

BRAGG CREEK EDUCATION SERVICES MAY NEWSLETTER

Dear Parents,

Can you believe we are nearing the end of services for this school year?? Your child's team will be visiting just a few more times and then final preparations will be made to update IPPs.

If you are looking for ways to support your child's Speech or OT over the summer break, please speak with your therapists--they have some handouts and great camps in mind for your little ones.

"Children are not things to be molded, but are people to be unfolded." – Jess Lair

You have been a wonderful group of parents and we can't say enough about your little ones. BCESA strives to support each child's unique strengths, nurture their growth, and help them unfold into the incredible individuals they're meant to be. Thank you for partnering with us on this journey.

~BCESA

Reminders

PUF & MODERATE children will have IPP Meetings the beginning of June. If your child is attending Kindergarten or Grade 1 next year, the school's resource team or classroom teacher may want to attend this meeting to help with the transition. Please chat with your Education Coordinator.

CALENDAR EVENTS

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| May 15 | Professional Learning Day for BCESA staff |
| May 18 | Victoria Day |
| May 26 | BCESA General Meeting (Board Elections) |
| Jn 1-12 | PUF/MOD IPP Meetings |

Things To Know

Mild/Moderate children will have their IPPs updated in June. A final IPP will be sent home to parents at that time.

Parent Resources: HOW CAN WE SUPPORT CO-REGULATION

Co-regulation is the process of helping a child manage their emotions through connection with a calm, supportive adult. Before children can regulate independently, they rely on us to model, guide, and create a sense of safety.

Below are a few simple ways to support co-regulation in everyday moments:

- **Build trusting relationships:** Co-regulation begins with connection. Children need to feel safe, respected, and supported by a trusted adult.
- **Care for your own regulation:** Children borrow our calm. Prioritize your own well-being through rest, breaks, and activities that help you recharge.
- **Use visuals to support understanding:** Visuals such as “I feel” and “I need” can help children connect emotions with strategies and communicate their needs more clearly.
- **Use routines as opportunities for connection:** Daily tasks like cooking, tidying, or setting the table can become shared, engaging moments that support regulation and interaction.
- **Look beneath the behaviour:** Behaviour is communication. Stay curious and consider the “why” behind what you are seeing rather than reacting to the surface.
- **Be proactive:** Co-regulation is most effective when it happens consistently, not just during moments of overwhelm.
- **Simplify during dysregulation:** When a child is overwhelmed, use fewer words, lower demands, and offer calm, supportive presence. Visuals and gentle guidance can be especially helpful.

