

OCTOBER HIGHLIGHTS

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Special Education and Inclusion Parent/Legal Guardian Guides

The Toronto District School Board (TDSB) provides many Special Education Guides for Parent/Legal Guardian which contain information about the supports, programs and services available for students with disabilities and special education needs in the TDSB. If, after reading a guide, you require additional information, please reach out to the principal of your child's school/your neighbourhood school. Videos are included within some of the guides.

Important Dates

Elementary PD Days:

October 10, 2025
November 14, 2025
January 16, 2026
February 13, 2026
June 5, 2026
June 26, 2026

Secondary PD Days:

October 10, 2025
November 14, 2025
January 29, 2026
February 13, 2026
June 25, 2026
June 26, 2026

School Year Holidays (as per Ministry)

Thanksgiving: October 13, 2025
Winter Break: December 22, 2025 – January 2, 2026
Family Day: February 16, 2026
Mid-Winter Break: March 16-20, 2026
Good Friday: April 3, 2026
Easter Monday: April 6, 2026
Victoria Day: May 18, 2026

Community-Based Supports

Students with special education needs, and their families, may be eligible to access a wide range of community-based programs and services.

Students may be eligible for **School-Based Rehabilitation Services (SBRS)**, delivered by **Children's Treatments Centres (CTC)**, which includes **Speech-Language Pathology**, **Occupational Therapy** and **Physiotherapy** to help students participate more fully in school and daily life.

There are also supports outside of the school system for which families may be eligible: the **Ontario Autism Program (OAP)** provides foundational family services, caregiver-mediated early years programs, entry-to-school supports, urgent response services, and core clinical services for autistic children; intake support through **AccessOAP** or by calling 1-833-425-2445; the **Special Services at Home (SSAH)** program, which can provide funding for respite and personal development; and the **Assistance for Children with Severe Disabilities (ACSD)** program which may provide financial support for families with children who have significant disabilities. Families may also benefit from **Respite Services**, **Children's Rehabilitation Services**, and the **Preschool Speech and Language Program**.

Professional Learning and Resources

ADHD Awareness Month

October marks ADHD (Attention Deficit Hyperactivity Awareness) Awareness Month, a time to build understanding, reduce stigma, and support students and families. This year, the Centre for ADHD Awareness Canada (CADDAC) is highlighting “[The Many Faces of ADHD](#),” reminding us that ADHD does not look the same for everyone. To foster equitable and inclusive learning environments, consider these strategies:

- Establish clear routines and visual supports
- Provide movement breaks and flexible seating
- Use positive reinforcement that highlights strengths
- Collaborate with families/guardians to ensure culturally responsive support

Please find information on ADHD in this [ADHD Fact Sheet](#) created by members of TDSB SEAC and staff. For more information, visit the [CADDAC website](#).

TDSB Psychological Services

ADHD is a Superpower!

Students with ADHD often bring a unique energy and perspective that can transform the learning environment. Their creativity, spontaneity, and ability to think outside the box can make them natural problem-solvers and innovators. ADHD brains are primed for exploration, curiosity, and bold ideas. With the right support, these students can thrive, and even lead by showing us new ways to learn, connect, and grow. Here are some ways to support and challenge students with ADHD in the classroom:

1. Offer Choice and Autonomy
2. Use High-Interest Topics
3. Break Big Tasks into Mini-Challenges
4. Gamify Learning
5. Encourage Creative Problem-Solving
6. Incorporate Movement
7. Provide Immediate Feedback
8. Teach Self-Challenge Skills



What is ADHD?



Myth vs. Fact: Understanding ADHD

- **Myth:** ADHD is just about being hyper.
Fact: ADHD affects focus, attention, organization, and self-regulation. It looks different for every student.
- **Myth:** Students with ADHD just need to try harder.
Fact: ADHD is a neurodevelopmental difference, not a lack of effort. Supportive strategies can make a big difference.
- **Myth:** ADHD is a barrier to success.
Fact: Many people with ADHD are innovators, problem-solvers, and creative leaders.

Professional Learning and Resources

Learning Disabilities Awareness Month

Every October, the Learning Disabilities Associations of Ontario and LD@school celebrate Learning Disability (LD) Awareness month. The goal of the campaign is to raise awareness and reduce stigma to allow individuals with LDs to get the supports they need to reach their potential.

DON'T DIS MY ABILITIES (#LDmonth)

Dyslexia Awareness Month

Mark it Read for Dyslexia Awareness Month 2025

Mark it ~~Red~~
READ

For the past eight years, Dyslexia Canada has proudly celebrated Dyslexia Awareness Month each October with our *Mark it Read for dyslexia* campaign. Every October Mark it Read shines a light on dyslexia, a learning difference that affects 10–20% of Canadians.

Supporting Communication for Children with Special Education Needs and Disabilities

The Special Education and Inclusion Department is pleased to host a session for families, offering strategies to help children with special education needs and disabilities develop their communication skills. Families will explore strategies, resources, and ways to celebrate and build upon their child's unique strengths. Please share links with families to register:

[Oct 28 AM Session Registration](#)

[Oct 29 PM Session Registration](#)

Parent Drop In Session October 23

Autism Regional Services is hosting a drop in session to support families by answering questions, sharing resources, and providing guidance on strategies that promote student success and inclusion both at school and at home.

The session will be held on October 23, 2025 from 12:00 pm to 1:00 pm.

Please use this [TEAMS Link](#) to join.

Let's Read Together! 📖 ✨

Speech-Language Pathology (SLP) Services has put together something special to make reading time easy and fun for families and classrooms. Starting this month, you'll receive a **monthly reading lesson** that you can enjoy with your child at home—or that teachers can use in the classroom. Each lesson will include:

- A **link to an online story** so you can listen and read along together
- **Simple questions** to spark conversation and get kids thinking about the story (with links to the answers)!
- **Fun follow-up activities** you can try at home or school to keep the learning going

Reading together is one of the best ways to build language, imagination, and confidence. Plus, it's a great way to spend quality time as a family or classroom community! 📖❤️



Please view our [first lesson here](#). We hope it brings joy to your story time and helps your child grow a lifelong love of reading!

Occupational Therapy/Physiotherapy Services

Text-only version

Hello Fall!

As your children have now settled into their new classroom routines, let's support them by promoting **self-regulation skills at home**. Look out for the following:

1. Ensure basic needs are met
2. Promote a quiet environment in their bedroom for better sleep
3. Be a sensory detective
4. Establish daily routines
5. Teach emotions
6. Teach calming strategies
7. Teach how to manage boredom
8. Co-regulate
9. Practice deep breathing



Self-Regulation

Self-regulation plays a key role in managing arousal levels, emotions, behaviours, and thoughts. A child's ability to learn is influenced by the dynamic interaction of cognitive, biological, physical, sensory, social, and environmental factors. To support learning, aim to foster a "**just right**" state by using strategies that encourage both self-regulation and co-regulation. Click the image below to explore helpful tools and techniques.

tdsb | Occupational Therapy & Physiotherapy Services

Self-Regulation 101

"Self-regulation is the ability to manage your own energy states, emotions and behaviours and attention, in ways that are socially acceptable and help achieve positive goals, such as maintaining good relationships, learning and maintaining well-being" (Shanker, 2010)



[Click here for self-regulation tips that can be used at home.](#)

Heavy Work

Heavy work activities promote focus and attention as they have a "**regulating effect**". Activities may include carrying books, pushing/pulling a wagon, digging in the sand, climbing playscapes, etc. You can start including these activities at home to promote regulation.

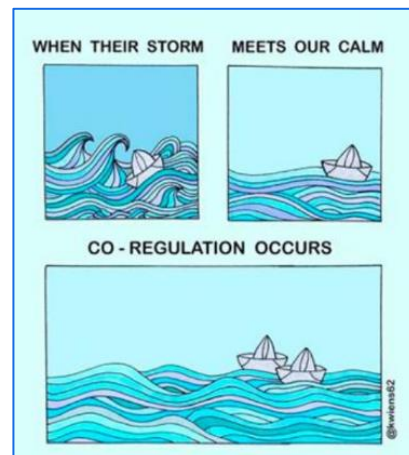


October is **Occupational Therapy Month**! Check out our website for different resources:

<https://sites.google.com/tdsb.on.ca/ot-pt/home>

Co-Regulation

Before children can self-regulate, they need an adult to co-regulate. **Co-regulation** allows an adult to adjust their reactions to stressful situations to impact a child's emotional regulation.



TDSB Virtual Fair



Supporting Parents/Caregivers of Children, Youth and Young Adults with Developmental Disabilities and Complex Needs.

TDSB Virtual Information Sessions Hosted by TDSB Social Workers

DATES:

October 20 (Morning Session):
9:30 am - 12:00 noon

October 27 (Evening Session - A Repeat):
5:30 pm - 8 pm

Topic: TDSB Professional Support Services

Learn about all the professionals within TDSB that can provide supports for your child/young adult with special needs:

Occupational Therapist & Physiotherapist
Speech & Language Pathologist
Special Education & Inclusion
Social Worker
Psychologist

Location: Zoom
Meeting ID: 940 1581 5609
or Call: 647-374-4685

FOR ANY QUESTIONS CALL
VANESSA WONG: 647-229-0730
OR LARENA CASE: 416-570-3314



Virtualfairinfo@tdsb.on.ca

TDSB Virtual Fair – Upcoming Dates



Supporting Parents/Caregivers of Children, Youth and Young Adults with Developmental Disabilities and Complex Needs.

TDSB Virtual Information Sessions 2025/26 Hosted by TDSB Social Workers

October 20 (morning) & 27 (evening)

TDSB Professional Support Services

November 17 (morning) & 24 (evening)

Lead Community Agencies

December 8 (morning) & 15 (evening)

Autism Supports

January 19 (morning) & 26 (evening)

Funding & Camp Resources

February 9 (morning) & 23 (evening)

Transition Planning Part 1

March 9 (morning) & 30 (evening)

Transition Planning Part 2

April 13 (morning) & 20 (evening)

Future Planning



Location: Zoom

Meeting ID: 940 1581 5609
or Call: 647-374-4685



Times:

Morning Session: 9:30 am - 12 Noon

Evening Session (A Repeat):

5:30 pm - 8 pm

Virtualfairinfo@tdsb.on.ca