

# Treasures Family Newsletter

October 2022



## Six Week Parenting Program for Parents of Children with Special Needs currently attending Renfrew Educational Services



### FALL 2022

This six session program is co-facilitated by **Kim Ralstin**, Program Manager and **Sarah Livingstone**, Family Support Worker.

#### Six Week Parenting Program

This program is offered free of charge to Renfrew families.

All sessions will be virtual.

#### Tuesdays

9:30-10:45am

Oct. 18 - Nov. 22, 2022

Maximum of 12 participants. A minimum of 5 participants is needed to run the session.

*NOTE: 2 parents/guardians attending the virtual session from the same device are considered 1 participant.*

#### To Register:

Call 403.291.5038 ext 1800 by **Friday, Oct. 14, 2022** to register or if you have any questions.

#### UNABLE TO ATTEND?

If you are unable to attend, please watch for information in the fall.

#### October 18 Your Journey

Every family's journey is unique. In this session we will explore different options and resources available to parents of children with special needs, and look at what information and resources are best for you. Remember, one size does not fit all! We will look at how to decide if something is working for you or not.

#### October 25 Positive Parenting: Part 1

*This is the first of two sessions about Positive Parenting.*

**Part 1** will focus on identifying what your biggest parenting challenges are and what you are currently doing to respond to those challenges. A facilitated activity will help explore whether those current responses are working or not. If not, we will discover what we can do to get the changes we want.

#### November 1 Positive Parenting: Part 2

*This is the second of two sessions about Positive Parenting.*

In **Part 2** we explore possible solutions to parenting challenges, review what positive parenting means and learn how small changes can make a big difference!

#### November 8 Coping & Supports

This session will focus on strategies to help cope with the stress that can be a part of raising a child with special needs. Topics will include managing stress and effective ways to cope with day-to-day pressures and worries. We will talk about anxiety and how it can impact both you and your child.

We will also explore potential challenges associated with siblings, extended family and the process of diagnosis. Options for supports and resources will be discussed.

#### November 15 Advocacy

In this session we will focus on how to effectively advocate for your child. We will explore the basics of advocacy including effective communication, how to be involved in your child's care, when to ask for help and how to problem solve and manage conflict.

#### November 22 Celebrations & Preparing for Change

The final session will take a look back at where we started and then look ahead to what is next. Information and resources will be presented to help parents learn how to support their child as they change and grow.

We will also discuss how to support your child as he or she prepares for a change in programs, schools and other interventions and supports.

## Important Dates

- Oct 7** Non-Instructional Day *No Classes, No SSP*
- Oct 10** Thanksgiving Day *Schools Closed*
- Oct 14** EEP/Jr. High *Friday OFF*
- Oct 19** School Photos CDC
- Oct 21** EEP/Jr. High *Friday ATTENDANCE*
- Oct 27** Renfrew Family Night
- Oct 28** EEP/Jr. High *Friday OFF*
- Oct 31** Halloween

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# Executive Message

## News from the Executive Team

### Our School Year is Off to a Great Start!

We appreciate your patience and understanding as our schools settle into our new routines.

We have experienced many busing changes over the last month, but we feel overall our bus service has settled into a regular routine. We are very fortunate to have an outstanding transportation system with a fleet of 48 buses and the most amazing bus drivers! Please keep us informed if there are any changes that will affect your child's bus ride.



**Janice McTighe**  
Executive Director



**Kim LaCourse**  
Associate Executive Director



**Nicki Wilson**  
Associate Executive Director



**Terry Kirkham**  
Chief Financial Officer

### Annual Helping Kids Soar Charity Gala March 9<sup>th</sup>, 2023 – It's a Go!



We are so excited to be able to hold our Annual Charity Gala once again. This will be our 23<sup>rd</sup> gala event – from small beginnings raising \$15,000.00 dollars year one to \$489,658.00 prior to the pandemic. We are presently working on our sponsorship material and will be asking our families for support in purchasing auction items and sponsorships.

Did you know that Renfrew is a not-for-profit organization, and we rely on fundraising for many of our special

projects. We do not receive any government funding for any capital expenses so all of our specialty rooms such as our Mind and Movement Rooms, Greenhouses, Multi-Sensory Rooms along with Specialized Equipment, Assistive Technology, and we cannot forget our Buses, and school buildings are all paid for by individuals like you. We are grateful for the support we receive which allows us to provide exceptional spaces and materials for your children.

We will launch a Capital Campaign this fall as we begin to raise funds for our new Bears paw school. This is a very exciting project as we build a school that will offer children (preschool to grade 12) with special needs an exceptional program in a purposeful designed school. Funds raised from our Gala will be designated to our Capital Campaign.

### Parent Advisory Council (PAC)

Please watch for information about Parent Advisory Council virtual meetings at your child's school location. The PAC is one way that parents can participate in their child's school. It is also a fun way to connect with other Renfrew parents. Please consider joining this committee. The manager at your location will be happy to discuss the details with you.

### Family Night

The Family Night that is scheduled for October 27<sup>th</sup> – we are very excited to host a family fun event. Information will be sent to you within the next few weeks from your child's teacher.

## Did You Know...

Renfrew offers many different types of services to children and families within Renfrew as well as within the community.

- ▶ We offer our **Preschool Programs** at our four school sites. In our preschool we serve close to 450 children. We also offer 142 spaces to children in our **Elementary Education and Jr. High Program**. The Elementary/Jr. High programs operate out of the Janice McTighe and Thomas W. Buchanan Centres.
- ▶ Our specialized programs/services include **Children with Motor Disabilities, Autism Spectrum Disorders, Fetal Alcohol Spectrum Disorder Early Intervention, Wellness Empowerment Program, and Stoney Nakoda and Tsuut'ina Nations**.
- ▶ Our **Community Services** department continues to provide services to students attending various community and Independent Schools.
- ▶ Our **Assessment and Therapy Services** department offers work in the community completing assessments and intervention. This year we are providing services to local preschools and daycares.

## Open-door Policy

At Renfrew, we have an open-door policy. We know many families liked the option of using virtual platforms to connect so either way – virtual or in-person we are always available. Please call, email, or arrange a zoom meeting with your child's teacher, or contact the Manager with any questions you have.

Renfrew is proud and honoured to have talented and knowledgeable teams working with children and families. From the first step on the school bus then inside our schools and throughout the community at large, our staff is devoted, caring, and dedicated to doing what is best for your children. We are proud of our 49 years of experience educating young children. We continue to provide exemplary programs and services to children and their families and look forward to another successful year of fun and learning!

## Thank You

Our doors are always open! We are available to connect with parents at any time. Please feel free to contact us...

### Janice McTighe

Executive Director

T 403.219.5388 F 403.291.2499  
janicemctighe@renfreweducation.org

### Kim LaCourse

Associate Executive Director

T 403.219.5386 F 403.291.2499  
kimlcourse@renfreweducation.org

### Nicki Wilson

Associate Executive Director

T 403.291.5038 ext. 1643  
nickiwilson@renfreweducation.org

### Terry Kirkham

Chief Financial Officer

T 403.291.5038 ext. 1399  
terrykirkham@renfreweducation.org

Warmest Regards,

*Janice, Kim,  
Nicki & Terry*



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@RESCalgary



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# Family Support

## What is Family Support?

Renfrew's Family Support Program is dedicated to the well-being of the families and children we serve. Our program offers a variety of family-centred services to facilitate connections and to support families in the home, neighbourhood and community. Every Renfrew school location has a Family Support Worker.



### Mark Your Calendars! Holiday Helping Project 2022

We are pleased to announce that the Holiday Helping Project will begin November 1! The Holiday Helping Project is an annual program that provides assistance to Renfrew families during the winter holiday season.

From November 1 to November 25, we invite you to send a donation to school with your child. Renfrew will provide you with a tax-deductible receipt for any donation of \$20 and over, if requested. A form will come home in your child's backpack with more details. All donations collected will be used to buy gift cards for Renfrew families who may not be able to buy special food or gifts at this festive time of year.

### Family Support Practicum Student



Family Support has a Practicum Student! **Kelly MacDonald** is joining us until Winter Break. Many of you will recognize Kelly's name as she has years of experience at Renfrew as a teacher and Home Visit Coordinator. Kelly may be reaching out to families on behalf of Family Support. Please join us in welcoming Kelly!

### Save the Date!

Renfrew will be hosting an information session on the **Registered Disability Savings Plan (RDSP)** on November 16 in the evening. Stay tuned to your email for more details coming soon!

## The Family Support Team

The Family Support team is available if you have questions, need resources, are looking for ways to increase your social connections or if you would just like to talk.

### Renfrew Schools



**Cory Francis**  
Family Support Worker  
**Team Lead**

*Janice McTighe Centre*  
403.291.5038 ext. 1351  
[cfancis@renfreweducation.org](mailto:cfancis@renfreweducation.org)



**Sarah Livingstone**  
Family Support Worker

*Bowness Centre*  
403.291.5038 ext. 1811  
[slivingstone@renfreweducation.org](mailto:slivingstone@renfreweducation.org)



**Karen Beekhuizen**  
Funding Support Manager

*Child Development Centre*  
403.291.5038 ext. 1243  
[kbeekhuizen@renfreweducation.org](mailto:kbeekhuizen@renfreweducation.org)



**Jill Randall**  
Family Support Worker  
**Intake**

*Child Development Centre*  
403.291.5038 ext. 1244  
[jrandall@renfreweducation.org](mailto:jrandall@renfreweducation.org)



**Jaye Harry**  
Family Support Worker

*Thomas W. Buchanan Centre*  
403.291.5038 ext. 1606  
[jharry@renfreweducation.org](mailto:jharry@renfreweducation.org)

### First Nations



**Jill Randall**  
Family Support Worker

*Bighorn Health Centre*  
403.721.2262  
[jrandall@renfreweducation.org](mailto:jrandall@renfreweducation.org)



**Jaye Harry**  
Family Support Worker

*Stoney Health (Mini Thni/Morley)*  
403.701.4181  
[jharry@renfreweducation.org](mailto:jharry@renfreweducation.org)



# COFFEE & CHAT

Family Support offers a variety of Coffee & Chat Groups during the school year. This is a great opportunity to connect with other Renfrew parents and guardians!

Please reach out to the Family Support Worker at your Renfrew location if you require help with transportation.

## KidzGo

688 Heritage Dr SE, Unit #100 [www.kidzgo.ca/](http://www.kidzgo.ca/)

**Tuesday, October 18, 2022**

Afternoon Group - Start time: 1:30pm

Evening Group - Start time: 5:00pm



### KidzGO

Join us at KidzGo for an afternoon or evening of indoor play! KidzGo offers a variety of fun activities ranging from a race track, giant slides, large building blocks, and more. Siblings are welcome. You can

stay as long as you wish; closing time is 7:00pm. Renfrew will pay your admission!

- Adults must come with a child, and children must come with an adult. No outside food is allowed, and socks or slippers must be worn inside.

**Please register by October 11, 2022**

by emailing Sarah Livingstone at [sarahlivingstone@renfreweducation.org](mailto:sarahlivingstone@renfreweducation.org)

When you register, please include the following:

- ▶ Which group are you registering for? Afternoon or evening?
- ▶ Your name and the name of your Renfrew child
- ▶ The Renfrew location that your child attends
- ▶ How many people are attending this event
- ▶ The ages of all people attending the event
- ▶ If you are bringing a support aide

## Treehouse Indoor Playground

Calgary North Location, 3337 34 Avenue NE <http://treehouseplay.com/calgarynorth/index.html>

**November 15, 2022**

Morning Group: 9:00am Afternoon Group: 1:00pm



Join us at Treehouse for a morning or afternoon of indoor play! Treehouse has an open-concept space which includes play structures, games and prizes, rock climbing and a game floor. Siblings are welcome. Renfrew will pay your admission!

- Adults must come with a child, and children must come with an adult. No outside food is allowed, and socks or slippers must be worn inside.
- Please note that Treehouse requires participants to sign an online waiver form. You can view this waiver on the website at <http://treehouseplay.com/waiverform/index.html>.

**Please register by November 8, 2022**

by emailing Sarah Livingstone at [sarahlivingstone@renfreweducation.org](mailto:sarahlivingstone@renfreweducation.org)

When you register, please include the following:

- ▶ Which group are you registering for? Morning or afternoon?
- ▶ Your name and the name of your Renfrew child
- ▶ The Renfrew location that your child attends
- ▶ How many people are attending this event
- ▶ The ages of all people attending the event
- ▶ If you are bringing a support aide

## Pumpkin Carving

Janice McTighe Centre (JMC), 2050 - 21 Street NE

**October 25, 2022**

1:30 - 3:00pm



Join us as we carve a pumpkin and learn about seasonal traditions, recipes and celebrations! Each participant will receive a pumpkin and the tools needed for safe carving. This is a fun way to connect with other Renfrew parents and guardians!

- Please note that this is an adult-only event.
- **If you require child care, please request this when you register. In your registration email, include the number of children who need child care and their ages.**

**Please register by October 14, 2022**

by emailing Sarah Livingstone at [sarahlivingstone@renfreweducation.org](mailto:sarahlivingstone@renfreweducation.org)

When you register, please include the following:

- ▶ Your name and the name of your Renfrew child
- ▶ The Renfrew location that your child attends
- ▶ How many people are attending this event

## School Information Sessions

Are you wondering where your child with special needs will go when he or she leaves a Renfrew preschool or Kindergarten program? Do you have questions about the process of transitioning to a new school? You are not alone! Join us for our School Information Sessions.

These sessions typically run for approximately 1 hour to 1.5 hours.

**October 19, 2022 1:30 – 3:00pm**

ZOOM

**Register by October 12, 2022**  
by emailing Sarah Livingstone at [sarahlivingstone@renfreweducation.org](mailto:sarahlivingstone@renfreweducation.org)

- ▶ Please include your name, your child's name, and Renfrew location in your email.

**October 26, 2022 9:30 – 11:00am**

Thomas W Buchanan Centre (75 Sunpark Dr. SE)

**Register by October 19, 2022**  
by emailing Sarah Livingstone at [sarahlivingstone@renfreweducation.org](mailto:sarahlivingstone@renfreweducation.org)

- ▶ Please include your name, your child's name, and Renfrew location in your email.
- ▶ Child care is available if you request it when you register. In your email, please include the number of children who need child care and their ages.
- ▶ Please ask your Family Support Worker if you need help with transportation.

**November 21, 2022 6:30 – 8:00pm**

ZOOM

**Register by November 14, 2022**  
by emailing Sarah Livingstone at [sarahlivingstone@renfreweducation.org](mailto:sarahlivingstone@renfreweducation.org)

- ▶ Please include your name, your child's name, and Renfrew location in your email.

If you have a child **transitioning out of Renfrew's Elementary Education Program**, you are invited to register for this School Information Session.

**November 9, 2022 9:30 – 11:00am**

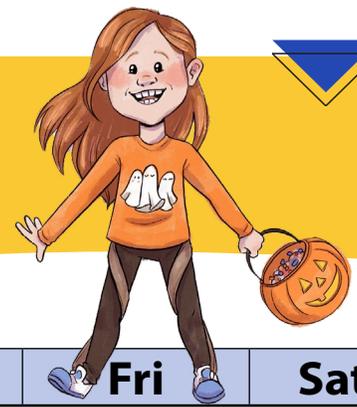
Janice McTighe Centre (JMC) 2050 21 Street NE

**Register by November 2, 2022**  
by emailing Sarah Livingstone at [sarahlivingstone@renfreweducation.org](mailto:sarahlivingstone@renfreweducation.org)

- ▶ Please include your name, your child's name, and Renfrew location in your email.
- ▶ Child care is available if you request it when you register. In your registration email, include the number of children who need child care & their ages.
- ▶ Please ask your Family Support Worker if you need help with transportation.

# Important Dates

## October 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat						
						1						
2	3	4	5	6	7 Non-Instructional Day No Classes, No SSP	8						
9	10 Thanksgiving Day Schools Closed	11	12	13	14 EEP/Jr. High Friday OFF	15						
16	17	18	19 School Photos CDC	20	21 EEP/Jr. High Friday ATTENDANCE	22						
23	24	25	26	27 Renfrew Family Night	28 EEP/Jr. High Friday OFF	29						
30	31 Halloween		<div data-bbox="649 1312 1502 1512" style="border: 1px solid black; padding: 5px;"> <p><b>Coming up:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;"><b>Nov 04</b> EEP/Jr. High Friday ATTENDANCE</td> <td style="width: 33%;"><b>Nov 24</b> Parent/Teacher Conferences EVENING</td> </tr> <tr> <td><b>Nov 11</b> Remembrance Day Schools Closed</td> <td><b>Nov 25</b> Non-Instructional Day No Classes, No SSP</td> </tr> <tr> <td><b>Nov 18</b> EEP/Jr. High Friday OFF</td> <td>Parent/Teacher Conferences DAY</td> </tr> </table> </div>				<b>Nov 04</b> EEP/Jr. High Friday ATTENDANCE	<b>Nov 24</b> Parent/Teacher Conferences EVENING	<b>Nov 11</b> Remembrance Day Schools Closed	<b>Nov 25</b> Non-Instructional Day No Classes, No SSP	<b>Nov 18</b> EEP/Jr. High Friday OFF	Parent/Teacher Conferences DAY
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## Renfrew's Suggestion Box

Do you have an idea or suggestion you want to pass on to us? A question that you want answered? Something about Renfrew that you like or don't like?

Email your suggestion to:  
**Renfrew@renfreweducation.org**

or use this form, remembering to include your name and contact information.

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Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_