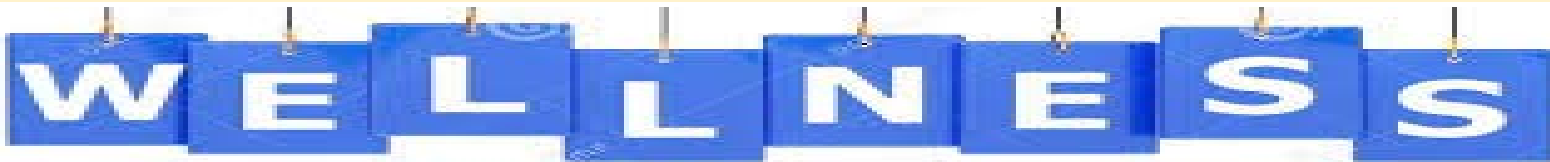


Wellness at Outreach, Home-Based School, & Distance Learning

April is Autism Awareness Month



Executive Functioning (EF)

Planning 	Organization 	Self-Control
Task Initiation 	Executive Functioning Skills <small>www.thegateway2autism.com</small>	
Time Management 	Metacognition 	Working Memory
Attention 	Flexibility 	Perseverance

Signs of EF Difficulties

- Difficulty retaining information
- Trouble paying attention, easily distracted, or loses train of thought
- Forgetful / has difficulties retrieving information
- Troubles with planning, organizing, and time management
- Difficulties memorizing
- Sticks with a plan even when it isn't working
- Difficulties making decisions
- Unable to think of or do more than one thing at a time

Autism Information & Resources

[Autism Speaks Canada](#)

[Autism Speaks](#)

- enhancing lives today and accelerating a spectrum of solutions for tomorrow

Lifelong Learning

***Note:** all sessions are virtual; they just require registration.

[AHS - Caregiver Education Sessions](#)

Keeping Scattered Kids on Track: Supporting ADHD

Wednesday, April 27
6-7:30pm

[AHS - Lunch and Learn \(adults\) \(12:00-1:00\)](#)

Building Executive Functioning Skills

Part One: Tuesday, April 19
Part Two: April 26

Mental Wellness

Article: [Passwords and Positive Self-Talk: Start Your Day off Right!](#)

Leduc Clinic

Wednesdays ONLY from 12:30-4:00pm (last session 3:00pm)
Centre Hope Building (2nd Floor)
4906 49 Avenue, Leduc, AB T9E 6W6 780-986-2660

Rutherford Clinic

Monday-Friday from 12:30-4:00pm
Suite 202, 11153 Eilerslie Road
Edmonton, AB T6W 0E9
780-342-6850

Call ahead to find our current wait time!

AHS Central intake for child/adolescent mental health services: 825-402-6799

it's okay to not be okay.



Mental Health Week May 2-8, 2022

Look for additional mental health resources including how to reduce the stigma and learning opportunities!

Favourite Salad Recipes

Healthy Living How to Get Moving

- Park further away instead of in the closest spot
- Set reminders on your phone to move.
- Go to the bathroom on a different level of the building than you are on.
- Walk while you talk on the phone.
- Eat lunch outside.
- Clean up your desk area.
- Skip the drive-thru! Go inside!

Recipe Collection Family Heritage Recipes

- Shanghai-Style Red Vegetable Soup (Chinese Borscht)
- Perogies
- Hamburger Soup
- Greek 2-In-1 Meal
- Mum's Chocolate Chip Cookies

For May: We are looking for your favourite salads! **Submit your recipe [here!](#)**

Jokes of the Month

Q. What did the Easter Bunny say to the carrot?
A. "It's been nice gnawing you!"

Q. Where does the Easter bunny eat breakfast?
A. IHOP.

[Submit your favourite joke](#) for next month!

Home-Based/Outreach:
Mrs. Khristi Elford

khristi.elford@blackgold.ca
780-929-5468

Distance Learning:
Mrs. Trish Hyrtsak

trish.hrytsak@gshare.blackgold.ca
780-986-2248 x 220

Strategies for Supporting Executive Functioning Needs

ePathway 2 Success - www.thepathway2success.com

Have homework written down in the same spot every day



Explicitly teach executive functioning & study skills



Give an extra 3-5 minutes to organize before transitions



Schedule a weekly organization time



Create routines and practice them often

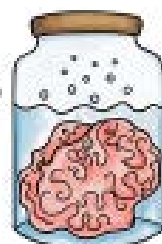


Incorporate movement during instruction

Create an end-of-the-day checklist to remember materials



Provide brain breaks during and after instruction



Clearly explain academic & social expectations



Keep an extra set of books at home and in the classroom



Use countdowns & time checks during work periods



Have students set up homework binders

Find more tips at:

www.thepathway2success.com

Illustration by Kate Hadfield



Gowns & Suits for Grads

The Sherwood Park Elks continue to support local graduates by offering free suits and gowns!

No referral required.

Donations accepted on shopping days!

Location: #123 2016 Sherwood Drive
(Entrance at CanTeen Doors)

Time: 10 am - 3 pm

Jan 15/16 and 29/30

Feb 12/13 and 26/27

Mar 12/13 and 26/27

Apr 9/10 and 23/24

May 14/15

Provincial Guidelines for Covid 19 will be followed.
People are asked to wear a mask and social distance.