

# Dr. A.T. LEATHERBARROW PRIMARY SCHOOL



**D**ream **A**chieve **T**each **L**earn

Be Kind

Be Safe

Be Responsible

Be Respectful



## VIRTUAL PROGRAM INFORMATION MEETING:

### FRENCH SECOND LANGUAGE PROGRAMS



An information session, regarding program selection for September 2024, will be held virtually via TEAMS for the **Hampton Education Centre** (KV/Hampton/Sussex areas) **on Wednesday, January 17th, 2024, at 6:30pm**. Information will be provided on all program options for **Grades 1 and 6 students for the 2024-2025 school year**:

- English Prime Program - Early French Immersion Program (Gr 1. entry) - Late French Immersion Program (Gr. 6 entry)

Families are invited to join the virtual meeting using the link below at 6:30 pm on January 17<sup>th</sup>, 2024. *Please note, you may be prompted to download the free app to access the meeting. A copy of the presentation will be available on the ASD-S website.*

[Please click here for the TEAMS Meeting link](#)

Alternatively, you can type in: <https://bit.ly/3RbVuOq> Please note that this link is case sensitive.



### Online Caregiver Support Group for Students who use Augmentative and Alternative Communication (AAC)

School-based Speech-Language Pathology Services are hosting an online caregiver support group for families who have students who use Augmentative and Alternative Communication (AAC). If you know caregivers who may be interested, please spread the word!

\*Short presentation followed by questions and open-ended discussion

\*Learn more about augmentative, alternative communication (AAC)

\*Meet other caregivers whose children also use AAC

**Next Teams Meeting: Thursday, January 18, 2024**

**12:00 – 12:45 pm**

**RSVP to: [sarah.george@nbed.nb.ca](mailto:sarah.george@nbed.nb.ca)**

# Literacy Week at Leatherbarrow: January 22-27

## "Let's Have a Family Party"

Taking time to read or do a learning activity at home with your family is important every day. On one special day every year, Family Literacy is celebrated across Canada. Saturday, January 27th, is Family Literacy Day! Family literacy refers to the many ways families develop, use and encourage literacy skills, such as enjoying a storybook together, playing word games, singing songs, writing a note to a relative or friend, making a list, or using a recipe.

This year's theme for Family Literacy day is "Let's Have a Family Party". Celebrate 25 years of *Family Literacy Day* and learning together as a family by having a party! Make food, sing songs, and play games. The possibilities for learning are endless – and it's fun when you do it together.

As this week approaches, children might start thinking about what they would like to wear on our "Dress Up As Your Favourite Book Character" day on Wednesday, January 24th.

\*\*Also, we would like to invite any family members who'd be willing to do a read-aloud to classes from a favourite picture book during literacy week to please contact your child's teacher. \*\*



Some of the events scheduled for the week include:

Monday: Wear something with words or letters. Back to the Future Reading

Tuesday: Hampton Middle School students are coming to read to classes.

Wednesday: Dress as your favourite storybook character day.

Thursday: Beach Party Reading with a buddy class

Friday: Family guest readers come to read to classes.

## Celebrate Family Literacy Day 2024 Virtually with Honorary Chair Barbara Reid!

Barbara will be doing a demonstration, Thursday, February 25th at 5:30 on how to use clay to create a picture. She will share unique techniques you can use to make different things. The event will end with a Q&A.

[Click here for link to register for this event](#)



**Family Literacy Day Honorary Chair,  
Barbara Reid invites families to  
Have a family party!**

Barbara Reid is a picture book illustrator and author whose award-winning artwork is created using modelling clay.



Photo by: Ian Crysler Photographer

**1 Create your own Invitations**

Make invitations to your party. They can all be the same or different. Send them to family and friends a few weeks before the big day.

**2 Decorate your party room**

Draw pictures of your family's favourite stories, books, and characters. After you colour them, use them as decorations for your party.

**3 Make yummy party food**

Create a menu filled with fun party foods. Look in cookbooks, online, and talk with family about traditional recipes. Ask family members to help, and make your party foods together.

**4 Sing and dance**

Make up a song or dance. Make a video while you perform for your party guests and watch it together afterwards.

**5 Dress-up for your party**

Have fun planning what you'll wear for the party. Will you dress as your favourite story characters or with a certain theme? Have fun and show off your individual styles!

**6 Take pictures in your own photo booth**

Create a fun photo area. Gather fun and silly accessories to wear. Make party signs for people to hold. Set up your area with a colourful backdrop created by you!

**7 Make a toast**

Write a toast to celebrate 25 years of *Family Literacy Day* and taking time to learn as a family. Your toast can talk about what you love most about learning or about the people at your party.

**8 Play fun games**

Plan fun party games like BINGO, Go Fish, I Spy, Pictionary, or Memory. You could even make up a new game and teach it to everyone.

**9 Eat cake to celebrate**

Lots of parties have cake. Bake something yummy as a family. Use a favourite family recipe or find a new one in a cookbook or online.

**10 Thank your guests**

Everyone loves getting fun mail! Write and send a kind thank you note to each of your guests after the party. Share what you liked best, and make plans for the next get-together.

# WINTER SPRING 2024 PROGRAMS

## Understanding Anxiety & Panic Disorder

March 12 to April 30, 2024  
Tuesdays, 6:30 - 8:30 p.m.

This eight-week program for individuals who have been diagnosed with generalized anxiety and / or panic disorders. A trained facilitator and health care professionals discuss issues related to anxiety and panic disorders, including information on symptoms, treatment options, coping strategies and community resources.

## Mindfulness

March 14 to April 18, 2024  
Thursdays, 6:30 - 8:30 p.m.

A six-week skills-based program designed to introduce you to the benefits and practice of mindfulness in your everyday life and to teach you the basics of mindfulness meditation. Participants will learn how to practice mindfulness to calm the mind and to improve both mental and physical health.

## Engaging Caregivers in Recovery

March 14 to May 16, 2024  
Tuesdays, 6:30 - 8:30 p.m.

This 10-week program for family members, caregivers and friends of someone living with mental illness. The goal of the program is for caregivers / loved ones to feel better equipped with various coping skills and knowledge of how best to be a supporter and caregiver in ways which are healthy and effective for all parties.

## Depression

January 16 to February 20, 2024  
Tuesdays, 6:30 - 8:30 p.m.

A six-week program designed to help people who have been diagnosed with depression. A trained facilitator and healthcare professionals discuss issues that relate to depression. These include information on symptoms, treatment options, coping strategies, and community resources.

## Life After Loss: Survivors of Suicide

March 12 to May 14, 2024  
Tuesdays, 6:30 - 8:30 p.m.

This 10-week program is for individuals who have lost a loved one to suicide. A supportive environment that encourages listening and sharing stories with others who have experienced a loss through suicide, while enhancing your understanding about suicide and helping you move forward in the healing process.

To register, visit our office at:

**560 Main St, Suite A315,  
Saint John NB E2K 1J5**

For more information:  
**(506) 652-1447**  
or [dawn.odell@cmhanb.ca](mailto:dawn.odell@cmhanb.ca)

**Must pre-register at least one  
week in advance of start date**

**These programs do not replace  
counselling or therapy. Confidentiality  
and privacy of sharing within the group is  
strongly promoted.**

 Join CMHANB Saint John & Region Facebook group for info on programs & events

These programs are made possible, in part, by the Government of NB's Department of Health



Canadian Mental  
Health Association  
New Brunswick  
*Mental health for all*

Association canadienne  
pour la santé mentale.  
Nouveau-Brunswick  
*La santé mentale pour tous*

