Northern Lakes Collaborative Services (NLCS) delivers supports and services to children, youth and their families within our NLCS boundary inclusive of schools from Holy Family Catholic Regional Division, Northland School Division, High Prairie School Division, Christian School Division, Living Waters School Division, and First Nation Schools. These services include collaboration with schools, community partners and various service providers (including Occupational Therapists, Speech Language Pathologists, Behaviour Management Consultants and if indicated contracted services for Physiotherapy, Vision and Deaf and Hard of Hearing consultation).

Special Points of Interest
- Transition
- Movement ideas
- Reestablishing routines after a school break!
- Happy New Year!

Occupational Therapy
Our bodies are designed to move! Movement is necessary because it helps to increase attention and adjust levels of alertness. According to Health Canada, children need a minimum of sixty minutes per day of physical activity. This can be difficult to accomplish with daily demands. Here is a list of ideas for increasing movement while at home:

★ Dancing to music
★ Shovel Snow
★ Play Charades with body movements
★ Skating
★ Play the game Twister
★ Take a walk
★ Pantomime
★ Build a snowman
★ Pillow fights
★ Sweeping the floor
★ Playing at the park
★ Vacuuming
Northern Lakes Collaborative Services

High Prairie: 780-523-0011
Slave Lake: 780-840-3539 ext 1450

Behaviour Management

Transitions occur regularly during the school day. Children often have difficulty transitioning from one activity, place and/or group of people. During these times, children usually demonstrate a variety of unexpected behaviours. Consider the following when transitioning from the Christmas holiday and returning to school:

- Have a countdown on a calendar to remind children how many days until they return to classes
- Several days before school begins, gradually reduce the amount of time children are on technology and gaming systems as these tend to be highly preferred activities and not as available at school
- Engage your child in discussions about what they are looking forward to at school. Try to build excitement and anticipation for the activities at school and have your child set goals to work towards.

Speech-Language Pathology

Getting back into the routine of going to bed and getting up early can take some time, but it does not have to be stressful or difficult for students and their families! To reduce the stress and have a smooth transition, re-establish routines, such as bedtime and morning routines, several days before returning to school after a long vacation.

When re-establishing the routine of going to school children should be encouraged to get the amount of sleep necessary. Children should begin to go to bed at their designated bedtime several days before returning to school. Getting up early in the morning and getting ready for school after having been able to stay up late and sleep in may be difficult for many families. As part of the nightly routine children should be encouraged to select clothes for the next day, make snacks and lunch, and place items needed at school in backpacks. Having these activities accomplished the night before will allow your student more time in the morning to get ready for school.

Following routines may be easier with visual schedules to remind your student of all the activities that need to be accomplished the night before as well as in the morning before going to school. A visual schedule can be pictures with print for children just learning to read, or it can be a printed check off list of the activities for children that are readers. Put schedules in a convenient location near where activities are accomplished. Providing a schedule of necessary activities encourages children to be efficient with their time, putting less stress into the morning routine.