coordinators



As Canadians, we are snow experts! Turns out, when it comes to creative play ideas with snow, we can be snow experts, too! As the fluffy flakes fall, here are some fun ideas when it comes to playing on a snowy day:

Snow painting – Fill a spray bottle with watered-down tempera paint, and add colour to your snowman, snow fort, or create an artful masterpiece out of the front lawn!

Make a snowman that will turn heads — get creative with his arms, face, and clothes. Duplo block buttons! Straws for spiky hair instead of a hat! A Spiderman mask face! Spatula arms! ...What can your child think of?

Bring the snow inside—fill a small bin and explore the cold, fluffy properties of snow together.



Children love to help! Did it *just* snow? Let your child help you shovel the sidewalk. Keep it fun—each of you start at one end and meet for a high-five in the middle; pile the shoveled snow in one spot to make a snow mountain; or shovel patterns in the snow (a zigzag line, for example).



A sweet treat - Heat some maple syrup, and pour a little onto *fresh* snow to make home-made toffee candy!

Two songs about snow for a musical moment:

Snowflakes Falling

To the tune of London Bridge

Snowflakes falling from the sky
From the sky, from the sky
Snowflakes falling from the sky
To the earth below

Watch them as they dance and twirl
Dance and twirl, dance and twirl
Watch them as they dance and twirl
Soft white winter snow

ACTIONS

Repeat the sign for snow:



Twirl around on the spot

Sign for snow.

I'm a Little Snowman

To the tune of I'm a Little Teapot

I'm a little snowman
Short and fat
Here are my buttons
Here is my hat

When the sun comes out
I cannot stay
I just slowly melt away!

ACTIONS

Bring palms together for "short."
Pull hands apart for "fat"
Point to chest in 3 spots up or down for "buttons."
Pat head for "hat".

Hands over head in an arc for "sun".
Wiggle down to the floor to "melt"!

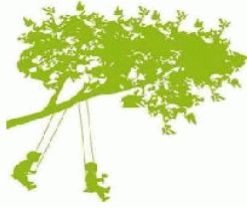
When the fun has been had outside, come inside, make some hot chocolate, and enjoy a good winter story under a warm blanket! We recommend:

Snowmen at Night by Carolyn Buehner, **That's Not My Penguin** (or Polar Bear) by Usborne Books, **It's Winter** by Jim Pickering, or **The Mitten** by Jan Brett.



Website of the Month—December 2011

By Gina Blank & Vicki Traub, Resource Coordinators



let the children play

inspiring early childhood education

<http://progressiveearlychildhoodeducation.blogspot.com/>

Background

- This blog was started by an Early Childhood Teacher with 20 years experience in daycares and preschools. Her goal is to share her experiences and connect with others who share her passion for:



Play based learning
Progressive education
Outdoor play
Nature play



Highlights

- Great posts that show ideas for play in a variety of settings. For each idea pictures are provided, information on the planning and preparation and feedback from those who tried it and their successes.
- Links to places to learn, share and connect with others who promote the importance of play in early childhood.
- Each week will feature an inspiring play idea.

Why we like it:

This blog is full of amazing ideas for play, and so it fits with GRIT's philosophy of Learning through Play. It provides an opportunity to learn how people in different countries are encouraging the value of learning through play in their own programs and challenges us to try something new.

Corinne Eckert Child & Adolescent Psychology Training in Core Social Skills

Successful Communication (Feb. – April / 2012)

The goal is to enhance the communications skills of students who have difficulty with social interaction.

Emphasis will be on the following:

- Conversations (initiating, listening, interrupting, staying on topic, conversational manners)
- Offering and asking for help; Asking questions
- Joining in; Including others
- Expressing emotions and needs in an effective way
- Understanding figurative speech (sarcasm, irony, similes, metaphors, etc.)

Positive Peer Interaction (April – June / 2012)

This program is for students who would like to gain greater self-control within themselves in relation to emotions and handling difficult situations.

Emphasis will be on the following:

- Dealing with feelings (anger, fear/anxiety, disappointment, failure, humour, embarrassment)
- Understanding the feelings of others
- Recognizing stress signs and causes; Self-monitoring stress levels; Stress prevention
- Positive thinking – the connection between our thoughts and our feelings
- Being assertive
- Accepting consequences
- Problem solving and conflict resolution (negotiating, compromising, cooperating, etc.)
- Dealing with teasing, peer pressure
- Self-control

Locations: St. Albert – Leo Nickerson School - Wed. evenings
Edmonton – Glenora Community Hall – Monday evenings

Please email Corinne Eckert at ceckert@telus.net or call (780) 454-4634 to discuss whether this group would be appropriate for your child and/or to receive a full program description and registration form.



RDSP INFORMATION



IMPORTANT INFORMATION on RDSP's, CANADIAN DISABILITY SAVINGS GRANTS AND BONDS

Registered Disability Savings Plans - http://www.hrsdc.gc.ca/eng/disability_issues

The RDSP is a long-term savings plan to help Canadians with disabilities and their families save for the future. The "beneficiary" of the RDSP is the person who will receive the money in the future. Anyone can contribute to an RDSP if they get the written permission of the RDSP holder (the person or organization that opens and manages the RDSP).

There is no annual contribution limit to the RDSP, but there is a lifetime contribution limit of \$200,000. The deadline for contributions each year to an RDSP is December 31 of that year.

To help you save, the Government pays a matching grant of up to \$3,500, depending on the amount contributed and your family income. The Government also pays a bond (see below) of up to \$1,000 a year into the RDSPs of low-income and modest-income Canadians. Grants and bonds are paid until the year the beneficiary turns 49.

Earnings accumulate tax-free, until money is taken out of the RDSP. To encourage savings, grants and bonds must remain in the RDSP for at least 10 years. There is no impact on federal benefits, such as the Canada Child Tax Benefit, the Goods and Services Tax Credit, Old Age Security, and Employment Insurance.

To open an RDSP and apply for the grant and bond or to get further information, contact your participating Financial Institution. Many banks offer information sessions on the RDSP to give families further information.

Canadian Disability Savings Grants- http://www.hrsdc.gc.ca/eng/disability_issues

The Canada Disability Savings Grant is a matching grant that the Government will deposit into your Registered Disability Savings Plan (RDSP) to help you save. The Government provides matching grants of up to 300%, depending on the amount contributed and the Beneficiary's Family Income. The maximum grant is \$3,500 each year, with a limit of \$70,000 over your lifetime. Grants are paid into the RDSP until the year you turn 49 years old.

The following are banking institutions that can give you further information:



- | | |
|-------------------------------|----------------|
| BMO Bank of Montreal. | 1-800-665-7700 |
| Bank of Nova Scotia. | 1-877-929-4499 |
| CIBC Securities Inc. | 1-800-465-3863 |
| The RBC Royal Bank. | 1-800-463-3863 |
| The TD Waterhouse Canada Inc. | 1-866-280-2022 |



***Information throughout the year is also available through PLAN Edmonton—you can contact them at: #103, 18304-105 Ave ,Edmonton T5S 1R5, Tel: (780) 488-2422



Parent Information and Learning Opportunities



ERC Edmonton Regional Coalition
for Inclusive Education

"Including Samuel"

- video presentation and discussion

Monday, January 16th, 2012

7:00 - 9:00

At the Edmonton Down Syndrome Society office
9139 - 39 Avenue, Edmonton

"We are a collective and unified voice within the Edmonton region for inclusive education. Through education and advocacy, we promote access for students with special needs to receive the support they need to learn, academically and socially, as valued members of regular classrooms in their neighborhood schools or schools of choice."

PARENT WORKSHOP SERIES

Extraordinary Parenting

Strategies for Parenting the Child who Learns Differently

These Saturday morning sessions are facilitated by **Mardi Bernard R.N.**, who has spent many years helping families and children who are struggling in school with their learning, emotions, social skills and routines. Join us for this popular 4 part parent workshop and gain the confidence and skills to help your child live up to their full potential.

Winter 2012 Workshop Information

Jan 21, Jan 28, Feb 4 & Feb 11
9:30 am - 12:30 pm
LD Edmonton Office
10310 - 56 Street

Members: \$80.00 Non-members: \$125.00

Individual Refresher Sessions

Individual session registration is available for past Extraordinary Parenting workshop participants only.

Members: \$25/session Non-members: \$40/session

Registration & Info: Contact Dina at 780-466-1011 or email at programs@LDEdmonton.ca



CHILDREN'S
Autism Services
OF EDMONTON



5TH ANNUAL CONFERENCE
JANUARY 19-21, 2012

You won't want to miss...

For more information
For the conference

Please go to:

www.childrensautism.ca

Or call 780-495-9235

Parent Information and Learning Opportunities—Cont'd



Join us! These workshops will provide opportunities for brothers and sisters of children with special health, mental health and developmental needs to obtain peer support and education within a recreational context.

6-8 year olds #432479	Saturday, January 21 Muttart Conservatory 9626 - 96 A St	1:00pm - 4:00pm \$26.75
9-12 year olds #432478	Saturday, March 3 Terwillegar Recreation Ctr 2051 Leger Road	11:00am - 3:00pm \$32.10
13-15 year olds #432477	Saturday, March 17 City Arts Centre 10943-84 Ave	10:00am - 2:00pm \$32.10

To Register call 311 or www.edmonton.ca/ereg



Looking for one-on-one speech therapy? MY SPEECH STEPS is individual speech-language therapy available for all ages.

Communication is often described as the key to success. Our SLP provides expertise with the particular challenges of Down syndrome including speaking more clearly, using longer phrases and sentences, and conversational skills. These 50 minute sessions are one-on-one with the Speech-Language Pathologist. After an initial session, parents and the SLP will determine together what the focus of future sessions will be. Common areas for improvement include: early communication, first words, articulation/speech sounds, vocabulary development, grammar, understanding or expression of concepts, following directions, stuttering, pragmatics/social skill development, or any other area related to communication. Parents or caregivers attend sessions so that they feel confident completing fun 'homework' suggestions that maximize progress between sessions.

Cost: EDSS Members: \$80. (Non-members: \$125.)

Sessions are booked on a first come, first served basis by calling Linda at the office.



For more information call 780-944.4224

The GRIT Program

14930 - 114 Avenue
Edmonton, AB
T5M 4G4

Phone: 780-454-9910

Fax: 780-455-1806

E-mail: gritprog@gritprogram.com

Website: www.gritprogram.com



inspiring inclusive futures

The GRIT Program's Mission Statement

To provide a family centered, early education program which will assist the child with special needs to be fully included in family life and community.

To provide the information and support necessary for the successful transition to and full inclusion in a community school.

To promote public education and public awareness in support of inclusion and inclusive communities.

Do you know how far your donations dollars to GRIT can go?

For example.....If you donate \$500 to GRIT, you receive a \$200 tax credit. That means your \$500 donation only costs you \$300! And GRIT can take that \$500 donation and have it matched by the Alberta Government (Culture & Community Spirit) to make \$1000!..... **In other words we turn \$300 into \$1000!!**

Please keep GRIT in mind for your 2011 tax donations by:

- ◆ designating GRIT as your charity of choice through United Way payroll deduction
- ◆ donating online at CanadaHelps.org* For more information, see our website at www.gritprogram.com
- ◆ monthly donating on your Visa or MasterCard
- ◆ GRIT Staff payroll deductions



For more information please call either Sue, ext. 202 or Heather, ext. 200.

All donations to GRIT support the children's growth and learning, and enhancement of GRIT's service to families. Your support is greatly appreciated!



GRIT would like to thank everyone for their kind donations.

