

8:30am – 10:00am

K Seven Fallen Feathers

RSS Gym (Rutland Senior Secondary 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

9:00am – 1:00pm

C Dual Credit Opportunities

Okanagan College Trades Building (1000 KLO Road)

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 POUND Rock Out. Work Out

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 – 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

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

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

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

10:15am – 12:15pm

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

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

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

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

C **Valuable Visuals**

Speakers: Sarah Dhooge

Support your students' social, emotional, and communication development with valuable visuals!

Target Audience: K to 6

H **Concussions 101**

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

H **Cultivating Compassion-based Interventions**

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

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

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

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)

As educators you give of yourself, but few take the time to replenish. Improving your physical health can help to improve your mental wellness. Learn about the physical/mental connection and take home some strategies to improve both. A better you is a better educator.

Target Audience: Everyone

10:15am – 12:15pm

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

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

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

10:15am – 12:15pm

H **The Happiness Connection**

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

10:15am – 12:15pm

H **Trauma informed/Trauma Aware Implications in Your Classroom**

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

10:15am – 12:15pm

H **Vocal Hygiene**

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

10:15am – 12:15pm

H **What Animals can Teach us**

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

10:15am – 12:15pm

I **Integrating Indigenous Perspectives in STEM**

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

10:15am – 12:15pm

I **Question and Answer Panel - Keynote Presenters**

RSS Gym (Rutland Senior Secondary School)

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

10:15am – 12:15pm

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

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-teek). 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

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

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.

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

10:15am – 2:45pm

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.

10:15am – 2:45pm

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

Speakers: Deb Trewitt

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

10:15am – 2:45pm

C Red Cross Healthy Youth Relationships PHE Teacher Support Training

Speakers: Meghan Toal

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

10:15am – 2:45pm

C STEM in Science

Speakers: Natalie Morin, Lisa Nevoral

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

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)

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

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

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

10:15am – 2:45pm

H **HeadStartPro - Improve Student Focus, Awareness, & Mindfulness with Practical Mental Training Tools** TBA

Speakers: Mike Shaw

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.

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.

Target Audience: Everyone

10:15am – 2:45pm

H **K-1 Food Explorers Workshop and 2-3 Food For Us! Workshop**

Speakers: Carmen Gorlick

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:

- 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.

Target Audience: Grade 2 and 3 Teachers, CEAs

10:15am – 2:45pm

H **Take a Breath for Schools**

Speakers: Jeff Thomlinson

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.

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.

Target Audience: Everyone

10:15am – 2:45pm

I **The Secret Path**

Speakers: Denise Hendry

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.

Target Audience: Teachers

11:15am – 12:15pm

H **Generation Pound Rock Out. Workout**

Speakers: Ira McNamara

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.

Target Audience: Teachers

This is an active session that will have you participate in the youth-oriented program while explaining the principles, concepts, positions, and coaching strategies.

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

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 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

12:45pm – 1:45pm

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

H *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

12:45pm – 1:45pm

H **Muscle and Hustle**

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.

12:45pm – 1:45pm

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

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)

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

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

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

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

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)

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

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

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

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

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

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

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.

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

12:45pm – 2:45pm

H Optimal Health, It's All Just BS

Speakers: Tania Gustafson

Do you wake up energized only to find yourself 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 show participants how to eat their way to optimal health and maintain it for life. Increased energy, improved immune function, better mental clarity and focus, stabilized blood sugar, balanced hormones, weight loss, reduced cholesterol and blood pressure are just some of the benefits participants will create for themselves with the knowledge and takeaways provided.

Target Audience: Everyone

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

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

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

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

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

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 nsyilxcen 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

12:45pm – 2:45pm

K Mental Health Matters! Psychological issues and their effect on children's lives

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

TBA

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

1:45pm – 2:45pm

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

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
