



Count us in

Newsletter for the Down Syndrome Association of York Region

Volume 15

Summer 2004



"Steven and children like him are the true heroes in our fight against cancer. The way they cope with periods in hospital, with chemotherapy that often makes them feel sick and lose their hair, and with the many needle pokes for blood tests is an inspiration to us all. Their quick smiles and determination to enjoy life to its fullest stimulate and encourage those of us who work with children who have cancer or serious blood diseases! Bravo, Steven – we all love you."

Victor Blanchette, FRCP, Chief, Division of Haematology/Oncology
Professor of Paediatrics, University of Toronto

Steven

is a six-year-old boy who has Down syndrome. For the past two years he has been undergoing treatment for leukemia. Twice each year The Sick Kids Foundation publishes a magazine called INSPIRE. Steven's oncologist, being world-renowned and a very highly respected leader in his field, was interviewed for the most recent issue. He was asked who it is that inspires him in the important work that he does. He did not name a famous colleague or predecessor. He named Steven. This touching photograph and quote from Steven's doctor was published on the inside back cover of the magazine (8x10 and in colour!) Our children are important in this world. In their own quiet ways they enrich the lives of many.

*permission to reprint from INSPIRE.

www.sickkids.ca

The Hospital for Sick Children is a health care, teaching and research centre dedicated exclusively to children; affiliated with the University of Toronto.

Our mission is to provide the best in family-centered, compassionate care, to lead in scientific and clinical advancement and to prepare the next generation of leaders in child health.

President's Message

The DSAYR recently held a Leap Day Celebration, a May Networking evening and our Annual Family Picnic. These events were all very successful and well attended. Thank you to all our executive and committee members for their hard work in organizing these events. These events would not happen without you! Thank you also to our membership. Your support of the DSAYR through your attendance at our events has been awesome. It is always wonderful to see our members' families at these annual events. Pictures from The Leap Day Celebration and the Family Picnic are in the centrefold of the newsletter. There is also a summary of our IEP workshop starting on page 12.

The DSAYR is looking forward to hosting our 3rd annual DSAYR day at Paramount Canada's Wonderland on September 26th, 2004. Please remember to RSVP as soon as possible. The November networking evening, on Monday November 1st, 2004 will feature our own Kim Bryan, a Registered Dietician. Kim will be talking about

nutrition and our families and will be bringing along lots of samples for our members to try. Look for a flyer in the fall for further details.

Another school year is about to start. If you have any questions about IPRC hearings, IEPS, or anything that relates to your child's education, please contact us, either at DSAYR@hotmail.com or 1-800-649-3696. The DSAYR's SEAC representatives and our experienced members are always willing to offer advice and help wherever possible. We also have many resources in our library available for lending.

Finally, The DSAYR annual membership renewal form is on the back of this newsletter. Please take the time to fill it in and mail it back. Your membership support is important to us.

As always, I enjoy hearing from our members via e-mail and through the phone line. If you have a picture or a story you would like to share, please send it along. We will do our best to publish it and return the picture.



Last day of school, with Mrs. Saunders



Ruby at Skaters First this spring

Pictures and Stories Wanted

The Down Syndrome Association of York Region is preparing to launch its first website and new, revised pamphlet. Our target date is Down Syndrome Awareness Week (November 1 - 7, 2004). We want your pictures and stories! Please forward them to dsayr@hotmail.com or to our mailing address by September 31, 2004.

DSAYR EXECUTIVE

Elizabeth Lappin
President

John Bryden
Vice-President

Andy Brookes
Past President

Kim Bryan
Secretary

Tracey Armstrong-Smythe
Treasurer

COMMITTEE MEMBERS

Sue Hoey
Executive Advisor

Beverley Weick
SEAC Separate School

Linda Bernofsky
DSAO Representative

(Vacant)
Social Direction

Elaine Dawe
Meeting Coordinator

Dawn Fawns
Phone Committee

Theresa Burfield
Director

Tanya Magee
*SEAC Public School
Representative*

Dr. N. Blustein
Medical Advisor to the Board

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Suite 11B-345
Newmarket, ON L3Y 7V1
416-410-DOWN
800-649-DOWN
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We are the Bryan family. Mark and I have three children: Matthew (8), Jacob (almost 7) and Leah (2). Leah is the motivation for our determination to be more active within the Down Syndrome Association.



Her birth has enriched us in many ways and brought us together with many wonderful people and families. Mark and I joined the executive last fall. I volunteered to replace Bev Veitch as secretary (she's moving out of the region) and Mark is the Special Education Advisory Committee alternate. We are very excited about our new roles and have a new appreciation for all the work that goes into the networking sessions and social events! Professionally, Mark is a planner for the Town of Bradford West Gwillimbury, and I am a Registered Dietitian working for Public Health in York Region. I had worked with children with special needs and feeding disorders in the past, but having Leah helps me to do my job better. On a personal note, Leah and I volunteer to visit families with new babies who have

Down syndrome. Leah loves babies, but I've learned she gets jealous when mom snuggles with anyone but her and her brothers. She is just taking her first steps and we are all so proud of her. There are many challenges that lay ahead, but we look forward to these. Each night I pray over Leah's crib and thank God for her life, her love, and her health. We are truly blessed.

We can be contacted at 905-853-6490 or at kim.bryan@primus.ca

Have a safe and pleasant summer!

Kim and Mark Bryan



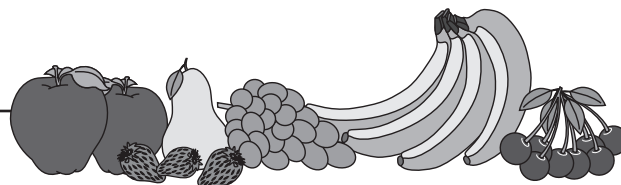
Down Syndrome Association of York Region

MISSION STATEMENT

We are a group of parents, educators, and community support professionals who firmly believe in the inherent equality of persons with Down syndrome. We are committed to promoting a positive image of people with Down syndrome as being valued community members.

This newsletter reports items of interest relating to Down syndrome and provides a forum for others. The Down Syndrome Association of York Region (DSAYR) does not promote or recommend any therapy, treatment, etc. We will not espouse any particular political or religious view. Individuals or organizations referred to us do not necessarily endorse this publication or its editor. We wish to bring together those interested in Down syndrome and attempt to create an optimistic outlook and attitude. The editor reserves the right to make corrections to material submitted for publication.

Nutrition Bytes



Eat Well, Play Well!

This year's theme for nutrition month was "promoting healthy eating and physical activity during the school age years." As a parent with an 8 and almost 7 yr old I know how challenging this can be! An important thing to remember is that family, especially parents, have a huge impact on a child's nutrition and health. We are role models for our children and so we have the opportunity to help them develop a healthy lifestyle by participating in physical activity and encouraging sound eating habits. If you eat well, so will your children.

The following are some suggestions to help get you started:

- a) **Make time for breakfast:** We know that children who eat breakfast will do better at school, will have healthier weights, and will be more likely to meet their nutrient needs. Include foods from at least 3 food groups from *Canada's Food Guide to Healthy Eating*. Some examples of quick and easy breakfast meals are: waffles, cut into sticks and dipped in apple sauce and milk or leftover pizza and juice or dry cereal, yogurt and fruit.
- b) **Have healthy items on hand and allow your child to choose from 2 or 3 options.** Use picture cards or have them point to the desired item if they are non-verbal.

- c) **Involve them in planning, preparing or clean up** at breakfast time or have them help prepare some items the night before to save time the next morning (e.g. set out cereal boxes, cut up fruit).
- d) **Make it family time.** As busy as life gets, our children do grow up eventually. Enjoy time with them now by sharing as many meals together as possible. This sets a great example in terms of what to eat, how to prepare and eat it, and it also stresses the importance of starting your day right.

For further information go to www.dietitians.ca and download their fact sheets.

To get your copy of *Canada's Food Guide to Healthy Eating* or to speak to a Registered Dietitian on developing healthy eating habits, call York Region Health Services *Health Connection* at 1-800-361-5653.

If you have suggestions for future topics for "Nutrition Bytes" please send them to Kim at kim.bryan@primus.ca

Adapted from Dietitians of Canada resources for Nutrition Month 2004

Websites You Can Trust

More and more Canadians are turning to the internet to find health information. In fact, the internet is now the second most common source of health information for Canadians, ranking ahead of radio, television, and newspapers. Only face-to-face contact with a health professional is more common than the internet.

Be careful of phony public service sites. You can identify these because along with the nutrition information, they will try to sell you a product.

Here are examples of credible nutrition related websites:



Organization	Website
Allergy and Asthma Information Association	www.aaia.ca
American Dietetic Association	www.eatright.org
Arbor Nutrition Guide	www.arborcom.com
Canadian Cancer Society	www.cancer.ca
Canadian Diabetes Association	www.diabetes.ca
Canadian Health Network	www.canadian-health-network.ca
Canadian Produce Marketing Association	www.cpm.ca
Centre for Science in the Public Interest	www.cspinet.org
Dial-a-Dietitian	www.dialadietitian.org
Dietitians of Canada	www.dietitians.ca
Health Canada (Nutrition Resources)	www.hc-sc.gc.ca/nutrition
Healthy Weight Network	www.healthyweight.net
Heart and Stroke Foundation	www.heartandstroke.ca
Ministry of Health and Long-Term Care (Health Tools)	www.healthyontario.com
National 5 to 10 a Day Program	www.5to10aday.com
National Eating Disorder Information Centre	www.nedic.ca
National Institute of Nutrition	www.nin.ca
Nutrition Labelling Education Centre	www.healthyeatingisinstore.ca
Osteoporosis Society of Canada	www.osteoporosis.ca
Quackwatch	www.quackwatch.org
Tufts University Nutrition Navigator	www.navigator.tufts.edu
University of Guelph (Food Safety Network)	www.foodsafetynetwork.ca
USDA Food and Nutrition Information Centre	www.nal.usda.gov/fnic
York Region Services (Public Health & Safety)	www.region.york.on.ca/services
York Region Heart Health Program	www.heartyparty.com

Adapted from materials produced by Dietitians of Canada and Public Health Nutritionists/Dietitians in Ontario. Produced and distributed by Nutrition Services, York Region Health Services. Revised June 2003. May be reproduced, provided source is acknowledged.

For more information call Health Connection at
1-800-361-5653





Eat Well, Play Well

PROMOTING HEALTHY EATING & PHYSICAL ACTIVITY DURING THE SCHOOL AGE YEARS

Brought to you by:
Dietitians of Canada
Les diététistes du Canada

For Release March 2004

Dietitians of Canada Releases New Report on the Healthy Eating Challenges Facing Children and Youth for Nutrition Month 2004

The rising incidence in obesity among children and youth has been largely attributed to poor eating habits and inactivity. Concerned parents and educators identify a lack of time for food preparation and a lack of access to nutritious foods at school as a few of the problems that put children at nutritional risk.

With the slogan, “Eat Well, Play Well” the Dietitians of Canada are focusing on healthy eating for school-aged children and youth for their March 2004 Nutrition Month Campaign.

Schools, parents and friends play a key role in influencing healthy living habits of children. To learn more about the perceived problems and potential solutions, the Dietitians of Canada invited input from parents, teachers and other caregivers through an online survey on their website. Responses from over 1300 English and French-speaking Canadians are summarized in a new report entitled, “*Dietitians of Canada and Dairy Farmers of Canada 2004 Report on Healthy Eating for School Age Children and Youth*” which has been released on the Dietitians of Canada website (www.dietitians.ca/eatwell).

When asked to identify the biggest challenge for school age children to eat well at home and school, survey respondents replied that key issues were a lack of time to prepare healthy meals and school lunches, and the ready availability of soft drinks, potato chips, and candy, both in vending machines and canteens in schools and in the lunches children brought from home.

“There is no one single cause of childhood obesity and poor eating habits and therefore no easy solutions to the complex issue,” explains Helen Haresign, Vice President Development, Dietitians of Canada. “The best approach is prevention through healthy eating and active living habits learned at a young age that stand the test of time. Equally important is the need for many groups, including parents, educators, health professionals, government, the food industry and others, to work together and implement a variety of approaches that will have a positive effect on the

eating habits and lifestyles of children and youth,” Haresign continues.

The Dietitians of Canada Nutrition Month website (www.dietitians.ca/eatwell) is a place where people are sharing their success stories in the “Stories and Strategies Inventory”. Visit the inventory to learn about new approaches taken across Canada such as changes to curriculum, school food service policy, advocating for minimum hours of physical activity and classroom education that are already making a difference to the health of Canadian children. For example, a new spaced-themed program developed by Canadian dietitians and teachers called *Mission Nutrition** (www.missionnutrition.ca) is a fun and easy way to teach children about healthy eating, physical activity and positive self-esteem. *Mission Nutrition** is a joint initiative of Dietitians of Canada and Kellogg Canada Inc.

For more ideas to promote healthy living with children and youth or to find out about local Nutrition Month events, visit the Nutrition Month web site at www.dietitians.ca/eatwell starting March 1st and use the searchable resource inventory to find materials and quizzes on healthy eating for children at home and school. To locate a dietitian in your area go to the Dietitians of Canada home page at: www.dietitians.ca.

Dietitians of Canada is the national voice for 5,000 dietitians across Canada. Dietitians of Canada’s March 2004 Nutrition Month Campaign is made possible by the sponsorship of Dairy Farmers of Canada (www.purelydairy.org), Eurest-Chartwells-Morrison of Compass Group Canada (www.compass-canada.com), *Mission Nutrition** (www.missionnutrition.ca) and media partner, Chatelaine (www.chatelaine.com).

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Media Contact: Leslie DePodesta, Nutrition Innovations, Phone: 905-690-1106 or 1-888-255-8016, email: l.depodesta@sympatico.ca

Education contact information

York Region District School Board

The Education Centre - Aurora
60 Wellington Street West, Box 40
Aurora, ON L4G 3H2

Tel: (905)727-3141 (Aurora/King)
(905)895-7216 (Newmarket/East Gwillimbury)
(905)722-3201 (Georgina)
(416)969-8131 (Toronto/Markham/Richmond Hill/
Vaughan/Whitchurch-Stouffville)

Fax: (905)727-1931

www.yrdsb.edu.on.ca/

York Catholic District School Board

Catholic Education Centre
320 Bloomington Road West
Aurora, Ontario L4G 3G8

Tel: (905) 713-2711, 476-2055, 830-6803;
(416) 221-5050; 1-800-363-2711

Fax: (905) 713-1272

www.ycdsb.edu.on.ca/

Ministry of Educations

Toll-free in Ontario: 1-800-387-5514
Metro Toronto area and outside Ontario: (416) 325-2929
Mail: Ministry of Education,
Ministry of Training, Colleges and Universities
Correspondence and Public Inquiries Unit
14th Floor, Mowat Block, 900 Bay Street
Toronto, Ontario M7A 1L2

www.edu.gov.on.ca/

DSAYR SEAC Representatives may be reached through
1-800-649-DOWN or DSAYR@hotmail.com

Mark Bryan – Public

Beverley Weick - Separate

HOW TO COMPLAIN EFFECTIVELY

*Presented by Ombudsman Ontario,
this interactive session will include:*

Learning skills to complain more effectively,

How Ombudsman Ontario can help solve problems with provincial services & learning how to make changes so others are treated fairly

When:

*Thursday November 18th 2004,
7:00 - 9:00 p.m.*

Where:

*Bloorview MacMillan
Children's Centre,
MacMillan site at
150 Kilgour Road*

Parking:

*Regular parking rates apply at
meters (there is heavy
construction in area)*

Cost:

*Parents \$5.00 and Professionals
\$10.00*

Childcare:

NOT available

How to register:

by phone:

*(Pamela Kearns @ 416-425-6220,
ext. 3310) or e-mail
(info@bloorviewmacmillan.ca)*

www.seaclearning.ca - The SEAC Information Program

Special Education Advisory Committees (SEACs) play a vital role in the success of special education programs and services in Ontario's publicly funded schools.

This information program has been developed by the **Ontario Ministry of Education** to assist SEAC members in undertaking the roles and responsibilities ascribed to them by legislation.

This is an indepth website developed for SEAC members however, it has an abundance of information for parents. Some of the topics cover are the Roles and Responsibilities of members, the role of SEAC and Policies and legislation. You will need some time to navigate through all of the information.

HAPPY BIRTHDAY!

March

Lucy Akogyeram

March 1st
5th birthday

Philip Coutts

March 2nd
14th birthday

Nina Barone

March 3rd
14th birthday

Michael Bolton

March 4th
12th birthday

Kayla Link

March 4th
9th birthday

Aaron Keen

March 11th
12th birthday

Andrew Stentiford

March 20th
20th birthday

Abigail Obukuro

March 25th
2nd birthday

David Crymble

March 27th
16th birthday

April

David Mansz

April 2nd
7th birthday

Carly Bryden

April 5th
5th birthday

Sean Veino

April 9th
3rd birthday

Andrew Ristucci

April 9th
12th birthday

Adam McPhee

April 15th
11th birthday

Nicholas Honeyman

April 24th
12th birthday

Hannah Catalano

April 30th
13th birthday

Jasmine Calabretta

April 30th
2nd birthday

May

Adam Brookes

May 2nd
19th birthday

Jamie Dempster

May 2nd
17th birthday

Fiona Fryer

May 6th
19th birthday

Micayla Pegg

May 7th
7th birthday

Tamara Benjamin

May 12th
20th birthday

Lianna Ferreira

May 14th
19th birthday

Ryan Grant

May 19th
17th birthday

Leah Bryan

May 20th
2nd birthday

Russell Johnson

May 21st
18th birthday

Colin Dawe

May 22nd
14th birthday

Kristina Boudreault

May 23rd
22nd birthday

Theresa Conrad

May 24th
10th birthday

Jordy Elias

May 24th
7th birthday

Vanessa Ann Cusumano

May 27th
3rd birthday

HAPPY BIRTHDAY!

Marc Ceci
May 30th
13th birthday

June

Ruby Lappin
June 5th
7th birthday

Julian Pasquariello
June 8th
19th birthday

Carlie Bo Pulla-Chin
June 10th
6th birthday

Katie Veitch
June 14th
6th birthday

Darryl Dickson
June 26th
23rd birthday

Hien Sa
June 27th
40th birthday

July

Kyla Anne Davis
July 10th
10th birthday

Kirstin Shepherd
July 15th
2nd birthday

Isabelle Berthelot
July 18th
3rd birthday

Aimee Goudie
July 31st
18th birthday

August

Meredith Allan
August 1st
14th birthday

Frankie Dejak
August 1st
28th birthday

Jeffrey Vanier
August 2nd
17th birthday

Ryan Lester
August 7th
1st birthday

Julian Teofilo
August 5th
13th birthday

Eric Dovgala-Froese
August 9th
11th birthday

Blake Hayden
August 11th
14th birthday

Rachel Colangelo
August 12th
18th birthday

Marco Manno
August 14th
17th birthday

Vivian Chan
August 15th
15th birthday

Lee McConnell
August 18th
9th birthday

Ryan MacMillan
August 21st
11th birthday

Mackenzie Copping
August 22nd
5th birthday

Evan Fawns
August 25th
17th birthday

September

Gregory O'Brien
September 7th
18th birthday

Brandon Fowler
September 12th
17th birthday

Sarah Pariselli
September 22nd
24th birthday

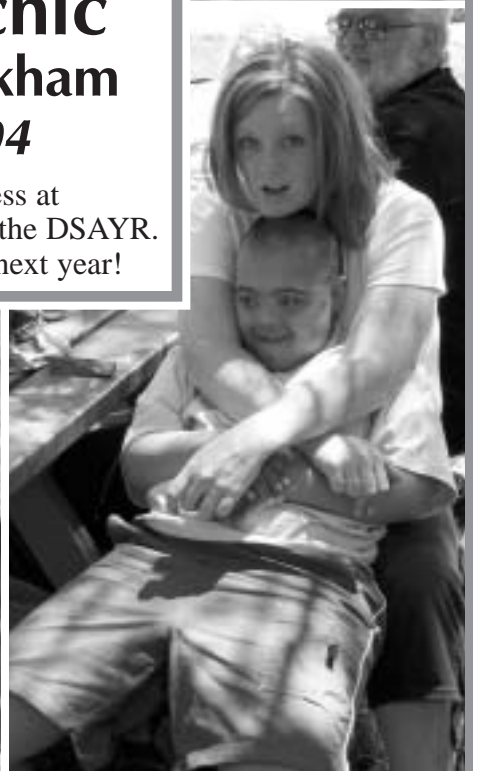
Elaine Hurst
September 27th
17th birthday





DSAYR Annual Picnic
Camp Green Acres, Markham
Saturday June 12th, 2004

Our annual family picnic was a huge success at Camp Green Acres. Our raffle raised \$400.00 for the DSAYR. Thank you to everyone who attended, see you next year!





**The DSAYR celebrated Leap Day with a huge pool party – February 29th, 2004
Thank you to everyone who attended and made this event spectacular.**



An Introduction to IEP's

Information was collected from Kathy Schaffers presentation at the DSAYR spring networking evening and from the Ministry of Education website. If you would like Kathy's literature from her presentation, please contact the DSAYR and we will send you a copy. You may also visit the Ministry of Education's website at www.edu.gov.on.ca for the complete ministry documentation on this subject.

1. Reason for Developing an IEP

To identify clearly for parents, school staff, and the Ministry of Education the reason for developing an IEP for the particular student

An IEP will be developed for one of the following reasons:

- An IEP must be developed for every student who has been identified as an "exceptional pupil" by an Identification, Placement, and Review Committee (IPRC), in accordance with Regulation 181/98.
- Students who are to be assessed using modified expectations for reporting on the provincial report card and or alternative expectations on an alternative report form.
- An IEP must be developed, as supporting documentation, if an Intensive Support Amount (ISA) funding claim is submitted by a school board on behalf of a student who has not been identified as exceptional by an IPRC.
- The applicable reason for developing the student's IEP must be indicated in the IEP.

2. Student Profile

In preparation for developing a student's IEP, information must be gathered from a variety of sources to establish a basic profile of the student for whom a special education program and services are being put in place. The following is some of the information that must be included in the IEP:

- For a student identified as exceptional by an IPRC, the description of the student's exceptionality must be consistent with that provided in the IPRC's statement of decision.
- IPRC placement decision

- Student's current grade and/or special education class placement
- Subjects or courses to which the IEP applies
- Relevant medical conditions
- Relevant assessment data

3. The Student's Strengths and Needs

It is as important to identify a student's strengths, as it is to determine needs. Strengths should identify areas where the student has effective learning skills. A clear understanding of the student's strengths and needs is fundamental to the development of an effective special education program and the provision of appropriate accommodations and services to facilitate the student's learning.

It is expected that the strengths and needs described in the IEP will be supported by relevant assessment data. They will also be reflected in the description of the student's current level of achievement, and in the student's learning expectations and special education strategies, accommodations, and resources.

Needs cannot be expressed in terms of needing a person or a specific program or service. For most exceptionality the needs do not change significantly over time. Areas of need should be addressed through the development of accommodations and or modified/alternative expectations. Possible areas of need include Visual memory skills, attention or receptive language skills.

4. The Special Education Program/Subjects, Courses or Alternative Programs

Prior to completing this section, all subjects/courses and alternative programs, for which the student will receive instruction, should be sorted into the following organizing groups

Accommodated only (AC) refers to subjects/courses from the Ontario curriculum that require accommodations only for the student to access the regular grade expectation

Modified (MOD) refers to subjects/courses from the Ontario curriculum that require the development of modified expectations that differ from the regular grade expectations.

Alternative (ALT) refers to programs that assist students to develop skills/knowledge and that require alternative expectations that are not included in the Ontario curriculum.

The Special Education Program page must be completed for each modified subject/course and or alternative program.

4.1 The Student's Current Level of Achievement

For current level of achievement, the mark or letter grade from the most recent Provincial Report card for each subject or course with modified expectations must be recorded, and the grade level of the expectations that were assessed must be identified.

4.2 Annual Program

Annual goals are statements describing what a student can reasonably be expected to accomplish by the end of the school year in a particular subject, course, or skill area. Annual goals need to be expressed as observed, measurable achievements. For example, "In mathematics, John will complete half of the expectations at the grade 3 levels."

All annual goals must:

- take into account the student's strengths, needs, and current level of achievement in the program area;
- describe realistic and observable achievements.

4.3 Learning Expectations

Learning expectations are statements that describe the specific knowledge and skills that the student should be able to demonstrate within a specified time period during the school year. They represent the learning a student must acquire in order to progress from his or her current level of achievement to the related annual goals identified in the IEP. Based on the student's achievement of the learning expectations, parents and teachers will be able to gauge, at particular times during the year, how well the student is progressing towards achieving his or her annual goals.

Learning expectations need not be recorded in the IEP if the student is working on provincial curriculum expectations at the regular grade level.

The learning expectations must be reviewed at least once every reporting period and updated as

necessary, in view of the student's progress. The student's parents must be advised of any such updates, which must be entered and dated in the IEP.

5. Special Education Strategies (teaching strategies) , Accommodations, and Resources

Special education strategies, accommodations, and resources support the student in achieving his or her annual goals and learning expectations.

- The specific teaching strategies, accommodations, and resources required to facilitate the student's learning must be identified in the IEP in the following categories: teaching strategies and accommodations; human resources; and individualized equipment. For further descriptions of each area, please visit the Ministry of Education website at www.edu.gov.on.ca

6. Assessment, Evaluation, and Reporting

6.1 Assessment Methods and Accommodations

The student's achievement of learning expectations and his or her progress towards meeting the goals identified in the IEP should be monitored and assessed continuously, using a wide variety of methods and techniques. The IEP must describe the methods by which the student's achievement of the learning expectations will be assessed, including any accommodations to regular classroom assessment procedures that may be required. An example, "for the learning expectation "Describe the basic structure and function of the major organs in one of the organ systems," the assessment method could be "Short oral presentation with visual aid"

6.2 Evaluation and Reporting of Student Achievement

The student's progress towards meeting annual goals and learning expectations must be evaluated at least once in every reporting period and the results of the evaluation must be reported to parents using the provincial report card. For students whose program includes alternative expectations, the results of evaluation may, if necessary, be reported in a different format, and may be supplemented with additional material from the student's IEP. Regardless of the format

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used, the report must include teachers' comments on the student's strengths, areas for improvement, and next steps in relation to the program goals and learning expectations identified in the IEP.

7. Provincial Assessments

Please visit the Ministry of Education website at www.edu.gov.on.ca for further information on this subject.

8. The Transition Plan

Regulation 181/98 requires that the IEP of an exceptional student who is 14 years of age or older must include a plan for the student's transition to appropriate postsecondary activities, such as work, further education, and community living.

A transition plan must be included in the student's IEP. The plan must include the following elements:

- specific goals for the student's transition to postsecondary activities. The goals must be realistic and must reflect the strengths, needs, and interests of the student;
- the actions required, now and in the future, to achieve the stated goals. The actions identified must build on the student's identified strengths, needs, and interests;
- the person or agency (the student, parents, educators, providers of specialized support and services, community agencies) responsible for or involved in completing or providing assistance in the completion of each of the identified actions;
- timelines for the implementation of each of the identified actions.

It should be noted that the goals and actions outlined in the student's annual education plan should support those identified in the transition plan.

9. Parent/Student Consultation

Regulation 181/98 requires the principal to ensure that the parents and the student, if the student is 16 years of age or older, are consulted in the development and review of the student's IEP, and that a copy of the IEP is provided to the parents and the student on its completion.

10. Staff Involvement in the Development of the IEP

The school principal, who is responsible under Regulation 181/98 for ensuring that an IEP is developed for each student who has been identified

as exceptional, is also responsible for ensuring that the IEP is developed collaboratively by school and board staff members who are familiar with the student and who, as a team, possess the knowledge and qualifications necessary to develop the most effective plan possible for the student.

Although the IEP is developed collaboratively, the principal is ultimately responsible for each student's plan. The principal must sign the IEP to indicate his or her assurance that the plan is appropriate to the student's strengths and needs and that it meets all of the standards outlined in this document.

11. Information Sources

The quality and effectiveness of the IEP developed for a student will depend in large part on the gathering and use of relevant information from a variety of sources, and on the sharing of that information with all those involved in the preparation of the plan. (When obtaining, releasing, or sharing personal information about a student, the principal must ensure that the requirements of the Freedom of Information and Protection of Privacy Act and the Municipal Freedom of Information and Protection of Privacy Act, as well as the requirements regarding access to student information outlined in The Ontario Student Record (OSR): Guideline, 2000, have been met.)

Information used in the development and updating of the IEP should be shared with the student (if 16 or older) and his or her parents, and with school staff, particularly members of the planning team, to enable them to develop a comprehensive view of the student's learning profile and programming and service needs.

12. Date of Completion of the IEP

Under Regulation 181/98, an IEP must be developed within thirty (30) school days of the exceptional student's placement in a special education program.

The thirty-day requirement for completion of an IEP will apply to the IEPs of all students, including those who have not been formally identified as exceptional but who receive a special education program and/or services.

Compliance With the Standard

The IEP will be reviewed to ensure that it was completed within the required thirty-day period following the student's placement, as defined above.

Keeping active with fall programs

Skaters First

www.skaterfirst.com

905-727-4600

Skaters First offer an excellent skating program for children of all abilities. Children with special needs receive individual attention within their group.

Registration is available on-line, year round programs are available for all ages groups. There are even programs for parents who want to get back on skates, or learn for the first time.

A special thank you to Lynn Hazelton and all of her amazing instructors. Ruby and Maya had a fabulous time learning to skate this spring.

Laura Hunter's The STEP's Program

www.stepsprograms.com

905-642-8001

STEPS is Specialized Therapeutic Education for Physical Skills

Laura Hunter, a physical education teacher, started a physical skill development program over 20 years ago called GymSkills, which has now grown to include Xceptional Biking, Giddyup! and SummerSkills day camps. SummerSkills is a unique summer day camp program for children 3 to 19 years of varied abilities. We emphasize the development of physical, social and independent daily living skills through activities such as cycling, creative arts, music, interactive games and outings.

Visit the website for specific details and registration for the camps being offered this fall.

box

end

moon

ring

chin

horn

nine

soap

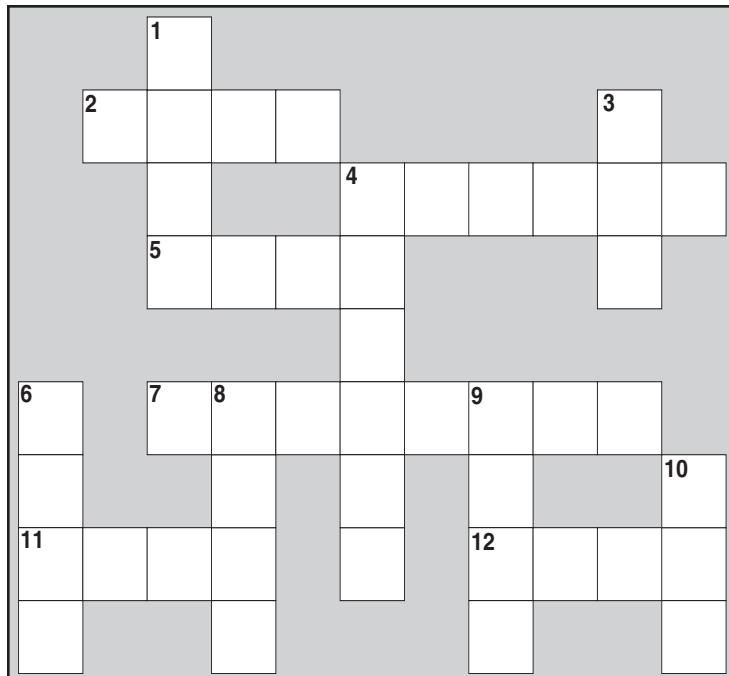
comb

kick

pencil

tricycle

pillow



Across

- 2 use this with water to clean
- 4 lay your head on this
- 5 the number after eight
- 7 this has 3 wheels
- 11 this is just below your mouth
- 12 this goes around the earth

Down

- 1 blow this to make music
- 3 this is a container in the shape of a cube
- 4 write or draw with this
- 6 hit something with your foot
- 8 put this on your finger
- 9 use this to make your hair look neat
- 10 the last part

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Fundraising Thank you's

"The Million Dollar Feel Good Giveaway" February 2004 to April 2004

Mix99.9 ran a contest entitled "The Million Dollar Feel Good Giveaway" in which listeners qualified by listening to MIX 99.9 to win \$1000 cash; \$500 cash for the winner and \$500 towards their favourite charity. There were 20 winners who donated \$100,000 to various organizations in our community as part of their \$500 qualifier prize.

The Down Syndrome Association of York Region was one of those lucky charities. Thank you to Terry Walker and her family for thinking of us. Your donation is greatly appreciated!

LCBO's Annual Golf Tournament – June 14, 2004

On Monday June 14th, the LCBO employee's golf tournament was held. Every year, Andy Brookes and Bob Bayliss organize and host this very successful event. Over \$3500.00 was raised and donated to the DSAYR.

5th Annual Rebel Golf Tournament – June 26th, 2004

On Saturday, June 26, Aurelio Calabretta hosted the 5th annual Rebel Golf Tournament at Cardinal Golf Course. All the funds raised were generously donated to the DSAYR. They had a great turnout with 79 players and 90 people for dinner. Over \$4,000.00 was raised and donated to the DSAYR.

Newmarket Nighthawks Hockey is back!

The Newmarket Nighthawks is ice hockey for developmentally delayed players. No experience necessary. You don't need to know how to skate. We'll teach you.

The second season will get under way Saturday October 2 at Hollingsworth Arena, in Newmarket. Ice time is from 2 to 4. This year, the group will be split up into two sessions with the "juniors" on one hour and the "seniors" on the second hour. We split the athletes by ability not age.

One of the highlights to look forward to this season is a tournament in Mississauga in March with teams from all over North America, including St. Louis, Denver, Washington, Albany and Ottawa to name a few.

The registration fee is \$175 for the season. Please contact Bob McKenzie at 905-898-7451 to register or for further information. Full equipment is required. See you at the Rink!



Down Syndrome Association of Ontario

Presents

Angels Among Us

2nd Annual Conference

Featuring:

Rick Scott,
Keynote Speaker

Lindsey Moir and Carol Johnson

Also:

Workshops

Speakers

Publishers and Association Displays

And much more ...

October 22nd to 24th, 2004

Highwayman Inn, Orillia

For more information contact

Nancy Seberras

519-448-4607 or

seberras2@hotmail.com

CDSS Conference 2004 "More than Meets the Eye"

by Mark Bryan, SEAC Rep. for the York Region District School Board

From May 20-22, I had the good fortune to attend the Canadian Down Syndrome Society (CDSS) Annual Conference in St. John's Newfoundland and Labrador. When I looked at the list of speakers and sessions I quickly realized that it was the beginning of a "crash course" in special education and learning for people with Down syndrome, especially for our pre-school and school-aged children. The sessions I attended included:

- More than Meets the Eye - The Learner with Down syndrome - Patricia Oelwein
- Strategies for Inclusion - Dr. JoAnne Putnam
- Why Inclusion Works - Dr. JoAnne Putnam
- Learning Through Play - Dr. Naznin Virji-Babul
- Cerebral Specialization and Perceptual-Motor Behaviour - Dr. Daniel J. Weeks
- Fine Motor Skills for School Age Children - Maryanne Bruni

In addition to a Dad's Only session and a Plenary dealing with Collaboration with Physicians and Health and Treatment issues for Individuals with Down syndrome, these sessions reaffirmed what has been my sustaining hope from the moment I found out my daughter Leah has Down syndrome - that a parents love, deliberate intervention and advocacy can make an enormous difference in their child's life and YES, OUR CHILDREN CAN LEARN!

Over the next few Issues of "Count Us In", I will try to summarize some of the best sessions from the Conference and "pass along" the implications for how we teach our children, what we should advocate for within the school system and how we can best achieve results. Having just assumed the role of full SEAC (Special Education Advisory Committee) Representative for the Public Board also look for an update on SEAC meetings and education-related matters in general.

P.S. Next Years Conference is in Kitchener-Waterloo!!



Carly Bryden bowls them over at her 5th Birthday party.



The DSAYR welcomes the Chung family as new members. Erin Chung, born July 8th, 2003 is pictured visiting with Leah Bryan.

The 3RD ANNUAL

DSAYR DAY at Canada's Wonderland

**Saturday
September 26
2004**

Ride the rides, see the shows, have a great time with your family and other DSAYR members.

Park tickets will be available for \$20.00, and lunch is on us in the Wonderland picnic area.

If you have not yet received your flyer, please contact us at 1-800-649-3696 or at

DSAYR@hotmail.com.

Please RSVP by September 12th, tickets will be mailed on September 13th.

If you already have a seasons passes and are joining us for lunch, please let us know.

Know what current respite services are out there and find out how you can get connected with agencies providing respite in Toronto.

Come and join us!

2004 Respite Information Fair

October 23 and 24

Saturday and Sunday

10:00am – 4:00pm

respiteservices.com

112 Merton St., Ground Level, Toronto

For more information, please call (416) 322-6317 ext. 1
or email info@respiteservices.com

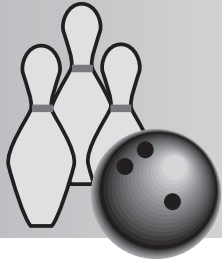
Paid parking is available along Merton Street.

respiteservices.com

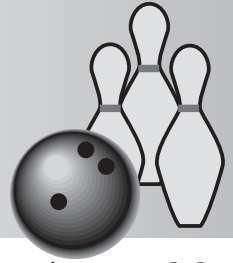
IMPORTANT: Families who plan to attend the Respite Information Fair do not need to register prior to the event. However, registration is required if families need child care services at the event and/or plan to attend the workshop on government funding sources. Spaces are limited. Please register early.

York Region Elementary School Athletic Association All Abilities Track and Field Meet June 2004





Bowling Buddies **YOUTH BOWLING LEAGUE**



for
Teenagers and Young Adults with Down Syndrome.

Location: Aurora Bowl
210 Edward Street
Aurora, Ontario

Date and time to be announced.

This will be a great opportunity for teenagers/young adults (and their parents) to get together, develop new friendships, be physically active and have a great time!

If you are interested or for more information, please contact:
Jutta Johnson 905-727-0840 or Kruskyle@aci.on.ca

Please join

The Down Syndrome Association of York Region

For Our

Speaker and Networking Evening

Our Topic is

Nutrition and Good Eating for the Entire Family

Presented by

Kim Bryan, Registered Dietician

Date: Monday, November 1, 2004

Place: Trinity Anglican Church
79 Victoria Street
Aurora, Ontario L4G 1R3

Time: 7:00pm – 9:30 pm

*Please join us for a wine and cheese reception
and a networking opportunity from 7:00pm to 7:30pm.*

General Elections, for executive positions, will be held.

*If you are interested in running for an executive position,
contact the nominating committee at 1-800-649-DOWN or DSAYR@hotmail.com.*

Down Syndrome Association of York Region
1100 Gorham Street
Suite 11B-345
Newmarket, Ontario L3Y 7V1

Publication Mail Agreement
#1951513

Down Syndrome Association of York Region
2004 Membership Application Form
(Charitable #89156 0971 RR0001)

In order to continue to share valuable and informative material with all our members, it is vital that we maintain up-to-date and accurate information. Your \$25.00 membership includes our quarterly newsletters, "Count Us In," social functions, regular Association meetings with guest speakers and access to our lending library.

- YES**, please sign me up for a membership in the Down Syndrome Association of York Region. \$ 25.00
- YES**, I would like to make a donation to the Association. \$ _____
Tax receipts will be issued for donations of \$10.00 or more. Total _____

Please complete the information below:

Name: _____ Address: _____

City: _____ Province: _____ Postal Code: _____

Telephone: () _____ E-mail: _____

My child has Down syndrome. His/her name is: _____

My child's birthdate is: Year: _____ Month: _____ Day: _____

I agree to having their name published in the Association's newsletters: Yes No

Please check all the answers that apply.

- I am an individual with Down syndrome
 a parent/guardian of an individual with Down syndrome
 a medical professional

Please detach and mail with your cheque payable to **The Down Syndrome Association of York Region**
1100 Gorham Street, Suite 11B-345, Newmarket, Ontario L3Y 7V1