



# Stepping Stones Program

## NEWSLETTER

WINTER 2017

We hope you have been getting out and enjoying the warmer weather, it has been lovely to have more hours of daylight and the sunshine is always a great mood booster. For this newsletter we will be sharing some information on summer camps and planning for the summer break. There is also information on the new BC Ministry of Education curriculum for the 2016/17 school year.

**The aim of the Stepping Stones program is to provide opportunities to enhance the social and emotional development of children up to age 12 and their families.**

### Recent Events

Since the last newsletter we have had a number of events. Our last family night had a great turn out, and with the spring theme there was plenty of energy and great participation in the cupcake decorating, games and crafts. From February to March, Andrea ran a series of parent education workshops filled with great information covering topics including emotional literacy, mindfulness, using children's strengths and interests in social and emotional learning and kindness and gratitude.

Parent networking meetings continue to be popular, with 15 parents at our last parent meeting! So far we have covered topics including reflection on unique experiences as parents, self awareness and most recently executive functioning. Parent networking is a great opportunity for parents to come together to share their knowledge and experiences, and to meet other parents caring for children with special needs.

**We are looking forward to seeing many of you over the next couple of months! See page 4 for upcoming groups and events.**



# BC Ministry of Education New Curriculum

Implementation of the BC Ministry of Education's new curriculum is well underway in most school districts. The new curriculum is learner-centred, flexible, and supports further learning through concept-based and competency-driven approaches. Personalized learning for every student is a primary focus. The curriculum includes three new core competencies that are at the centre of the redesign: communication, thinking, and personal and social.

Social emotional development and learning are essential for all children and youth, including children with developmental differences. In the new curriculum, personal and social competency encompasses the abilities students need to thrive as individuals, to understand and care about themselves and others, and to find and achieve their purposes in the world. Within the Personal and Social competency there are three parts related to the broader area of social and emotional learning: 1) Positive personal and cultural identity, 2) Personal awareness and responsibility, and 3) Social responsibility. For further information on the new curriculum, please visit: <https://curriculum.gov.bc.ca/>.

Many of you have recently attended an Individual Education Plan (IEP) meeting with your child's school. This goal plans inform learning for the upcoming school year. We encourage families and school teams to consider including social emotional learning goals in every child's IEP. For some children this may mean focusing on emotional literacy or mastering self-regulation/ self-management skills. Goals should be based on the needs of the child and be specific, measurable, achievable, results-oriented and time specific. For example, an emotional literacy goal may include a child's ability to label and express five basic emotions such as happy, sad, angry, scared, and excited. There may be a goal related to understanding comfortable and uncomfortable emotions and connecting physiological responses to emotion labels. For further information visit [www.bccfa-seed.org](http://www.bccfa-seed.org) or [www.casel.org](http://www.casel.org).



# Community Resources and Further Reading

**Kelty Mental Health**—[www.keltymentalhealth.ca](http://www.keltymentalhealth.ca) . Tools for healthy living

**Campaign for a Commercial Free Childhood (CCFC)**—[www.commercialfreechildhood.org](http://www.commercialfreechildhood.org)

**Common Sense Media**— [www.common Sense Media.org](http://www.common Sense Media.org)

**The Safe Side**—[www.thesafeside.com](http://www.thesafeside.com). Kids videos on Internet Safety and Stranger Danger

**CBC video clips**—“Napkin Man” & “Scout and the Gumboot Kid” (search YouTube)

**Heart and Mind Online** <http://heartmindonline.org/resources/dealing-with-fear-of-online-risks>

Dealing with Fears of online risk



## What's new in Stepping Stones?

MELTING SNOWMAN—calming/breathing.....

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## Community Resources:

### Parents for Inclusive Education Group (Westside Vancouver)

Share ideas, learn, grow and support.

For more information contact Erika or Denise at: [partnersforinclusiveeducation@gmail.com](mailto:partnersforinclusiveeducation@gmail.com)

### Vancouver Parents Transition Group

Parents helping parents for youth and young adults. For more information visit:

<https://vptg.wordpress.com/>

### Inclusive Services at the Jewish Community Centre

Groups and activities for children and youth and parent education

<https://www.jccgv.com/content/inclusion-main>

### Learning Disabilities Association Vancouver

Tutoring for children with special needs [www.ldav.ca](http://www.ldav.ca)

If you would like to share information of services for children ages 5 to 12 years that you and your family have used please contact either Andrea or Michelle.

## Upcoming Events and Groups

### Family-Together Night

The next event will be on March 1, Wednesday from **6:00 to 7:30pm** at the BC Centre for Ability, Room 307.

### Parent Networking Group

Held on the last Tuesday of every month. Each month there is a new topic. Parent discussion and networking.

*For more information about family night or parent networking call Michelle 604-451-5511 x1257.*

### Parent Education Series

The parent education series focuses on social emotional development and learning for children with special needs. This 5 week series will begin in Jan 2017 held in the evening. **Re-scheduled to February**

### Cool Kids

This group is for 8-10 year olds and will focus on helping children learn to manage anxiety. There will be a con-current running parent group. To ensure the success of all children and parents children are selected to participate based on group readiness, abilities and needs. The group will run for approx. 8 weeks in October and November with follow-up sessions in December and January 2017 held in the evening. **Cool Kids follow –up group January 12**

### Fun with Friends

This group is for 6 to 8 year olds and focuses on social emotional competencies of self-awareness and self-regulation. To ensure the success of all the group members children are selected to participate based on group readiness, abilities and needs.

### Monthly Girls Group

This group is for girls ages 8 to 11 year olds and focuses on social emotional competencies, friendship and life skills. To ensure the success of all the group members children are selected to participate based in on group readiness, abilities and needs. After school group.

*If you are interested in groups please call Andrea Harstone at 604-630-3007.*

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