

# Zonal Professional Development Day Conference and Wellness Symposium

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

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## FEBRUARY 22 • FRIDAY

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8:30am – 10:00am

**K Health and Wellness - Live Well and Prosper!**

RSS Gym (Rutland Senior Secondary School)

*Speakers: Dr. Lynn Miller*

Teachers and school staff are particularly vulnerable to burn out and high rates of stress. How does stress affect our students? How does stress affect our families? How does stress affect our overall health? This keynote will discuss the hidden and not-so-hidden sources of stress for educators. Given the constant demands on educators, we often put our own needs last. We will learn some skills for how to handle stress and make your life a bit calmer and happier, ultimately transferring well being to our students.

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8:30am – 10:00am

**K Seven Fallen Feathers**

RMS Gym (Rutland Middle School)

*Speakers: Tanya Talaga*

TANYA TALAGA is the acclaimed author of *Seven Fallen Feathers*, which was the winner of the RBC Taylor Prize; a finalist for the Hilary Weston Writers' Trust Nonfiction Prize, the Shaughnessy Cohen Prize for Political Writing, and the BC National Award for Nonfiction; CBC's Nonfiction Book of the Year; a *Globe and Mail* Top 100 Book; and a national bestseller. Talaga has been a journalist at the *Toronto Star* for twenty years, covering everything from general city news to education, national healthcare, foreign news, and Indigenous affairs. She has been nominated five times for the Michener Award in public service journalism, and she is the 2017–2018 Atkinson Fellow in Public Policy. Talaga is of Polish and Indigenous descent. Her great-grandmother, Liz Gauthier, was a residential school survivor. Her great-grandfather, Russell Bowen, was an Ojibwe trapper and labourer. Her grandmother is a member of Fort William First Nation. Her mother was raised in Raith and Graham, Ontario. Talaga lives in Toronto with her two teenage children.

**Target Audience: Everyone**

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8:30am – 2:30pm

**C Non-Violent Crisis Intervention (CPI)**

*Speakers: Stephanie Gerber*

CPI Training Synopsis: The emphasis of the training is on early intervention and nonphysical methods for preventing or managing disruptive behavior. CPI's disengagement skills are also demonstrated and practiced to prepare staff to safely remove themselves and others from a dangerous situation. You'll learn:

- How to identify behaviors that could lead to a crisis.
- How to most effectively respond to each behavior to prevent the situation from escalating.
- How to use verbal and nonverbal techniques to defuse hostile behavior and resolve a crisis before it can become violent.
- How to cope with your own fear and anxiety.
- How to assess risk levels and consider the issues that impact decision making.
- How to use CPI's disengagement skills to avoid injury if behavior becomes physical.

**Target Audience: This session is for teachers who are interested in learning more about the CPI model and are not eligible for an in-service session(don't have students where it is required). CEAs are invited as well.**

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8:30am – 2:45pm

**C Innovative Learning Environments**

Rutland Elementary School (620 Webster Rd, Kelowna, BC V1X 4V5)

*Speakers: Marnie Birkeland, Joanne Brunel, Carolyn Durlay, Sarah Gallo, Dr. Gillian Judson, Jamie Robinson, Lindsey Schroeder, Dr. Marian Small*

Join a community of teachers, the instructional leadership team, and guest speakers Gillian Judson and Marian Small in a day of learning, connecting, and sharing. This session is open to all teachers, including teachers who are already involved in the Innovative Learning Environments community, those interested in joining the community, or those interesting in learning more about what is going on around our school district!

More details to come!

Location TBD.

Innovative Learning Environments: For the last 2 years, teams of educators across the district have been coming together to imagine how they might bring the 7 OECD Principles of Learning to life in their classroom, using the 6 WISE recommendations. Teachers are bringing their classes together in community. This allows for teachers to co-plan, co-teach, regroup students in various ways, and integrate learning in creative ways. The goal is to create learning environments that empower students to take charge of their own learning in deep and meaningful ways. For more information, see: <https://www.instructionalleadershipteam.com/ile>

**Target Audience: Teachers, Everyone**

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*Speakers: Bob Boback*

This field trip will take participants on a tour of the Dual Credit opportunities for Central Okanagan Public School students. Participants will get a guided tour of the new trades facility at Okanagan College, along with a brief overview of all the various dual credit program opportunities. Lunch is on your own.

**Target Audience:** Grade 9-12 Teachers, Administrators & Counselors

Building: T

Parking: OC Visitor Parking or KSS

10:15am – 11:15am

H **Injury prevention and rehabilitation for the Shoulder**

*Speakers: Dr. Ken Adams*

Join Dr Ken Adams of Lighthouse Chiropractic and Integrative Health for this injury prevention and rehabilitation workshop addressing the Shoulder. Learn how to prevent and manage the most common and debilitating shoulder problems. Learn tips and techniques to improve your posture and nerve function, create mobility, strengthen and stabilize your shoulders, and decrease PAIN! This workshop is designed for all levels of ability and experience, with an emphasis on delivering simple and safe home-based exercises that you can start using immediately!

10:15am – 11:15am

H **POUND Rock Out. Work Out**

RMS Auditorium

*Speakers: Ira McNamara*

Sweat. Sculpt. & ROCK in this cardio jam session inspired by drumming. You won't just listen to music-you'll become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

**Target Audience: Everyone**

10:15am – 11:15am

H **Preventative Health**

*Speakers: Kim Froom*

Preventative Health is simply that; preventing disease. Often, we spend our lives working hard for our future, only to succumb to disease when we get there! Without properly engaging in our health, our 'golden years' escape us.

Preventative Health is taking care of yourself while you feel good and building your health for the future. That often takes a TEAM of professionals. Phoenix Health and Fitness is committed to being pro-active in building your health for the future. Let us help you Rise Up and Be Healthy!

**Target Audience: Everyone**

10:15am – 11:15am

H **The Neurology of Stress and the Simple Steps You Can Take to Help Yourself**

RMS Gym (Rutland Middle School)

*Speakers: Dr Graham Jenkins*

In a study published in Molecular Psychiatry, researchers found that chronic stress results in long-term changes in the brain. These researchers suggest that these brain changes make us more prone to mood and anxiety disorders later on in life. Postural researchers have shown that by changing your posture you can impact your brain performance. In this intriguing talk, Dr. Jenkins will share how you can impact your brain (and central nerve system) performance by taking a few minutes each day to focus on strengthening your posture. And by improving your posture you can push back against the negative impact chronic stress has on our busy lives, maybe even beating your lower back and neck pain. Dr. Jenkins will also share some simple and affordable nutritional strategies that researchers have shown help your brain fight back against chronic stress.

Target Audience: All

10:15am – 12:15pm

**Law in Everyday Life**

Kelowna Courthouse (1355 Water St, Kelowna, BC V1Y 9R3)

*Speakers: Jennifer Monaghan*

How does law affect your life? Students deal with law everyday and most will encounter a serious legal issue at some point in their life. We need to help them to understand the importance of addressing problems early and asking for help.

**Target Audience:** Teachers of Law, Social Studies, Psychology, Social Justice, English, Drama

10:15am – 12:15pm

**There's More To It Than Money**

*Speakers: Cheryl Halsted, Arnie Lambert*

This workshop covers the non-financial aspects of retirement planning, including: what to look forward to in retirement, meeting the challenges and risks of retirement, working after full time teaching, planning with my partner, building a pre-retirement action plan. The session encourages both group and class discussion on a range of retirement issues. Retirement case studies are presented to help participants gain a better insight into what may lie ahead.

**Target Audience: Teachers with less than 10 years to their anticipated retirement**

10:15am – 12:15pm

**C (Tech Up) Computational Thinking Across the Curriculum**

*Speakers: Science World*

Explore ways of integrating computational thinking across several content areas. In this workshop, you will engage in hands-on activities that use technology to demonstrate how this problem-solving strategy can be applied in subjects such as language arts, physical education, science, and math.

**Target Audience: K to grade 9**

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10:15am – 12:15pm

**C Beyond Math Drills and Worksheets**

*Speakers: Kim Ito*

Learning math facts by emphasizing number sense and building an understanding of how numbers work builds the foundation to knowing your math facts. In this workshop, we will learn some hands-on ideas and games to reinforce the number sense skills needed to truly understand basic math facts. This session is appropriate for primary and/or intermediate teachers.

**Target Audience: Primary and Intermediate Teachers**

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10:15am – 12:15pm

**C Designing Inquiry-Based Units**

*Speakers: Jennifer Towers/Kelly Skehill*

During this workshop, teachers will learn a process to design units of inquiry. Through this process, teachers will engage with the New BC Curriculum specifically the big ideas, curricular competencies, core competencies and criterion-based assessment. This workshop will guide teachers through backward planning to build a unit of inquiry that includes an authentic assessment task. Educators will leave inspired and excited to shift their practice to include greater depths of inquiry.

**Target Audience: Teachers**

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10:15am – 12:15pm

**C Engaging Activities for Precalculus Math Students**

*Speakers: Dennis Kirkey, Jennifer Kirkey, Heather McIntosh*

In this session we will show you some activities we have found to be successful in our classrooms. These activities serve to meet the core competencies, prepare students for the numeracy exam and make students think in class. Please bring a laptop or tablet to this session and be ready to play with math.

**Target Audience: Math Teachers Gr9-12**

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10:15am – 12:15pm

**C From Subitizing to Place Value: Developing Number Sense in our Youngest Learners**

RSS Library 1207

*Speakers: Carole Fullerton*

What tasks, questions and manipulatives promote the development of true number sense in our youngest learners? How can we move our students from subitizing to skip counting, and from estimation to the operations with understanding? Literature connections, open-ended tasks and games will be shared in this session for teachers of kindergarten through grade 3. Come prepared to play!

**Target Audience: K to 3 Teachers**

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10:15am – 12:15pm

**C Learning in a Community**

*Speakers: Michelle Dumaine, Kristina Harding, Erika van Oyen*

Through collaborative planning and offering student choice, the grade 7 French Immersion students at Dr. Knox are part of a learning community. Come and learn how the teachers structure the community to keep students engaged and interested in their classes!

**Target Audience: gr 4-8**

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10:15am – 12:15pm

**C Les portfolios numériques: c'est ce qui se trouve à l'intérieur qui compte**

*Speakers: Shauna Nero*

Le portfolio numérique aide les élèves d'immersion à développer leurs compétences et leur compréhension des concepts. Les élèves développent leur métacognition en créant et en atteignant des objectifs liés aux programmes d'études et aux compétences essentielles. À travers leurs parcours, les élèves choisissent les artefacts qui démontrent le mieux leur processus d'apprentissage. Par conséquent, les élèves deviennent les maîtres de leur apprentissage.

Nous discuterons le portfolio numérique et son intégration dans les cours d'immersion pour aider les élèves à communiquer leur apprentissage et identifier leurs prochaines étapes afin d'atteindre les objectifs établis. Vous partirez de cet atelier avec des idées pratiques pour utiliser les portfolios comme outil de communication, d'apprentissage et d'évaluation authentique.

**Target Audience: Immersion K-12 & Core French 8-12**

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*Speakers: Julia Hengstler*

This session will cover:

**Basis for information privacy**

- Canadian Charter Right
- Special BC context (FIPPA)

**Key issues arising from tech and use**

- Cultural lag
- Broken Promises of Privacy
- Price of Free
- Surveillance Capitalism

**Requirements for FIPPA compliance**

**Key recommendations**

**Target Audience: Everyone**

*Speakers: Sarah Dhooge*

What makes a visual **valuable** for your student?

This workshop will target the tips and tricks for creating visuals that support your students' social, emotional, and communication development. The Workshop will include the who/what/where/when/whys of using visual supports and will finish with a show & share (BONUS! Take homes will be given to all participants!)

**Target Audience: K to 6**

*Speakers: Mona Hennenfert*

Concussions are currently on everyone's radar, with the media sharing stories of concussion and the consequences of repetitive concussions. This presentation will help you understand the basics so that you are prepared if a student, family member or you sustain a concussion. You will learn how to diagnose a concussion, what the common symptoms of concussion are, internationally adopted strategies to resolve concussions and the resources in our community to support the recovery process.

**Target Audience:**

**Everyone**

*Speakers: Melissa Berry Appleton*

Cultivating compassion while interacting with others. Drawing on neuroscience, social psychology, ethics, and contemplative perspectives, this G.R.A.C.E. training model is grounded in systematic practices developed by Roshi Joan Halifax, and enables one to foster specific elements allowing compassion and resilience to emerge. G.R.A.C.E. is an acronym for Gather attention, Recall intention, Attune to self/other, Consider what will serve, Engage and end.

This workshop is wonderful for those interested in building both meaningful and lasting relationships, addressing empathy fatigue, moral injury and burnout.

**Target Audience: Everyone**

*Speakers: Dr. Lynn Miller*

The mental health concerns of children and youth is emerging as an urgent problem in Canadian health and education systems. Mental health concerns in youth have been identified as the most pressing problem facing children and their families as the human, social and economic costs of the problem attract professional attention. The Mental Health Commission of Canada has identified schools as a primary site for delivering and coordinating interventions.

Educators play a key role in noticing how mental health issues can be a primary challenge for those students who are also struggling academically.

**Target Audience: Everyone**

10:15am – 12:15pm

**H Mixed Media on Canvas Art Session "Let it Be"**

*Speakers: Carney Oudendag*

Let It Be!

In this hands on art session, artist & teacher Carney Oudendag, will guide participants through a mixed media on canvas project. 'Unplug' and nourish the artist in you with a creative session that involves a variety of materials & techniques. NO artistic ability is required! Remember ... let it be! We will use collage, paint, stencils, stamping and more to create a layered abstract background. Then, you will have a choice of finishing touches. Note: bring an apron or 'paint shirt.'

**Target Audience: Everyone**

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10:15am – 12:15pm

**H No Such Thing as Problem Youth, Just Youth With Problems**

*Speakers: Sandy Balascak*

We can never undo emotional trauma but we can teach youth to manage their issues and turn them into strengths.

The session will focus upon changing how teachers view at-risk youth, how to recognize mental health issues, how to find the root causes of the issues and not just see the symptoms, and how to change those who feel like failures into those who know they are successes. Real life examples and input from actual "problem students" will illustrate that there is no such thing as problem youth, just youth with problems. Teach them to cope and they will soar. It should be noted that at-risk youth not only inspired this course, but have also been actively involved with the development of the topics.

**Target Audience: Secondary**

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10:15am – 12:15pm

**H Physical Health for Mental Wellness**

*Speakers: Shane Pizzey*

Aspire Health and Performance ((next to Kal Tire)) (#150-2233 Leckie Rd. Kelowna, BC)

Peter's Story: A firsthand account of the effects of stress on cardiovascular health.

Rhonda Catt will share the story of how her fit, energetic 46 year old husband passed away from a heart attack that no one saw coming.

As educators you deal with the stress of teaching students, the stress from administrators and daily stressors of family and life outside of work. Learn how stress can have a major impact on your heart health. We will discuss these health impacts as well as providing clues about warning signs and how to take steps to improve your own health. A better you is a better educator.

Target Audience: Everyone

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10:15am – 12:15pm

**H Remembering to Play – Inspiring Joy, Freedom & Self-Care**

RSS Drama Room 1018 (Rutland Senior Secondary)

*Speakers: Vince Gowman*

Play is the language of children, and it is the vehicle through which they learn and understand our world. To educate and support children, we must learn to speak their language by remembering to play ourselves. Remembering to Play is a fun and interactive playshop that supports you to remember the wisdom of a child's mindset and the importance of levity and joyful authentic expression as cornerstones for educating and healthy, productive living. Benefits include: exploring the principle of Yes And as a means of creatively engaging and being receptive to others, being present, open and flexible, looking for possibilities and expanding creativity, illuminating limiting beliefs and assumptions, self-care, learning fun games for children, and much, much more!

**Target Audience: Everyone**

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10:15am – 12:15pm

**H Resilience at Work**

*Speakers: Aaryn Secker, Amanda Swoboda*

This presentation will explore meaningful ways in which we can cultivate resilience. Balancing work and life demands is ever challenging, we break down principles of resilience and offer practical tips to get more out of life. This presentation will also share strategies and key messages for promoting resilience in the classroom for students of all ages.

**Target Audience: Everyone**

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*Speakers: Reen Rose*

This presentation delivers a high energy, interactive and powerful message that will teach not only the important role that happiness plays in your life, but strategies to start boosting your feelings of well-being right now. Using a blend of research based expertise, storytelling and humour, Reen will help you: • Learn what positive psychologists have discovered about happiness • Utilize strategies that you can put to work immediately • Gain knowledge about the purpose of emotions • Discover the importance of creating connections with others • Add mindfulness to your life • Take advantage of the Self-Determination Theory to increase motivation and satisfaction Leading by example, you can help your students become more mindful, respectful and confident which in turn will strengthen your school community.

**Target Audience: Everyone**

*Speakers: Dr. Margaret Newbury Jones*

We see the terms trauma-informed and trauma-aware practice and care as well as ACEs everywhere these days. What does this mean in our classrooms? Do I now have to become an expert in treating trauma as well as the million other curricular requirements in my classroom?

The good news is that being trauma-informed/trauma and ACEs aware doesn't mean you need to be a trauma expert or a trauma counsellor. It does, however, dovetail with understanding your students, helping them to self-regulate and knowing where to go for help when they or you need it.

Come and join Margaret for an introduction to TIP/TA/ACES and some basics you can take back to your classroom.

**Target Audience: Teachers**

*Speakers: Alexandra Babbel*

Many educators who rely on vocal health in order to continue a long and positive career run into concerns, some to the point of scheduling surgery threatening their careers.

Come discover the secrets of healing a damaged voice and avoiding vocal problems.

Anatomy of the Voice. Reasons for Damage Vocal Hygiene. Vocal Rest and Warm-Ups to gain Health Strategies to avoid Pit Falls.

**Target Audience: Everyone**

*Speakers: Paula Neuman*

Animals can play an important role in helping students develop a sense of compassion for others and to develop empathy. Considering animal welfare issues from a variety of perspectives and understanding our social responsibility to animals in our lives whether it be as a companion, for food, used in entertainment or as part of the ecosystem, will provide a base for students to use critical thinking skills and explore concepts that will demonstrate how our actions impact others, our communities and the environment.

Teachers will take part in lessons using animal welfare themes to initiate an understanding of social responsibility concepts around stereotypes, racism, responsibility and equality.

**Target Audience: grade 3-7 teachers, everyone**

*Speakers: Soundous Ettayebi*

This workshop will explore how you can incorporate Traditional Perspectives into your science curriculum. In this session, we will share our experiences from running land-based camps and day camps in rural and Indigenous communities. This session will be presented by two instructors who have spent the last two months in remote BC communities teaching primarily Indigenous students. You will leave this session with activity ideas and inspiration. This session connects to the social studies curriculum, science curriculum, and Applied Design, Skills, and Technologies curriculum.

**Target Audience: Teachers interested in InSTEM**

*Speakers: Charlene Bearhead, Tanya Talaga*

This question and answer period will include time to talk about how we can support Indigenous Education in our classrooms..

**Target Audience: Everyone**

10:15am – 12:15pm

I **School Gardens and the Medicine Wheel**

*Speakers: Amy Stafford*

With the new curriculum in mind, BC Agriculture in the Classroom Education Specialist Amy Stafford will enliven the topics of health science, environmental stewardship and agriculture/food literacy. Participants will be walked through the processes of planning, designing, building and tending a food growing garden. Connections to First Nations ways of learning and the First Nations' Medicine Wheel provide opportunities for deeper learning through agriculture. Free programs and resources with curriculum links provided.

**Target Audience: Everyone**

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10:15am – 12:15pm

I **The Canadian Geographic Indigenous People's Floor Map**

RSS Study Area (next to 1323)

*Speakers: Sara Black*

Come explore the Royal Canadian Geographical Society's suite of Indigenous education resources. During this participatory session, attendees will explore a giant map of Canada with no colonial borders, discover the 18 activities that dive deeper into a number of issues – from climate change to original place names – and access a host of online resources. The giant maps (8m x 11m) are available to borrow free of charge to schools in Canada - this is an opportunity you don't want to miss!

**Target Audience: Everyone**

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10:15am – 12:15pm

I **Traditional Story Telling and The Four Food Chiefs**

*Speakers: Anona Kampe*

Join Anona as she takes you on an entertaining and interactive journey by sharing traditional Okanagan stories called captiklxw (chap-teeek). The Okanagan people spread knowledge through an oral history spanning thousands of years. She will introduce you to the characters, explaining why they are significant and share traditional teachings within the story. One of the stories will be the 4 Food Chiefs and How Food was Given.

**Target Audience: Everyone**

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10:15am – 2:45pm

C **Coding for K-3 and anyone new to coding**

*Speakers: Debbie deHoog*

BRING YOUR LAPTOP! Learn to code through unplugged and plugged in coding activities for readers and non-readers. Many activities are free of charge, hands on, on ipads, and on computers. All activities have been tested on kindergarten students and are perfect for new coders of all ages.

**Target Audience: K-3 or new to coding**

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10:15am – 2:45pm

C **Developing Physical Literacy: Fundamental Movement Skills (FMS) Workshop**

*Speakers: Carolyn Gillespie*

A practical, FUN learning opportunity designed to assist teachers in leading activities for children that will promote the development of fundamental movement skills (FMS). Participants will learn how to observe and give feedback to assist children in gaining confidence and competence in their physical literacy journey. This session will provide ideas and examples of how to enhance your PE programming. Includes NCCP certification. (Participants should be dressed appropriately to participate in movement activities)

**Target Audience: Primary and Intermediate Teachers & CEA's.**

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10:15am – 2:45pm

C **Interventions for Challenging Behaviour**

*Speakers: Mary MacDonald*

The workshop will begin with a brief overview of why students misbehave, in an effort to invite educators to look at misbehaviour as they would any other type of disability. The majority of the time will be spent looking at possible accommodations and interventions that help prevent and respond to difficult student behaviour. The workshop is based on combined learning of Dr. Ross Greene's (Collaborative & Proactive Solutions), Dr. Gordon Neufeld's developmental & relational approach, and best practice in regards to students with FASD from (POPFASD)

**Target Audience: K to 12 Teachers**

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10:15am – 2:45pm

C **Pattern drafting & design - stretch T-shirt & more**

*Speakers: Deb Trew hitt*

This is a HANDS ON sewing and design workshop for moderate to competent sewers. You will be required to bring sewing supplies and fabric. Use a drafted T-shirt block pattern custom made for you to design various stretch fabric garments including over-sized garments. Design and sew a garment of choice from the block and learn how to sew a "V-neck" that is simple and professional looking.

**Target Audience: H.E. Teachers and Competent Sewers**

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10:15am – 2:45pm

**C Red Cross Healthy Youth Relationships PHE Teacher Support Training**

*Speakers: Chris MacPherson*

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.

**Target Audience: Grade 7 to 12 Teachers**

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10:15am – 2:45pm

**C STEM in Science**

*Speakers: Natalie Morin, Lisa Nevorai*

The push towards STEM activities in our classrooms is to help students develop strong mathematical and scientific connections and skills. These activities focus on real-world issues and problems (social, economic, and environmental) and makes students seek solutions for these problems. STEM activities are different from science activities as they are guided by the engineering design process. In this process, students define problems, conduct background research, develop multiple ideas for solutions, develop and create a prototype, and then test, evaluate, and redesign them.

**Target Audience: K to 10**

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10:15am – 2:45pm

**C Vos élèves éprouvent des difficultés à prononcer le français?**

*Speakers: Myriam Le May*

Cette formation vous apprendra à diagnostiquer la nature des difficultés qu'éprouvent vos élèves à prononcer clairement le français et vous proposera une multitude de moyens pour les aider à développer une meilleure prononciation. Myriam vous présentera du matériel et des stratégies de correction à la fois théoriques et pratiques, facilement adaptables à votre enseignement en salle de classe. Venez participer à un atelier interactif et dynamique dont l'approche non intimidante en matière de correction phonétique saura vous inspirer et...vous amuser !

**Public cible: Immersion M-12 (FSL secondaire)**

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10:15am – 2:45pm

**H ADHD from A to Squirrel ... and what to do about it**

*Speakers: Dan Duncan*

Research shows that ADHD in an educational setting is more impairing to a student than depression, anxiety, PTSD, and almost every other mental health issue; and it causes educators stress, frustration, and lost time. This presentation will provide simple comparative models that describe how an ADHD brain processes time, emotions, motivation, memory, and focus differently than most people. It will also deliver strategies, tools, and accommodations that support ADHD brain function rather than challenging it.

**Target Audience: Everyone**

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10:15am – 2:45pm

**H Create Your Vision Board Workshop**

*Speakers: Marilyn Green*

When was the last time you took a day to take care of yourself? Creating a personal Vision Board is a powerful form of self care. Psychology tells us that what we focus on expands. When we place symbols of what we want for our physical, mental, emotional, and spiritual health on a visual space like a Vision Board, we increase the likelihood that we will see those things become a reality in our lives. You will finish the day feeling inspired at all the possibilities for your life. This workshop will also give you all the raw materials you need to take the process into your classroom to use with your students.

**Target Audience: Everyone**

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10:15am – 2:45pm

**H Happy Art-Finding Your Zen**

*Speakers: Nancy Vince*

I will show the progression of creating a piece of happy doodle art from the pencil sketch to the finished artwork. The attendees will then begin creating their own piece beginning with pencil, then using a pen to work in the details and lastly add color to the art they create. I personally use Copic Markers for all my artwork and will show some of the shading techniques but will also show what can be done with regular markers and colored pencils.

**Target Audience: Everyone**

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10:15am – 2:45pm	<b>H HeadStartPro - Improve Student Focus, Awareness, &amp; Mindfulness with Practical Mental Training Tools</b>	TBA
	<i>Speakers: Mike Shaw</i>	
	<p>In the HeadStartPro workshop, teachers and coaches learn practical mental training tools that help improve focus, awareness, and mindfulness. The goal of the training is to help students prevent the critical errors and decisions compromised by rushing, frustration, fatigue, and complacency. Workshop participants learn a set of critical error reduction techniques and coaching tools to help enhance student performance while preventing costly injuries.</p>	
	<p>Improved focus minimizes the risk of error, and if students learn to make fewer mistakes by being more aware, they'll be better at whatever they do. Additionally, with fewer injuries, students will benefit from more opportunities to perform in both sports and academics due to less time spent injured. The Coaching Association of Canada recognizes HeadStartPro. Teachers and coaches are awarded three maintenance-of-certification PD credits on their Coach.ca Locker Transcript for completing the workshop.</p>	
	<b>Target Audience: Everyone</b>	
10:15am – 2:45pm	<b>H K-1 Food Explorers Workshop and 2-3 Food For Us! Workshop</b>	
	<i>Speakers: Carmen Gorlick</i>	
	<p>Participants will learn tips for effectively teaching nutrition in the primary classroom. They can receive training in one or both of our nutrition education programs for primary students:</p>	
	<ul style="list-style-type: none"> <li>• Food For Us! helps Grades 2-3 students classify foods into 4 food groups, create balanced meals, choose healthy snacks and make connections to agriculture.</li> </ul>	
	<b>Target Audience: Grade 2 and 3 Teachers, CEAs</b>	
10:15am – 2:45pm	<b>H Take a Breath for Schools</b>	
	<i>Speakers: Jeff Thomlinson</i>	
	<p>Take a Breath is aligned with the new Curriculum Core Competencies especially in the Personal Awareness and Responsibility and Social Responsibility. The Take a Breath Program effectively implements Social Emotional Learning with a strategic, systemic approach for the whole school community.</p>	
	<p>REGULAR CLASSROOM PRACTICE HAS SHOWN A DRAMATIC SHIFT IN THE OVERALL ATMOSPHERE OF A CLASS AND HAS HELPED STUDENTS PERFORM BETTER ON TESTS AND ASSIGNMENTS, AS WELL AS IMPROVED MEMORY AND CONCENTRATION.</p>	
	<b>Target Audience: Everyone</b>	
10:15am – 2:45pm	<b>I The Secret Path</b>	
	<i>Speakers: Denise Hendry</i>	
	<p>Experience the story of Chanie Wenjack, the 12-year-old boy who perished fleeing from an Indian Residential School in order to find his way home. Teachers will learn how they may bring the music, animation and graphic novel produced by Gord Downie and Jeff Lemire, supported and endorsed by the Wenjack family, to their later intermediate and secondary classrooms as a means of teaching about residential schools and the important role of being an ally. Every Canadian should know Chanie Wenjack's name and his story.</p>	
	<b>Target Audience: Teachers</b>	
11:15am – 12:15pm	<b>H Generation Pound Rock Out. Workout</b>	RMS Auditorium
	<i>Speakers: Ira McNamara</i>	
	<p>GENERATION POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. By combining exercise and interactive Activities, kids will learn new ways to explore movement, embrace their creativity and ROCK OUT—ultimately building strength, confidence and self-awareness.</p>	
	<b>Target Audience: Teachers</b>	
	<p>This is an active session that will have you participate in the youth-oriented program while explaining the principles, concepts, positions, and coaching strategies.</p>	
11:15am – 12:15pm	<b>H Injury prevention and rehabilitation for the Lower Back and Pelvis</b>	RMS Gym (Rutland Middle School)
	<i>Speakers: Dr. Ken Adams</i>	
	<p>Join Dr Ken Adams of Lighthouse Chiropractic and Integrative Health for this injury prevention and rehabilitation workshop addressing the lower back and pelvis. Learn how to prevent and manage the most common and debilitating low-back and pelvic problems. Learn tips and techniques to improve your posture and nerve function, create mobility, strengthen and stabilize your back and pelvis, and decrease PAIN! This workshop is designed for all levels of ability and experience, with an emphasis on delivering simple and safe home-based exercises that you can start using immediately!</p>	
	<b>Target Audience: All</b>	

11:15am – 12:15pm

## H **Is your workplace posture getting you down?**

*Speakers: Dr Graham Jenkins*

More and more workplaces are dominated by technology. But what do we do when the technology we use is damaging our health? In this informative and interactive presentation, Dr. Jenkins will share with you the 3 postures that are the most hazardous to our health. He will also share what you can do to improve your relationship with your electronics. He will answer some common questions like; Do I need a standing desk? How do I deal with sitting at my desk for hours? I am driving for hours each week, what can I do to help my posture when I drive? I'm on concrete floors all day, what can I do to help my feet, ankles, hips and lower back? He will show you several exercises and stretches that you can do to help avoid (or alleviate) neck pain or headaches and how you can avoid back pain from your work environment or technology.

Target Audience: All

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11:15am – 12:15pm

## H **Lifestyle Coaching**

*Speakers: Kim Froom*

Struggling with keeping your health as a priority in your life? You know it's important, you just need a little help to lift it to the top of your priority ladder. Well, that's where we come in! Whether it be work, family, or areas you can't quite identify, we work with you to discover the barriers to achieving the balance in your life that allows time for the much needed physical activity. After all, if you don't take care of your body....where are you going to live??

**Target Audience: Everyone**

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12:15pm – 12:45pm

## **Lunch: Do not check the box. Click here for lunch information and dietary considerations.**

If you are at Rutland Secondary School in the morning, you are to stay there for lunch. If you are at Rutland Middle School in the morning, you are to stay there for lunch. For example, I am in a 10:15 am to 12:15 pm session at Rutland Secondary School, I would stay at Rutland Secondary School for lunch.

If you are off site at the Kelowna Courthouse or Aspire Health and Performance Centre, your lunch will be at Rutland Secondary School.

**If you require special dietary considerations for lunch. Please email Daphne at [daphne.meier@sd23.bc.ca](mailto:daphne.meier@sd23.bc.ca) and list what those dietary considerations are and at which school you will be at for lunch.. These lunches will be available at the registration desk.**

**Special Dietary Lunches must be requested by February 14th, 2019**

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12:45pm – 1:45pm

## H **And how am I to fit Healthy Eating in too!?**

*Speakers: Madison Jenson, Dr. Sally Stewart*

Healthy eating is a key component of student wellbeing and academic success yet its direct focus in the curriculum is limited. This workshop will be an interactive and resource sharing session to equip teachers and staff with practical nutrition knowledge along with easy access resources, tools and ideas to incorporate healthy eating messages and supportive environments in their classroom and curriculum, no matter what the grade. Lots of props, analogies, activity examples, discussion, myth busters, resources and more! The session will cover a) evidence for nutrition and academic success, b) evidence-based healthy eating and nutrition principles, and c) nutrition resources at your fingertips and ideas for curriculum inclusion.

There are excellent, credible resources for the school system but finding the time to navigate them is a challenge with so much other important curriculum to cover. As educators we have a responsibility to deliver evidence based information about health and nutrition, even if it's not your area of expertise. This session will build your repertoire of basic nutrition guidelines to incorporate as underlying themes within your teaching to consistently support the health of you and your students. Being able to communicate accurate nutrition knowledge and "nutrition messaging" is a feat within the reality of the strong media force about nutrition and health topics, thus the information shared in this workshop aims to help you and your students critically appreciate sound nutrition information. As the new K – 12 curriculum rolls out, we see more of a focus on health and more opportunities for learning and experiencing it, especially from the physical component. Adding nutrition into the mix is key to support physical and mental health development, knowledge and skill building. This is a critical time for children and youth to develop the knowledge and skills to set them up for positive healthy lifestyle practices. It may also help you as educators refocus and make some changes to your own health behaviours to be a strong and influential role model for your students. Nutrition is the cornerstone to a strong immune system and is indicated in academic success, so let's pay it some daily attention.

**Target Audience: Teachers and Support Staff**

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*Speakers: Dr. Ken Adams*

Have you heard of about the Ketogenic Diet? Are you curious to learn more?

Dr Ken Adams will explain what nutritional ketosis and intermittent fasting are, teach you how to incorporate these concepts into your life safely, and will share his own personal experience living a ketogenic lifestyle for the past 2 years.

Change your body composition, improve brain and nerve function, decrease inflammation, have balanced energy throughout the day, improve management of conditions like type 2 diabetes and hormone imbalances, and learn more about human nutrition!

- Learn how nutritional ketosis and intermittent fasting work!
- Learn strategies to get you started and to create great results!
- Tracking?: We will teach you how to get results with or without tracking!
- Learn the importance of Gut health and how to optimize it on a ketogenic diet!
- Learn how to get into ketosis using real/whole food rather than expensive prepackaged products!

Target Audience: All

*Speakers: Tyra Skibington*

A class designed to build strength and core stability through body weight movements. Participants should be prepared for a heat-generating, physical class with music to push you to your limit!

BRING A YOGA MAT

**Target Audience:** Those interested in fitness and getting a workout.

*Speakers: Kim Froom*

Preventative Health is simply that; preventing disease. Often, we spend our lives working hard for our future, only to succumb to disease when we get there! Without properly engaging in our health, our 'golden years' escape us.

Preventative Health is taking care of yourself while you feel good and building your health for the future. That often takes a TEAM of professionals. Phoenix Health and Fitness is committed to being pro-active in building your health for the future. Let us help you Rise Up and Be Healthy!

**Target Audience: Everyone**

*Speakers: Dana Skoglund*

Self-care is essential, yet so many of us put ourselves last and don't take the much needed time to recharge. As a result we live our lives in a state of overwhelm, busyness, and stress - leading to burnout, fatigue, anxiety, depression, hormonal imbalance and disease.

Join Dana Skoglund, yoga teacher and health coach, for this one hour talk on how to create balance in your busy life and start putting yourself on your calendar.

**Target Audience:** women

*Speakers: Dr Graham Jenkins*

In a study published in Molecular Psychiatry, researchers found that chronic stress results in long-term changes in the brain. These researchers suggest that these brain changes make us more prone to mood and anxiety disorders later on in life. Postural researchers have shown that by changing your posture you can impact your brain performance. In this intriguing talk, Dr. Jenkins will share how you can impact your brain (and central nerve system) performance by taking a few minutes each day to focus on strengthening your posture. And by improving your posture you can push back against the negative impact chronic stress has on our busy lives, maybe even beating your lower back and neck pain. Dr. Jenkins will also share some simple and affordable nutritional strategies that researchers have shown help your brain fight back against chronic stress.

Target Audience: All

12:45pm – 2:45pm

### **Making Sense of Pensions & Group Benefits**

*Speakers: Cheryl Halsted, Arnie Lambert*

What is covered? —Gov't Pensions & Group Benefits planning

- Government Pension Benefits: Canada Pension, Old Age Security, Guaranteed Income Supplement
- Government Health Benefits: BC Medical, Fair Pharmacare
- Non-Government Group Benefits: life insurance, dental plans, extended health benefits, travel insurance

Assessing your insurance needs

Cost of benefits

Options for health care benefits

Key Online Planning Tools

**Target Audience: Teachers, CUPE with less than 10 years to their anticipated retirement. Open to members of the Municipal Pension Plan (non-teaching staff)**

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12:45pm – 2:45pm

### **C Assessing computational thinking through cross-curricular activities**

*Speakers: Science World*

The ADST curriculum from K to 9 is built on the model of integrating the applied design process into other subject areas. This workshop will allow teachers to explore cross-curricular lessons involving coding and computational thinking. Discussions and hands-on activities will allow participants to leave this session with a better understanding of creating meaningful interdisciplinary lessons, of assessment of curriculum and self-assessment of core competencies that can support both paper and digital reporting and portfolios.

**Target Audience: K to grade 9 Teachers**

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12:45pm – 2:45pm

### **C Augmentative and Alternative Communication**

*Speakers: Sarah Dhooge*

Augmentative and alternative communication (AAC) refers to communication tools and techniques used to supplement communication for people who have difficulty communicating through speech or writing. AAC includes unaided communication techniques (e.g. pointing, gestures), low technology (e.g., communication books and boards) and high technology AAC (e.g., devices and computers that have voice output).

In this workshop we will:

- Discuss ways to support the implementation of AAC systems throughout the school day
- Highlight the importance of modelling of AAC systems and review how to be a "good communication partner"
- Review various AAC systems and the communicators that use them
- Share about programs and support available in British Columbia for students who are AAC users

**Target Audience: Everyone**

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12:45pm – 2:45pm

### **C Beyond Math Drills and Worksheets**

*Speakers: Kim Ito*

Learning math facts by emphasizing number sense and building an understanding of how numbers work builds the foundation to knowing your math facts. In this workshop, we will learn some hands-on ideas and games to reinforce the number sense skills needed to truly understand basic math facts. This session is appropriate for primary and/or intermediate teachers.

**Target Audience: Primary and Intermediate Teachers**

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12:45pm – 2:45pm

### **C Bougez bougez: il est temps d'ajouter de la musique francophone à leurs listes de musique !**

*Speakers: Shauna Nero*

Platon a dit que « si on veut connaître un peuple, il faut écouter sa musique ». La musique permet à nos élèves d'apprendre à mieux connaître le monde de la francophonie. La première partie de l'atelier met le participant dans le rôle de l'élève et lui donne l'occasion de réagir à différents genres de la musique francophone. La deuxième partie de l'atelier offre des idées pratiques pour développer les compétences langagières et essentielles des élèves en utilisant la musique comme outil pour apprécier la culture francophone. Chaque participant quittera l'atelier avec des fiches d'activités adaptables, des stratégies pour développer la communication orale et écrite, des liens gratuits aux listes de musique, des exemples de projets, et des idées pratiques pour engager vos élèves avec la musique francophone.

Venez pour bouger, danser, chanter et apprécier la musique francophone!

Target Audience: Immersion et Core French 5-12

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12:45pm – 2:45pm

**C Bringing Art into the Math Classroom**

*Speakers: Dennis Kirkey*

From infinite series and conic sections to measurement and angles, we can creatively use art, paper folding and 3D printing to create pictures and sculptures in our classes, without sacrificing the underlying Math. Together we will explore ways to incorporate art into your classes to help students learn and understand mathematical concepts - No artistic ability required. Presentation link: <https://goo.gl/T9UAZM>

**Target Audience: Everyone**

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12:45pm – 2:45pm

**C Differentiating for English Language Learners in your Content Classroom**

*Speakers: District ELL Support Team*

The ELL population is growing across SD23 schools, and classroom teachers are looking for strategies to adapt their instruction for minimal English speakers. The good news is that the benefits of differentiation for ELL students can extend to many non-ELL students in your classroom!

This session will offer practical, timely strategies based on the SIOP model, a research-based approach that consolidates best practices for teaching ELL students. Two main points of focus will be lesson planning for differentiated instruction and making input comprehensible.

As much as possible, we'd like to wrap our interactions around real materials from your classroom – please bring along a lesson or unit you are currently puzzling over. Don't forget your laptop or smartphone too - we'll cover some ELL tech, such as translation tools, leveled and bilingual reading websites, and Google apps and extensions.

**Target Audience: Classroom teachers with ELL students & Supporting teachers (ELL/LAT)**

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12:45pm – 2:45pm

**C From Multiplicative Reasoning in Middle School: From Skip Counting to Algebra**

*Speakers: Carole Fullerton*

Multiplicative thinking has a critical role to play in the middle school years. More than simply mastering the facts, students must see and apply multiplicative patterns to concepts of ratio, rate and algebra. What tasks, questions and manipulatives support students as they think deeply about these relationships? Literature connections, open-ended tasks and games will be shared in this session.

**Target Audience: Teachers**

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12:45pm – 2:45pm

**C Inquiry-Based Units: Scaffolding for Success**

*Speakers: Jennifer Towers/Kelly Skehill*

During this workshop, teachers will learn how to scaffold appropriately to support students throughout the inquiry process, increasing student ideation and follow through. It will highlight the challenges and provide guidance on ways to defeat them so students successfully delve into inquiry projects and follow them through to completion. Educators will leave equipped and ready to guide students through inquiry.

**Target Audience: Teachers**

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12:45pm – 2:45pm

**C Second Language Teachers Sharing Session**

*Speakers: Barb Huva*

Join fellow L2 teachers to share ideas and practices. Come with ideas to share or just to learn!

**Target Audience: L2 Middle and Secondary teachers**

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12:45pm – 2:45pm

**C Understand cultural differences to positively impact learning of ELL students**

*Speakers: Tanya Fleck*

There are vast differences between Southeast Asia and Canada, particularly in educational settings. Learn about the differences in school, society, and home of our students from China, South Korea, Thailand, and other areas. Use this knowledge to understand why ELL students are performing and behaving the way they are, and to ultimately have a positive impact on their success in Canada!

**Target Audience: Teachers and CEA's**

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12:45pm – 2:45pm

**H A Mind, Set for Success**

*Speakers: Reen Rose*

Ability and talent are not the only things that determine how successful you will be. Your mindset is an important factor, and yet is often overlooked. With the wrong mindset, you can limit your success, and live a less satisfying life. Is yours a mind, set for success? Teachers will come away with strategies to foster growth mindsets in their own lives and those of their students. Developing a growth mindset does not involve trying to squeeze more content into an already full curriculum, but instead encourages you to shift how you connect with your students and modifying the lens that you and your students use to view life. It isn't about what you teach, it's how you teach it.

**Target Audience: Everyone**

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12:45pm – 2:45pm

H **Illuminating Your Leadership Shadow ~ Reclaiming Balance and the Gifts Hidden Within**

*Speakers: Vince Gowman*

What part of yourself do you not bring to work with you? Each of us has many aspects of our Self that do not enter the office, but these hidden qualities, when kept in the shadow, limit our capacity to make empowering choices and to perceive others with an open heart and mind. In this fun and interactive playshop, participants will explore what they do not give themselves permission to be at work—their shadow—and how their shadow can strengthen their leadership capacity and wellbeing. Specifically, participants will explore how their shadow impacts their balance, how it fuels judgment of Self and others, and how, when embraced, it can open them up to new, untapped resourcefulness, self-worth and acceptance.

**Target Audience: Everyone**

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12:45pm – 2:45pm

H **Mixed Media on Canvas Art Session "Let it Be"**

*Speakers: Carney Oudendag*

Let It Be!

In this hands on art session, artist & teacher Carney Oudendag, will guide participants through a mixed media on canvas project. 'Unplug' and nourish the artist in you with a creative session that involves a variety of materials & techniques. NO artistic ability is required! Remember ... let it be! We will use collage, paint, stencils, stamping and more to create a layered abstract background. Then, you will have a choice of finishing touches. Note: bring an apron or 'paint shirt.'

**Target Audience: Everyone**

This is a repeat session from the morning.

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12:45pm – 2:45pm

H **No Such Thing as Problem Youth, Just Youth With Problems (Repeat of the morning session)**

*Speakers: Sandy Balascak*

We can never undo emotional trauma but we can teach youth to manage their issues and turn them into strengths.

The session will focus upon changing how teachers view at-risk youth, how to recognize mental health issues, how to find the root causes of the issues and not just see the symptoms, and how to change those who feel like failures into those who know they are successes. Real life examples and input from actual "problem students" will illustrate that there is no such thing as problem youth, just youth with problems. Teach them to cope and they will soar. It should be noted that at-risk youth not only inspired this course, but have also been actively involved with the development of the topics.

**Target Audience: Secondary**

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12:45pm – 2:45pm

H **Optimal Health, It's All Just BS**

*Speakers: Tania Gustafson*

Do you wake tired only to find yourself down right exhausted by mid-afternoon? Do you struggle with immune health and weight gain at certain times of the year? Do you find stress increasing as the year progresses? If you said "yes" to even one it's time to find out what all the BS is about and take back control of your health. Using a science-based program of Blood Sugar stabilization that works with our body's own physiology, Tania will educate participants how to eat their way to optimal health and provide practical tips and takeaways that can be readily implemented and immediately yield results. Increased energy, improved immune function, better mental clarity and focus, stabilized blood sugar, balanced hormones, weight loss, reduced cholesterol and blood pressure are just a few of the many benefits participants will have the opportunity to create for themselves, their families and their students.

**Target Audience: Everyone**

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12:45pm – 2:45pm

H **Sexuality Education for Students with Diverse Abilities**

*Speakers: Dr. Margaret Newbury Jones*

Sexuality Education for Students with Diverse Abilities

Those amazing sex-ed teachers come into our schools once a year and yet we (and they) don't always feel like students with diverse abilities are leaving these classes any the wiser and with the skills and understanding they need to keep themselves safe. How do resource teachers and classroom teachers provide the extra help our diverse learners need (and what the heck DO they need)?

Join Margaret for an overview of what they do need and some of the "how to's" including how to include this in our students' IEPs.

**Target Audience: Teachers/CEA's**

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12:45pm – 2:45pm

## H Understanding the Menopause Transition

*Speakers: Robin Gabert*

Menopause is a transition that most often occurs for women age 40 and beyond. For some this change is smooth; however, many women (and their partners) endure numerous challenges along the way which may be physical, emotional, and/or relational. The way each woman manages these changes can have great impact on her view of self, general wellness, and level of happiness; all of which affect her level of positivity and productivity.

As a Registered Clinical Counsellor and a member of the North American Menopause Society, I offer the latest science based research on what changes to expect and various options for symptom improvement. Using shared stories, interactive queries and take-home handouts this workshop will combat myths and provide real solutions to shared, yet silent problems.

**Target Audience: Women 40+yrs**

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12:45pm – 2:45pm

## H Universal Design for Auditory Learning

*Speakers: Markus Hilbert, Au.D., Doctor of Audiology*

UDL or UDI (Instruction) is an educational philosophy for inclusion of everyone in the classroom of any ability, anytime, anywhere. In terms of audition or hearing, we have normal hearing students, students with hearing loss with technology provided by the Provincial Outreach Program - Auditory Outreach, students with normal hearing plus diverse attention, processing and/or autism spectrum abilities. What does this mean for everyone? What is the difference between amplification and soundfield systems? How do things integrate? What technology is involved and why? Why is UDL in terms of hearing important from an educational perspective? How does this impact the instructor in terms of vocal strain, classroom focus and "teachability"? The talk will include the area of audition in the classroom as a whole, affecting the instructor, normal hearing student, ASD, APD and ADHD kids plus the hearing loss kids from a practical and clinical perspective. These and many more questions will be answered with some presentation material, handouts, breakout sessions, discussions and Q&A.

**Target Audience: Everyone**

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12:45pm – 2:45pm

## I School Gardens and the Medicine Wheel (Repeat of Morning Session)

*Speakers: Amy Stafford*

With the new curriculum in mind, BC Agriculture in the Classroom Education Specialist Amy Stafford will enliven the topics of health science, environmental stewardship and agriculture/food literacy. Participants will be walked through the processes of planning, designing, building and tending a food growing garden. Connections to First Nations ways of learning and the First Nations' Medicine Wheel provide opportunities for deeper learning through agriculture. Free programs and resources with curriculum links provided.

**Target Audience: Everyone**

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12:45pm – 2:45pm

## I The Canadian Geographic Indigenous People's Floor Map

*Speakers: Sara Black*

Come explore the Royal Canadian Geographical Society's suite of Indigenous education resources. During this participatory session, attendees will explore a giant map of Canada with no colonial borders, discover the 18 activities that dive deeper into a number of issues – from climate change to original place names – and access a host of online resources. The giant maps (8m x 11m) are available to borrow free of charge to schools in Canada - this is an opportunity you don't want to miss!

**Target Audience: Everyone**

**Repeat of the morning session**

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12:45pm – 2:45pm

## I The Okanagan Song

*Speakers: Anona Kampe*

Anona will share the meaning of the Okanagan song and why this song is significant to the Okanagan Nation. You will learn the translation and how to speak the words in nsylxcen using proper pronunciation explaining each symbol and the sound it makes. You will learn how to sing the song using a drum.

**Target Audience: Everyone**

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12:45pm – 2:45pm

## I The Role of Education in Truth and Reconciliation

*Speakers: Charlene Bearhead*

Charlene Bearhead has spent her career as an educator sharing the truth of Canada's residential school system and its devastating impact on generations of First Nations, Métis and Inuit peoples. As Canada kicks off celebrations for the 150th anniversary of Confederation, Bearhead, formerly the Education Lead for the National Centre for Truth and Reconciliation at the University of Manitoba and now the Education Coordinator for the National Inquiry of Murdered and Missing Indigenous Women and Girls, shares her thoughts on why it's more important than ever for Canadians to engage with the reconciliation process.

**Target Audience: Everyone**

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TBA

*Speakers: Dr. Lynn Miller*

The mental health concerns of children and youth is emerging as an urgent problem in Canadian health and education systems. Mental health concerns in youth have been identified as the most pressing problem facing children and their families as the human, social and economic costs of the problem attract professional attention. The Mental Health Commission of Canada has identified schools as a primary site for delivering and coordinating interventions. Educators play a key role in noticing how mental health issues can be a primary challenge for those students who are also struggling academically.

**Target Audience: Everyone**

1:45pm – 2:45pm

H **Injury prevention and rehabilitation for the Neck and Upper Back**

RMS Gym (Rutland Middle School)

*Speakers: Dr. Ken Adams*

Join Dr Ken Adams of Lighthouse Chiropractic and Integrative Health for this injury prevention and rehabilitation workshop addressing the Neck and Upper Back. Learn how to prevent and manage the most common and debilitating upper back and neck problems. Learn tips and techniques to improve your posture and nerve function, create mobility, strengthen and stabilize your upper back and neck, and decrease PAIN! This workshop is designed for all levels of ability and experience, with an emphasis on delivering simple and safe home-based exercises that you can start using immediately!

Target Audience: All

1:45pm – 2:45pm

H **Is your workplace posture getting you down?**

*Speakers: Dr Graham Jenkins*

More and more workplaces are dominated by technology. But what do we do when the technology we use is damaging our health? In this informative and interactive presentation, Dr. Jenkins will share with you the 3 postures that are the most hazardous to our health. He will also share what you can do to improve your relationship with your electronics. He will answer some common questions like; Do I need a standing desk? How do I deal with sitting at my desk for hours? I am driving for hours each week, what can I do to help my posture when I drive? I'm on concrete floors all day, what can I do to help my feet, ankles, hips and lower back? He will show you several exercises and stretches that you can do to help avoid (or alleviate) neck pain or headaches and how you can avoid back pain from your work environment or technology.

Target Audience: All

1:45pm – 2:45pm

H **Lifestyle Coaching**

RMS Auditorium

*Speakers: Kim Froom*

Struggling with keeping your health as a priority in your life? You know it's important, you just need a little help to lift it to the top of your priority ladder. Well, that's where we come in! Whether it be work, family, or areas you can't quite identify, we work with you to discover the barriers to achieving the balance in your life that allows time for the much needed physical activity. After all, if you don't take care of your body....where are you going to live??

**Target Audience: Everyone**

1:45pm – 2:45pm

H **The Art of Self Care**

RMS Library

*Speakers: Dana Skoglund*

Self-care is essential, yet so many of us put ourselves last and don't take the much needed time to recharge. As a result we live our lives in a state of overwhelm, busyness, and stress - leading to burnout, fatigue, anxiety, depression, hormonal imbalance and disease.

Join Dana Skoglund, yoga teacher and health coach, for this one hour talk on how to create balance in your busy life and start putting yourself on your calendar.

**Target Audience: women**

1:45pm – 2:45pm

H **UNWIND**

*Speakers: Tyra Skibington*

Participants will be led through a class designed to calm the nervous system and slow the mind. Bring a yoga mat and wear comfortable clothes. Movements are designed for every fitness level and include stretching and opening the body.

BRING A YOGA MAT

**Target Audience: Everyone**

3:00pm – 4:00pm

**Plenary Session for UBCO Candidates**

*Speakers: Bob McEwen, Leanne Zorn*

**Target Audience: UBCO Teacher Candidates**



