



# THE Support REPORT

## Up Coming Trainings

### Circle of Security Parenting

March 26, 2025 to  
May 14 2025  
7:00-8:00 PM (PST)

### HOW TO CAREGIVE DURING TIMES OF GRIEVE AND LOSS

Tuesday, April 1  
6:30 – 8:00 pm (PST)

### DBT SKILLS

Mindfulness, Emotional Regulation, Distress, Tolerance & Interpersonal Effectiveness

Thursday April 3,10,17&24  
10:00am - 12 noon(PST)

Charlene Croukamp  
Tips & Tools for Successful Conflict Resolutions

Monday, April 7  
9:30 – 11:30 am (PST)

For more information, please see attached posters

### **BC OMBUDSPERSON**

#### **INVESTIGATION INTO THE EXCLUSION OF STUDENTS**

The Ombudsperson has begun an investigation into the exclusion of students, particularly those with diverse needs, from classrooms and schools in BC's K-12 public education system. The purpose of our investigation is to determine whether these exclusions are fair. We will report publicly on the results of our investigation.

#### **What is exclusion?**

Exclusion from school can happen in many ways. Students may be:

- asked to stay home/go home
- asked to leave early/arrive late/have shortened school days
- asked not to attend field trips or other school activities
- unable to attend because of health/personal care support needs the school is unable to provide
- unable to attend because of learning support needs the school is unable to provide
- not learning with the rest of their class
- isolated by themselves in the school, secluded and/or restrained

#### **Invitation to participate in investigation**

To help inform our investigation we are asking families of students who have been excluded from school to please fill out a brief online questionnaire. For more info, visit:

[SCHOOL EXCLUSION](#)

## Times to Connect

### **VIRTUAL**

#### **Out of Care/ Kinship Drop In**

Wednesday, March 19  
8:00 – 9:00 pm (PST)  
Zoom ID: 858 3771 6954

#### **AUDIO BOOK CLUB** **Rising Strong by Brene Brown**

Wednesdays  
10 am- 12 Noon OR 6:30-8:30 pm (PST)  
Zoom ID: 832 4280 1289

### **4 tips to help kids cope with daylight saving time**

Daylight saving time – whether going on it or off it – is something most parents dread. Changes in routine are hard. And for kids who learn and think differently, they can be even harder.

But “falling back” or “springing ahead” an hour doesn’t have to be stressful. Planning ahead and making sure kids have time to adjust can help.

1. **Give kids some time to adjust.** Try gradually moving bedtimes, mealtimes, and homework time backward or forward. Giving your child a day or two to adjust to the new schedule can make it easier to cope with the time change.
2. **Stick to your routine.** The time might have changed, but your child’s bedtime routine can stay consistent.
3. **Avoid screens.** The light from screens can disrupt kids’ sleep.
4. **Think about what has – and hasn’t – worked before.**

[More Info](#)

# "STAR Institute for Sensory Processing"

was formed in 2016 from two merged organizations SPD Foundation and STAR Center. STAR Institute for SPD provides premier treatment, education, and research for children, adolescents, and adults with SPD."

Check out their resources:

- ◆ [Understanding Neurodiversity Through a Sensory Lens](#)
- ◆ [Understanding the Sensory Integration Process](#)
- ◆ [Sensory Integration and Jargon Guide](#)
- ◆ [A Guide to Understanding Poop Withholding in Childhood](#)
- ◆ [Embracing Self-Organization in Sensory Integration Therapy](#)
- ◆ [The 8 Senses Mediation: A Mindful Journey to Grounding and Gratitude](#)
- ◆ [Umbrella Breathing: Enhancing Children's Breathing Techniques Sensory Integration Therapy vs. Desensitization](#)

Check out their resources:  
and more!

## CONNECT WITH US SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Bepple  
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## 5 Signs Your Child is Being Cyberbullied and How You Can Help

Fists are no longer the most popular weapon of choice for children, especially young children, pre-teens, and teens. A new weapon of choice involves internet access and a smartphone or a computer. Now children have more options if they want to torment, terrorize, harass, and bully each other.

Here are five signs that your child may be being harassed or terrorized by a cyberbully:

1. Nervousness, Anxiety and Fear- If your child appears nervous, anxious, or afraid after receiving a text message, phone call, voicemail, private message, instant message, or email, they may be a victim of cyberbullying.
2. Pretends to Be Sick- If your child suddenly starts feigning sickness to get out of going to school or to avoid social gatherings, there is a strong chance they are being cyberbullied
3. Hides Online Activities from You. If your child hides their online activities from you or refuses to tell you what sites she is visiting, there is a chance that they are being harassed or tormented.
4. An Unexplained Change in Behavior- If your adolescent's behavior has changed for no real reason, they may be being bullied online. Victims usually experience an unexplained change in behavior.
5. Withdrawal and Suicidal Thoughts- If your young child, pre-teen, or teen has begun to withdraw from friends, family, and cherished activities, there is a possibility she is being cyberbullied.
6. Note: If your child begins to isolate herself and appears to be depressed, angry, or highly anxious, it is important you seek immediate help from a qualified child counselor or psychologist. Withdrawal, along with depression, anger, anxiety, or fear, can quickly escalate into suicidal ideation it is important to seek help for your child ASAP.

For tips to help your youth with Cyberbullying visit Social Thinking at <https://www.socialthinking.com/articles/5-signs-child-is-being-cyberbullied-how-to-help>



Need resources or information?  
Check out our website!

Are you wanting more information about upcoming training in your area, helpful resources or information about our program? Find all this and much more at our website: [www.icsfp.info/outofcareproviders](http://www.icsfp.info/outofcareproviders)

Find us on Facebook!  
Connect with us on our 'ICS Support To Family Care Network' Facebook page and our agency's 'Interior Community Services' Facebook page.

"They may forget what you said, but they will never forget how you made them feel." — Carl W. Buechner