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## Happy July Everyone!



As you know George Jeffrey Children's Centre is currently closed to the public. George Jeffrey Children's Centre and the Adolescent Program continue to be thinking about all of our Youth Friends!

If you have a concern or question for your therapist, please call reception at (807-623-4381 ext. 0) and they will connect you with the appropriate staff member.

To remain up-to-date check our website ([www.georgejeffrey.com](http://www.georgejeffrey.com)) and the Facebook page. The April, May & June Youth Newsletter is also on our website if you would like to check it out for information on Routines, Self-Care, March of Dimes (MOD), Ontario Disability Support Program (ODSP), and Recreation Activities.

**We would like to hear from you for our next edition! We would like to include pictures of things you have been doing over the past few months! From artwork, to playing with siblings, to hanging out with your family! If you want to be included in the next Newsletter, please email them to [info@georgejeffrey.com](mailto:info@georgejeffrey.com); include your name and why you enjoy doing that activity!**

If there is something you would like to see in the next newsletter or questions you may have, please go to this survey: <https://www.surveymonkey.com/r/FBYF2LM>

## New Team Member!

The Adolescent Program is welcoming a new Speech-Language Pathologist, Carlee Juurakko, to our team. Carlee recently moved back to her hometown of Thunder Bay and is excited to join the team at GJCC. She enjoys skiing, going out to camp and spending time with family. Carlee will be contacting families over the next few months to introduce herself. She is looking forward to meeting and working with you!

## Puberty Education Sessions

An informative presentation about female and male puberty and how it relates to your child with special needs.

**When? July 8<sup>th</sup> at 6pm:** 'My girl is becoming a Teenager: Now What?'

**July 9<sup>th</sup> at 6pm:** 'My boy is becoming a Teenager: Now What?'

**Duration**

1 hour

### What will I learn?

- To provide education about **what is happening to your child in terms of puberty**
- To enable you **to assess where your child is at and if they are ready for building their independence in a variety of skills**
- To provide you with the **language in order to have a comfortable and confident conversation with your child**
- To provide options **in tools and equipment to support skills development and/or accommodate sensory concerns**

**Where?** The presentation will be hosted on the Zoom platform; once you register, a link will be sent to you via email.

**How do I register?** Please email Rebecca Skean at [rskean@georgejeffrey.com](mailto:rskean@georgejeffrey.com)  
Let Rebecca know if you would like to attend the female or male version and she will email you the appropriate meeting link to register.



## Explaining COVID-19 and Social Distancing

Coping with what is happening in the world today can be hard on anyone, especially children, so it may be a good idea to set aside some time to communicate with your kids about the coronavirus. Children may have a hard time understanding what is going on in the world and why their life has changed so much in the past few months. If you have been struggling with how to discuss this topic with your children, you may find this helpful.

The World Health Organization has released a children's storybook to help them understand and cope with the changes and fears that they are currently enduring due to the COVID-19 pandemic. The free book, available in downloadable and audio forms, is called *My Hero is You – How Kids Can Fight COVID-19!* According to WHO, the book "explains how children can protect themselves, their families, and friends from coronavirus and how to manage difficult emotions when confronted with a new and rapidly changing reality". The story addresses difficult emotions that children may not know how to navigate through imagination.

### A Brief Overview:

The story follows a girl into a fantasy adventure in which she flies around the world on a friendly dragon. Through their interactions, the two address how to manage anxieties/fears and the importance of safety. The book also acknowledges how to deal with missing loved ones, friends, and school. The story does not shy away from the reality of the virus, including the realism that the virus can make you very ill. *My Hero is You* aims to help children find a safe space for when they feel afraid or unsure. It concludes by encouraging everyone to be a hero right now by doing their part.



A quick internet search for 'My Hero is You' will bring up the World Health Organization website & story, as well as a few video options. Or if you're viewing the newsletter online, click these links.

<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>

<https://www.youtube.com/watch?v=V29jbjPIEUA>



## Summer Fun Water Activities



Now that it is summer time, here are some easy and fun activities you can do when it is super hot outside!

### SPONGE RACE

Fill the bucket as fast as you can!

Each player gets their sponge wet in the 1<sup>st</sup> bucket and then runs to the 2<sup>nd</sup> bucket and squeezes their sponge. This continues until one team fill their container or you run out of water.

If you don't have others to play with, have a race against the clock.

Supplies: sponges and buckets/containers



### ICE CUBE PAINTING

Make a batch of ice paint using an ice cube tray, popsicle sticks, water, and food colouring. On the next hot day, take them out and paint the day away! Note: food colouring can stain so ensure you protect the space with newspaper or large garbage bag when painting.

### ICE CUBE TREASURE HUNT

In a container or ice cube tray, add water and a bunch of toys. Put the container in the freezer. Once it is frozen solid, find tools or other toys you have at your house to carve out the toys.



Take a picture of your summer fun and send it to [info@georgejeffrey.com](mailto:info@georgejeffrey.com). We will include it in the next Newsletter!

# RECREATION CORNER

Hey Gang!

Now that the days are hotter and water is warmer, I like to spend more time in pools or at camp. While this can be a lot of fun and a great way to stay cool when the sun is out, you need to remember to be safe.

## WATER SAFETY TIPS



**Don't dive into shallow or unknown water.** If water is too shallow and you dive, you can seriously injure your neck.



**Always wear a proper fitting life jacket when you are in a boat.** Even if you do not plan on getting in the water. You never know if the boat is going to tip over or if you are going to fall out.

**Always swim with a buddy.** Even if you know how to swim, it is important to have someone else there to help if you find yourself in trouble.



Have fun in the water this summer!

Stacey Collie  
Recreation and Leisure Facilitator



## My Summer Recreation and Leisure Badges 2020

Stay tuned to the GJCC facebook page to find out how you can earn your summer badges!  
The more badges you earn, the more chances you have to win!



Here is a small peek at some of the badges.



Tourist Time



Bike Ride



Something Sweet



Chasing Waterfalls