

Bragg Creek Education Services Association



april NEWSLETTER

Dear Parents,

As winter melts into spring, we are reminded of the incredible growth happening all around us—not just in nature, but in our little learners, too! Each child has made amazing strides toward their IPP goals, and we couldn't be prouder of their progress.

For families with children moving on to kindergarten or Grade 1 next school year, we encourage you to share any valuable insights with their new teachers to help set them up for success. Every school offers different resources, so be sure to connect with the Resource/Learning Team to explore the best supports available for your child's next big step.

~BCESA



CALENDAR

- April 1 April Fool's Day
- April 2 Autism Awareness
- April 3-6 Easter Break
- April 13 BCESA PD Day
- April 22 Earth Day



Things To Know

BCESA offers online **Parent Workshops** on a variety of topics every year to keep you up to date on the services that are being provided. Check out the BCESA website for some workshops you may have missed.

Also online you can catch up on **Monthly Newsletters** with helpful information on Mild/Moderate, Moderate and PUF services.

The BCESA **Board of Directors** is made up of volunteer parents who are passionate about early intervention and committed to providing governance and accountability for Alberta Education funding. Parents are welcome to get involved—board members commit about 2-3 hours per month, with elections held at the Annual General Meeting each May and monthly meetings open to the public (in Bragg Creek).

Services conclude end of June and **final IPPs** for all children will be sent at that time.





Autism Awareness Month

April is Autism Awareness Month and a beautiful reminder to celebrate neurodiversity and the unique strengths every child brings into the world. As parents, you are your child's first and most important teacher – and small, thoughtful supports at home can make a meaningful difference in daily life.

Here are some simple strategies you can try at home:

- **Visual Schedules** – Use pictures or simple drawings to outline your child's daily routine (morning, after school, bedtime). Knowing what comes next can reduce anxiety and increase independence.
- **Sensory-Friendly Spaces** – Create a calm corner with soft lighting, cozy blankets, noise-reducing headphones, or favorite fidget tools. Having a safe space to regulate can help children reset when feeling overwhelmed.
- **Clear & Simple Instructions** – Use short, concrete phrases and pair them with gestures or visuals. For example, "Shoes on" while pointing to shoes can be more effective than longer explanations.
- **Gentle Transitions** – Give advance warnings before changes: "In five minutes, we're turning off the TV." Visual timers can also be very helpful.

Small adjustments at home can lead to big successes. Most importantly, celebrate your child's progress – every step forward matters.

Here are some great resources to support autism awareness and inclusive practices in your classroom:

Autism Speaks: Free toolkits for parents, visual supports, and practical guides.

www.autismspeaks.org

National Autism Center: Evidence-based strategies and information about effective supports.

www.nationalautismcenter.org

The Autism Helper: Printable resources, social stories, and home-friendly materials.

www.theautismhelper.com

Autism Society: Parent webinars, advocacy resources, and community connections.

www.autism-society.org

Do2Learn: Free visual schedules, communication supports, and behavioral tools.

www.do2learn.com