



# Support Report

December 2007 Supplement



## Season's Greetings!

*The holidays are on a just around the corner. I can't believe it's almost 2008! This has been a very busy year for you. Your associates have all been working very hard on your behalf to make your lives run a little more smoothly. We know that you spend much of your day at work and if work is eating you too much in time, it can definitely affect the other parts of your day.*

*Negotiations are in full swing. We have met with the Board once and have dates set for January and February. We will keep you informed with up date. The advice is a wealth of information and I have been working hard to keep it current. Check it out! [www.d1staff.com](http://www.d1staff.com). The Board and Bargaining Unit are still meeting to work on pay equity. We met in November and will continue moving forward with this important issue.*

*Remember to take advantage of family time during this holiday break. This is also a very good time to relax and have a bit of "R" time, especially after the rush of the season. Relax, recharge and refresh. There is so important in our positions, to please try and take some time just to do nothing, catch up on your reading, walk the dog and enjoy the beauty of the season. On behalf of your associates, district office and our colleagues at OHSU provincial office, I wish you the happiest of holidays and best wishes for a prosperous, healthy New Year!*

*Warm regards,  
Tracy Schick*





### Mistletoe

*Mistletoe was used by Druid priests 200 years before the birth of Christ in their winter celebrations. They revered the plant since it had no roots yet remained green during the cold months of winter.*

*The ancient Celts believed mistletoe to have magical healing powers and used it as an antidote for poison, infertility, and to ward off evil spirits. The plant was also seen as a symbol of peace, and it is said that among Romans, enemies who met under mistletoe would lay down their weapons and embrace.*

*Scandinavians associated the plant with Frigg, their goddess of love, and it may be from this that we derive the custom of kissing under the mistletoe. Those who kissed under the mistletoe had the promise of happiness and good luck in the following year.*



### FAS Children

Because FAS/E is a lifelong disability, it is the responsibility of the family, the school and the community. The integrated efforts of a multidisciplinary, and often cross-ministerial, for the future.

Observing how the student functions in the classroom can assist the teacher to determine and prioritize the student's educational needs and to begin planning strategies to meet these needs. Some questions to keep in mind while observing are:

- What part of the day appears to be most productive for this student? Least productive?
- What skills and interests are most developed for this student?
- Which class activities does this student enjoy the most? Can these activities be alternated with those he/she finds more difficult?
- To what extent is this student able to follow classroom routines independently? How can he/she be assisted to develop more independence in this area?
- To what extent is this student able to work towards the learning outcomes of the provincial curriculum? In which areas can the instructional strategies and assignments be adapted to accommodate his/her needs? In which areas will modifications be required?
- How does this student interact with his/her peers in the classroom? With which students is he/she able to work most productively?
- What kinds of events or activities seem to cause the most anxiety for this student? How can the student be helped to cope with these situations?

From B.C. Special Education

### "Something to think about"

*"How many of us go through our days full of and empty, that sting after happiness, when we're really standing knee-deep in the river of abundance?"*

— Sarah Ban Breathnach

*"People everywhere in the world want peace. But humility is one of the most important qualities that you must have, because if you are humble, if you can be people realize that you are no threat to them, then people will embrace you. They will listen to you."*

— Nelson Mandela



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