



Engaging Strategies for Exceptional Learners



Wolf Creek Public Schools

Creating Success For All Learners

Outcomes of Session

- ④ Introduction/Welcome
- ④ Background
- ④ Strategies:
 - ④ Snoezelan Rooms
 - ④ Healthy Eating Kits
 - ④ Active Living Kits
 - ④ Specialized Services
- ④ Conclusion



Introduction

Using a Comprehensive School Health (CSH) approach, Wolf Creek Public Schools (WCPS) has been able to support the unique learning and health needs of students in alternative education settings with a variety of strategies and interventions.

These strategies include:

- snoezelan rooms

- healthy eating kits

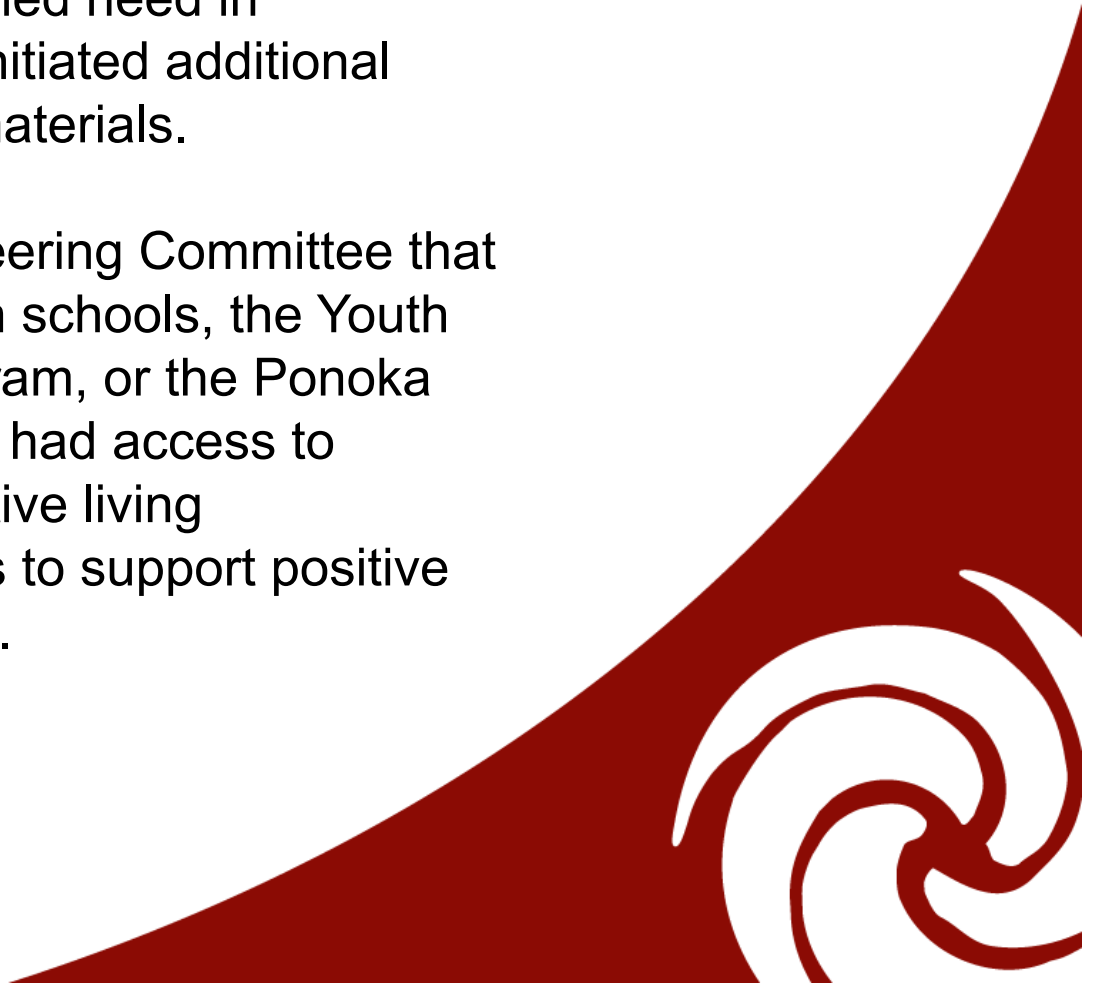
- active living kits

- various opportunities to access special services for students.



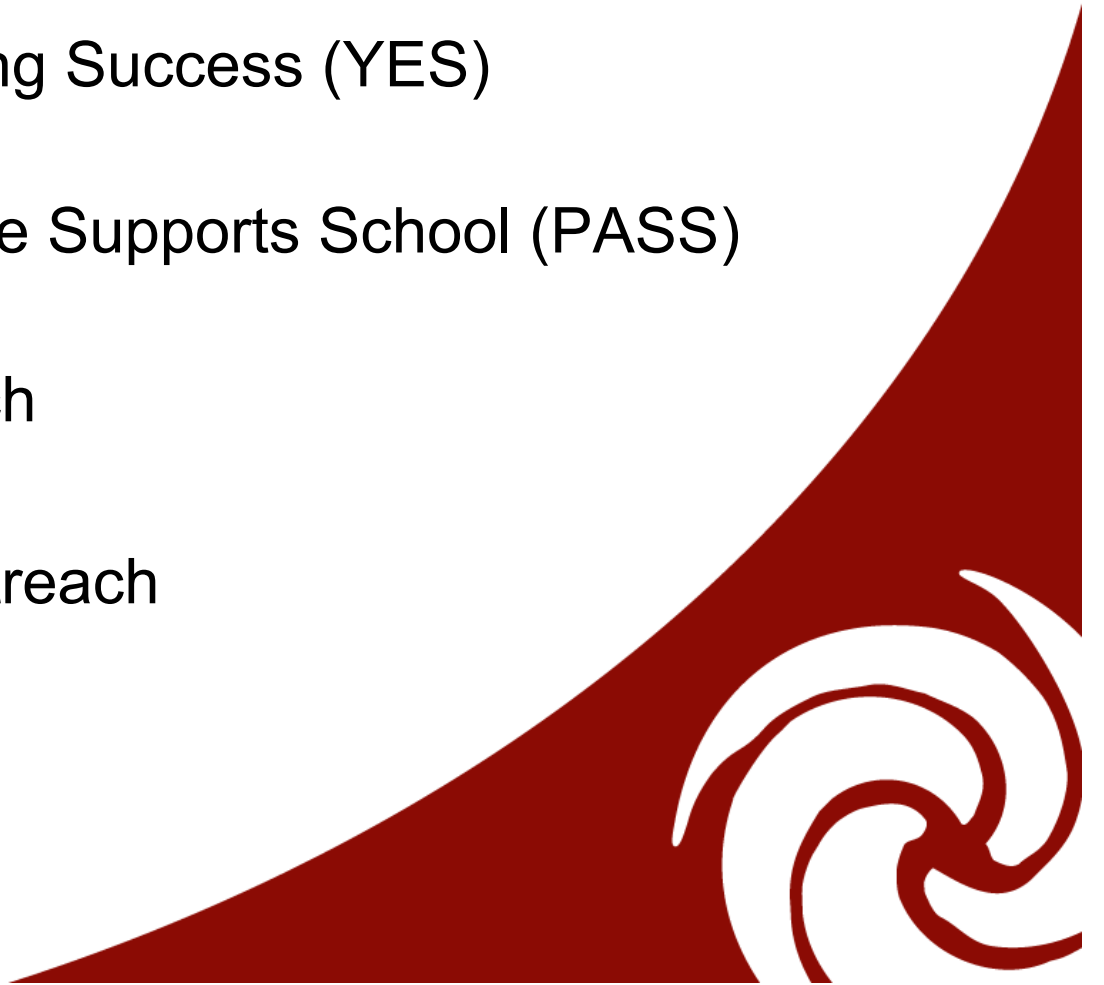
Background

- ☪ Over a year ago, an identified need in alternative education sites initiated additional support for resources and materials.
- ☪ It was important to the Steering Committee that students attending Outreach schools, the Youth Experiencing Success program, or the Ponoka Alternative Supports School had access to nutritious eating options, active living opportunities, and strategies to support positive social and emotional growth.



Brief Overview of Alternative Education Sites in WCPS

- ☪ Youth Experiencing Success (YES)
- ☪ Ponoka Alternative Supports School (PASS)
- ☪ Lacombe Outreach
- ☪ West Country Outreach
- ☪ Ponoka Outreach



Strategies

Some of the strategies we are going to share are:

- 🌀 Snoezelan rooms
- 🌀 Healthy eating kits
- 🌀 Active living kits
- 🌀 Special services for students.



Snoezelan Room: What Is It?

☉ Snoezelan is derived from the words “snuffelen” (to sniff, to snuffle) and “doezelen” (to doze, to snooze).

☉ It was developed in the Netherlands in the seventies by institutions caring for severely disabled people. They are especially common in Germany, where more than 1200 exist.

☉ Behind Snoezelan is a multi-functional concept: In a purposely designed room, the use of light and sound elements, scents and music initiate sensual sensations. These have both relaxing and activating effects on the different perception areas. The specific design directs and arranges the stimuli; it creates interest, brings back memories and guides relationships.



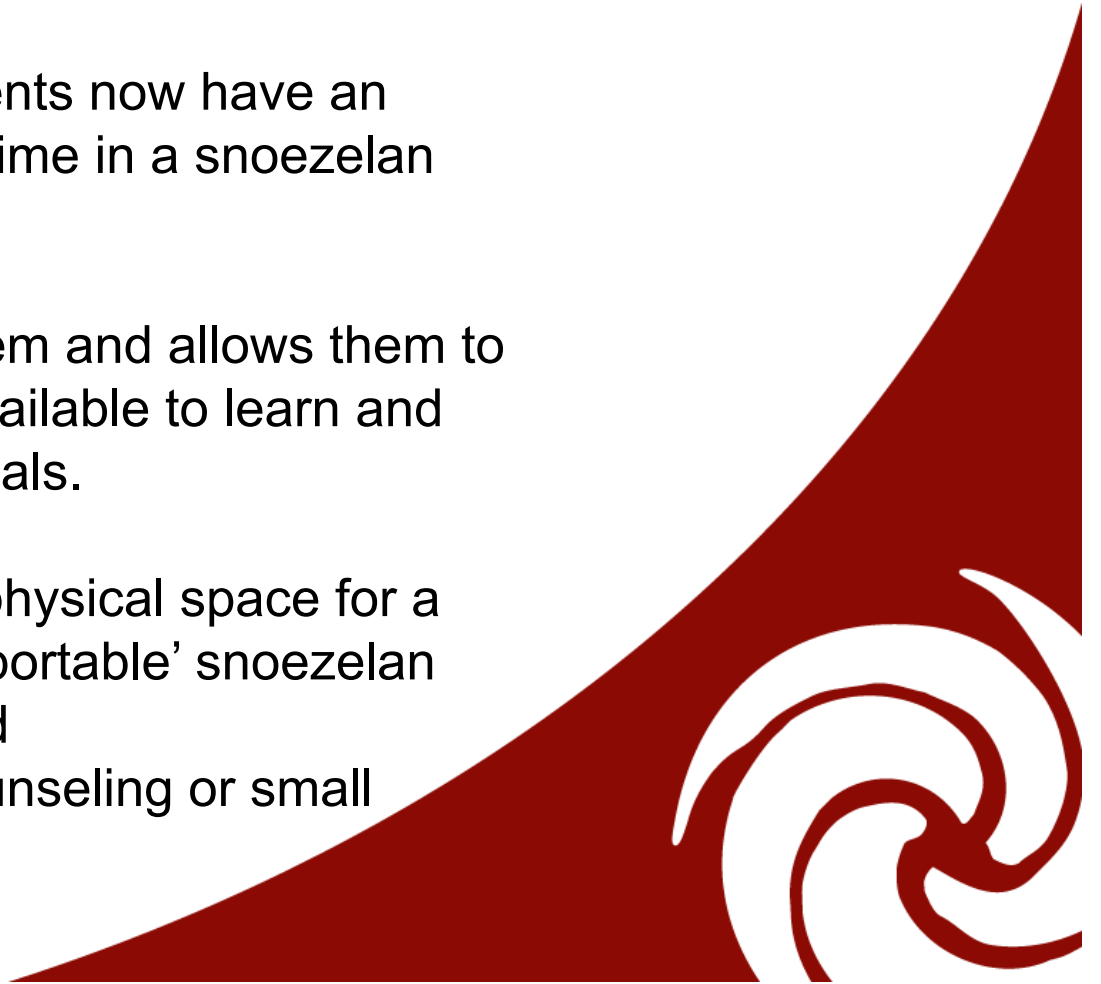


Taken from www.hollandbloorview.ca January 24, 2001



Snoezelan Room

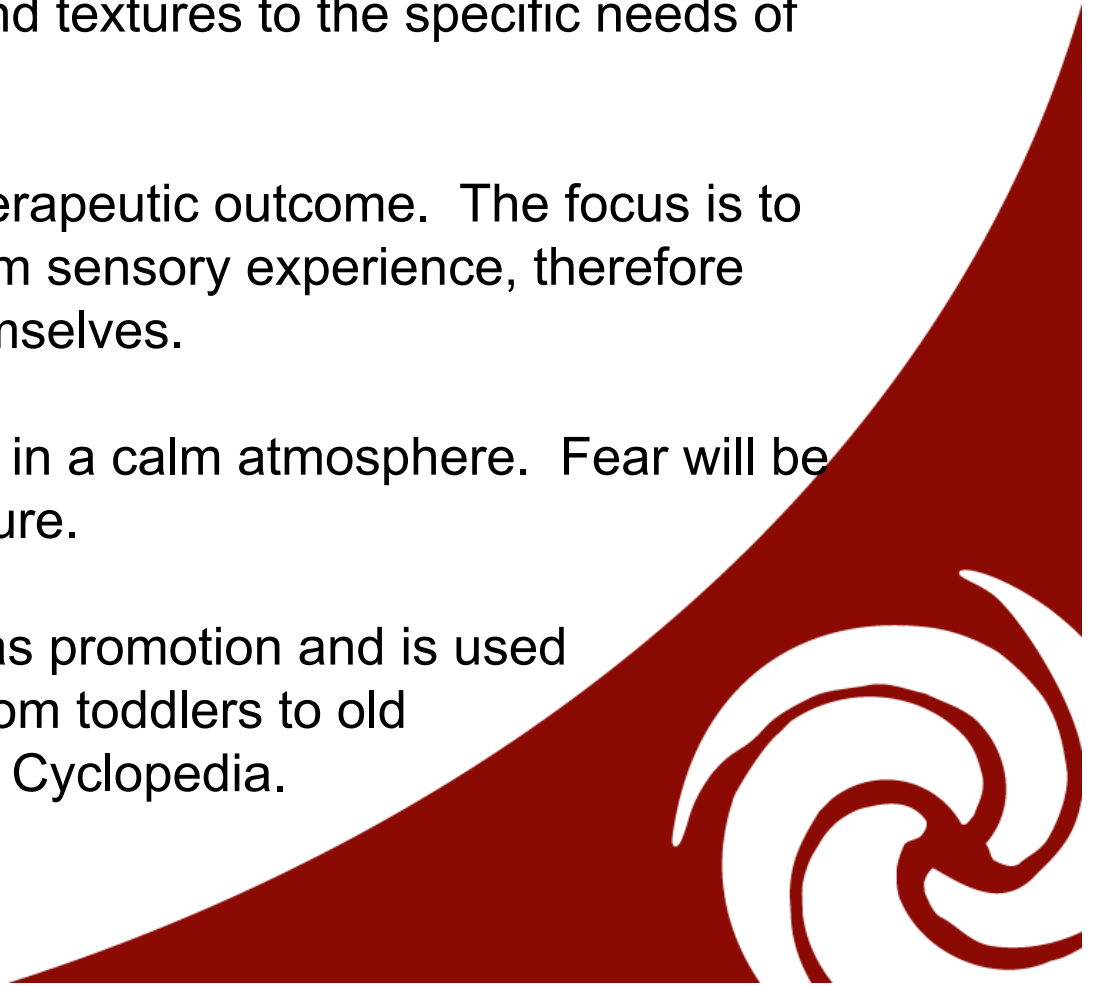
- ☉ Sometimes students will arrive at school in a highly energized emotional and/or physical state impairing their ability to learn.
- ☉ Through this project, students now have an opportunity to spend some time in a snoezelan room.
- ☉ This intervention calms them and allows them to refocus so they are more available to learn and achieve their educational goals.
- ☉ Schools that do not have physical space for a snoezelan room created a 'portable' snoezelan room that can be assembled in a small room used for counseling or small group instruction.





Why Snoezelan?

- ☉ A non-directive therapy which can be staged to provide a multi-sensory experience or single sensory focus, simply by adapting the lighting, atmosphere, sounds, and textures to the specific needs of the client at the time of use.
- ☉ There is no formal focus on therapeutic outcome. The focus is to assist users to gain the maximum sensory experience, therefore assisting them in regulating themselves.
- ☉ Snoezelan induces well-being, in a calm atmosphere. Fear will be taken away and people feel secure.
- ☉ Snoezelan is therapy, as well as promotion and is used for all stages of development (from toddlers to old people) (Mertens in: Brockhaus Cyclopedia. ed. 25, 2006²¹,429).





Taken from www.darlinghomeforkids.ca January 24, 2011



Healthy Eating Kits

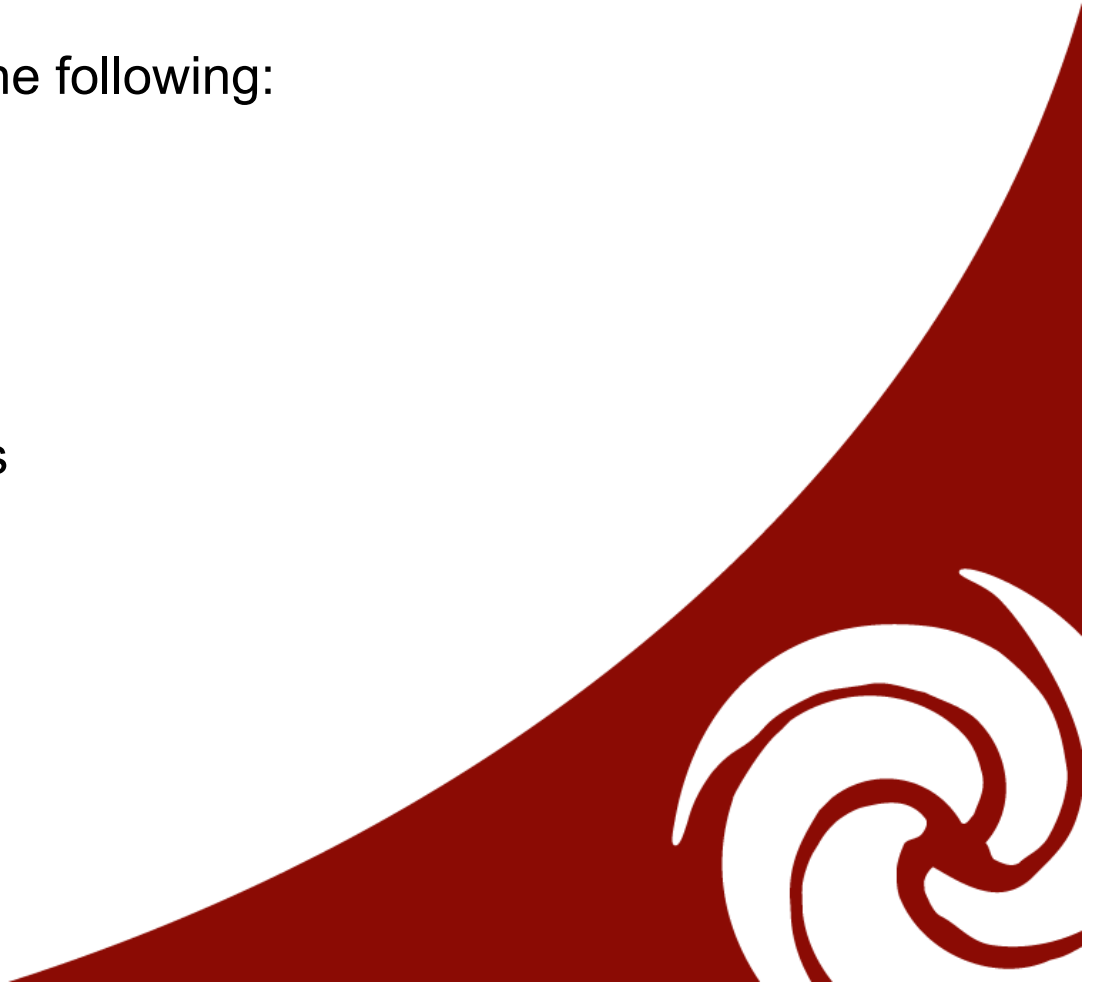
- ☪ Some students arrive at school in the morning without enjoying breakfast before they leave home.
- ☪ Healthy eating kits that include toasters, oven top roasters, grills, etc. are available to alternative education school sites.
- ☪ This allows staff to provide nutritious eating options for students to choose when they arrive at school with an empty stomach or who are not able to bring a lunch or snacks to school.
- ☪ Staff collaborate with community agencies and local grocery stores so nutritious food items are available for students to access when needed.



Healthy Eating Kit Contents

Each school has access to the following:

- ☪ 2 four-slice toasters
- ☪ 2 blenders
- ☪ 2 counter-top oven roasters



Active Living Kits

- Some of the alternative education sites in Wolf Creek Public Schools do not have access to gymnasiums or large rooms that allow students to participate in physical activities on a daily basis.
- Active living kits were developed and made available for schools to utilize when needed.
- These kits include numerous materials and activity sets for staff to use with students in an outdoor field or classroom environment.
- Games, activities, and portable sports equipment provide the needed resources and tools to ensure that all students attending schools in alternative education sites can participate in active living pursuits on a daily basis.



Fitness Station Activity



Activity Kit Contents

KIT #1

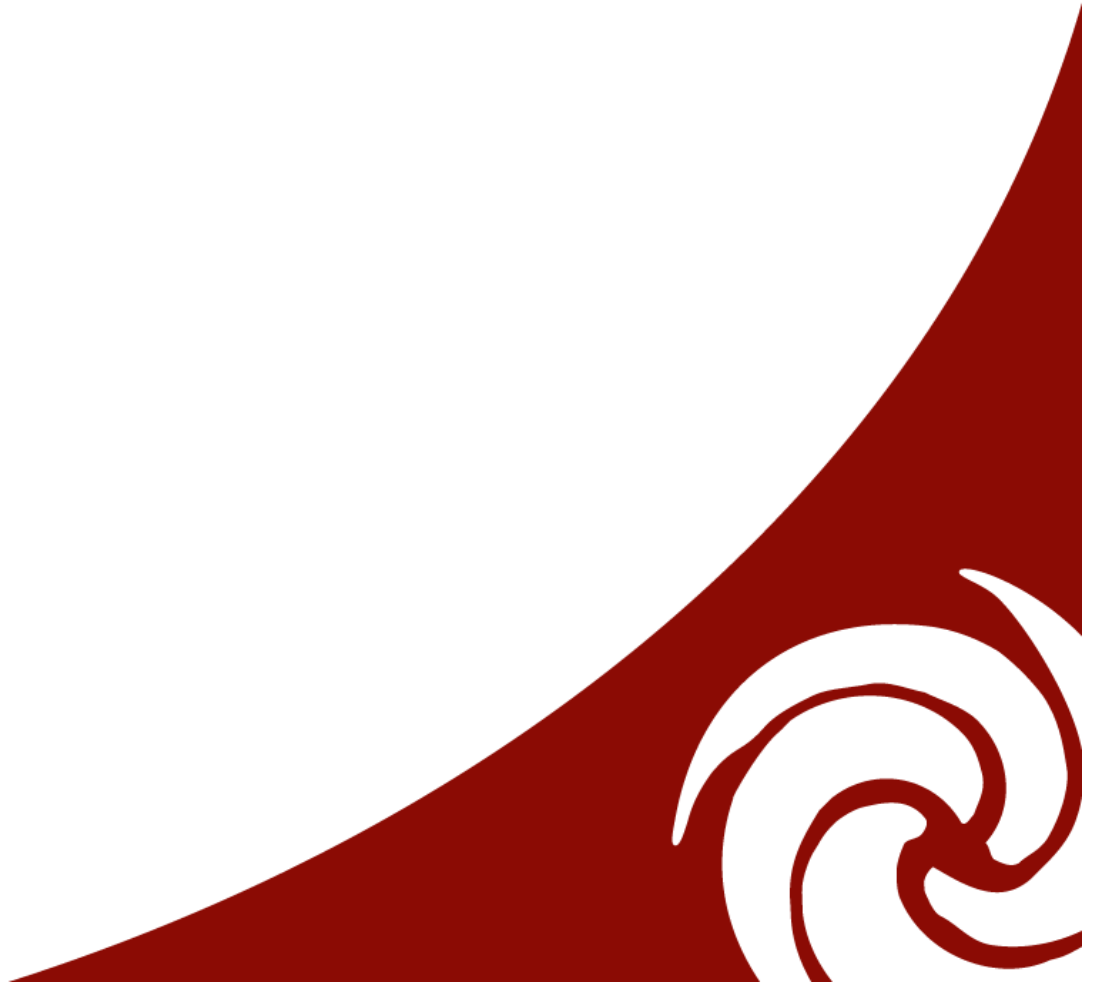
- 🌀 Volleyball kit
- 🌀 Volleyballs (7)
- 🌀 Fun gripper footballs (6)
- 🌀 Frisbees (12)
- 🌀 Vinyl bean bags (12)
- 🌀 Bouncy balls (12)



Activity Kit Contents

KIT #2

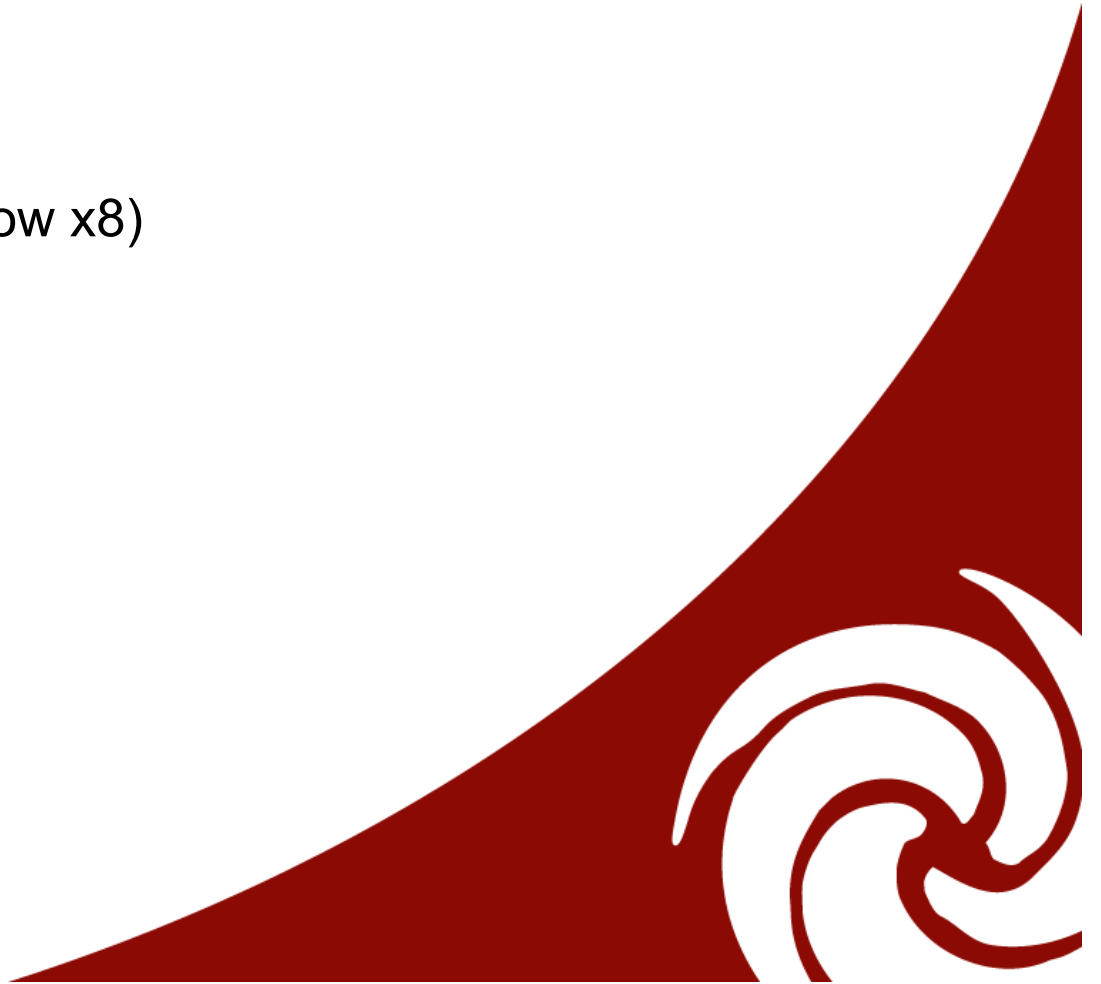
- 🌀 Large Omnikin ball – 72”
- 🌀 Blongo ball games (2)
- 🌀 Scooter boards (18)
- 🌀 Parachute – 20’
- 🌀 Small Omnikin Ball – 18”



Activity Kit Contents

KIT #3

- 🌀 Agility web with poles (yellow x8)
- 🌀 Pylons (8)
- 🌀 Balance hemispheres (12)
- 🌀 Hoola hoops (6)
- 🌀 Parachute – 20'
- 🌀 Small Omnikin Ball – 18"



Activity Kit Contents

KIT #4

- 🌀 DPA bin (grades K-3)
- 🌀 DPA bin (grades 4-6)
- 🌀 DPA bin (grades 7-9)
- 🌀 Pedometers (25)



Activity Kit Contents

KIT #5

- 🌀 Parachute – 20'
- 🌀 Yoga mats (15) and yoga cards (BFFL)
- 🌀 Small Omnikin ball – 18"
- 🌀 Relaxation CD's (3)



Specialized Services

🌀 Pet therapy ...



**Bandit and a
Student at
PASS**



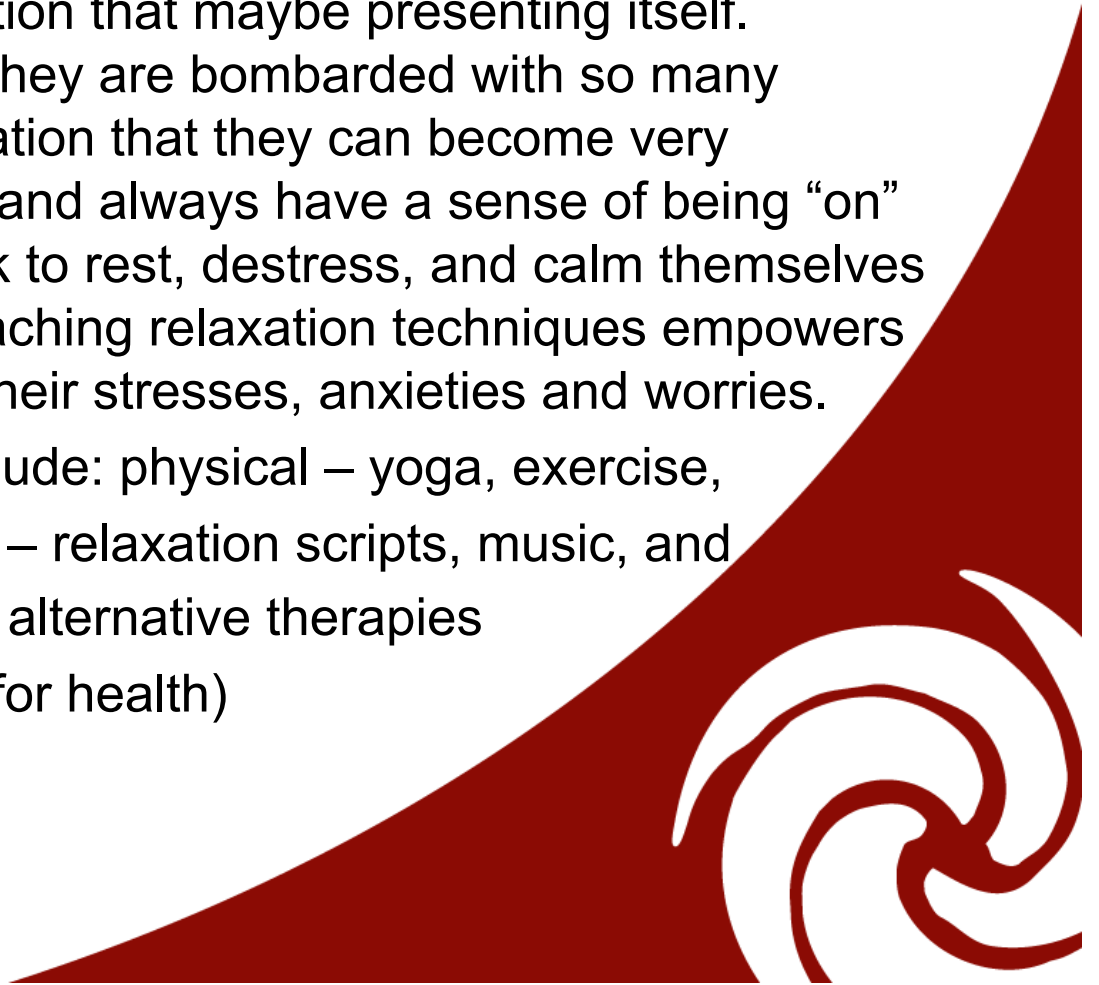
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Specialized Services

☪ Relaxation Techniques

- ☪ Relaxation helps to promote a calm feeling in the body. This in turn helps to decrease stress and increase cognitive abilities to help cope with the situation that maybe presenting itself. Particularly in children, they are bombarded with so many different types of stimulation that they can become very overwhelmed, stressed and always have a sense of being “on” without having the break to rest, destress, and calm themselves down. This is where teaching relaxation techniques empowers them to take control of their stresses, anxieties and worries.
- ☪ Different techniques include: physical – yoga, exercise, deep breathing; mental – relaxation scripts, music, and emotional – counseling, alternative therapies (Reiki, massage, touch for health)
- ☪ Relaxation activity



🌀 Yoga for Kids

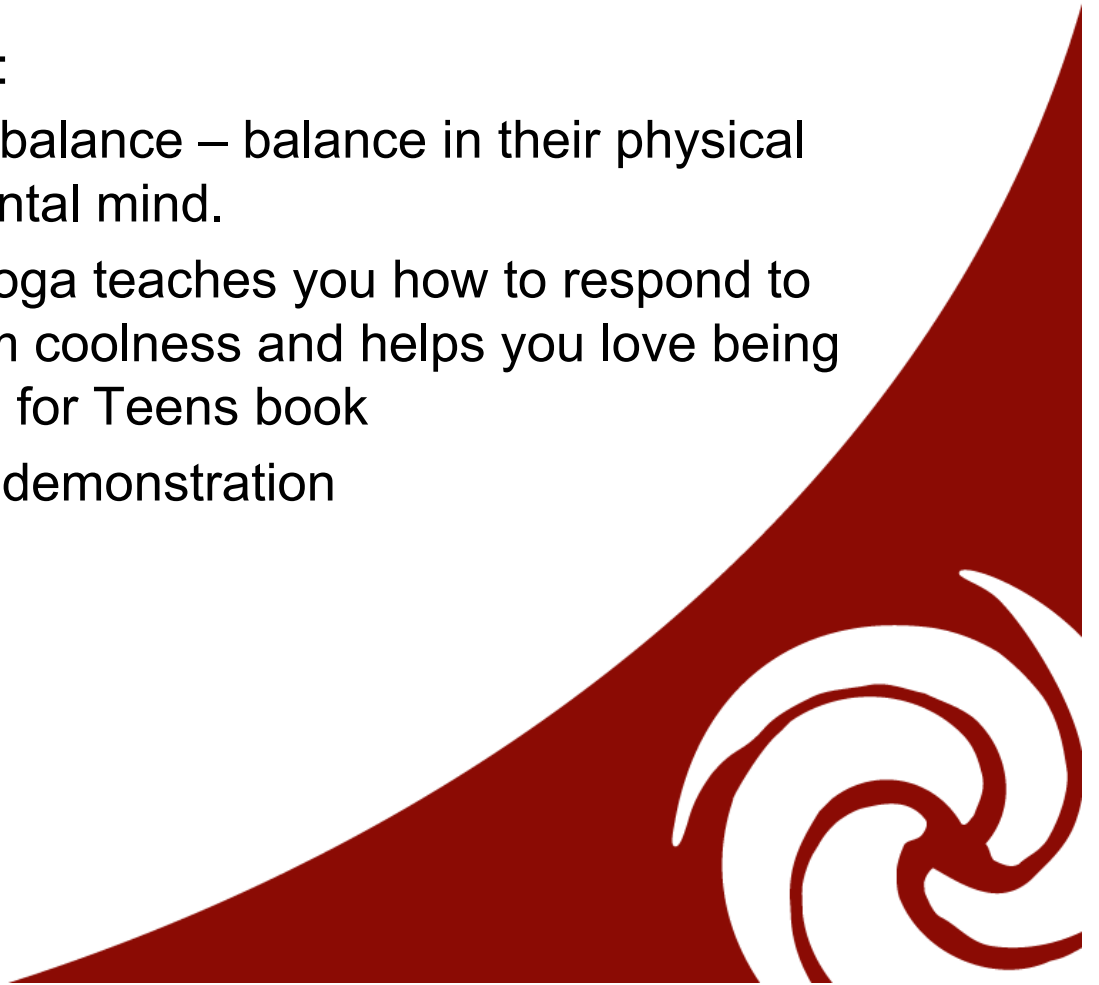
🌀 Yoga is a wonderful way to help children and youth release tension, stress and promote a healthy way of living.

🌀 Benefits of yoga include:

🌀 Yoga helps to teach balance – balance in their physical body and in their mental mind.

🌀 Yoga for Teens – “Yoga teaches you how to respond to situations with a calm coolness and helps you love being you” – Breathe Yoga for Teens book

🌀 5 minutes YogaKids demonstration

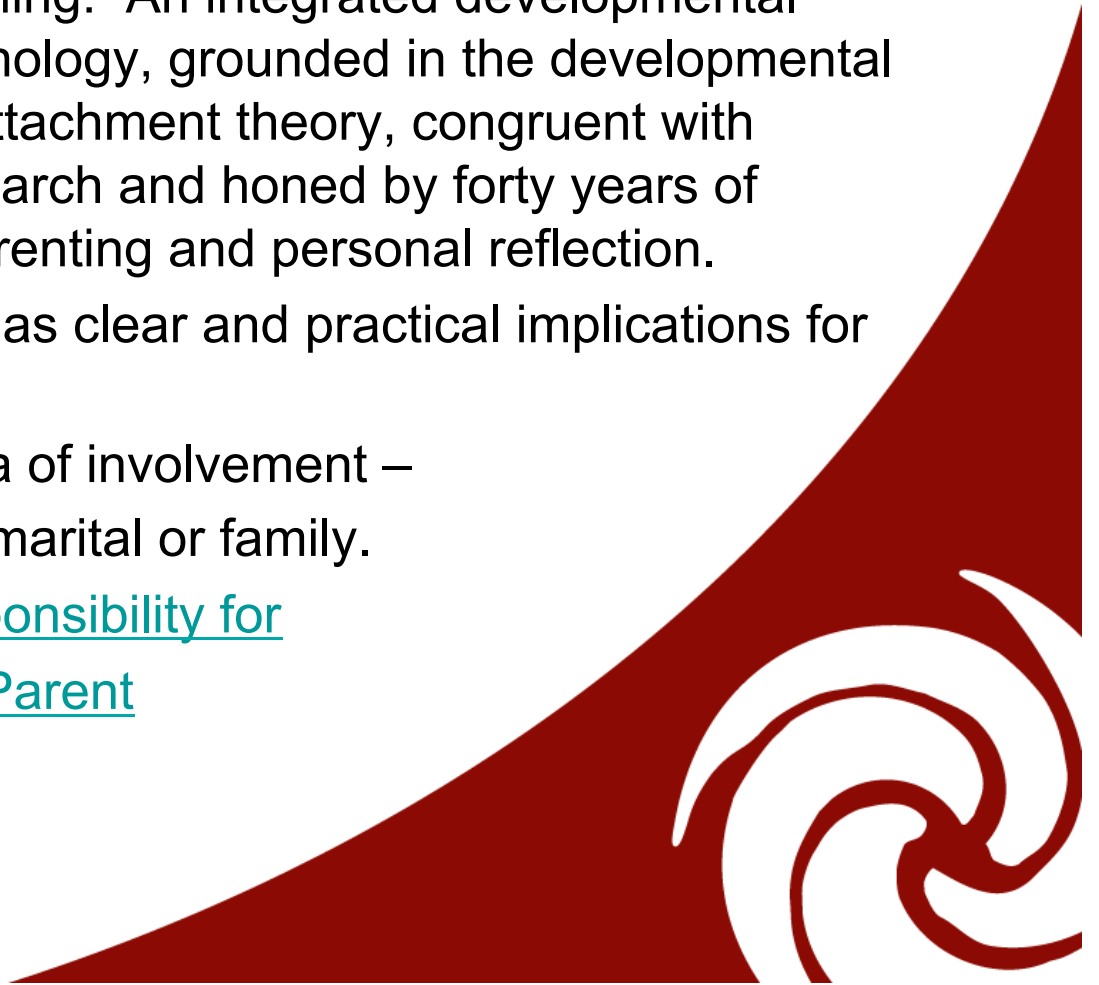


🌀 Drumming with Students



Specialized Services

- 🌀 Professional development opportunities:
 - 🌀 Dr. Gordon Neufeld Training: An integrated developmental approach rooted in psychology, grounded in the developmental paradigm, saturated in attachment theory, congruent with current neurological research and honed by forty years of professional practice, parenting and personal reflection.
 - 🌀 Dr. Neufeld's approach has clear and practical implications for practice and treatment,
 - regardless of one's arena of involvement –
 - child, adolescent, adult, marital or family.
 - [YouTube - Neufeld-Responsibility for the Relationship-Power to Parent](#)



Conclusion

☻ CSH has proven to be extremely successful in promoting healthy school activities in all twenty-seven schools in Wolf Creek School Division.

☻ Thanks to the Alberta Healthy School Community Wellness Fund and the partnership between AHS CSH and WCPS, all schools in Wolf Creek have access to the materials, resources, guidance, and leadership necessary to promote active living, healthy eating, and positive social environments.



QUESTIONS?

