

## RESPIRE TIP



### BACK TO SCHOOL

This article is meant as a resource list of documents or articles you might need to read over as your child enters or returns to the school system. There are a lot of resources listed here, and you will probably not need them all, so focus on the items that are meaningful and important to you.

#### ***A Note to Parents: Looking After Yourself***

*School is here and you made it! Now you need to take some time for yourself.*

*Remember:*

- 1. Breathe.*
- 2. Before the calendar gets too full, block off some down-time each day for you. Stay away from over-scheduling.*
- 3. Congratulate yourself – you got them back to school! Take some time and do something you enjoy doing. You deserve it!*

**Here are some resources by and for parents and educators:**

#### **Working with teachers**

- **Providing information about your child:**

<http://specialchildren.about.com/od/specialeducation/a/schoolprintouts.htm>

This site gives suggestions for preparing a teacher information packet, and links to five things a teacher needs to know about specific disabilities (from Asperger to Tourette's).

It also has a nice sample letter a parent wrote to the teacher as an introduction to her child and his unique needs.

- **Communicating with teachers and the school:**

<http://www.specialchild.com/tips09.html>

This site has lots of ideas for ways to communicate. If you and your teachers use texts and email, this can also be an immediate and easy way to communicate during the day.

- **Providing resources**

Let your teachers know that you can help with any problems that might arise – you might have a neat trick that they can adapt for the classroom. Let them know you are happy to talk and problem solve together. Your teacher might not have much experience with children who have diverse needs – you can help to build their confidence and knowledge base. You might have access to disability-specific resources that you can share such as:

Downs Ed International: <http://www.dseinternational.org/en-us/>

Autism in Action: <http://www.autismaction.org/resource-center/educators/support-for-general-ed-teachers/>.

The Swift Centre has resources for inclusive classrooms:

<https://www.youtube.com/user/theswiftcenter>

- **Useful back-to-school tips for parents of children with ASD:**

<http://www.snagglebox.com/article/asd-back-to-school-tips>

- **Nova Scotia Association for Community Living has information on current education issues on its website:**

<http://nsacl.wordpress.com/recommended-links/inclusive-education-resources-info/>

- ***Wrightslaw: From Emotions to Advocacy***, is a useful guide to working with schools and teachers successfully. Available in many public libraries or to purchase

<http://www.wrightslaw.com/store/feta2.sm.html>

### Connecting with other parents

- **Facebook** is a great way to connect with other parents who have children with special needs, share resources and get advice about education:

<https://www.facebook.com/groups/educationgroupscri/>

This group is primarily for parents and caregivers of school-aged children who have disabilities or special needs in Nova Scotia - it's a place to connect and share information, advocacy, support, good ideas, and advice relating to education and inclusion. The aim of this group is to create a positive space where parents can share ideas for meeting educational needs - we might want to share first-hand experiences, or resources we have found particularly useful. We might also want to organize some advocacy with respect to the government or school boards. You need a Facebook account to join.

Local disability related groups also have Facebook groups where you can ask questions and share advice - Halifax NS Down Syndrome Society and local chapters of Autism Nova Scotia have groups you can join.

- **Twitter** : Follow Twitter for posts about special education:  
<http://www.friendshipcircle.org/blog/2011/11/22/10-great-special-education-resources-on-twitter/>

## Helpful Documents from your Local School Board and Provincial Government

### ***NS Department of Education (DoE).***

The NS DoE has produced many documents to support students with special needs in the public school system. All of these documents are available on the DoE website:

- ***Inclusion Fact Sheet:***  
[http://studentservices.ednet.ns.ca/sites/default/files/Inclusion\\_WEB.pdf](http://studentservices.ednet.ns.ca/sites/default/files/Inclusion_WEB.pdf)
- ***Assistive Technology*** <http://dvl.ednet.ns.ca/assistive-technology>
- ***Adaptations Fact Sheet - Strategies and Resources***  
[http://www.horton.ednet.ns.ca/Adaptations\\_Fact%20Sheet\\_1.pdf](http://www.horton.ednet.ns.ca/Adaptations_Fact%20Sheet_1.pdf)
- ***The Program Planning Process: A Guide for Parents***  
[http://studentservices.ednet.ns.ca/sites/default/files/Program\\_Planning\\_WEB.pdf](http://studentservices.ednet.ns.ca/sites/default/files/Program_Planning_WEB.pdf)
- ***Transition Planning***  
[http://www.studentservices.ednet.ns.ca/sites/default/files/transition\\_planning\\_web.pdf](http://www.studentservices.ednet.ns.ca/sites/default/files/transition_planning_web.pdf)

- **Handbook for Transportation of Students with Special Needs**  
<http://studentservices.ednet.ns.ca/sites/default/files/Handbook%20for%20the%20Transportation%20of%20Students%20with%20Special%20Needs.pdf>
- **Nova Scotia's Action Plan for Education, 2015:**  
[http://www.ednet.ns.ca/files/2015/Education Action Plan 2015 EN.pdf](http://www.ednet.ns.ca/files/2015/Education%20Action%20Plan%202015%20EN.pdf)
- **Teacher Assistant Guidelines** <http://studentservices.ednet.ns.ca/sites/default/files/ta-full.pdf>
- **Time Out Room Guidelines**  
[https://studentservices.ednet.ns.ca/sites/default/files/Time Out Guidelines and Sample Form.pdf](https://studentservices.ednet.ns.ca/sites/default/files/Time%20Out%20Guidelines%20and%20Sample%20Form.pdf)
- **School Board and Ministerial Appeal Guide**  
[http://www.studentservices.ednet.ns.ca/sites/default/files/School Board and Ministerial Appeal Guide.pdf](http://www.studentservices.ednet.ns.ca/sites/default/files/School%20Board%20and%20Ministerial%20Appeal%20Guide.pdf)  
This guide relates to addressing unresolved disputes between a parent/guardian of a student with special needs and the school board respecting the proposed or existing Individual Program Plan (IPP) for the student.

### **Nova Scotia School Boards**

All school boards in Nova Scotia have their own website, with documents on special needs schooling. Some documents are highlighted below:

#### **Halifax Regional School Board:** [www.hrsb.ns.ca](http://www.hrsb.ns.ca)

- HRSB Special Education Policy:  
<http://www.hrsb.ca/sites/default/files/hrsb/Downloads/pdf/board/policy/sectionC/C.006-special-education.pdf>
- Administration of Medication and/Medical Procedures to Students Policy:  
<http://www.hrsb.ca/sites/default/files/hrsb/Downloads/pdf/board/policy/sectionC/C.009-administration-medication.pdf>
- Severe Medical Conditions Policy:  
<http://www.hrsb.ca/sites/default/files/hrsb/Downloads/pdf/board/policy/sectionC/C.011-severe-medical-conditions.pdf>
- Parent Concern Policy:  
<http://www.hrsb.ca/sites/default/files/hrsb/Downloads/pdf/board/policy/sectionB/B.017-parent-concerns.pdf>

**Annapolis Valley Regional School Board:** [www.avrsb.ednet.ns.ca](http://www.avrsb.ednet.ns.ca)

- Statement of Commitment to Inclusion:  
<http://www.avrsb.ca/content/statement-commitment-inclusion>
- Parent/Guardian Concerns:  
<http://www.avrsb.ca/content/parentguardian-concerns-0>

**Chignecto-Central Regional School Board:** <http://www.ccrsb.ca/>

- Student Services Manual:  
<http://chignecto-3.ednet.ns.ca/studentServicesManual/index.asp>
- Supports for Students with Special Needs:  
<http://www.ccrsb.ca/content/supports-students-special-needs>

**Strait Region School Board:** <http://www.srsb.ca>

**Cape Breton-Victoria School Board:** <http://www.cbv.ns.ca/welcome/>

**South Shore Regional School Board:** [www.ssrsb.ca](http://www.ssrsb.ca)

**Tri-County Regional School Board:** <http://www.tcrsb.ca/default.aspx>

**Conseil scolaire acadien provincial:** <http://www.csap.ednet.ns.ca/index.php>

*This Respite Tip has been brought to you by the Nova Scotia Partnership on Respite, Family Health, and Well-Being. Information on the Respite Partnership and this and other Respite Tips can be found at: <http://disability.novascotia.ca/content/nova-scotia-respite-partnership>*

Respite, WE deserve it!



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