

# Zonal Professional Development Day Conference and Wellness Symposium

**C** Curricular Focus    **H** Health and Wellness    **I** Indigenous    **K** Keynote

## FEBRUARY 22 • FRIDAY

8:30am – 10:00am	K	<b>Health and Wellness - Live Well and Prosper!</b> <i>Speakers: Dr. Lynn Miller</i>	RSS Gym (Rutland Senior Secondary School)
8:30am – 10:00am	K	<b>Seven Fallen Feathers</b> <i>Speakers: Tanya Talaga</i>	RMS Gym (Rutland Middle School)
8:30am – 12:00pm	C	<b>Innovative Learning Environments - 8:30 to 2:45</b> <i>Speakers: Marnie Birkeland, Joanne Brunel, Carolyn Durley, Sarah Gallo, Dr. Gillian Judson, Jamie Robinson, Lindsey Schroeder, Dr. Marian Small</i>	Rutland Elementary School (620 Webster Rd, Kelowna, BC V1X 4V5)
8:30am – 2:30pm	C	<b>Non-Violent Crisis Intervention (CPI)</b> <i>Speakers: Stephanie Gerber</i>	RSS Rm. 1014
9:00am – 1:00pm	C	<b>Dual Credit Opportunities</b> <i>Speakers: Bob Boback</i>	Okanagan College Trades Building (1000 KLO Road)
10:15am – 11:15am	H	<b>Injury prevention and rehabilitation for the Shoulder</b> <i>Speakers: Dr. Ken Adams</i>	RSS Rm. 1059
10:15am – 11:15am	H	<b>POUND Rock Out. Work Out</b> <i>Speakers: Ira McNamara</i>	RMS Auditorium
10:15am – 11:15am	H	<b>Preventative Health</b> <i>Speakers: Kim Froom</i>	RMS Rm. 29
10:15am – 11:15am	H	<b>The Neurology of Stress and the Simple Steps You Can Take to Help Yourself</b> <i>Speakers: Dr Graham Jenkins</i>	RSS Gym (Rutland Senior Secondary School)
10:15am – 12:15pm		<b>Law in Everyday Life</b> <i>Speakers: Jennifer Monaghan</i>	Kelowna Courthouse (1355 Water St, Kelowna, BC V1Y 9R3)
10:15am – 12:15pm		<b>There's More To It Than Money</b> <i>Speakers: Cheryl Halsted, Arnie Lambert</i>	RSS Rm. 2006
10:15am – 12:15pm	C	<b>(Tech Up) Computational Thinking Across the Curriculum</b> <i>Speakers: Science World</i>	RSS Rm. 2048
10:15am – 12:15pm	C	<b>Beyond Math Drills and Worksheets</b> <i>Speakers: Kim Ito</i>	RSS Rm. 2003
10:15am – 12:15pm	C	<b>Designing Inquiry-Based Units</b> <i>Speakers: Jennifer Towers/Kelly Skehill</i>	RSS Rm. 2033
10:15am – 12:15pm	C	<b>Engaging Activities for Precalculus Math Students</b> <i>Speakers: Jennifer Kirkey, Dennis Kirkey, Heather McIntosh</i>	RSS Rm. 2044
10:15am – 12:15pm	C	<b>From Subitizing to Place Value: Developing Number Sense in our Youngest Learners</b> <i>Speakers: Carole Fullerton</i>	RSS Library 1207
10:15am – 12:15pm	C	<b>Getting The Best Sound From Your Saxophone Section</b> <i>Speakers: Craig Thomson</i>	RMS Rm. 7(Music)
10:15am – 12:15pm	C	<b>Learning in a Community</b> <i>Speakers: Michelle Dumaine, Kristina Harding, Erika van Oyen</i>	RSS RM. 2028
10:15am – 12:15pm	C	<b>Les portfolios numériques: c'est ce qui se trouve à l'intérieur qui compte</b> <i>Speakers: Shauna Nero</i>	RSS Rm. 2042
10:15am – 12:15pm	C	<b>Valuable Visuals</b> <i>Speakers: Sarah Dhooge</i>	RSS Rm. 1011

10:15am – 12:15pm	H	<b>Concussions 101</b> <i>Speakers: Mona Hennenfent</i>	RMS Rm. 12
10:15am – 12:15pm	H	<b>Cultivating Compassion-based Interventions</b> <i>Speakers: Melissa Berry Appleton</i>	RMS Rm. 2
10:15am – 12:15pm	H	<b>Mental Health Matters! Psychological issues and their effect on children's lives</b> <i>Speakers: Dr. Lynn Miller</i>	RSS Rm. 2037
10:15am – 12:15pm	H	<b>Mixed Media on Canvas Art Session "Let it Be"</b> <i>Speakers: Carney Oudendag</i>	RSS Rm. 1288
10:15am – 12:15pm	H	<b>No Such Thing as Problem Youth, Just Youth With Problems</b> <i>Speakers: Sandy Balascak</i>	RSS Rm. 2008
10:15am – 12:15pm	H	<b>Remembering to Play – Inspiring Joy, Freedom &amp; Self-Care</b> <i>Speakers: Vince Gowman</i>	RSS Rm. 2023
10:15am – 12:15pm	H	<b>Resilience at Work</b> <i>Speakers: Aaryn Secker, Amanda Swoboda</i>	RMS Rm. 24
10:15am – 12:15pm	H	<b>Stress and cardiovascular health: how to recognize and manage symptom</b> <i>Speakers: Shane Pizzey</i>	RMS Portable 7
10:15am – 12:15pm	H	<b>The Happiness Connection</b> <i>Speakers: Reen Rose</i>	RMS Library
10:15am – 12:15pm	H	<b>Trauma informed/Trauma Aware Implications in Your Classroom</b> <i>Speakers: Dr. Margaret Newbury Jones</i>	RMS Rm. 26
10:15am – 12:15pm	H	<b>Vocal Hygiene</b> <i>Speakers: Alexandra Babbel</i>	RMS Rm. 28
10:15am – 12:15pm	H	<b>What Animals can Teach us</b> <i>Speakers: Paula Neuman</i>	RMS Rm. 11
10:15am – 12:15pm	I	<b>Integrating Indigenous Perspectives in STEM</b> <i>Speakers: Soundous Ettayebi</i>	RSS Rm. 2034
10:15am – 12:15pm	I	<b>Question and Answer Panel - Keynote Presenters</b> <i>Speakers: Charlene Bearhead, Tanya Talaga</i>	RMS Gym (Rutland Middle School)
10:15am – 12:15pm	I	<b>School Gardens and the Medicine Wheel</b> <i>Speakers: Amy Stafford</i>	RSS Rm. 2035
10:15am – 12:15pm	I	<b>The Canadian Geographic Indigenous People's Floor Map</b> <i>Speakers: Sara Black</i>	RSS Study Area (next to 1323)
10:15am – 12:15pm	I	<b>Traditional Story Telling and The Four Food Chiefs</b> <i>Speakers: Anona Kampe</i>	RSS Rm. 1009
10:15am – 2:45pm	C	<b>Coding for K-3 and anyone new to coding</b> <i>Speakers: Debbie deHoog</i>	RSS Rm. 1096
10:15am – 2:45pm	C	<b>Interventions for Challenging Behaviour</b> <i>Speakers: Mary MacDonald</i>	RSS Rm. 2036
10:15am – 2:45pm	C	<b>Pattern drafting &amp; design - stretch T-shirt &amp; more</b> <i>Speakers: Deb Trewwhitt</i>	RSS Rm. 1255 (Textile)
10:15am – 2:45pm	H	<b>A Fun Participatory Workshop Exploring Movement Skills (NCCP Certification)</b> <i>Speakers: Carolyn Gillespie</i>	
10:15am – 2:45pm	H	<b>ADHD from A to Squirrel ... and what to do about it</b> <i>Speakers: Dan Duncan</i>	RSS Rm. 2009
10:15am – 2:45pm	H	<b>Create Your Vision Board Workshop</b> <i>Speakers: Marilyn Green</i>	RMS Portable 1

10:15am – 2:45pm	H <b>Happy Art-Finding Your Zen</b> <i>Speakers: Nancy Vince</i>	RSS Rm. 1307
10:15am – 2:45pm	H <b>HeadStartPro - Improve Student Focus, Awareness, &amp; Mindfulness with Practical Mental Training Tools</b> <i>Speakers: Mike Shaw</i>	RMS Rm. 20
10:15am – 2:45pm	H <b>Take a Breath for Schools</b> <i>Speakers: Jeff Thomlinson</i>	RMS Rm. 3
10:15am – 2:45pm	I <b>The Secret Path</b> <i>Speakers: Denise Hendry</i>	RSS Rm. 2041
11:15am – 12:15pm	H <b>Generation Pound Rock Out. Workout</b> <i>Speakers: Ira McNamara</i>	RMS Auditorium
11:15am – 12:15pm	H <b>Injury prevention and rehabilitation for the Lower Back and Pelvis</b> <i>Speakers: Dr. Ken Adams</i>	RSS Gym (Rutland Senior Secondary School)
11:15am – 12:15pm	H <b>Is your workplace posture getting you down?</b> <i>Speakers: Dr Graham Jenkins</i>	RSS Rm. 1059
11:15am – 12:15pm	H <b>Lifestyle Coaching</b> <i>Speakers: Kim Froom</i>	RMS Rm. 29
12:15pm – 12:45pm	<b>Lunch: Do not check the box. Click here for lunch information and dietary considerations.</b>	
12:15pm – 2:45pm	C <b>Innovative Learning Environments: Part Two - Diving More Deeply with Marian Small</b> Rutland Elementary School (620 Webster Rd, Kelowna, BC V1X 4V5)	
12:45pm – 1:45pm	H <b>And how am I to fit Healthy Eating in too!?</b> <i>Speakers: Madison Jensen, Dr. Sally Stewart</i>	RMS Rm. 11
12:45pm – 1:45pm	H <b>Curious About Keto (and Intermittent Fasting)</b> <i>Speakers: Dr. Ken Adams</i>	RMS Gym (Rutland Middle School)
12:45pm – 1:45pm	H <b>Muscle and Hustle</b> <i>Speakers: Tyra Skibington</i>	RSS Rm. 1044 (Fitness Studio)
12:45pm – 1:45pm	H <b>Preventative Health</b> <i>Speakers: Kim Froom</i>	RMS Auditorium
12:45pm – 1:45pm	H <b>The Art of Self Care</b> <i>Speakers: Dana Skoglund</i>	RMS Library
12:45pm – 1:45pm	H <b>The Neurology of Stress and the Simple Steps You Can Take to Help Yourself</b> <i>Speakers: Dr Graham Jenkins</i>	RSS Rm. 1059
12:45pm – 2:45pm	<b>Making Sense of Pensions &amp; Group Benefits</b> <i>Speakers: Cheryl Halsted, Arnie Lambert</i>	RSS Library 1207
12:45pm – 2:45pm	C <b>Assessing computational thinking through cross-curricular activities</b> <i>Speakers: Science World</i>	RSS Rm. 2048
12:45pm – 2:45pm	C <b>Augmentative and Alternative Communication</b> <i>Speakers: Sarah Dhooge</i>	RSS Rm. 1011
12:45pm – 2:45pm	C <b>Beyond Math Drills and Worksheets</b> <i>Speakers: Kim Ito</i>	RSS Rm. 2003
12:45pm – 2:45pm	C <b>Bougez bougez: il est temps d'ajouter de la musique francophone à leurs listes de musique !</b> <i>Speakers: Shauna Nero</i>	RSS Rm. 2042
12:45pm – 2:45pm	C <b>Bringing Art into the Math Classroom</b> <i>Speakers: Dennis Kirkey</i>	RSS Rm. 2044
12:45pm – 2:45pm	C <b>Differentiating for English Language Learners in your Content Classroom</b> <i>Speakers: District ELL Support Team</i>	RSS Rm. 2034
12:45pm – 2:45pm	C <b>From Multiplicative Reasoning in Middle School: From Skip Counting to Algebra</b> <i>Speakers: Carole Fullerton</i>	RSS Rm. 1007

12:45pm – 2:45pm	C	<b>Inquiry-Based Units: Scaffolding for Success</b> <i>Speakers: Jennifer Towers/Kelly Skehill</i>	RSS Rm. 2033
12:45pm – 2:45pm	C	<b>Second Language Teachers Sharing Session</b> <i>Speakers: Barb Huva</i>	RSS Rm. 2006
12:45pm – 2:45pm	C	<b>Understand cultural differences to positively impact learning of ELL students</b> <i>Speakers: Tanya Fleck</i>	RSS Rm. 2043
12:45pm – 2:45pm	H	<b>A Mind, Set for Success</b> <i>Speakers: Reen Rose</i>	RMS Rm. 25
12:45pm – 2:45pm	H	<b>Illuminating Your Leadership Shadow ~ Reclaiming Balance and the Gifts Hidden Within</b> <i>Speakers: Vince Gowman</i>	RSS Rm. 2023
12:45pm – 2:45pm	H	<b>Mixed Media on Canvas Art Session "Let it Be"</b> <i>Speakers: Carney Oudendag</i>	RSS Rm. 1288
12:45pm – 2:45pm	H	<b>No Such Thing as Problem Youth, Just Youth With Problems (Repeat of the morning session)</b> <i>Speakers: Sandy Balascak</i>	RSS Rm. 2008
12:45pm – 2:45pm	H	<b>Optimal Health, It's All Just BS</b> <i>Speakers: Tania Gustafson</i>	RMS Rm. 28
12:45pm – 2:45pm	H	<b>Sexuality Education for Students with Diverse Abilities</b> <i>Speakers: Dr. Margaret Newbury Jones</i>	RMS Rm. 26
12:45pm – 2:45pm	H	<b>Understanding the Menopause Transition</b> <i>Speakers: Robin Gabert</i>	RMS Rm. 2
12:45pm – 2:45pm	H	<b>Universal Design for Auditory Learning</b> <i>Speakers: Janelle Balkwill, Seneka Neal</i>	RMS Rm. 8
12:45pm – 2:45pm	I	<b>School Gardens and the Medicine Wheel (Repeat of Morning Session)</b> <i>Speakers: Amy Stafford</i>	RSS Rm. 2035
12:45pm – 2:45pm	I	<b>The Canadian Geographic Indigenous People's Floor Map</b> <i>Speakers: Sara Black</i>	RSS Study Area (next to 1323)
12:45pm – 2:45pm	I	<b>The Okanagan Song</b> <i>Speakers: Anona Kampe</i>	RSS Rm. 1009
12:45pm – 2:45pm	I	<b>The Role of Education in Truth and Reconciliation</b> <i>Speakers: Charlene Bearhead</i>	RSS Rm. 2037
12:45pm – 2:45pm	K	<b>Mental Health Matters! Psychological issues and their effect on children's lives</b> <i>Speakers: Dr. Lynn Miller</i>	RSS Gym (Rutland Senior Secondary School)
1:45pm – 2:45pm	H	<b>Injury prevention and rehabilitation for the Neck and Upper Back</b> <i>Speakers: Dr. Ken Adams</i>	RMS Gym (Rutland Middle School)
1:45pm – 2:45pm	H	<b>Is your workplace posture getting you down?</b> <i>Speakers: Dr Graham Jenkins</i>	RSS Rm. 1059
1:45pm – 2:45pm	H	<b>Lifestyle Coaching</b> <i>Speakers: Kim Froom</i>	RMS Auditorium
1:45pm – 2:45pm	H	<b>The Art of Self Care</b> <i>Speakers: Dana Skoglund</i>	RMS Library
1:45pm – 2:45pm	H	<b>UNWIND</b> <i>Speakers: Tyra Skibington</i>	RSS Rm. 1044 (Fitness Studio)
3:00pm – 4:00pm		<b>Plenary Session for UBCO Candidates</b> <i>Speakers: Bob Mcewen, Leanne Zorn</i>	RSS Library 1207