



K.I.D.S. Inc.

January Newsletter

Billing Dates:

January 9

February 6

March 6

April 3

South Pointe Inservice date:

K.I.D.S. Inc. is open—
January 20th and
February 3rd

Montrose and Sir William Osler In-service date:

K.I.D.S. Inc. is open—
February 3

Director: Karen Ohlson- karenohlson@kidsincorporated.ca
Assistant Director: Sharon Lee: sharonlee@kidsincorporated.ca
Check out our website: www.kidsincorporated.ca

K.I.D.S. Inc. Montrose: 691 Montrose St.
Phone—204-488-8948
Supervisors email: supervisorskim@gmail.com

K.I.D.S Inc. South Pointe: 615 Kirkbridge Drive
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K.I.D.S. Inc. Sir William Osler: 1600 Grant Avenue
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Contact us

Thank you families for the wonderful cards, treats, presents, donations in the K.I.D.S. Inc. name, and well wishes for the winter holidays!

Closures:

February 20

March 27

April 7

May 22

Summer time closure:

Montrose, Sir William Osler and South Pointe:

Our school age programs at all of our sites will be taking a closure break from **Monday, August 28** up to and including **September 5** for custodians to clean our rooms we share with the schools. Fees will not be charged during this closure for the school age program.

Sir William Osler

The entire program will be closed for the children and educators at Sir William Osler. Fees will not be charged for the entire program during this time.

HAPPY ANNIVERSARY!



Happy Anniversary Karen for 33 years at
K.ID.S. Inc.!



Happy Anniversary at Montrose!
Kendall—6 years



Happy Anniversary at Sir William Osler!
Avalon—1 year



Happy Anniversary at South Pointe!
Jobanpreet—1 year
Amy—6 years
Anjana- 6 years
Charini—5 years
Rupinder—6 years!

HAPPY NEW YEAR

Compassion. Education. Inclusion.



GET TO KNOW US

WHAT IS INSPIRE?

Inspire is a charitable social services organization that provides evidence-based, culturally informed, and family-centered education and programming designed to meet the needs of those living with mental health issues and neurological/cognitive differences.

OUR TEAM

Inspire's multidisciplinary team is skilled in various areas, including trauma processing, Indigenous family engagement, burnout, service navigation, variable development, neurodiversity, and adult disability services, among others.

WHO DO WE HELP?

Inspire supports the mental wellness of families who live with neurological sensitivities/differences. We do this by creating outreach programming for three populations:

- Children and youth ages 3-29 who live with neurological differences or mental health challenges.
- Family members, with our main focus on parents and primary caregivers.
- Professionals involved in support roles such as Teachers, Health Care Workers, Therapists, and Child Care Workers.

AT INSPIRE

- We can work in home all over Manitoba and in Northern Ontario and virtually all over Canada.
- You do not need referrals or a diagnosis.
- We work to connect you to responsive and accessible care within weeks.

WHAT SERVICES DO WE OFFER?

IN-HOME SUPPORT SERVICES

Inspire is well-practiced in receiving families that are in high levels of distress. Inspire team members can help find solutions for active challenges and plan for safety.

SERVICE NAVIGATION

Mental health and disability services for children, youth and families can be complex and confusing. Our team knows the system and can offer guidance and advocacy.

COUNSELLING

Families that include mental health and disability service needs more often experience unusually high levels of stress and overwhelm. Our therapists specialize in coming alongside people of all ages and abilities through a strength-based approach (In Person or Virtual options available).

ASSESSMENT

Our multidisciplinary assessment is based on understanding neurocomplexity, including brain wiring differences, the lived experience of those differences, and the impact of our environment, including relationships.

TRAINING AND COMMUNITY OUTREACH

Custom training and programs are continuously updated with new research and community input, created for youth, parents, and service providers including community helpers, educators, and more.

PARENT/ADOLESCENT SUPPORT GROUP

We run a monthly in-person parent/adolescent support group at our 850 A Pembina Hwy location for all parents raising neurodivergent youth and youth living with sensitivities.

CHILDREN'S BOOKS

We have several children's books that focuses on helping children develop an understanding of what it means to be neurodivergent and to celebrate this. Books available for purchase includes:

- All Kinds of Minds (available in French & English)
- Jonathon and the Big Barbecue

FREE EDUCATIONAL WEBINARS

We offer free online biweekly educational webinars on Wednesday evenings from 6-7pm CST for parents, caregivers, and professionals working with neurodivergent youth. Each session we cover a different topic pertaining to neurodivergence!

GET YOUR ART ON!

Our Art-For-Wellness Facilitation Guide book is for educators, facilitators, and those working alongside youth. This book is meant as a tool to explore personal creativity through art to deal with the stress & challenges that will inevitably come into our lives

HOW CAN YOU HELP?

We'd love your help to support community. Fundraising and community events, parent volunteers, sharing our resources to help others, and donations towards supporting youth and families to receive essential mental health services.

Learn More:

www.inspirecommunityoutreach.ca
Email: info@inspirecommunityoutreach.ca
Phone: 204-996-1547
Charity # 830697231RR0001



@inspirecommunityoutreach
@InspireYouthWPG

To get connected with these services, the first step would be filling out the intake form listed on the website. The link is attached to the intake form below, just click "register here".

<https://inspirecommunityoutreach.ca/register-for-support/>

From Karen's Desk:

There have been some changes in staffing at each of K.I.D.S. Inc. locations.

Montrose:

Our new Site Manager for our Montrose School location is Jenn Sutton. Jenn has worked with K.I.D.S. Inc. for more than 10 years first as a Child Care Assistant, then as an Early Childhood Educator and most recently as Program Supervisor for the Infant program at our South Pointe location. Please join us in welcoming Jenn!

South Pointe:

Our new Infant Program Supervisor is Kathia Ayala. Joining K.I.D.S. Inc in 2013 as a Child Care Assistant, Kathia became an Early Childhood Educator and will now be the new Program Supervisor in our Infant Program. Please join us in welcoming Kathia to her new position!

Sir William Osler

Melanie Watts has taken a new position outside of child care and will be leaving our team in January. We wish her well in her new job.

Denise Guertin has been selected as our new Program Supervisor for our Sir William Osler program. She joined our team in 2019 and we wish her great success in her new role.

Karen Ohlson,
Executive Director

SOUTH POINTE NEWS

All of the programs welcomed families for parent drop-in's just before the holidays. The engagement and sharing of some of the experiences that your children are participating in while in our care were highlighted for all. Each room had a wonderful turnout reinforcing the importance of connecting with families and increasing those key relationships.

I am pleased to congratulate our educator Alice on the ECE student award for Red River College.

January brings quite a few alterations in our staffing (Karen already stated some) as well a few educators on extended vacations. Know that all educators in your child's space are well versed in the ins and outs of the K.I.D.S Inc ways but may need some time to get to know the families.

All groups experienced a wonderful Winter Wonderland in the gym over the school closure time. Each room had already created out of loose parts some cozy winter scenes, some interactive gingerbread houses and trains as well as other items. These were all put together in the large gym space with groups of children coming together from different programs guiding exploring and sharing in this magical place for periods of time. It truly was WONDERFUL.

Here's to a healthy, happy new year!

Francine Margolese
South Pointe Site Manager



SOUTH POINTE NEWS

December was a month of creative thinking from our educators! With the many cold days this past month the educators in the infant program were busy coming up with fun ways for the children to move their bodies. The children have been enjoying many dance parties, playing on the foam climbing structures, and spending time in the different infant rooms. The children love visiting the other rooms and having a change of scenery, playing with different toys and materials, and interacting with different friends.

Thank you to all those who attended our family event, we loved spending time with you and watching you interact with your children. The Willow room families enjoyed a photo booth, gluing with marshmallows, and decorating ornaments. The Maple room families participated in a giant sensory table of shredded paper, boxes, cups, and bows. The Oak room families enjoyed mess free finger painting in Ziplock bags, as well as playing with our large drum and with other instruments. The children loved being able to share their space with their families and show them some of what we do everyday.

Jenn Sutton ECE II and Kathia Ayala ECE II

Infant Program Supervisors

To all the wonderful families and educators at K.I.D.S. Inc. South Pointe, it is with mixed emotions that I say goodbye as I get ready for my new role as Site Manager at K.I.D.S Inc. Montrose. I have truly enjoyed getting to know each and every child and family over the last 5 years. Thank you for your kindness, connections, and memories. It has been a joy to watch your children grow over the years. To my fellow educators, thank you for growing with me and allowing me to gain the skills and knowledge needed to embark on this new journey. "How lucky I am to have something that makes saying goodbye so hard" Winne the Pooh.

Jenn Sutton



Where do you find Google in January?



The Winternet!



SOUTH POINTE NEWS

South Pointe Preschool News

A highlight from our Preschool Program was each room's unique Parent Drop-in Event. The Cedar room invited families to come in and see their child lead a felt story for the group. The Pine room set-up various building invitations for families to explore with their child and the Spruce room sang some of our favourite songs with parents. As we start a new year the preschool program is excited to explore more opportunities to invite families into the Centre and connect with both the Infant and School Age programs at our site.

Laura Alkana
Preschool Program Supervisor

South Pointe School age News

If you walk into any of the school age rooms you will see many happy, playing children! In the month of December we were especially excited to invite families into our spaces for some activities.

The Tamarack Room invited families for a "what can you build" challenge. It was a highlight for the room because they have been interested in building with various types of blocks such as; Duplo, Lego, magnetic tiles, connectors, and mega blocks. Many families attended and it was enjoyed by all! The Tamarack Room is also looking forward to inviting families for a "Paint Night" in January.

The Cottonwood Room invited families to enjoy some hot chocolate and do some activities as a family. There was playdough, art materials, and books available for families to enjoy together. It was so wonderful to see so many happy faces enjoying some warm hot chocolate on a cold and snowy day!

This past fall, the Poplar Room incorporated clubs into our weekly curriculum. The children were able to choose between a Claymation movie club or a performative arts club. Over the last several weeks, the children worked hard to plan out their movie and create characters and props using clay. They then used the app Stop Motion to record the scenes while moving the clay pieces to create their movie. Once scenes were shot, they added sound affects to complete the movie. The performative arts club created a story and characters for their play, wrote a script and created props for their set, and practiced until it was ready to film. It was so wonderful to have the opportunity to invite families into our program to view their Claymation videos and movies the children worked so hard to create. The children also baked sugar cookies and made icing and were excited to decorate cookies with the parents while viewing their videos. We were so grateful to share this experience with families and have the opportunity to welcome parents into our room.

Lindsay Ginter-Beil



MONTROSE NEWS

We wish to welcome Cassandra to our Montrose team! She will work a little with the preschool children, but mostly with our school age children.

As Karen mentioned, we are all very excited to welcome Jenn as our new site manager. We are delighted that she has returned to our location to fulfil her new role.

Applications for the 2023/24 Montrose Nursery program will be accepted starting February 1st, 2023. If you have a child, or know of a child born in 2019 and is in the Winnipeg 1 school division, call the office at 204-848-8112 for registration information.

Preschool News

December seemed to come and go in a flash. At K.I.D.S. Inc. we had lots of great moments happen during this busy month.

We had our first parent night since 2019! The crafts, photos, and conversations that occurred during this event were great to see and hear.

We also had Shayla, Jordi's mom, and a teacher at Montrose school come and teach the children how to play the Dreidel game and read a Hanukkah story. During the winter break the children enjoyed the smaller groups and quiet time to explore the K.I.D.S. Inc. environment in new ways. Kindergarten children had the opportunity to explore the school age spaces.

We are also looking forward to an afternoon music class from 1:30-2:00 with Sonia Rasmussen from Wee Be Jammin'. Perhaps she will also have some days that she can come in on a couple of mornings for the children who are either sleeping or go to school in the afternoon.

Brenda will be coming in for a few weeks to guide the children and educators to learn about Indigenous teachings, truth and reconciliation. She quilted a beautiful sharing blanket for the preschool children that is special, and sacred. It was explained that when something is sacred, it is meant to be cared for, loved, and to bring comfort for the children if they need it. We look forward to her visits and what we can all learn together.

Tara Jane, Shae Lynne, Jaime, Lena, Erin, Jean, and Andrew

MONTROSE NEWS

Montrose School Age News

If I was going to sum up December in one word, it would be “Connection”.

All school age groups’ planned experiences allowed for connection – to each other, to the materials around them, to concepts in their learning environment, and most of all, to themselves through planned pro-social learning experiences.

Children that attended over the winter break were able to connect to peers from other groups and participate in a variety of experiences – including our annual Polar Bear Hunt game! During winter break, the educators planned mostly spontaneous experiences that met the children’s needs and interests that day.

Thank you to all families that were able to attend our Winter Family Event. It was an honour to connect with all of you and share the learning that has taken place in all three programs.

Remember, you are welcome to come into our programs at anytime, sit with your child while they explore the materials or eat snack, and look at the documentations that the educators have made for their group.

We look forward to furthering and deepening the connections being made. In the next upcoming months, we hope to incorporate components of Indigenous Learning that we educators are experiencing and learning.

Ciao for now,

Giovanna Rossing; BA Dev. Studies, ECE III

School Age Supervisor

SIR WILLIAM OSLER

School-age News

As I reminisce about this last month's learning within each of our school-age groups I found it interesting that each group was, unknowingly, building on our anti-bias programing...

The Turtles dove into the idea of creating their own identity web. An identity web is simply a web with their name in the middle, surrounded by words they want used to describe them. Katelyn led them off with an introduction to her identity web. Identity webs are a concrete way of reflecting on oneself. Pronouns, personality, likes, and gender are some examples one could add. They are a wonderful way to begin conversations and discuss similarities and differences. The more positive conversations we have regarding these similarities and differences, the more accepting we become.

The Wolves finished their podcast series *Kiwew* by David A. Robertson. A story of a man's journey in reconnecting with his Indigenous heritage. This podcast created numerous opportunities for rich conversation. Melanie personally appreciated the conversations surrounding stereotypes and what they can do to a person and people. She felt warmed by their ability to have such important conversations and she was honoured to be the listener and fact checker when needed.

The Beavers have been learning about Cooper and her Chinese culture through art and story telling. After seeing the differences in ours and the Chinese alphabet, the group moved onto hearing a Chinese story called "Monkey King." The group is about halfway through the epic tale. One big conversation that has happened with this group is having a respectful conversation regarding accents and language building. This observant and honest group has noticed and pointed out Cooper's accent and corrects her grammar when noticed. This led to an important conversation regarding politeness and respect. As Cooper explained, it is okay and polite to help her when she is struggling with a word or if they are having a private conversation. However, if Cooper is in the middle of explaining an activity to the group or talking with another person, it can be considered rude or even embarrass her if you interrupt to point out her mistake. They discussed the beautiful mosaic that is Canada and how many peoples in our country have accents. Conversations have now led into discussing the children's own history and Cooper was excited to learn that the children in the group have many languages spoken within their homes like Spanish and Greek.

The Bears and **Sabe** had a huge change in programing. After discussion, Brenda, and I (Denise) realized we both had the same feelings. We have a huge group of children who, after a long day of sitting in class, need to move. We also have a huge group of children, who after a long day of sitting in class, need a quiet space to unwind. By combining our groups together and using the gym and a classroom, we can (almost always) fulfill all the children's needs. This has also provided me and the Sabe group the opportunity to gather each day with Brenda and the Bears and build our understanding of Indigenous perspectives. As a person who was never taught this in school, I feel fortunate and honoured to learn alongside Brenda.

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SIR WILLIAM OSLER

This journey of anti-bias education we are all on, is truly that, a journey. Sometimes we do not realize the growth we have made until we actually sit down and reflect on the process and progress. We do not set out on our afternoons with our groups with the intent of having these important conversations, however with us all at least willing to have them as they come up, our journey continues.

Preschool News

To sum up what the preschool children have been doing in their programs I will give you a quote heard by one of our precocious 4-year-old girls “We have been learning A LOT these days!”.

The Eagles have become little entrepreneurs. Creating copious amounts of craft items to sell in their ‘shop’ has taking up a lot of their time. Paper fans, airplanes, Christmas crafts and beading have all been sold and resold within the room. The crafting group creates the products while the builders and engineers set up the shops. Blocks, tarps, clips, and blankets are spotted in various locations each day, setting the stage for their role play.

And last, but not least **the Bisons!** This energetic and silly group have been fine tuning their motor skills. They absolutely love to tinker and work their body. Their program seems to be a balance between fulfilling their need to move their body and work their minds. We cannot decide what they like more, an obstacle course set up in the gym or a calm beading activity set up at a table while rocking out to some 60’s and 70’s music.

Take care!

Denise