



**CUPE 1099 VIRTUAL PROFESSIONAL DEVELOPMENT CONFERENCE  
February 10-11, 2022**

Registration and event site:  
**[www.cupe1099.ca/pd2022](http://www.cupe1099.ca/pd2022)**

Registration closes January 19<sup>th</sup> at 11:59 PM.

Welcome to CUPE Local 1099's annual professional development conference, PD In Your PJs 2! With restrictions still in place in many aspects of our lives, the organizing committee once again thought it appropriate to organize another virtual conference. Please read the descriptions carefully, as some sessions are being held in person or may have an in person option. *You can use the schedule on the last page of this document to help plan your day!*

We are also happy to once again put on a 50/50 draw, with proceeds to benefit SAiF Society. Tickets are \$2 and information on purchasing tickets will be provided to your site's CUPE Rep within the next few days. Hang tight!

The PD Committee has been working hard for the last few months to bring you a variety of quality workshops that should offer something for all of our members. The PD committee will be sending you confirmation of the sessions you have registered for in late January. If you are taking time in lieu, working at the school, or taking days without pay, please print and complete the form on the last page of this document, have your principal or designate sign off, and send to Craig Arnold at Muriel Martin in the school mail.

Please note some sessions have a cost associated. If you register online for a session that requires payment, a member of the PD committee will reach out to you to collect payment. **Please note! All registrations are final.** We are unable to accommodate members changing sessions. Please make your selections carefully.

We would like to extend a special thank you to the members of the PD Day organizing committee. They have done an incredible job gathering information and booking sessions over the last several months. Thank you to Lee-Ann Kalen (SGS), Heidi Hovis and Hazel Weaver (WDC), Heather Hansen (ESG), Alana Bishop and Marlene Andrews (OR), Beth Erick (LEH), and Thuy Arbour (LN). Additionally, thank you to Craig Arnold (MM) for creating the online registration and these documents.

Thank you and have a great conference!

## THURSDAY MORNING KEYNOTE

SESSION	START	END	PRESENTER	DESCRIPTION
President's Remarks and Prize Draw	0900	0930	Lee-Ann Kalen	<i>Lee-Ann will give a rousing welcome speech and do some prize draws!</i>
Change: Challenge or Opportunity	0930	1030	Marty Chan	<i>Marty Chan loves to write. Before he became a kids' author, he worked in theatre, radio, and television. Now his passion is inspiring the next generation of lifelong readers and writers. Using a combination of storytelling, improv, humour, and stage magic, he shares his love of words with audiences young &amp; old.</i>
Break	1030	1045		
Keynote Speaker	1045	1145	Atomic Improv	<i>Now in its 30th year, the award-winning production has performed thousands of times to rave reviews and sold out crowds.</i>

Note: President's remarks and keynote speakers will all be shared from the same Zoom link.

## BOTH-DAY SESSIONS

SESSION	START	END	PRESENTER	DESCRIPTION
First Aid Training	0830*	1630*		<i>MAX 10. This session will have both a hands-on component and a virtual component.</i>
Mental Health First Aid	0830*	1630*		<i>MAX 20. All virtual.</i>

\*Note: These times are rough estimates. Confirmed times will be provided to attendees.

## THURSDAY AFTERNOON SESSIONS

SESSION (Thu PM)	START	END	PRESENTER	DESCRIPTION
Destiny Training	1300	1500	Follett	<i>Session for Library staff. Follett Destiny® Library Manager Essentials training. This training uses a simple 'plan, apply, and assess' methodology to help you incorporate Destiny into your daily routine. Each module, and supporting quick reference guides and videos, walks you step-by-step through some of the basic features.</i>
NVCI Training/Refresher	1000 AM	1400	Teresa Dowie/Tracey Blais	<i>Non-Violent Crisis Intervention (NVCI) is for those who work directly to intervene in crisis situations, teaching de-escalation techniques as well as restrictive and nonrestrictive interventions. The focus of these two sessions will be on the de escalation practises needed to avoid having further intervention. We have space for 20 individuals who have never taken NVCI</i>

SESSION (Thu PM)	START	END	PRESENTER	DESCRIPTION
				<i>before and 20 spaces for those who are taking this as a refresher to previous training.</i>
Tabata/Bootcamp	1300	1400	Gina Geres	<i>MAX 75 In person (at Servus Place) and online. Join Gina Geres for a combined Tabata and Bootcamp class. This class will be of varied intensities and is suitable for all fitness levels. Body weight exercises, dumbbells and resistance tubing will be used. If you're joining us from home and you don't have equipment, options will be given.</i>
Your Personal Mt. Everest	1300	1400	Senior Master Terry Wisniewski	<i>MAX 20. Mt. Everest used to be THE place to challenge yourself and develop valuable life skills along the way including; goal setting, self discipline, problem solving, self control and so much more. This talk is for you IF you want to: -Learn how to develop the habits, traits and skills of successful people. -Learn how to be comfortable and happy with who you are . -Actually be able to quantify your personal development. -Chart your personal growth instead of hearing platitudes and "feel good" comments from others all while wondering if what you are doing is actually working.</i>
TELUS Wise: Empowering you to stay safe in our digital world	1300	1400	TELUS Wise	<i>Empowering you to stay safe in our digital world focuses on topics including living in a digital society, internet, smartphone, and social media safety.</i>
TELUS Wise: Supporting Youth in our digital world	1400	1500	TELUS Wise	<i>Supporting youth in our digital world is designed for adults and parents, and focuses on topics including screen time, gaming, sexting, cyberbullying, and more.</i>
Art Journaling	1400	1500	Vicki Cooke	<i>MAX 15. Art This session will give participants basic techniques in Art Journaling that could be used for either personal growth or as an activity to share with students. Art Journaling is a visual representation of thoughts, memories, dreams, and emotions through images, color, patterns and words. It is a fun and creative method of personal self-care that can be used with any age group or ability level.</i>

<b>SESSION (Thu PM)</b>	<b>START</b>	<b>END</b>	<b>PRESENTER</b>	<b>DESCRIPTION</b>
Stampin' Up! Card Making <b>Beginners</b>	1300	1430	Kelly Entz	<i>MAX 10 Cost \$25. Create cards with ease and no additional supplies other than scissors. The "Here's To You" Paper Pumpkin Kit by Stampin' Up! comes with all paper supplies, ink, stamp set and block so this class is perfect for any level of experience... beginners welcome! Kelly has designed a bonus card using the free stencils and sponge included in this kit. If you are interested in joining the advanced class on Friday, Feb 11, this kit will give you the stamps and ink to coordinate.</i>
Mental Health and the Tween/Teen Brain	1300	1500	Kim Silverthorn	<i>This session has been designed with school staff in mind, and teaches participants how to understand and effectively support students who are faced with the mental health challenges that most often interrupt their academic success. Participants enhance their learning with regard to the essential components necessary for the psychological support of the developing brain, while still finding ways to be able to meet the academic needs of the students in the class.</i>
Floor Care Program	1300	1500	Wesclean	<i>Open to caretakers/custodians. Discussion on the proper steps for stripping, finishing, cleaning and maintaining hard floor surfaces.</i>
Pull The Plug	1300	1500	Laurel Vespi	<i>Unplugging at the end of the day is more challenging than ever. But when we never get a break from work, burnout increases and productivity decreases. In this session you will learn the surprising ways a 24-7 workday takes a toll on your mental and physical well-being, why it's so hard to unplug from work, and some simple strategies for disconnecting so you can take back your evenings, enjoy the weekend or relax on vacation!</i>
Augmentative & Alternative Communication Across the School Day	1300	1500	Teresa Gagnon, Jacintha Gurash	<i>This presentation will provide practical tips, examples, resources and hands-on practice for using AAC devices with students across a variety of age ranges, developmental levels, and school activities. Join us as we get hands-on with communication! If you have access to a communication device (even better</i>

SESSION (Thu PM)	START	END	PRESENTER	DESCRIPTION
				<i>if it is one that your students are using!), feel free to bring it along.</i>

## FRIDAY MORNING SESSIONS

SESSION (Fri AM)	START	END	PRESENTER	DESCRIPTION
PowerSchool Training: All Things Registration	0900	1130	Faye Haskins	<i>Session for Admin Assistants. In Person at Division Office. Start at the most basic level and then delve deeper into the student registration process. We will look at how the registrations are processed in PowerSchool enrollment, and then how to accurately deliver the data to PowerSchool. Bring a computer and your questions.</i>
Prevent It!	0900	1200	Little Warriors	<i>MAX 15. The Prevent It! workshop educates adults to take action through gaining knowledge to help prevent and respond to child sexual abuse.</i>
Tech Analyst Roundtable	0900	1130	DO Tech Team	<i>Session for Tech Analysts. Virtual. Demo of Printerlogic.</i>
Science of Hope: Brain Science & Resilience	0900	1200	Imagine Institute	<i>MAX 25. This session builds basic knowledge of brain science, the impact of trauma on brain development and building resilience. This information will be explored at a community level, incorporating practical strategies and opportunities for conversation and reflection.</i>
LAPP: Retirement Options	0900	1030	LAPP	<i>Overview of options in regard to your retirement</i>
Be More Than A Bystander	0900	1200	Ending Violence Association of BC	<i>MAX 25. Drawing on decades of research and frontline expertise, EVA BC's internationally recognized Be More Than a Bystander program delivers a ground-breaking, culture shifting approach to creating safe, respectful workplaces and communities.</i>
Personal Trainer HIIT/Healthy Living	0900	1030	Erin Ciezki	<i>MAX 100. 50 min workout - warm up, body weight HIIT bootcamp, core then cool down. Options are available for beginners and advanced. Then discussion on different types of stretching, healthy living talk, recognizing habits and learning to redirect the negative ones to positive and how to incorporate fitness into your life without "breaking the bank."</i>
ASEBP	1100	1200	ASEBP	<i>Getting the most from your ASEBP benefits, your spending accounts, your employee &amp; family assistance program, and accessing your information through the ASEBP website and mobile app</i>
Fusion Flow Pilates, Core, Yoga	1100	1200	Gina Geres	<i>MAX 75. In person (at Servus Place) and online. This session captures the fusion between easy to follow PILATES</i>

SESSION (Fri AM)	START	END	PRESENTER	DESCRIPTION
				<i>CORE &amp; YOGA, ending with a blissful Restorative Yoga segment. AHHHHH SAVASANA. (props &amp; mats provided, bring a water bottle).</i>
WTF: Making Emotional Responses Work for you	0900	1100	Kim Silverthorn	<i>The triad of the thinking, feeling and behaving process is the foundation of all human interaction and the Window of Tolerance Framework (WTF) explains how our thoughts sometimes get hijacked by our feelings. This session helps participants develop skills and strategies for understanding how to respond to their own emotions and the emotions of others in a manner that increases their ability to influence and engage more effectively in any situation.</i>
Keeping an Optimistic Mindframe	0900	1100	Laurel Vespi	<i>Positivity can seem like an all or nothing kind of thing – that we just need to put on a happy face no matter what. In this session you will find out why that is an overrated idea, the role positivity has in resilience and stress management and 3 simple things to do each day to boost your personal wellness</i>
Grounded Support: Anchored Adults supporting young people	0900	1130	Robin Klasson	<i>This experiential workshop will address the importance of grounding in relationship when supporting children and youth in learning environments. Knowledge will include some basic elements of polyvagal theory, attachment theory and somatic psychology. Learning will focus on working with students who struggle with self-regulation issues like thoughts of suicide and self-injury behaviour. Participation is intended to foster grounded practices that promote wellbeing of support staff.</i>
Positive Behaviour Supports	0900	1130	Lorraine Court, Ph.D.	<i>All staff and students rely on strategies to keep us engaged, calm, and focused. In this session Dr. Lorraine Court will review some of the supports and strategies she has shared with teachers and educational assistants to meet the needs of a variety of students requiring additional support and planning to ensure their success at school.</i>
Library Round Table – Elementary	0900	1200		<i>Session for Elementary Library staff. In Person at Leo Nickerson library.</i>

<b>SESSION (Fri AM)</b>	<b>START</b>	<b>END</b>	<b>PRESENTER</b>	<b>DESCRIPTION</b>
Library Round Table – Jr./Sr. High	0900	1200		<i>Session for Jr./Sr. High Library staff. Via Google Meet.</i>
Self-Care	0900	1020	Shawn Reynolds	<i>The last two years have been a struggle for students and teaching staff alike. As adults working in schools, we can emphasize the well-being of our students over that of ourselves. This presentation will focus on ways to address self-care, noting that these are skills we can model for our students as well. We will discuss approaches to take in and out of the classroom.</i>
Autism Spectrum Disorder	1030	1200	Shawn Reynolds	<i>Students with Autism present a unique set of challenges to school staff. Often, the approaches that are used with other students successfully do not work as well for students on the Autism Spectrum. The goal of this presentation is to give Educational Assistants an overview of Autism Spectrum Disorder, as well as sharing a set of general strategies and approaches to try. The emphasis will be on practical skills that EA's can use right away with their students.</i>
NVCI Training/Refresher	1000 AM	1400	Teresa Dowie/Tracey Blais	<i>Non-Violent Crisis Intervention (NVCI) is for those who work directly to intervene in crisis situations, teaching de-escalation techniques as well as restrictive and nonrestrictive interventions. The focus of these two sessions will be on the de escalation practises needed to avoid having further intervention. We have space for 20 individuals who have never taken NVCI before and 20 spaces for those who are taking this as a refresher to previous training.</i>



## FRIDAY AFTERNOON SESSIONS

SESSION (Fri PM)	START	END	PRESENTER	DESCRIPTION
Dance/Fitness Groovin' and Choreography	1300	1430	Amanda K	<i>MAX 75 In Person at Servus Place or Online. Join Amanda for a 90 min dance class. The first part will be a follow-along dance fitness class and the second half will be spent learning a fun combo. All levels are welcome and please bring running shoes, water and a sweat towel.</i>
Understanding Self Compassion	1300	1500	Imagine Institute	<i>MAX 25 This three-hour session takes a deep dive into the roles of self-compassion and strength of vulnerability. As professionals it is important to remember that we all have a past and future that influences how we can interact in our work environments. Participants will have the opportunity to share their wisdom related to building strong relationships at work through authentic communication and self-compassion.</i>
Addressing Core Needs: Understanding Misbehaviour	1300	1500	Kim Silverthorn	<i>Understanding why people behave the way they do is a key determining element in knowing how to effectively meet our own needs. Based on the work of Rudolf Dreikurs, this session helps participants identify the 4 basic needs that produce unwanted and unhelpful (sometimes annoying) behaviours. Using the reactions that these bothersome behaviours often trigger in others as guiding principles, this session also helps participants reframe their response so interactions can be more appropriately focused and purposeful, thereby helping resolve the situation successfully and with less stress/frustration for everyone</i>
Bloodborne Pathogens Awareness Program	1300	1500	Wesclean	<i>Open to caretakers/custodians. Procedures for cleaning minor and major spills on hard surfaces and carpets. This will include tips and workplace precautions.</i>
Healing With Plants	1300	1500	Timmie Horvath	<i>Plants are powerful healers that provide effective medicine for supporting our mental and emotional wellness. In this 2-hour workshop, you will learn how Essential Oils, Flower Essences, and Herbs work to support our mental and emotional health on both a physical and energetic level. You will learn specific</i>

SESSION (Fri PM)	START	END	PRESENTER	DESCRIPTION
				<i>techniques for working with plants in a way that is both safe and effective, as well as adaptable to special populations. This is an all-levels workshop, and no previous knowledge is required.</i>
Italian Cooking with Sorrentinos	1300	1500	Sorrentinos Chef Antonio Tardi	<i>\$20 Cost. Join us to learn some hand crafted classic Italian dishes taught by our professional Italian chef.</i>
Visual Supports to Support Learning	1300	1530	Lorraine Court, Ph.D.	<i>Most individuals use visual supports to keep organized, to break down activities into manageable tasks, or as fun incentives for achieving goals. In this session Dr. Lorraine Court will share some of the visual supports and apps that can be used in the classroom and in an online environment. Participants will receive templates that can be used with any staff or student.</i>
Stampin' Up! Card Making <b>Advanced</b>	1300	1500	Kelly Entz	<i>MAX 10 Cost \$25 This class takes it up a notch from the Thursday's kit class and features cards designed by Kelly instead of a packaged kit from Stampin' Up! Experience is not necessary however you will need a saying stamp set, neutral ink pad colour, adhesives, clear block and scissors to put these projects together. If you register for Thursday's event that kit will provide the clear block, stamps, ink and adhesives.</i>
Harm Reduction/Naloxone Training	1300	1430	Streetworks/Boyle Street	<i>Harm reduction refers to policies, programs and practices that aim to reduce risks and harm associated with the use of psychoactive substances. It acknowledges that abstinence is not always a realistic goal for some people. It is about meeting people where they are and identifying the goals they wish to achieve based on their individual needs and circumstances. Harm reduction principles recognize the inherent value of human beings and the importance of an inclusive community that can support people who use substances with compassion.</i>

**2022 PD Conference – Your Schedule**

**Thursday Morning**

SESSION	START	END
President’s Welcome	0900	0930
Keynote	0930	1030
Break	1030	1045
Keynote	1045	1145



Keep this schedule handy while you make your selections!

**Classification-Specific Sessions**

SESSION	JOB CLASS.	DAY/TIME
Destiny Training	Library Techs	THU PM
Floor Care Program	Caretaker/Custodian	THU PM
PowerSchool Training	Admin Assistant	FRI AM
Tech Analyst Roundtable	Tech Analyst	FRI AM
Library Roundtable Elementary	Library Techs	FRI AM
Library Roundtable Jr/Sr	Library Techs	FRI AM
Biohazard Training	Caretaker/Custodian	FRI PM

THURSDAY		
SESSION	START	END
<b>MORNING</b>		
<i>Welcome &amp; Keynote</i>	<i>0900</i>	<i>1145</i>
<b>AFTERNOON</b>		

FRIDAY		
SESSION	START	END
<b>MORNING</b>		
<b>AFTERNOON</b>		

**PERMISSION TO NOT ATTEND 2022 CUPE PROFESSIONAL DEVELOPMENT CONFERENCE**

\_\_\_\_\_ has been given permission to NOT attend CUPE Professional Development on February 10/11, 2022.  
 (print name)  
 Reasons may include, but are not limited to: attending alternate professional development; working at school/site; use of time in lieu; leave without pay; medical appointment. *By signing this form, you acknowledge that Human Resources has the right to request this information for payroll purposes.*

**CUPE Member Signature:** X \_\_\_\_\_

**Principal/Designate Signature:** X \_\_\_\_\_

**School/Site:** \_\_\_\_\_

CHECK which day(s) you will not be attending	
Thursday, February 10	
Friday, February 11	

*If you are not attending, please tear off & submit this form to Craig Arnold @ Muriel Martin*