THE VILLAGE NEWS

WEEKLY UPDATE

FEBRUARY 24TH 2011

SPECIAL POINTS OF INTEREST:

- Wheelchair Tennis
- Housing Options
- Psychology For You
- "Big School" Here I Come!
- C.O.U.R.A.G.E

Wheelchair Tennis Clinic

T.R.Y. It!

TENNIS NOVA SCOTIA

Dates/Time:
February 25th 2012
3:00-5:00pm

Location:

Armbrae Academy

1400 Oxford Street

Halifax Nova Scotia

Come Out and Trial: Wheelchair Tennis

Come out and try the exciting sport of Wheelchair Tennis for **free**!
Participants will receive instruction from Stott Hurtubise from Tennis Nova Scotia and all equipment will be supplied rackets, balls, and chairs if required. Come have fun and learn at the same time. This will be the first clinic and introduction to the sport so everyone are more than welcome regardless of age or skill level.

To express your interest please contact: Stott Hurtubise

email: scotthurtubise@bell.blackberry.net

Deadline for registration is Friday February 24th

FREE OFFER!

Benefits:

- **Physical – improves range of motion, manual dexterity,**
- **Cognitive- promotes focus, concentration and creativity**
- **Social- improves self - esteem, confidence, motivation and increases self awareness.**

Contact us at:

Kim.clarke@iwk.nshealth.ca
Tel: 902-470-7039
Fax: 902-470-7465

Check out the IWK Website at www.iwk.nshealth.ca

IWK Health Centre
Pediatric Rehabilitation Service

Housing Options – a discussion

Is your son or daughter with ASD on the threshold of adulthood? Are you wondering what housing options might be available?

Join us on Monday, March 5 for an evening of discussion, information and dessert. Hear one family's story of a successful transition to independent housing.

Dessert and coffee provided.

Where: Autism Nova Scotia,
1456 Brenton Street, Halifax

When: Monday, March 5, 2012
7:00 pm

RSVP to Vicki at 446-4995 Ex. 32 or
at vharvey@autismns.ca

Psychology for You: Understanding and Coping with Childhood Anxiety Disorder

What: Please join Gelareh Karimiha, M.A. and Dr. Alissa Pencer, Ph.D, IWK Psychologist, for a free community information session on "Understanding and Coping with Childhood Anxiety Disorders." An opportunity for questions and dialogue will follow the presentation. **All are welcome to attend**.

This presentation will discuss the causes and nature of common anxiety disorders among children, including separation anxiety, generalized anxiety disorder and social phobia. There will also be a discussion of concrete strategies that parents can use to help reduce the negative impact of anxiety on their child and family's functioning.

When: Monday, March 5th, 2012 from 7:00 p.m. to 8:30 p.m.

Where: Parker Reception Room, IWK Health Centre
The Parker Reception Room is located on the main floor of the IWK, nearest the Women's Building entrance.

The Psychology for You series is also available through the Nova Scotia Telehealth Network, a video conferencing communications network that connects health care focused facilities across Nova Scotia. This community information session can be viewed at the following Nova Scotia Telehealth Network locations:

- Annapolis Community Health Centre, Annapolis Royal
- Valley Regional Hospital, Kentville
- Soldier's Memorial Hospital, Middleton
- Inverness Consolidated Memorial Hospital, Inverness
- Cape Breton Regional Hospital, Sydney
- Strait Richmond Hospital, Evanston
- Colchester Regional Hospital, Truro
- Cumberland Regional Health Care Centre, Amherst
- St. Martha's Regional Hospital, Antigonish
- Aberdeen Hospital, New Glasgow
- South Shore Regional Hospital, Bridgewater
- Roseway Hospital, Shelburne
- Yarmouth Regional Hospital, Yarmouth

Please contact the Telehealth Coordinator via the main switchboard at the location nearest you to ensure that this session is being broadcast at your location.

Who: Gelareh Karimiha, MA, IWK Health Centre.
Ms. Karimiha is Pre-Doctoral Resident in Child and Adolescent Clinical Psychology at the IWK. She recently completed a rotation under the supervision of Dr. Alissa Pencer at the Treatment of Anxiety Group (TAG) at Maritime Outpatient Psychiatry (MOP).

Dr. Alissa Pencer, Psychologist, IWK Health Centre
Dr. Pencer is a registered Psychologist at the IWK. She works with the Treatment of Anxiety Group (TAG) at Maritime Outpatient Psychiatry (MOP), where she provides assessments and treatment to children and adolescents with a range of anxiety disorders.

To learn more about Psychology for You, please visit the "Healthy Families" section or the Psychology page within "Care Services" on the IWK website at www.iwk.nshealth.ca.

For more information, please contact: IWK Public Relations, (902) 470-6740.

Do you have a child who has a physical disability or acquired brain injury entering elementary school in September 2012?

Would you like to give them a chance to work with a team of rehabilitation professionals for three days on skills to increase their independence and prepare them for "Big School"?

Register now for the IWK Health Centre's

"Big School" Here I Come! Program

Orientation to be held:
Saturday June 9th, 2012 10:00am-12:00 noon
(Telehealth Orientation may be available for participants outside of Metro)
Program to be held:

August 21st, 22nd & 23rd, 2012 9:00am-2:30pm Daily
(school location, within HRM, to be determined)

Participants will have lots of fun while having a chance to practice their school readiness skills. This program will be of most benefit to participants who require physical aids for mobility (wheelchair, walker, crutches, braces) and although preference will be given to those participants all applications will be considered!

This program has been very popular in the past so be sure to register <u>by Friday April 27th, 2012</u>.

A registration fee of $35.00 will be applied.

Not sure if your child qualifies? Have questions?

Call Kim Clarke at 902-470-7039 to register!

Or email kim.clarke@iwk.nshealth.ca

Nova Scotia Secondary School Students' Association C.O.U.R.A.G.E. '12-Inclusion Conference

Date: Saturday, March 31, 2012, 09:00am - 09:00pm

Location : Sir John A Macdonald High School, 31 Scholars Rd., Upper Tantallon NS B3Z 0C3

Contact : Islay Wright at 902- 877-7828 or Xavier Hartley at 902-830-2713

Cost is $50

Creating Opportunities to Understand the Responsibility of Adolescents in a Growing Environment

DOWNLOAD THE FORMS HERE

The Nova Scotia Secondary School Students' Association is a non-profit organization run for the benefit of students across Nova Scotia. The organization is run by student leaders and focuses on leadership development at the high school level. Every high school student is a member of the N.S.S.S.A whether they've attended an event or not. The organization promotes communication among the students in Nova Scotia. Throughout the year there will be events such as fundraisers, six two-day regional high school conferences for students grades 10-12, six one-day regional Jr. high school conferences for students grades 7-9, a one-day Inclusion conference for students with special needs, and a four-day provincial conference. These are just to name a few.

Our Mission Statement
To promote servant leadership in a safe heroic environment through motivation, inspiration, and demonstration by developing life skills.
If you are… a Parent

WHAT IS THE NSSSA?
The Nova Scotia Secondary Schools Students' Association is a non-profit organization run for the benefit of students across Nova Scotia. The organization is run by student leaders and focuses on leadership development at the high school level.

WHO CAN GO?
If your child is a High School Student (Grades 10-12) they are welcome at all regional, Inclusion and Provincial conferences. If your child is in grades 7-9 their region may offer a one-day Jr. High School conference. Any grade nines that attend a regional Jr. High School conference are welcome to attend the Provincial Conference.
All students are welcome at conferences!
get involved with the NSSSA!

HOW DOES THE NSSSA PROMOTE LEADERSHIP?

Throughout the year there are various events such as two-day regional conferences, one-day regional Jr. high school conferences, a one-day Inclusion conference for students with special needs in March, a province-wide dance and a four-day provincial conference in May. NSSSA conferences operate in an exciting, fun, friendly and non-judgmental environment.

WHAT HAPPENS AT CONFERENCES?

Skill building sessions are composed of 8-10 students, and two experienced student facilitators. Students gain various leadership skills such as communication, personal leadership, working under pressure, and group dynamics through various fun and exciting activities. Outside the skill building sessions there are other activities, such as motivational speakers, how-to sessions, a group leadership challenge (also known as the EPIC), a talent show and high energy sessions. Meals are also provided as part of the conference fee.

ARE THERE ANY RULES AT CONFERENCES?

YES! There are a few rules you must know before your child comes to conference:
There are absolutely no drugs or alcohol allowed on the campus. Anyone found with these in their possession will be sent home at their own expense.
People are not allowed on the residence floors of the opposite sex.
Students are not permitted to leave the campus at any time except with the permission of the Conference Co-Chairs. Special trips can be organized to purchase forgotten items.
Everyone attending the conference will be expected to behave in a mature and responsible manner. They must treat the facilities, equipment and campus grounds with respect. Anyone causing damages (lost, stolen, or broken items) will be billed after the conference.
Chaperones, Advisors and Certified First Aid people will be present to ensure that everyone has a fun and safe experience.

HOW DOES YOUR CHILD BENEFIT?

Does your child like sports, music, academics, hanging out, volunteering, or maybe planning parties? Anything that your child likes to do is associated with leadership. In every day of life there are opportunities for any student to be a leaded; whether it is setting a good example for others (maybe by doing homework or practicing hard at a task), being encouraging to a teammate, helping someone who is struggling with a task, taking on the responsibility of planning something, or even something as small as saying hello to someone know and demonstrating kindness.
There are no limitations to leadership, and at an NSSSA conference the positive energy, motivation and new life long friends helps people to recognize their own leadership skills and how they can apply them to their lives. The NSSSA also offers an endless variety of opportunities for students to get involved with the organization; we encourage you to encourage your child to get involved with the NSSSA!