



Guelph Community
CHRISTIAN SCHOOL

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SENSORY PROGRAM

**“TO NURTURE, EDUCATE AND INSPIRE STUDENTS
IN CHRIST-CENTRED LEARNING AND SERVING”**



UPDATED August 2022

DISCOVERING UNIQUE PATHWAYS

CHRIST-CENTRED LEARNING AND SENSORY INTEGRATION AT GCCS



Guelph Community Christian School is focused on its mission to “nurture, educate, and inspire students in Christ-centred learning and serving.” We nurture students in understanding themselves as learners and members of a community.

We understand that each student is unique and there may be different approaches that can help our students learn to the best of their abilities. Sensory integration plays a significant role in the life of a student. Sensory integration is a process in the brain that allows people to take information from their senses, organize it, and respond appropriately. The ability to regulate one’s mind and body allows people to feel better about their person and less concerned with things that are hindering them.

SENSORY PROGRAM OPTIONS

We are creating two new Sensory Program Options: a Sensory Path and a Fitness Release. These will help students to feel able and confident in their learning, increase their self-awareness, and improve their ability to self-advocate. Along with these new options, our classrooms are also set up with a variety of tools to assist students with sensory integration

ASSISTING STUDENTS

Sensory-based movements are proven to assist students in the following areas:

- increasing focus and attention
- developing fine and large motor control of muscles
- improving brain processing and coordinated movements
- increasing stability
- gaining emotional regulation skills
- decreasing frustrations
- improving behaviours
- improving (or increasing) attendance

SENSORY PROGRAM OPTIONS



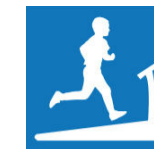
SENSORY PATH

A Sensory Path is a guided course that leads students through a variety of purposeful movement. It is installed on the hallway floor for simple access. Students can take a short break, utilize muscle groups, and re-enter the classroom ready to learn within minutes.

A Sensory Path can strengthen a student’s attention by stimulating the vestibular system (a sensory system in the inner ear that regulates balance).

Vestibular activities for children address a variety of motor activities such as:

- eye-movement control
- balance
- body-movement functions, such as coordination and motor-planning



FITNESS RELEASE

A Fitness Release opportunity assists students with self-regulation and anger management issues, as well as students with neurological differences, such as autism. The school has a Treadmill, posters, and tools for heavy work and cool down techniques. The room continues to be developed as tools are sourced.

The concept allows for students to come at set times each day, such as after recess when they are having trouble settling down. Other visits (with supervision) are also hosted whenever possible.

Physical exercise has been shown to:

- optimize the brain’s ability to learn
- improve motivation
- result in a decrease in discipline problems



ENDORSEMENTS

FOR A SENSORY PROGRAM AT GCCS

**FOUNDER & CEO FIVE
STAR RELATIONSHIPS,
CERTIFIED TAIS
CONSULTANT,
CERTIFIED BIRKMAN
CONSULTANT**

ANDREA GROENEWALD | REGISTERED PSYCHOTHERAPIST

Children experience a variety of emotions throughout their school day. Learning to identify these feelings and what to do with them is the foundation of emotional intelligence and building resilience for children. Guelph Community Christian School has designed a Sensory Program that has options suitable to assist a variety of students as they build emotional regulation skills. These regulation skills have the potential to become a part of their self-care toolbox for years to come.

**CHRISTIAN SCHOOL
FOUNDATION,
EDVANCE
CHRISTIAN SCHOOLS
ASSOCIATION**

SARA POT | COMMUNITIES OF BELONGING LIAISON

As educators and as a whole school community, we desire to see all our students grow and flourish. In my work with Christian schools, I am aware of the present and increasing concerns related to supporting students beyond the typical classroom experience. In addition to the complicated reality of living with a disability, unfortunately, mental health challenges can also disorient a student, creating a barrier in learning. The Christian School Foundation is honoured to offer a Belonging Bursary to help Guelph Community Christian students access supports that allow them to return or remain in the classroom, confident and able to learn and grow