

Family and Children's NEWSLETTER



*"Every leaf speaks bliss to me,
fluttering from the autumn tree."*

-Emily Bronte

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RESOURCES WORTH CHECKING OUT

Jordan's Principle: Jordan's Principle provides access to services for First Nations children and ensures that the government of first contact pays for the services without delay. This child-first-based principle makes sure all First Nations children living in Canada have equitable access to all government-funded public services when they need them. This includes funding for a wide range of health, social, and educational needs. Visit www.jordansprinciplehubbc.ca for more information.

POPARD: POPARD provides services to students with a current diagnosis of ASD that meets Ministry of Education criteria for Category G. The POPARD team collaborates with educators who request support for students with ASD. Our collaborative approach promotes meaningful consultation with parents and community teams. We promote a wide range of evidence-based approaches to facilitate inclusive educational programs in the least restrictive environment. Visit www.autismoutreach.ca for more information.

"Gratitude
is the inward feeling
of kindness received.
Thankfulness
is the natural impulse
to express that feeling.
Thanksgiving
is the following
of that impulse."

—HENRY VAN DYKE



AUTUMN OR FALL

DEPENDING ON WHERE YOU ARE IN THE WORLD,
THIS SEASON CAN HAVE A DIFFERENT NAME

Autumn is a time of change. It is a time of the harvest and plenty. Sandwiched between blazing summer and chilly winter, autumn is the "cooling off" season. Nighttime arrives earlier, temperatures begin to drop and most vegetative growth decreases. The taste of pumpkin spice in everything and the sound of crunching leaves underfoot.

The lack of sunlight and temperature drop experienced in autumn are the reasons behind the warm, visually pleasing palate of reds, oranges and browns that the north is known for. It is actually a survival technique that the trees had developed to prepare themselves for winter.

Here in the Northern Hemisphere, autumn starts with the autumnal equinox, which begins between September 21-24, and it ends with the

winter solstice, which is between December 20-23 every year. In fact prior to the 14th century, the season was just known as harvest or more accurately, "hærfest" in Old English. The season was referred to as harvest because people associated these months with the gathering of crops by farmers in preparation for winter storage, which typically occurred between August and November.

Depending on where you are in the world, this season can have a different name. It wasn't until the 17th century that the term "fall" came into use and here in the North America, it's much more common to call it fall. However, you can use fall and autumn interchangeably.

What name do you give this third season of the year?

THANKSGIVING

On Thanksgiving, Canadians give thanks for a successful year and harvest. Canadian Thanksgiving is celebrated on the second Monday in October and is an official statutory holiday, except in New Brunswick, Nova Scotia, and Prince Edward Island.

Long before Canada celebrated thanksgiving, the native people of America held festivals and ceremonies to celebrate the completion and bounty of harvest. Early European thanksgivings took place in order to give thanks for some special fortune. One example of this is the ceremony that Martin Frobisher held in 1578. He held this ceremony after he survived an extensive journey. But, it wasn't until 1879 that Thanksgiving became a nationally recognized holiday in Canada.

Beginning in 1921, Thanksgiving and Armistice Day (introduced in 1919) were celebrated on the same day, the first Monday in the week of 11 November. In order to give more recognition to veterans, 11 November was set solely as Remembrance Day in 1931. Thanksgiving was again proclaimed annually and typically observed on the second Monday in October. It was not until 31 January 1957 that Parliament proclaimed the observance of the second Monday in October Thanksgiving and proclaimed an annual event.

Today, it is celebrated by gathering with loved ones and preparing the Thanksgiving Day meal, which usually includes turkey, mashed potatoes, stuffing, cranberry sauce, and many other dishes. There are often regional variations on the meal. The main differences among the other provinces tend to concern the dishes that are served with the meal. For example, Jiggs' dinner is often preferred over turkey in Newfoundland. Pumpkin pie is a common dessert nationally, but there are also regional favorites, such as Nanaimo bars in British Columbia and butter tarts in Ontario. Canadian Thanksgiving are no longer restricted to harvest activities, and have become a day for gathering family to give thanks for their general well-being. In that sense, one might observe that the tradition has come full circle.

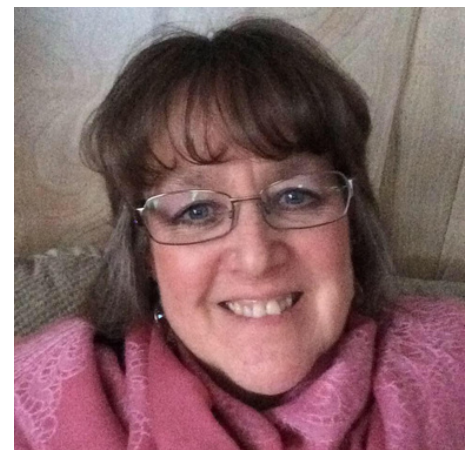


i am thankful for....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

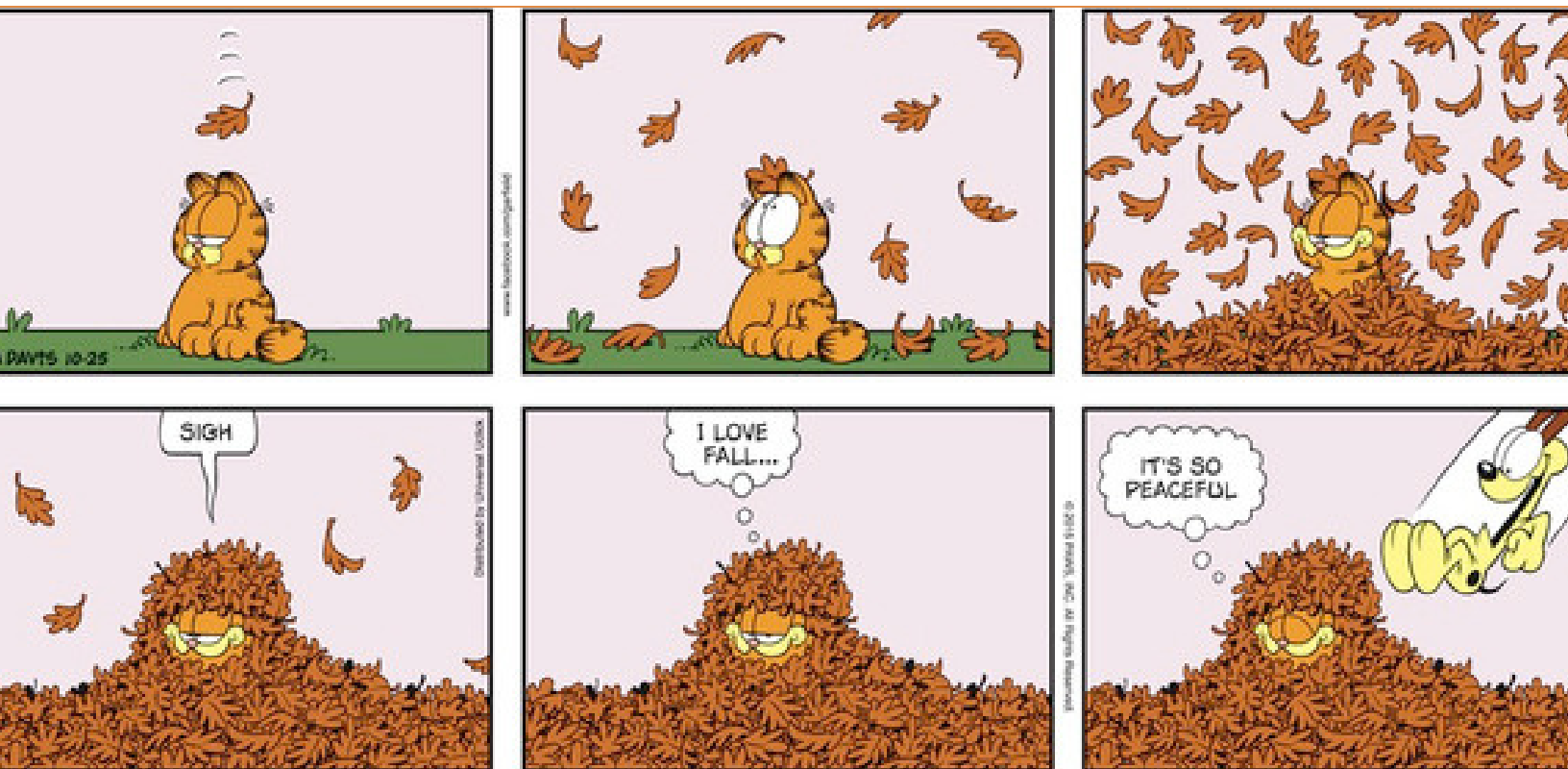
"My ultimate goal in life is to become my best self. My immediate goal is to get on the path that leads me there." – David Viscott

Hi, my name is Susan Wilson I am the manager of Children's Lifeskills and Family Support. I feel my biggest achievement in life has been getting to know who I am, knowing me as me, my authentic self. I have many loves in life from family and friends to getting dusty and dirty while camping or dancing with the radio. I like simplicity.



"Working with children makes you look at everything differently and forces you to open your mind in so many good ways, I'm grateful I get to experience it."

My name is Megan Clark, I have worked in Children's Life Skills for almost 2 years. I have worked with a diversity of children and adults for many years. I take a lot of pride in what I do, helping people has always been a passion of mine, I take every opportunity I can. I love meeting new people and learning about their interest, passions, opinions and point of views.



UPCOMING CITY EVENTS

- Oct 1st:** Hunniford Gardens Harvest Days
- Oct 2nd:** Game Quest – Yu-Gi-Oh
- Oct 9th:** Old Fashioned Thanksgiving – Huble Homestead
- Oct 14th – 15th:** Live Pro Wrestling: House of Ancestors
- Oct 15th:** The Chris Goodwin Band Live at Nelly's Pub
- Oct 16th:** Kenny and Spenny BC Tour
- Oct 22nd:** In Case of Emergency... Laugh ft. Greg Morton
- Oct 25th – 27th:** 2022 LEAP Conference for Women
- Oct 31st:** Halloween Haunted Lodge – Hart Ski Hill

UPCOMING FAMILY AND CHILDREN'S GROUPS

Community Safety

October 26th: 6:30pm – 7:30pm
with Marisa and Ellen @ AiMHi
RSVP marisa.shamroukh@aimhi.ca

DnD Group

Every Saturday: 3:00pm – 5:00pm
with Fiona @ AiMHi
RSVP fiona.raine@aimhi.ca

LEARNING DISABILITIES

OCTOBER IS LEARNING DISABILITIES AWARENESS MONTH

October is Learning Disabilities Awareness Month in Canada. What does that mean? It means that during the month of October, the national network of learning disabilities is recognized in order to reduce the stigma surrounding learning disabilities in children and adults. It is a month to learn more about the challenges that individuals with learning disabilities face.

According to the 2006 Participation and Activity Limitation Survey from Statistics Canada, more children in this country have a learning disability than all other types of disabilities combined. Learning disabilities are identified along a continuum from mild to severe. How an individual's learning disabilities are classified relates to how significantly they interfere with current learning and with the individual's ability to function in society. For the most part, people think of learning disabilities in relation to academic problems. However, poor organizational skills, poor ability to 'read' social situations and to take another's perspective have significant impact on social interactions within schools, the family, significant relationships, and recreational activities.

Learning disabilities are diagnosed when a child's academic performance in a particular subject is significantly below expected for their grade level. Common examples are difficulties with reading, writing, math, listening, or speaking. Having a learning disability is not connected to intelligence. A child with an extremely high IQ can have the same learning disability as a child with a lower IQ.

Many parents rely on the school system for the educational assessments that will diagnose and identify a learning disability. Unfortunately the school systems are overburdened and the waiting list can literally take years. One alternative is to contact a Learning Disability Association to seek support and assistance. Another alternative is to have your child privately assessed by a psychologist which can be quite costly. One way to ease the financial burden of these and other costs associated with having a learning disability is to apply for the Disability Tax Credit. If the person with the learning disability is granted the disability credit, the result can be significant additional tax refunds.

A learning disability is not a barrier to success, just a different path is needed to arrive at the same outcome. More often than not, people with learning disabilities and their families have to make those around them aware in order to get the supports they need to succeed.

Raising awareness among educators, parents, and the general public can help us create a world where children with learning disabilities like dyslexia and attention issues like ADHD are accepted, understood, and able to thrive.

Please note that learning disabilities are **NOT** the same as intellectual disability, autism, deafness, blindness, behavioral disorders or laziness. Some learning disabilities of note can be but are not limited to:

- Dyslexia
- Dyscalculia
- Dysgraphia
- Dyspraxia
- Auditory Processing Disorder
- Visual Processing Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Long/Short Term Memory
- Non-Verbal

The Stats:

- 1 In 10 people have a learning disability
- 35% of students with learning disabilities drop out of school
- 62% of students with learning disabilities will be unemployed a year after graduation
- 36% of youth in correctional facilities have specific learning disabilities
- According to Statistics Canada, more children in this country have a learning disability than all other types of disabilities combined.
- According to Statistics Canada, more than half a million adults in this country live with a learning disability, making it more challenging for them to learn in universities and colleges, and on the job.

BLUE BUCKET

We're all pretty used to the normal Halloween night practices when it comes to trick or treat. Kids ring the doorbell, say "trick or treat" and swiftly receive some form of sugar-filled compensation. But, it's important to note that some children with autism may be nonverbal and it may not look the same for everyone. The lack of routine and hidden faces may be among the stressors that make Halloween less fun for loved ones on the autism spectrum.

A blue Halloween bucket has become an unofficial signifier for kids with autism and autism awareness. While trick-or-treating has been happening for close to 100 years, using blue buckets has only just begun to gain footing. Although the blue Halloween buckets have caught traction on social media, they are not the official symbol of trick-or-treaters with autism. The autism advocacy group does suggest wearing a badge or carrying a bag with a sign that indicates the individual may be on the spectrum..

So while you're passing out candy to all the boys and girls during trick-or-treating this year, keep an eye out for kids with a blue Halloween candy bucket. It's also important not to confuse the blue Halloween buckets with the Teal Pumpkin Project, focused on highlighting homes that are safe from food allergies.



Dark Chocolate Coconut Chia Pudding

- 3 tbsp Chia Seeds
- 1.5 tbsp 100% Cocoa (unsweetned)
- 2.5 tbsp Pure Maple Syrup
- 1 tbsp Coconut Oil
- 1 cup Almond Milk

- Mix the dry ingredients
- Add almond milk and stir
- Add coconut oil and maple syrup
- Stir and let it all incorporate (wait for 10 minutes)
- Stir again, cover and refrigerate (at least 3 hours to overnight)
- Serve with maple syrup to taste
- Top with nuts and coconut flakes