

February HIGHLIGHTS

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CHECK IT OUT!!

- [People are NOT Supports! Dr. Shelley Moore](#)
- [The Evolution of Inclusion Dr. Shelley Moore](#)
- [United: Inclusion AS Unity Dr Shelley Moore](#)
- [Article: "Labels Don't Define Me"](#)

IMPORTANT DATES:

ELEMENTARY PD DAYS:

September 27, 2024: Professional Development
 October 11, 2024: Professional Development
 November 15, 2024: Parent-Teacher Conferences
 November 29, 2024: Professional Development
 January 17, 2025: Professional Development
 February 14, 2025: Parent-Teacher Conferences
 June 6, 2025: Professional Development

SECONDARY PD DAYS:

October 11, 2024 - Professional Development
 November 15, 2024 - Professional Development
 November 29, 2024 - Professional Development
 January 30, 2025 - Professional Development
 February 14, 2025 - Professional Development
 June 26, 2025 - Professional Development
 June 27, 2025 - Professional Development

SCHOOL YEAR HOLIDAYS

(as per Ministry of Education)
 Labour Day: September 2, 2024
 Thanksgiving: October 14, 2024
 Winter Break: December 23, 2024 – January 3, 2025
 Family Day: February 17, 2025
 Mid-Winter Break: March 10-14, 2025
 Good Friday: April 18, 2025
 Easter Monday: April 21, 2025
 Victoria Day: May 19, 2025

Special Education and Inclusion Parent Guides

Special Education and Inclusion Drop-in Sessions for Parents/Guardians/Caregivers

Learn more about navigating special education services, resources and supports, ask questions, and connect with other families. [Calendar of Drop-In Sessions for the 2024-2025 School Year](#)

Resources

Inclusive Education Month



February is Inclusive Education Month.

The purpose of National Inclusive Education Month is:

- to highlight inclusive education – to define what it is and how the development of inclusive schools and inclusive school practices helps provide quality education to an increasingly diverse student population, including students with an intellectual disability.
 - to provide educators, students and parents an opportunity to share ideas on strategies to enhance inclusion and successful school experiences for every child.
 - to acknowledge and recognize the commitment and effort of teachers, administrators, students, and families who contribute to successful inclusion of students in schools and classrooms throughout Canada.
- February is National Inclusive Education Month, which promotes and raises awareness about inclusive education. Please access the following links, below, for more information, learning, and resources.

- [Community Living Ontario Resources](#)
- [Inclusive Education Canada - New Resources](#)

Blind/Low Vision

Toward Independence is a newsletter which primarily contains contributions by TDSB and TCDSB students with visual impairment.

The theme of this issue is [Respect and Responsibility](#). The accessible version is found [here](#).

Deaf/Hard of Hearing

The Sounding Board Newsletter is published twice a year to feature contributions by students who are Deaf and Hard of Hearing. Please find the winter 2025 edition of Sounding Board [here](#).

Virtual Drop-in Hours

OPEN TO ALL TDSB PARENTS, GUARDIANS, AND CAREGIVERS!

Join our Virtual Drop-ins
on Google Meet

Wednesdays* 7 p.m. - 8 p.m.

www.tdsb.on.ca/virtualsupport

*Check website for specific dates offered

Connect with Professional Support Staff to explore ideas related to your child's mental health & wellbeing, including students with Special Education & Complex Needs



WHITE CANE WEEK

White Cane Week, happening this year from **February 2 - 8, 2025** in Canada, serves as a platform for fostering awareness and deepening understanding of the lived experiences of those living with vision loss. The white cane is not only a navigation and identification tool, but also represents independence. Serving as an indispensable mobility aid, the white cane empowers individuals who are blind, deafblind, or with low vision to navigate their surroundings safely and autonomously.

Within the TDSB, a small yet significant group of students rely on white canes for navigation. Through meticulous instruction from Orientation and Mobility Specialists, these students become more confident and independent every day.

Resources

TDSB Speech Language Pathology (SLP) Services

TDSB Speech Language Pathology (SLP) Services prioritizes the early detection and prevention of speech and language challenges. Annually, they produce monthly Kindergarten calendars packed with activities designed to enhance oral language and literacy skills at home.

Download your February Calendar [here](#) or ask your child's Kindergarten teacher to send you a copy today!

Visit the [TDSB Speech and Language](#) site for valuable information and resources



Secondary Transitions

The College Vocational Program (A101) at George Brown College is a program designed for neurodiverse learners (who live with a mild intellectual disability, autism, and/or learning difference) and are interested in finding employment. Program activities help students to develop a variety of job-readiness skills and support individual career exploration to help find appropriate and meaningful employment.

Students interested in applying for the CVP for Fall 2025, should register for an information session [here](#).

TDSB Occupational and Physical Therapy (OT/PT) Services

Check out our [OT/PT winter newsletter](#) for suggestions on winter activities in home - also on our [OT/PT public homepage!](#)

[2025 Summer Camp/Program Information](#)

The [TDSB OT/PT website home page](#) has now released our annual **2025 accessible summer camp/program information** handout. This resource includes a list of adapted and inclusive summer camp/programs available in and around the GTA and some information on possible summer activity funding sources for families.

It is important to take care of ourselves in order to be present and provide support for our children and others. This includes meeting our essential physiological and biological needs such as sleeping, exercising, and eating well. It also includes adopting strategies for navigating everyday stressors, both mental and physical, such as listening to music, deep breathing, ergonomic practices, connecting with others, and many other strategies for the well-being of our minds and our bodies. Our ["Just Breathe" handout](#) shares how to make this a fun activity for all. Check our our [Mental Health website page](#) for more info.

tdsb | Occupational Therapy & Physiotherapy Services

Resources

Tips for Preparing Your Child for Changes and Transitions

- Review expectations with your child before an outing.
- Prepare them in advance for what to expect.
- Practice through role play.
- Give warnings before transitions to help ease the process.
- Consult with the teacher about how they manage transitions at school and what strategies have been effective.
- Be mindful of sensory sensitivities! Plan outings that minimize triggers like loud noises or crowds, and consider shortening the outing if these sensitivities become an issue.



Upcoming Virtual Drop-In Hours

Available to staff, parents, guardians, and caregivers.

These virtual sessions are designed to provide valuable information and offer an opportunity for questions and answers regarding services that support students with special needs and disabilities, as well as guidance on how to access these services.

THE DATES, TIMES, AND ACCESS LINKS FOR THE SESSIONS ARE LISTED BELOW. ALL SESSIONS WILL BE HELD VIRTUALLY FROM 12:00 P.M. TO 1:00 P.M.

MARCH 26, 2025 [TEAMS LINK](#)

MAY 7, 2025 [TEAMS LINK](#)

Supporting Skill Development at Home: Strategies for Consistency and Success

Use Visual Supports: Create visual schedules and reminders to help the child understand daily routines and what to expect.

Practice in Different Places: Encourage the child to practice skills in various situations at home, during family activities or playdates.

Set Consistent Routines: Keep home routines similar to school routines so the child can apply what they learn in familiar settings.







Social Stories: Use simple stories that explain social situations, helping the child understand how to behave in different contexts.

Give Positive Feedback: Praise child when they use their skills at home to motivate them to keep practicing.

NEW Transitions Website

The [TDSB Transition Support website for families](#) is a new resource designed to assist families in navigating key transitions throughout a student's educational journey, from Kindergarten to Post-21. These user-friendly platforms offer valuable tools, information, and support tailored to ensure smooth transitions for all students, including those with disabilities and special education needs.

Resources

 <h3>Psychological Services</h3> <h4>Study Skills for Students</h4>	
<p>Studying for tests is more than just looking over your notes: it's a skill that needs to be practiced and developed, just like any other! Here are some tips for becoming a more effective studier:</p>	
	<p style="text-align: center;">Create a Study Schedule</p> <p>Develop a study schedule with specific, achievable goals for each study session. For example, "Finish reading Chapter 3 and summarize key points" rather than just "study biology." Try the Pomodoro Technique: divide your study sessions into manageable chunks, such as 25-30 minutes of study followed by a 5-10 minute break.</p>
	<p style="text-align: center;">Create a Productive Study Environment</p> <p>Find a quiet, comfortable and well-lit space with limited distractions. Keep your study space tidy and all necessary materials on hand. If you enjoy studying with music on, try to limit it to instrumental tracks. Reduce distractions from social media by using focus modes or apps that block distractions. If necessary, leave your phone in another room!</p>
	<p style="text-align: center;">Use Active Study Techniques</p> <p>Highlight or color-code important information as you are reading. After reading each small section, summarize the main points in your own words. Try explaining test concepts to a friend or family member. Teaching others helps solidify your understanding and identify areas that need more review. Complete practice problems or practice tests. Create charts, diagrams, and mind maps to visualize and organize complex information.</p>
	<p style="text-align: center;">Practice Retrieval and Application</p> <p>Practice by applying the course work to your own life. For example, try explaining your last cold using what you know about bacteria, or comparing the characters from a novel study with the personalities of your friends and family. Review material periodically rather than cramming. Test yourself with flashcards for key terms, concepts and definitions. Learn and use mnemonic devices to help with memorization.</p>
	<p style="text-align: center;">Seek Help When Needed</p> <p>If you're struggling with a topic, don't hesitate to ask your teacher or classmates for help. Understanding concepts early on prevents confusion later. Create a study group: discussing and sharing with others can deepen your understanding and memory for the material!</p>

Resources

TDSB Social Workers
present the



VIRTUAL

DEVELOPMENTAL
DISABILITIES
CONNECT

**Supporting Parents/Caregivers
of Children, Youth and Young
Adults with Developmental
Disabilities and Complex Needs.**



Morning Session
February 10, 2025
9:30 am - 12 Noon

Evening Session
(A Repeat)
February 24, 2025
5:30 pm - 8 pm

JOIN US AS WE FOCUS ON

Adulthood Transition Planning (Part 1)

Learn How To Support Your Young Adult's Transition From TDSB To Adulthood, Including Financial Assistance, Community Programs, Employment Opportunities, And Post-Secondary Options.

COMMUNITY AGENCY REPRESENTATIVES INCLUDE:



DSO
Developmental Services Ontario



tdsb
EXPERIENTIAL
LEARNING



Passport Program
Building for community participation
services and supports



Ontario
ONTARIO DISABILITY
SUPPORT PROGRAM

CLICK TO JOIN THE MEETING



Zoom Meeting

Meeting ID: 940 1581 5609
Passcode: 445164
OR CALL 647-558-0588 Or 647-374-4685

OR

SCAN



JOIN ON YOUR LAPTOP OR MOBILE DEVICE

Learn About Programs that
are best suited to support
your child's needs.

Get Direct Contacts and
Ask Questions about
Accessing
Supports/Services

Connect with TDSB Parent
Community and Relevant
TDSB Professionals.

FOR ANY QUESTIONS CALL
VANESSA WONG: 647-229-0730
OR TARENA CASE: 416-570-3314



Email us at:
VIRTUALFAIRINFO@TDSB.ON.CA