

COTA Professional Development Conference

A A **M** AM Sessions **F** Full Day **O** Offsite **P** PM Sessions

OCTOBER 19 • FRIDAY

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| 8:30am – 9:45am | A | Waneek Horne Miller- Keynote Speaker
<i>Speakers: Waneek Horne-Miller</i>
WANEK HORN-MILLER has overcome discrimination and trauma to emerge as one of North America's most inspiring activists and Olympians. From her iconic <i>TIME</i> cover to her key role in the National Inquiry into Missing and Murdered Indigenous Women and Girls, she empowers our communities to overcome adversity, and helps us turn reconciliation—justice, healing, and dialogue—into a cornerstone of our national institutions. | GESS Gym (10241 Bottom Wood Lake Rd, Lake Country, BC V4V 1Y7) |
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| 8:30am – 2:00pm | O | Sports Science: Biophysics and Nutrition of the Sport Athlete
<i>Speakers: Darren Wishlow</i>
This event is being put on by the Science LSA. Sports Science: Biophysics and Nutrition of the sport athlete. This session is about the mechanics of several sports, the physics involved along with the mental health and nutrition of the athlete. This is a full day event. Meet at KSS and we will be travelling to three different facilities and getting lectures from professionals in the field. Some physical activity involved. \$80.00 fee. Contact Darren Wishlow at darren.wishlow@sd23.bc.ca to register. | Kelowna Secondary School (1079 Raymer Ave, Kelowna, BC V1Y 4Z7) |
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| 8:45am – 2:00pm | O | Senior Dance Teacher's Workshop
This event is being put on by the Dance LSA and is intended for Dance teachers at an 8-12 grade level. This session will cover intermediate/advanced hip hop choreography and staging concepts as well as include a resource sharing session in the afternoon. This is a full day event that will take place off-site. Please contact Chantelle Manzuik to register: chantelle.manzuik@sd23.bc.ca. | TBA |
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| 9:00am – 2:00pm | O | Block Printing Express
<i>Speakers: Laura Wyllie</i>
This one-day workshop will guide participants through the basics of block printing using single-colour and colour blend printing methods. Participants will also learn about low-cost methods of relief printing using recycled materials, perfect for the classroom. No experience necessary.

There will also be an opportunity for an educational tour that will engage with our current exhibition titled, A Cultivating Journey: The Herman Levy Legacy. Spanning 500 years, this exhibition include works by master artists like Vincent Van Gogh and Claude Monet.

<i>Rena Warren is an Okanagan based artist and award winning art educator. She holds a Visual Arts Degree from Okanagan University College and a Post-Degree in Education from University of Victoria. Rena has over 20 years experience teaching in the private school system, for the Kelowna Art Gallery, Rotary Centre for the Arts, various Okanagan based arts groups, and independently. She has held the position of Artistic Director at Cool Arts Society for the past eight years and currently works out of her home studio in West Kelowna. Rena specializes in large-scale oil portraiture and block printing.</i> | Kelowna Art Gallery (1315 Water St, Kelowna, BC V1Y 9R3) |
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| 10:00am – 11:45am | A | Beginner Band
<i>Speakers: Dave McGarry</i>
Looking at what makes a first year successful for instrumental music students. This session will be looking at fundamentals, resources, and practice involved with preparing students in September and October for successful performances. Time will be spent on repair, and way to help students avoid damage to their instrument.
Target Audience: Grades 6-8 | GESS Room 107 Band |
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| 10:00am – 11:45am | A | Fireside Chat with Waneek Horn Miller
<i>Speakers: Elder Rose Caldwell, Waneek Horn-Miller, Kevin Kaiser</i>
We will have a circle talk where participants will have a chance to share and and ask questions to Waneek. We feel there will be a number of questions that will arise from the keynote talk and this session will give time and place. Kevin will facilitate this session. | GESS Library Room 120 |
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10:00am – 11:45am	A	Dr. Andre Miki - Speaker <i>Speakers: Andrew Miki</i> Mental Fitness 101: Factors That Impact Educators' Resilience To Stress And Their Consequences Our research has shown that many educators are drawn to the profession to help others and make a difference in their lives. This attracts a certain personality that must navigate a variety of stressors in and out of the classroom over the course of the year. This keynote will propose a personality profile of a typical educator, their professional stressors/roles, and how prolonged stress can lead to more significant psychological issues. The goal is to provide a framework for a subsequent workshop on using evidence based strategies to increase educators' mental fitness.	GESS Gym (10241 Bottom Wood Lake Rd, Lake Country, BC V4V 1Y7)
10:00am – 11:45am	M	Mental Health Literacy in Middle School <i>Speakers: Tricia Penny, Janelle Zebedee</i> This interactive workshop will provide participants with resources to support the mental health component of the Physical and Health Education Curriculum (Grades 6-9).	GESS Room 128
10:00am – 11:45am	M	Relational-Developmental Interventions for Behavior Plans & IEPs <i>Speakers: Mrs. Devon Wolfe</i> Teachers can be forced to abandon the official task of teaching to attempt to manage the emotional needs of students causing disruptive and destructive behaviors in classrooms. The interventions presented in this session come from a Relational-Developmental approach to support the emotional development we need for more mature, well adjusted students. Over 2 dozen interventions will be discussed falling into 3 practices: 1. Relational Enhancement to invite, safeguard, and maintain relationships with students 2. Developmental Attunement to view sensory sensitivities, read the meaning of behavior, and note lagging development 3. Emotional Coherence to scaffold toward reflection by drawing out mixed feelings Two interventions well worth our time in discussion are: Avoiding Emo Eruptions and Managing Tantrums. Target Audience: Teachers, Administrators, Counsellors, School Psychologists	GESS Room 142
10:00am – 11:45am	M	Teaching Mental Health Literacy in the Elementary School Classroom <i>Speakers: Charmaine Brade Nixon</i> Teaching mental health strategies to K-6 students is a component of the PE and Health Curriculum, but how do we do it with so little time and very few age appropriate resources? This workshop will explore and practice various mental health strategies appropriate for children aged 5-12 which align with the core competencies and the PE/Health curricular competencies. Please wear comfortable clothing and bring your laptop.	GESS Room 202
10:00am – 2:00pm		Teacher Inquiry Projects - Cancelled <i>Speakers: Joe Jamison</i> If you are part of the Teacher Inquiry Projects for this year, or would like to learn more about them, then please attend this session. I will be going over what is the BCTF Teacher Inquiry Project. We'll be looking at the process and the product. Participants will share what their starting questions are and time will be given to work on your projects. If you attend this session, you won't need to attend the 1/2 day training session for Teacher Inquiry on October 29th. This will then give you three full days to work on your projects. This session is for SD#23 educators only.	TBA
10:00am – 2:00pm	F	Careers 6 to 9 <i>Speakers: Patti Ostrickoff, Sarah Wood</i> With the new redesigned curriculum, Career Education has been emphasized as an important role in our students' education. We would like to share the resources we have at the District level, along with share with each other. Please bring any resources that you have created and used and be prepared to share with all of us! Collaboration is key to building a strong Career Education Course and we look forward to sharing with each of you! Audience: gr.6-9 Career Education Teachers	GESS Room 136
10:00am – 2:00pm	F	Coding for K-3 or new intermediates the less experience you have the better! <i>Speakers: Deb de Hoog</i> Tired of Plumo? Try coding with kindies and up! If kindies can do it, so can you! Join me while I show you the unplugged and the plugged in activities I used to survive teaching primary coding. Nonreaders? No problem! Range in abilities? This is for all learners.	GESS Room 204

10:00am – 2:00pm	<p>F Indigenous Wood Carving <i>Speakers: Darren McKenzie</i></p> <p>In this workshop I teach Northwest Coast carving using traditional materials such as cedar, birch and alder. Workshop participants learn to work with the wood grain, use a variety of carving knives, and learn about traditional artistic symbols, figures, and legends while creating a hands-on project.</p>	GESS Room 140
10:00am – 2:00pm	<p>F Knit Block Pattern Drafting <i>Speakers: Deb Trehitt</i></p> <p>Using personal body measurements, participants will learn how to draft a block pattern to use for designing with knits. We will explore design ideas using the block as well as making a sample for V-neck T's.</p>	GESS Room 143
10:00am – 2:00pm	<p>F Metis Spoon Playing <i>Speakers: Greg Sterling</i></p> <p>Traditional Metis Spoon Playing and the History behind spoon playing. Spoonology. Arts and Crafts of the Metis, Story Telling of Walking Sticks, Talking Sticks, Tin Crafts, Flutes, Native Toys and Metis Culture in general who are we.</p>	GESS Room 212
10:00am – 2:00pm	<p>F Mix It Up, Fun Fall Art! <i>Speakers: Shannon Marsh</i></p> <p>We will explore a variety of art forms with a focus on seasonal arts that can be used in any educational setting. Participants will develop a portfolio of creative activities and ideas that will allow them to incorporate differentiated learning into classroom settings. They will learn methods that enhance their classroom environments through student-centered and inquiry-based learning. Come prepared to create, experiment, play and have fun!</p>	GESS Room 132
10:00am – 2:00pm	<p>F Orton Gillingham Math Overview <i>Speakers: Donna Cole</i></p> <p>This workshop provides a brief overview of the Orton-Gillingham approach to teaching mathematics. Learning disabilities that affect math progress will be discussed and participants will use manipulatives to solve basic addition questions. The emphasis is on step-by-step development of skills that has proven essential to both early success and lasting results. These teaching strategies are beneficial to all learners. Target audience: Primary teachers and those supporting primary students.</p>	GESS Room 135
10:00am – 2:00pm	<p>F Persian Cooking 101 <i>Speakers: Mojegan Sadeghian</i></p> <p>Introduce Persian spices and cooking methods. Present Persian spices and herbs for sampling. Engage participants in cultural conversations. Demonstrate how to prepare and cook a typical Persian dish.</p>	GESS Room 119
10:00am – 2:00pm	<p>F Reach Out Speak Out <i>Speakers: André Côté</i></p> <p>This workshop focuses on how to be an ally and support LGBTQ+ youth within schools. Educators will develop an understanding of sexuality and gender as spectrums and will explore essential terminology and pronouns. It will increase understanding of the impact of homophobia and transphobia on youth and look at strategies and best practices to address these. The importance of GSA's and LGBTQ+ policies will be shared. This workshop is highly recommended for educators wanting to create an inclusive school culture so that all students feel safe and included.</p>	GESS Room 207
10:00am – 2:00pm	<p>F Red Cross Healthy Youth Relationships PHE Teacher Support Training <i>Speakers: Meghan Toal</i></p> <p>The Canadian Red Cross' Healthy Youth Relationships program is a comprehensive curriculum for grades 7-12 that provides extensive lesson plans, materials and tools to support youth relationship skill building. The HYR curriculum aligns with PHE Core Competencies in BC and aims to support PHE teachers in delivering this learning. This full day professional development session will equip participants with the HYR curriculum materials and an in depth understanding in the following PHE content areas: healthy relationship development, conflict resolution, communication, relationship safety, dating violence (physical, emotional, sexual), sexual consent, SOGI , impacts and risks of technology in relationships, healthy boundaries, bullying and harassment, youth mental health and much more! Each participating school will leave the training with 3 curriculum packs for grades 7-12, HYR info manual, peer facilitator manual and training curriculum, and USB containing multimedia tools. Delivery of this programming in BC school districts is made possible by the generous funding of The Slight Foundation.</p>	GESS Room 129

10:00am – 2:00pm

F Staying Well at Teaching

GESS Room 208

Speakers: Barb Kaufmann

Teaching is complex. High public expectations, class composition, educational cutbacks, and increased accountability affect schools, teachers, and students. BCTF surveys identify increased workload and stress as significant concerns for teachers. This workshop helps teachers stay well. Setting boundaries around workload, self-care and smart choices, and de-stressing are key themes. All focus on building shared solutions to both the demands of the work and the isolation of teaching. Participants will reconnect with colleagues, laugh, and tell stories as they assess their work-life balance and explore staying well and creating a healthy workplace.

10:00am – 2:00pm

F Visual Storytelling using Art Medium

GESS Room 133

Speakers: Lee Claremont

Storytelling is an art. Stories are told through many forms of art whether it be music, dance, spoken word, video, film etc. In this workshop we will tell our stories visually using different mark making tools.

11:45am – 12:15pm

Lunch

Lunch consists of Sandwiches, Wraps, and salads.

12:15pm – 2:00pm

P ADHD Educational Strategies and Accommodations

Speakers: Dan Duncan

GESS Gym (10241 Bottom Wood Lake Rd, Lake Country, BC V4V 1Y7)

Students with ADHD can differ significantly in executive functioning when compared to other students. Therefore, age appropriate expectations in an educational setting often tax students with ADHD unintentionally and unnecessarily. Delivered in the context of executive function differences, Dan will cover many common educational strategies and accommodations that may be appropriate for students living with ADHD. These ideas incorporate the strengths and preferences of most 'ADHD brains', rather than correcting perceived deficits and differences. Adapting processes to improve outcomes is the emphasis of this workshop.

12:15pm – 2:00pm

P PhysEd Refresh!

GESS Room 128

Speakers: Tricia Penny, Janelle Zebedee

Be ready to move and participate in learning some new or forgotten ideas to support your Physical Education in the intermediate years. Participants will walk away with practical, fun, and easy to use movement games.

12:15pm – 2:00pm

P Relational-Developmental Interventions for Behavior Plans & IEPs

GESS Room 142

Speakers: Mrs. Devon Wolfe

Teachers can be forced to abandon the official task of teaching to attempt to manage the emotional needs of students causing disruptive and destructive behaviors in classrooms. The interventions presented in this session come from a Relational-Developmental approach to support the emotional development we need for more mature, well adjusted students.

Target Audience: Teachers, Administrators, Counsellors, School Psychologists

12:15pm – 2:00pm

P Starling Minds

GESS Library Room 120

Speakers: Andrew Miki

Mental Fitness 102: Evidence Based Strategies to Improve Educators' Resilience to Stress

Educators often use their professional experience to create a process to run a district, school, and classroom.

However, like most people, educators typically do not have a process to manage stress. This workshop will cover fundamental strategies based on Cognitive Behaviour Therapy to increase your ability to detect early signs of stress, regulate your emotions, and resolve the stressful issue. Practicing these strategies leverages your brain's neuroplasticity to create more positive connections and break old problematic ones. Training your brain can increase your mental fitness, decision-making skills, assertiveness, and confidence.