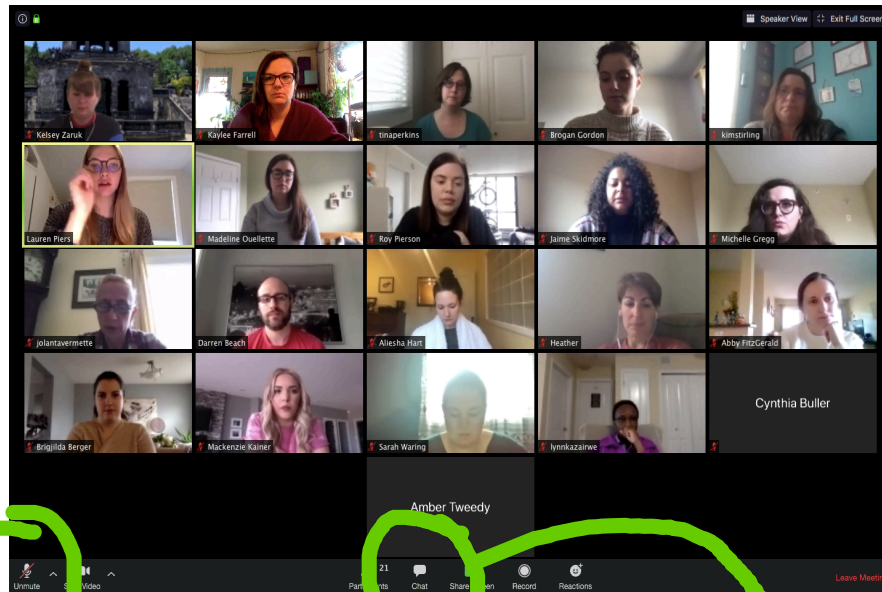


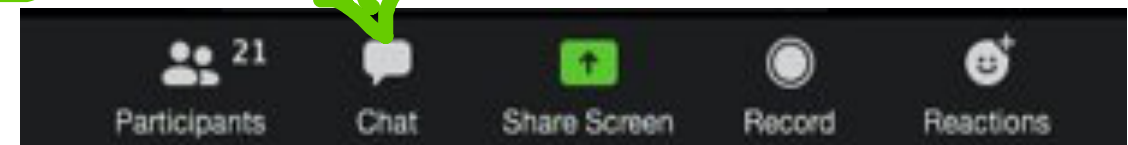
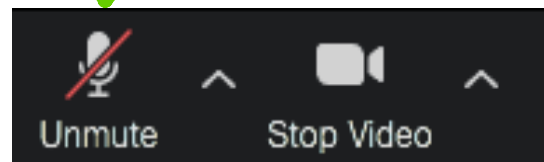
Welcome to Getting Ready for School


- Please mute your mic when not talking
- Use the chat to introduce yourself and tell us where you're from!



Inclusion Alberta
Supporting children and adults with developmental disabilities for 60+ years

Aug. 19, 2020





Getting Ready for School during Covid-19

Aqeela Khalid
Lissa Horyn
Donna Barrett



Inclusion Alberta
Supporting children and adults with developmental disabilities for 60+ years

780-451-3055
Info@inclusionalbarta.org

Housekeeping

01

Post your questions as they come to you in the chat

02

Let the moderator know if you are having technical difficulty

03

Consider using headphones: for feedback, reduce background noise

04

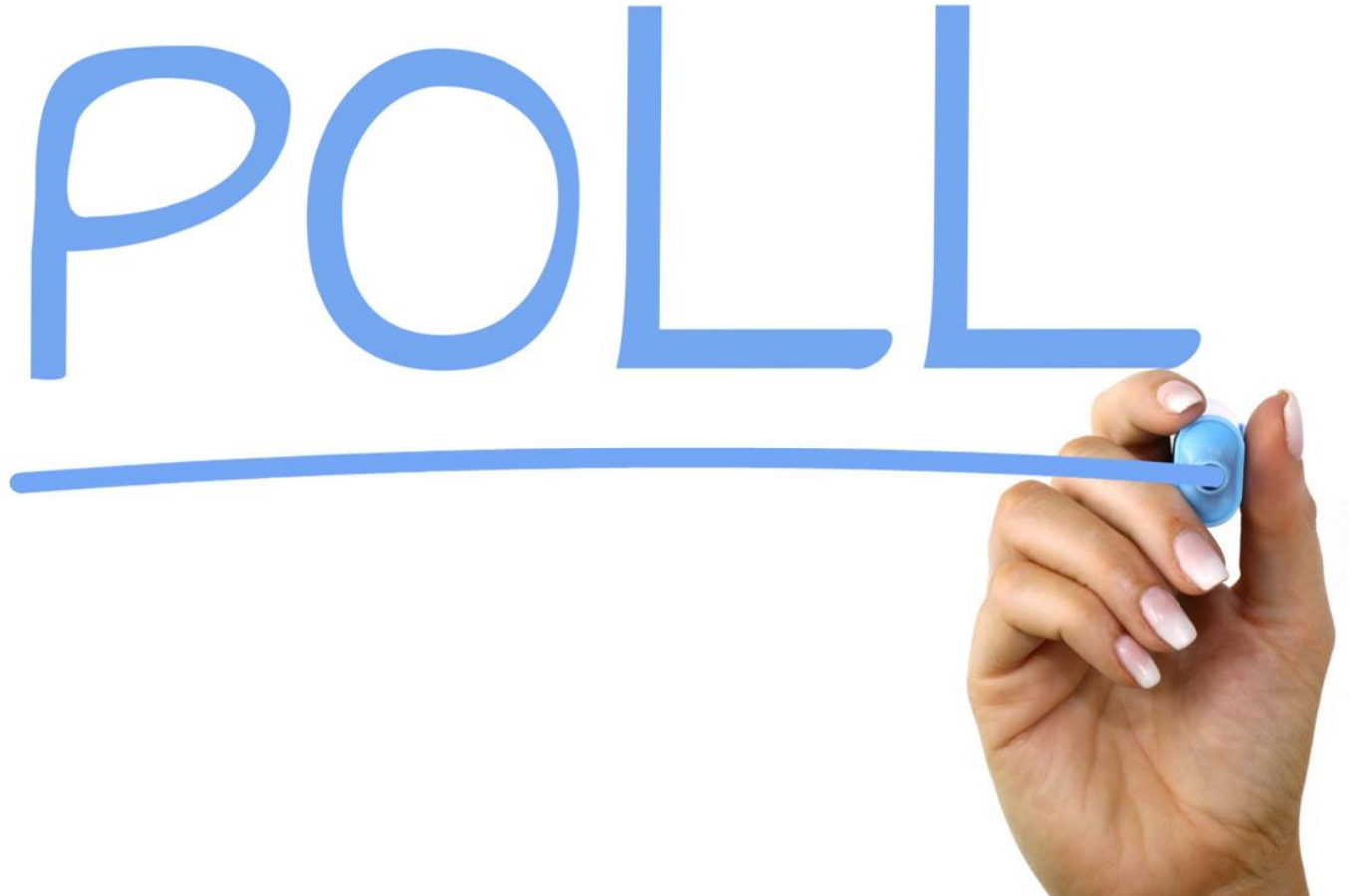
Consider closing other apps or websites you have opened to reduce frozen screens or being kicked off zoom

05

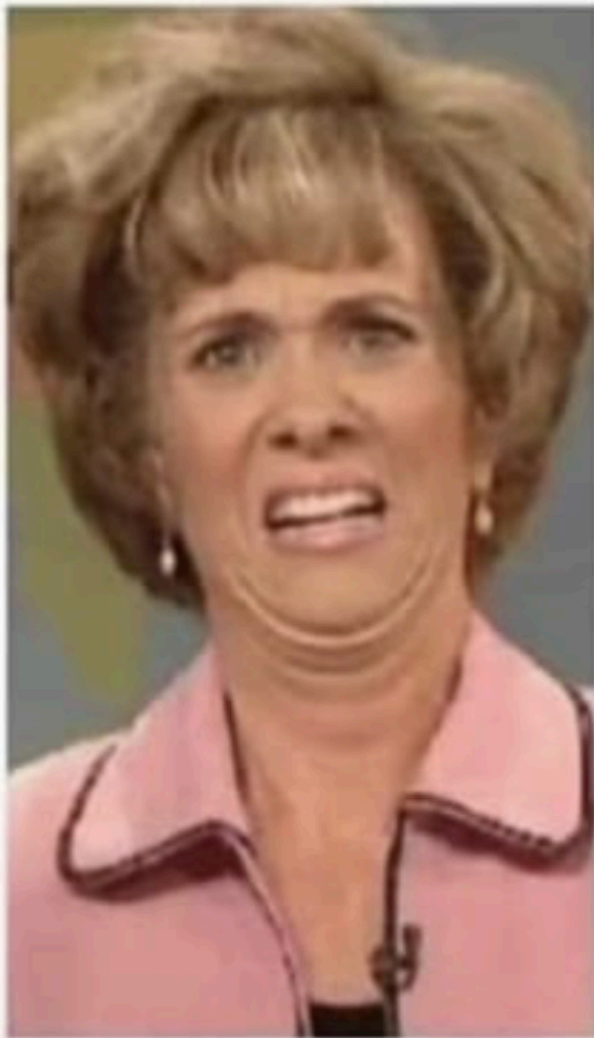
Breakout rooms will allow you to debrief and discuss

Poll (in real time) - QUICK RESPONSE

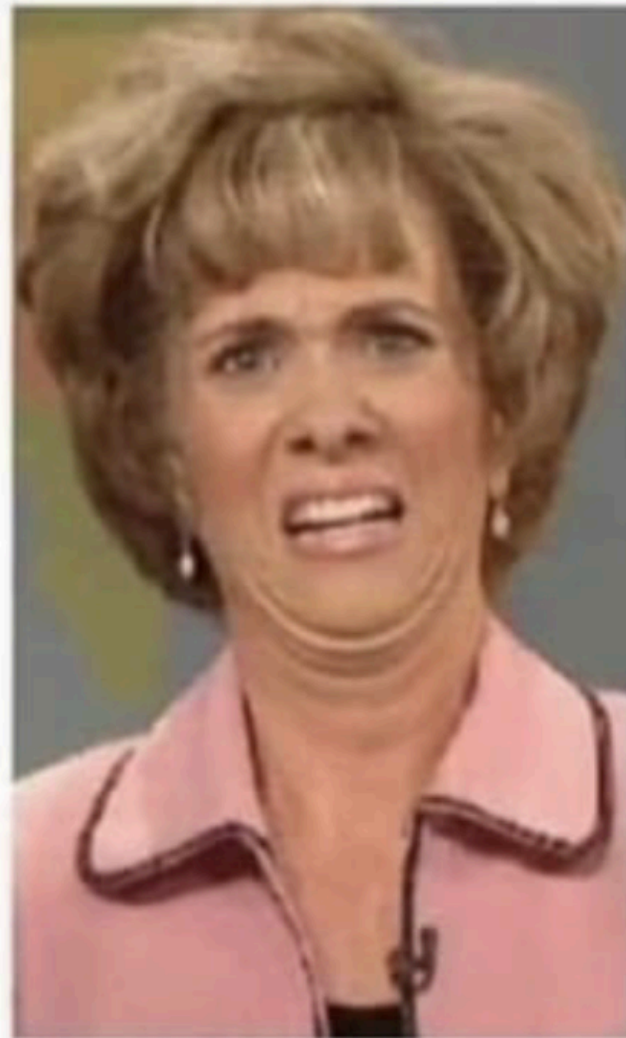
- How comfortable are you in sending your child back to school?
 - I feel comfortable
 - I feel uncomfortable
 - I need more information



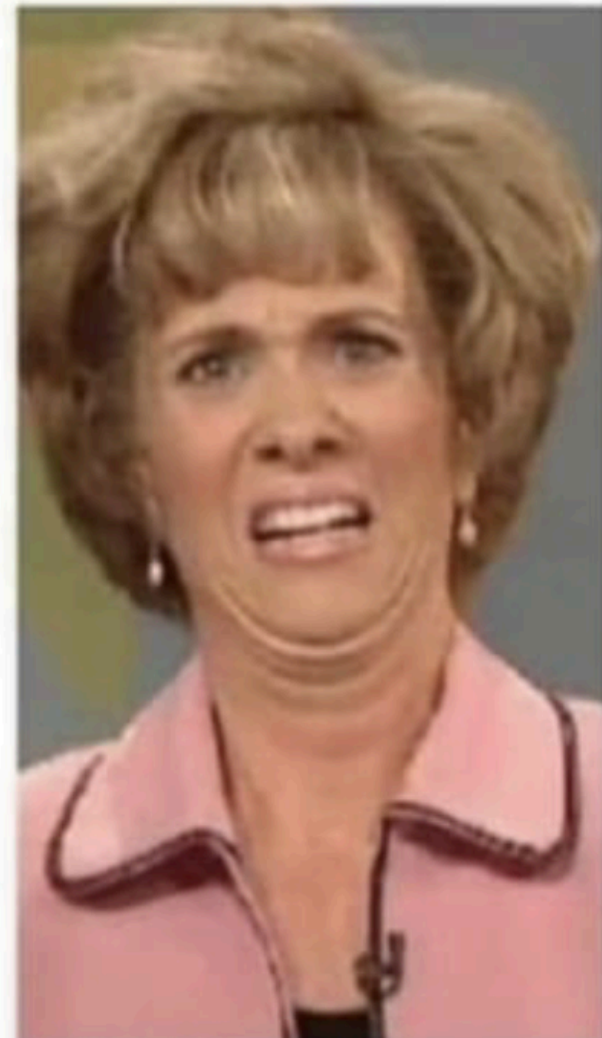
This Photo by Unknown author is licensed under [CC BY-SA](#).



**STARTING SCHOOL
IN PERSON**

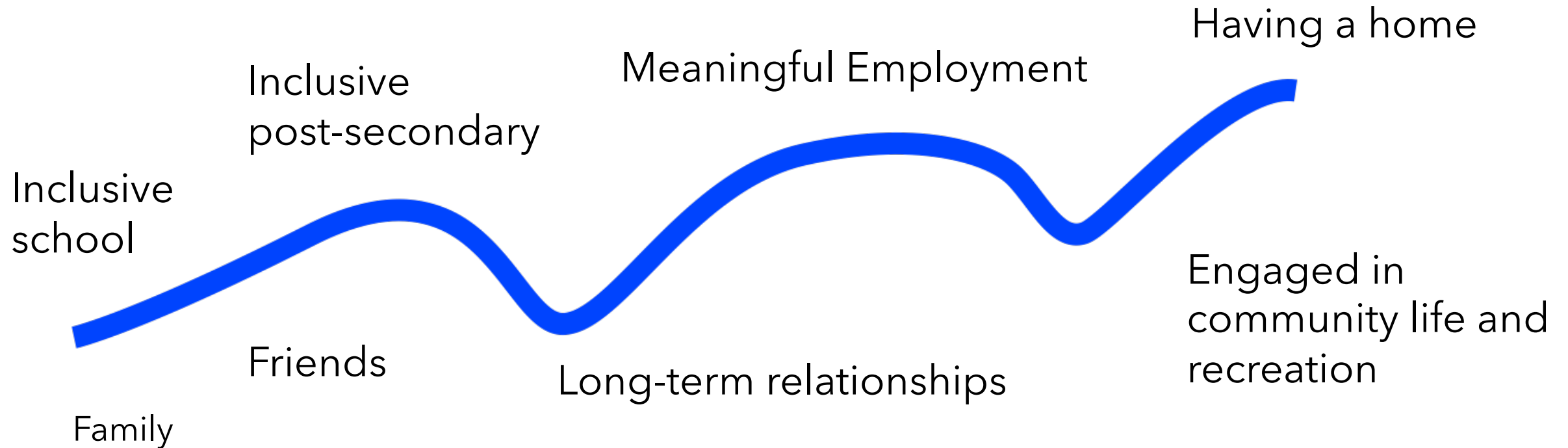


**STARTING
SCHOOL ONLINE**



HOMESCHOOLING

Natural Pathway



*To have an inclusive life requires full immersion
in the valued pathways of community over the life-span*

Alberta Education -What you need to know

- Re-launch strategy Alberta Education
 - <https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx>
 - Scenario 1 - full return to school with health protocols
 - Social distancing and increased use of sanitizer
 - Masks from Grade 4-12
 - Providing 2 reusable masks per student
 - Masks in common areas, teacher discretion in classrooms

The [Standards for Special Education](#) define an inclusive education as one where a student with disabilities or who require specialized supports and services is included in regular classrooms and neighbourhood schools as the first placement option.

As multiple scenarios are developed for the upcoming school year during the global pandemic, there must be **consideration and planning at each and every level for the inclusion of students with disabilities** and the impact and potentially **unique supports** that will be required to ensure their success and full participation in all aspects of school life.

- *Alberta's 2020-2021 School Reentry Plan, Page 5*

QUESTIONS FOR SCHOOLS

As we return to school for the fall, there are many new challenges for student with developmental disabilities who are begin included in the regular classroom. Here are a few key questions to discuss with your school before classes begin.

What will the school & the classroom look like for my child?

What are the expectations for parents regarding health and safety?

What new routines do I need to prepare my child for? (e.g. recess, lunch, riding the bus, drop off, sanitization, arrows, signs, distancing)

How does the school plan to prepare my child for new school routines? (orientation, practice sessions, checklists, etc.)

How can I support you to communicate consistent routines and language to my child?

What will the school & the classroom look like for my child?

What are the expectations for parents regarding safety?

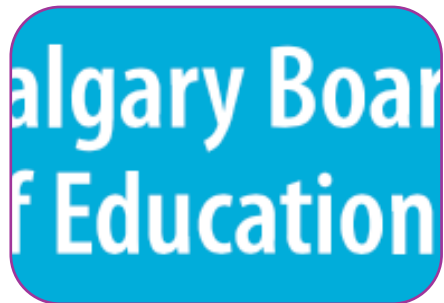
What new routines do I need to prepare my child for? (e.g. recess, lunch, riding the bus, drop off, sanitization, arrows, signs, distancing)

How can I help prepare my child for school routines?

How can I support you to communicate consistent routines and language to my child?

Where should I look for information?

Schools and Districts- Where to look for information



Websites



Newsletters



Social
Media



Communica
tion Apps



Etc.



Break-outs

- What have you heard from your school or district?
- Given what you've heard, what are your feelings about your child back returning to school?



Mindfulness Activity



Share back





Support the Return to School

Learning routines is a key aspect of a successful return to school

Use the strategies you typically use to establish new routines (social stories, visuals, conversations, etc.)

Focus on establishing those routines that the teachers will be using and stay consistent (if possible) at home

COVID Toolkit for Parents and Teachers

Click on pictures to access the content

Back to School (Social Story) 	Photo Glossary 	Photo Information 	Hand Washing 
Wearing a Mask (Social Story) 	Social Distancing (Social Story) 	Comfortable Mask Wearing 	Communication Board (with Mask) 
Spreading Covid Virus (Video) 	Social Distancing Experiment (Video) 	Order Glow Germ (handwashing demo) 	Talking to kids about Covid 
Talking to Kids about Covid 	Talking to Kids about Covid 	Corona Virus Explained (Video) 	Safety Measures (Video) 
Wearing a mask Social Story (Video) 	How to wear a mask (Video) 	Riding the Bus (Social Story) 	Talking to students about Covid (Video) 
Seeing Others Wearing Masks (Social Story) 	Wearing a mask to school (Social Story) 	Germ Experiment (video) 	Story about the Pandemic 



Covid-19 Friendly Classroom Activities

Promoting Movement, Learning, and Group Work in Inclusive Classrooms

By: Lissa Horyn

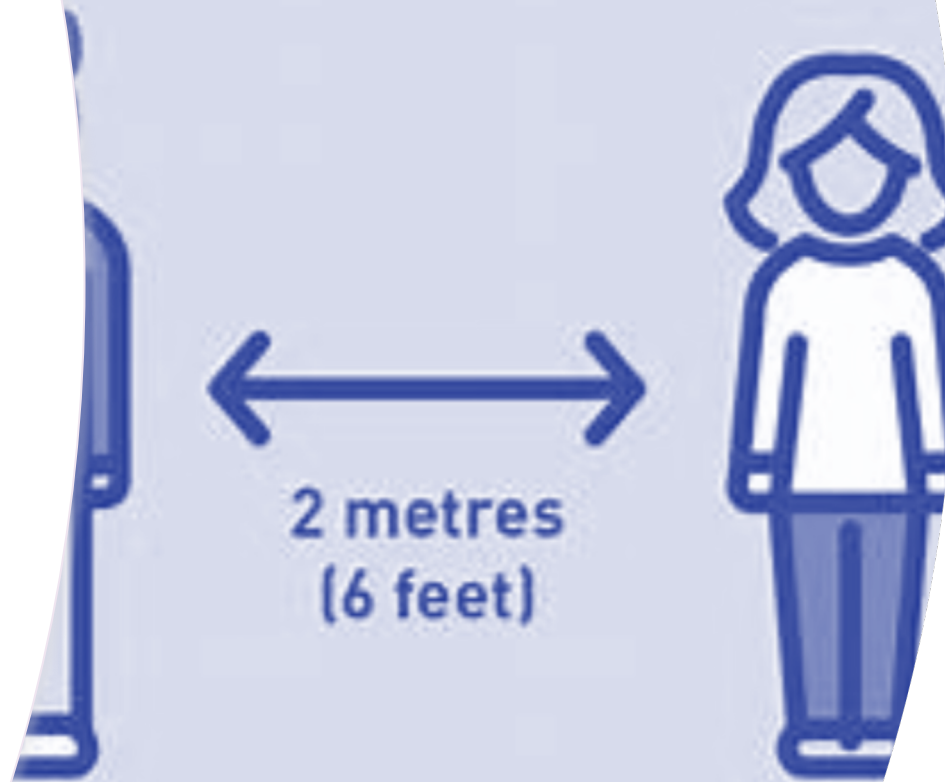
Movement During Classroom Discussion

These are strategies that teachers can use when students are having a class discussion. Even though movement can sometimes be loud or distracting, these ideas can keep the discussion focused, fun, and engaging while allowing students to move.

Activity Description	Adaptation ideas so all students can participate
<p>Opinions: Hold up signs or thumbs up / down if you agree or disagree</p>   <div> <p>* Students can stand or move in one spot while holding up their signs. They can also stand if they agree and sit if they disagree</p> </div>	<p>Give student the questions/ and potential opinions/answers ahead of time so they are prepared to share.</p>

Social Distancing

Social distancing
It's not rude, it's safe!



- What does this mean for the classroom routines?
- Don't assume. Teach each routine for each space/place

Explain, Practice, Refine....

- New expectations for what is and is not allowed in school
- Take pictures of standing apart, air high-fives, footshakes, etc.

My teachers will wear masks. The masks cover their mouths and noses, but I can still see their eyes!

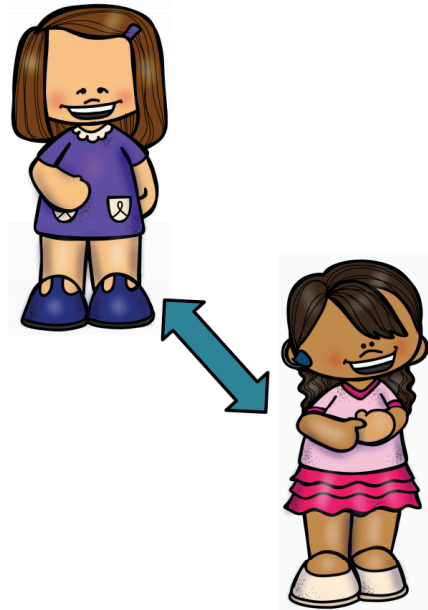


They wear the masks to keep everyone at school healthy and safe.



I can't hug or hold hands with my friends or teachers.

Elementary



2

Social distancing means keeping extra space between myself and other people.

© Autism Little Learners



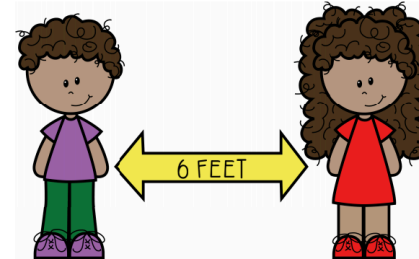
3

But, it doesn't mean I can't be social and talk to my friends!!

© Autism Little Learners

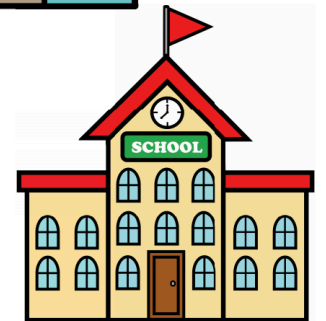


4



It's more like physical distancing. I need to keep my body 6 feet away from other people's bodies.

© Autism Little Learners



5

This might happen at a store, at school or in other places where there are a lot of people.

© Autism Little Learners

Junior High / High School



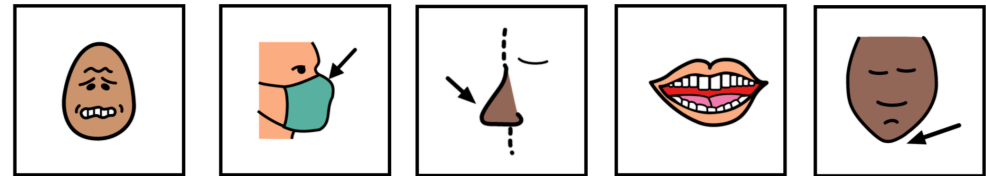
What is COVID-19?

- It is a new illness spreading around the world.
- It's nickname is coronavirus.

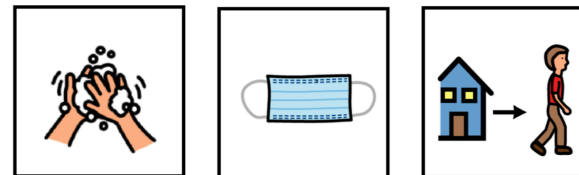
How do you get it?



- Someone with COVID-19 gives you their germs.
- When they cough or sneeze, their germs get in the air, on you, and on things.
- Germs get into your body through your mouth, nose, and your eyes.



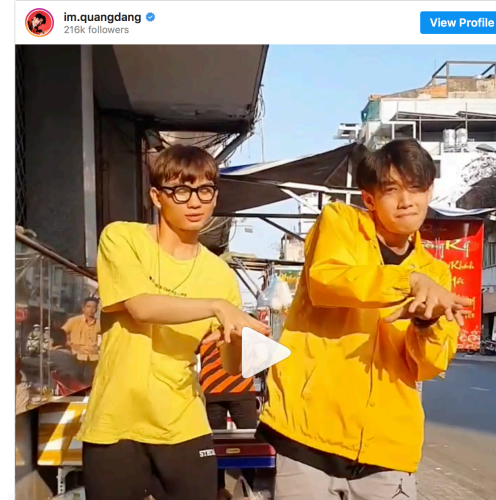
It may feel weird or uncomfortable to wear a mask at first. The mask should cover your nose, mouth, and chin.



Wash your hands before putting on your mask. Make sure to wear your mask whenever you leave your house.

Handwashing -

- Visuals/Real pictures
- Checklists
- Practice at home
- Create a tiktok or make a poster
- Etc.



Hand Washing:

- ✓ Wet hands
- ✓ Add soap
- ✓ Scrub for 20 seconds.
- ✓ Rinse hands
- ✓ Dry hands

♪ Scrub the surface sheen type, I'm the bad
guy... ♪



Wearing a mask

- Custom fit masks
- High interest design/fabrics for masks
- Comfortable masks - experiment
- Practice at home in advance of school-start with 1 min, 5 min, etc
- Have extras on hand
- Consider "mask on" and "mask off" routines/signals
- "Take a break" area

1. Wash Hands/Use sanitizer
2. Pick up mask from sides
3. Put on mask
4. Do not touch inside the mask
5. Press it on your nose
6. Pull down under chin
7. Wash hands/Use sanitizer

Avoid touch
of mask.

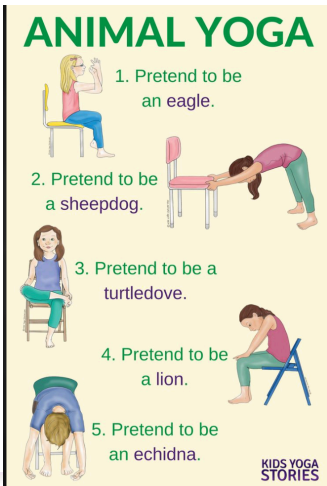


Longer blocks or fewer school-wide class changes

1. Reduces contact by reducing the number of cohorts
2. Flexible break options - not everyone moving at the same time



Movement breaks



Be creative – think outside of the box

Think about a wobble chair (Hokki stool), seat cushion, stationary bike, etc.

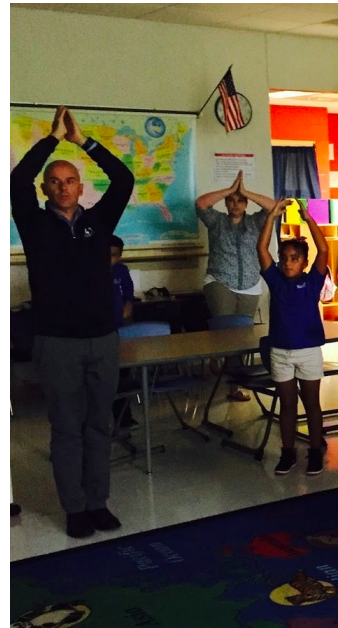
Think about making use of early morning, lunch and after school routines that allow movement

Could students have a movement break safely in class?

Where in the school would students be permitted to take breaks?

How teachers might make a lesson interactive

$45 \div 5 =$ _ BICEP CURLS	$35 - 8 =$ _ TUMMY TWISTS	$64 \div 8 =$ _ EAGLE TREE POSE	$7 \times 4 =$ _ LUNGES	$36 \div 6 =$ _ SQUATS
$40 \times 0.4 =$ _ SHOULDER BOUNCE	$45 - 5 =$ _ LUNGES	$70 \div 10 =$ _ CHILD'S POSE	$18 \div 3 =$ _ EAGLE TREE POSE	$5 + 16 =$ _ BICEP CURLS
$5 \times 3 =$ _ SQUATS	$22 + 10 =$ _ ANKLE CIRCLES (LEFT)	$7 + 7 =$ _ STAR POSE	$55 - 33 =$ _ CHAIR POSE	$20 - 7 =$ _ SINGLE LEG BALANCE (RIGHT)
$64 - 55 =$ _ BICEP CURLS	$6 + 16 =$ _ ANKLE CIRCLES (RIGHT)	$55 - 43 =$ _ ARM CIRCLES	$14 + 11 =$ _ TUMMY TWISTS	$3 + 9 =$ _ RAISE THE ROOF
$15 + 15 =$ _ _ LUNGES	$30 \times 0.1 =$ _ SINGLE LEG BALANCE (LEFT)	$77 - 29 =$ _ ARM CIRCLES	$50 \times 0.2 =$ _ SHOULDER BOUNCE	$60 \times 0.3 =$ _ STAR POSE



Body Bingo - students answer the questions and perform that # of movements to make a line

Thumbs up/ Thumbs down Stand up/Sit down. True/False Cards

If you know the answer... Stand up, wave, 3 calf raises, sit on the floor, stand on one leg.

Students interact with one another via: video chat with headphones, shared word doc or slide etc.



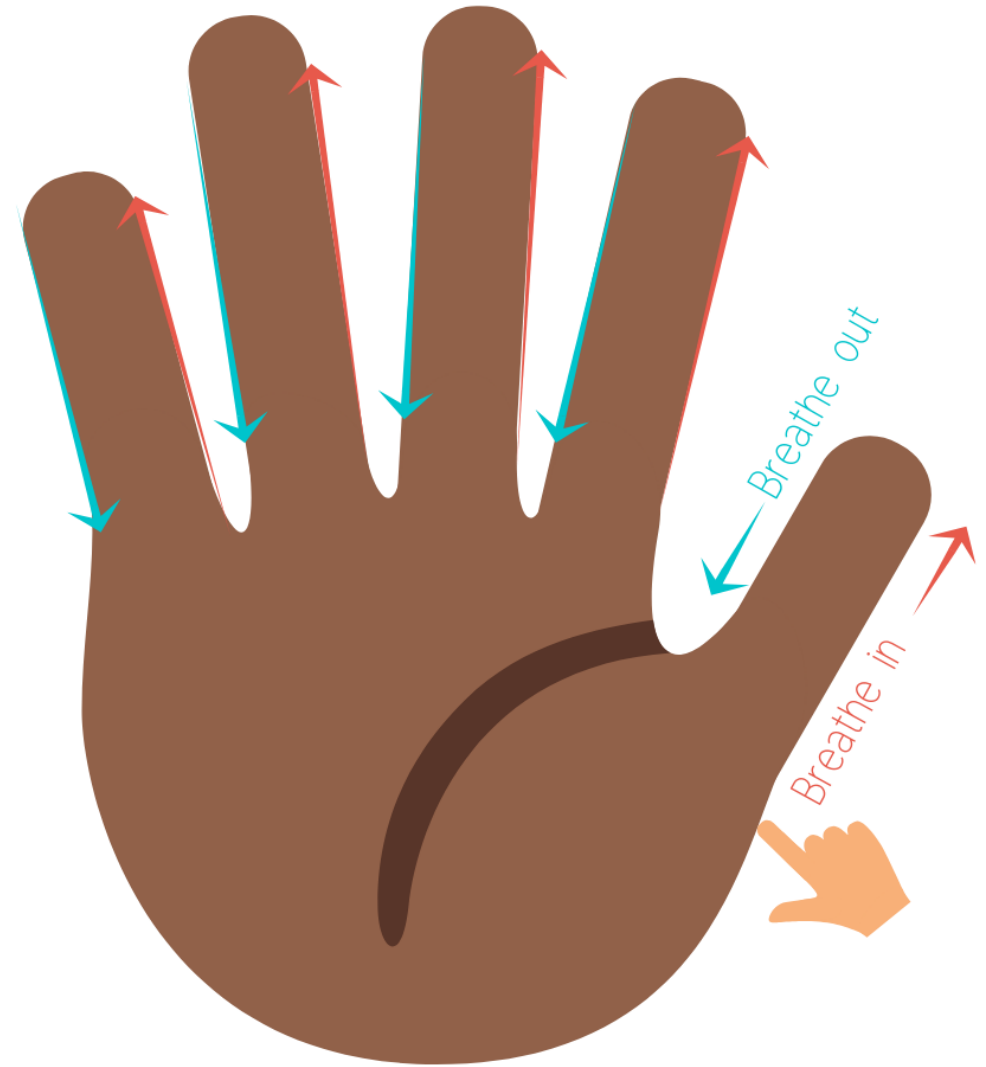
Break-Outs

- What strategies have worked in the past to help your son or daughter learn routines?
- How might you apply those strategies in the current situation?



Mindfulness Activity

5 Finger Breathing



Share back



www.inclusionalbarta.org

Inclusion Edmonton Region

INCLUSIVE EDUCATION ADVOCACY 101

More so than ever, given the province's financial challenges and now the pandemic, it appears that parents are having their choice for an inclusive education being challenged or denied. Parents are being told their school lacks the resources or funding to provide inclusion or that a special education classroom offers a better education. Neither of these are in fact correct.

When parents are informed and armed with knowledge and information as to how funding works, the Alberta Standards schools and school districts are required to follow and the research on inclusive education, they are in a much better position to be an effective advocate for their children with developmental disabilities. This workshop will provide parents with an opportunity to learn about the significant value of an inclusive education, their rights in choosing an inclusive education, how funding works and what constitutes quality in inclusive education.



Aug. 29, 2020

9 am - 12 pm

Free Webinar



Presenter: Bruce Uditsky M.Ed, Chief Executive Officer Emeritus
Bruce is a nationally and internationally recognised advocate, author, and leader in the field of developmental disabilities, in addition to being a parent himself.

Call: Aqeela Khalid at (780) 721-1425 or email:
mail@inclusionedmonton.org
for more information

www.inclusionalbarta.org

Click the **events** tab

Click: **Inclusion Edmonton Region Presents: Advocacy 101**

Events



Virtual Fundraising Breakfast 2020 >

October 22 |

The Peter Lee Golf Classic >

September 24 | Spruce Grove

Inclusion Edmonton Region Presents: Advocacy 101: Part 1 >

August 29 |

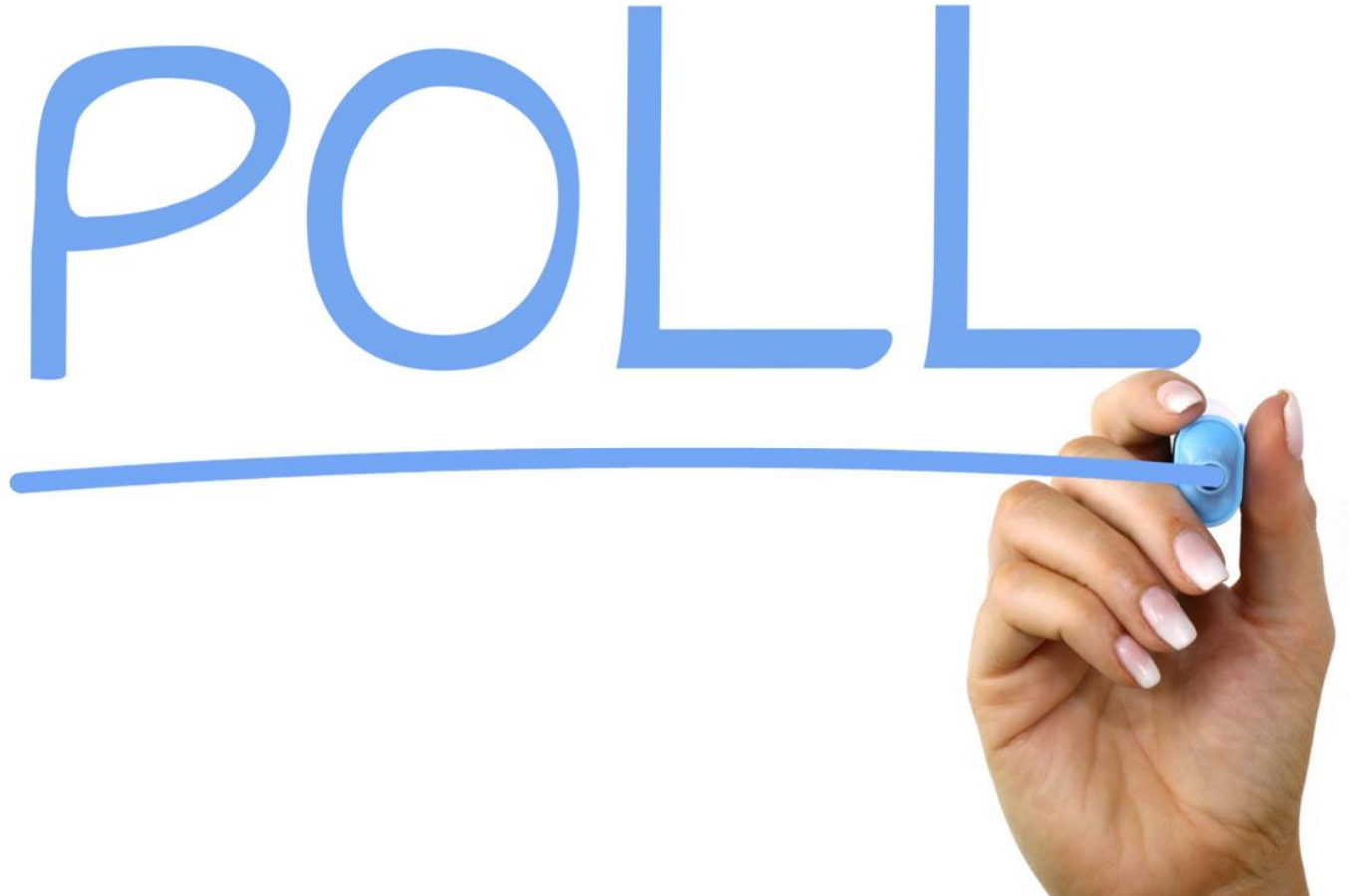
Getting Ready for the Return of School >

August 19 |

[View More](#)

Follow-up - Poll #2

- Was the information presented today helpful?
 - Yes
 - No
- Would you be interested in a follow up session in the fall?
 - Yes
 - No



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Questions?

Please write your questions in the chat

