



WELCOME!

Hello Friends,

Welcome to our new weekly newsletter! We thought this would be a great way to stay connected, keep updated with what's happening in our centre and share some fun learning activities that we can all enjoy from home.

We know these are challenging times, and we think it's more important now more than ever to show our support for one another and share the message that "We are all in this together!".

A Message From Our Board:

Dear OSNS families:

With the very difficult announcement on March 17th, regarding the suspension of some services at the OSNS, we are sure there has been significant anxiety and uncertainty. We want you to know that your Board is committed to supporting the amazing OSNS staff and our incredible OSNS families, while ensuring longevity of the OSNS Centre through this pandemic.

The patience shown by you, our families, has been over the top. We understand that most of the families who attend OSNS do so because of unique circumstances with one or more of their children's lives, which adds stress and challenges that others may not understand. As always you are the

true leaders and champions for your children. We strive to provide excellence in care to support you. To help you through this difficult time, we are supporting the staff with the use of new technological upgrades and innovative programming, which give us an advantage in delivering services that could only have been dreamed of a short time ago. If you or your little one have an innovative or practical idea that can help us deliver a service to you or someone else, please share that with us. Great ideas can come from anywhere!

Finally, and most importantly, take care of yourselves, and each other. Remain kind to everyone and please stay connected to the OSNS through our various electronic social means, including www.OSNS.org, Instagram, and Facebook. We will get through this together and be stronger for it.

Sincerely,

The OSNS Board of Directors



Talking to Our Children About Covid-19



The current situation with Covid-19 is an uncertain and unfamiliar situation for all of us, and that includes our children. To help make this easier to explain, we have created a social story for you to share with them.

Many children benefit from social stories which aim to increase their understanding of a situation using pictures and kid-friendly language.

Reading the social story with your child on a regular basis (e.g., daily) may be helpful. Please adjust the story as needed to best suit your child's needs.

Click here to view the Covid-19 social story.

Updates From Our Team:

ECE Program / Child Care Update

- Families who are keeping their children home as directed will not be charged monthly fees effective April 1, 2020 and each child's spot will be held to resume childcare once the COVID-19 pandemic is over.
- **Childcare for Essential Service (ES) workers:** We will reopen childcare services strictly for children of ES workers in our community., starting slowly April 1st and increasing numbers on April 6th.
- For children staying at home, we are working on story-reading and craft-making social media posts to help maintain a continued connection to their program and educators.

Please contact ginnie.weston@osns.org if you have further questions.

Autism Intervention Program

Our Autism team has been busy, here's what they have been up to:

- Continuing to provide service to families by switching to remote programming. We want to make sure children continue to make progress and families needs are met.
- Putting together social stories to help children understand current changes to routines and decrease anxieties/behaviours at home. Please reach out to the AIP team if there are specific behaviours or goals that are not yet being addressed at home.

Early Intervention Team

Members including physiotherapists, occupational therapists, speech/language therapists, family support workers and therapy assistants are busy:

- Working from home while OSNS is closed for in-person visits.
- Offering telephone or video consultations - *please contact us if this is something you are interested in.*
- Emailing activity ideas, resources and other information.
- Creating new handouts and ideas for crafts.
- Preparing for upcoming groups and summer programs.

Please feel free to connect with us at reachout@osns.org. We don't want you to feel isolated! We are here for you!



Autism Awareness Day

Thursday, April 2nd, 2020

Here are some fun crafts you can try at home to show your support!

- Cut out puzzle pieces and paint them & have fun making your own design
- Cut out paper light bulbs & paint them blue
- Use beads to make a colourful bracelet & attach a puzzle piece as a charm



Cloud Dough

The consistency of this dough is lovely to feel and hold. It can be powdery like flour one moment, and then mouldable like damp sand the next.

Ingredients:

4 cups flour

1/2 cup oil

Essential oil such as lavender or grapefruit (optional)

Instructions:

Scoop and pour the flour into the center of a large tub.

Create a crater in the middle of the flour.

Pour the oil into the crater.

Gently mix it all together.

Enjoy mixing and learning about the properties of the dough as it is, or add small silicone bowls, spoons, or measuring cups to make small structures, hills, or pretend cupcakes.



Have you joined the #OTIS ARMY?



OSNS invites you to join us in our Otis Army social media campaign! This campaign featuring our favourite bear, Otis, living his best life in our community, our homes, and our businesses as we all make the conscious effort to stay home and practice social distancing. We feel this is a great way to share the creative and proactive ways we are all keeping happy and healthy and supporting one another during this challenging time. If we stick together, we can achieve anything!

Here's How it Works...

Have Fun & Take Pictures

Take pictures and videos with Otis! Show us how we're all in this together and how you, your family, or business are standing strong as part of the #OtisArmy. We want to see what Otis is up to while we are all doing our

part staying at home and practicing social distancing. We know your creativity will create smiles!

Share Your Support!

Tag OSNS on Facebook & Instagram use the hashtag #OtisArmy. Let's show this community that we all support one another, in good times and bad! Thank you for supporting the #OtisArmy.

Watch our Facebook page for updates!



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