



CUPE 1099 PROFESSIONAL DEVELOPMENT CONFERENCE

February 9-10, 2023

Bellerose Composite High School

49 Giroux Road, St. Albert

Registration and event site:

www.cupe1099.ca/pd2023

Registration closes February 1st at 11:00 PM

Welcome to CUPE Local 1099's annual professional development conference! We are very excited to welcome you back to Bellerose High School for an in-person PD day again! Please read the descriptions carefully, as some sessions are only intended for a specific staff group. *You can use the schedule on the next page to help plan your day!*

We are also happy to once again put on a 50/50 draw, with proceeds to benefit LoSeCa Foundation. Tickets are \$2 (cash only please; there is an ATM available at Bellerose) and will be sold on the Thursday and Friday morning, with the draw taking place Friday at lunch time!

Remember to bring your water bottle with you! Doors open on Thursday at 8:30, and Friday at 8:00.

On Friday only, we will be providing a catered lunch from Donna's Catering. Please indicate when registering if you will be staying for lunch on Friday. Gluten free, vegan, and vegetarian options will be available when you are registering on EventBrite.

The PD Committee has been working hard for the last few months to bring you a variety of quality workshops. The PD committee will be sending you confirmation of the sessions you have registered for in early February.

If you are taking time in lieu, working at the school, or taking days without pay, please print and complete the permission to not attend form, have your principal or designate sign off, and send to Craig Arnold at District Office in the school mail.

Please note! All registrations are final.

Due to classrooms having limited space, 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 (President), Heidi Hovis (WDC), Heather Hansen (ESG), Erik Hornung (LN), and Craig Arnold (DO).

Thank you and have a great conference!

THURSDAY MORNING KEYNOTE

SESSION	START	END	PRESENTER	DESCRIPTION
Meet & Greet and Refreshments	8:30	9:00		<i>Doors open at 8:30. Spend some time catching up with your colleagues! Coffee, tea, and pastries will be available.</i>
CUPE Remarks and Prize Draw	9:00	9:20	Lee-Ann Kalen	<i>Lee-Ann will give a rousing welcome speech and do some prize draws!</i>
Keynote Speaker	9:30	10:10	Kim Barker-Kay	
Break	10:10	10:20		
Keynote Speaker	10:20	11:00	Lisa Jane de Gara	

Classification-Specific Sessions

SESSION	JOB CLASS.	DAY/TIME
Library Round Table	Library Techs	THURS PM
PowerSchool Round Table	Admin Assistant	THURS PM
Caretaking Equipment Maintenance	Caretaker/Custodian	FRI AM
Bowling	Caretaker/Custodian/Facilities	FRI PM

2023 PD Conference – Your Schedule

THURSDAY		
SESSION	START	END
MORNING		
<i>Refreshments, Welcome & Keynotes</i>	<i>8:30</i>	<i>11:00</i>
<i>Lunch on your own</i>	<i>11:00</i>	<i>12:30</i>
AFTERNOON		

FRIDAY		
SESSION	START	END
MORNING		
<i>Lunch provided</i>	<i>11:00</i>	<i>12:00</i>
AFTERNOON		

BOTH-DAY SESSIONS

BOTH-DAY SESSIONS

SESSION	START	END	PRESENTER	DESCRIPTION
First Aid Training with CPR/AED	Thurs 8:30	Thurs 3:00	Reach Training	<i>MAXIMUM 18 Canadian Red Cross Standard First Aid with CPR/AED Level C.</i>
	Fri 8:30	Fri 2:30		
Mental Health First Aid	Thurs 12:00	Thurs 3:00	Catalyst Training Services	<i>MAXIMUM 25. A 1-2 hour self-directed module must be finished prior to February 7th in order to attend the sessions.</i>
	Fri 8:30	Fri 2:30		

Please note, these two sessions have a cost to your school.

After registering online, you will need to have the form below signed by your principal and sent in to Craig Arnold @ District Office in order to confirm your attendance in this session.

Forms MUST be received in the Friday, February 2nd school mail by 12:00 noon.

Forms not received by the deadline will not be accepted and your registration in these sessions will be cancelled.



**Payment Authorization Form
2023 Professional Development Conference**

has been given permission to attend one of the following training sessions at a cost to the school

(print CUPE member's name)

agree to cover the cost of the session indicated below

(print principal/designate's name)

CUPE Member Signature: X _____

Principal/Designate Signature: X _____

School/Site: _____

CHECK which session you have registered to attend		
First Aid with CPR/AED	Cost to school: \$62.50	
Mental Health First Aid	Cost to school: \$125.00	

THURSDAY AFTERNOON SESSIONS

12:30 – 3:00

SESSION	START	END	PRESENTER	DESCRIPTION
Yoga, Breathwork & Meditation			Timmie Horvath Sacred Wellness	<i>75 min Yoga followed by 45 min breathwork and meditation. Bring your own yoga mat.</i>
Roundtable on PowerSchool Reports			Faye Haskins	<i>For Admin. Assistants only There are many reports in PowerSchool, Enrollment and Dossier that can be utilized by our office staff. They help us track attendance, grades, parent concerns and many other pieces of information. Come prepared to share your favourite report with others as we showcase what we use so that others can learn!</i>
Art Journaling			Vicki Cooke	<i>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. Material Needed: All materials will be provided. Please bring along special images, photos or quotes if you would like.</i>
Intercultural Education: Supporting Immigrant and Refugee Students			Lisa Jane de Gara A4HC	<i>In this session, we will explore the experience of students and families in the Canadian K-12 education system, and what Educational Assistants and other school professionals can do to support their newcomer students to success.</i>
Building Educational Equity from the inside out			Kim Barker-Kay	<i>In this session you will learn about educational equity, barriers that get in the way, and about strategies to remove those barriers. You'll have an opportunity to reflect upon and identify barriers within your own context through 3 areas: personal, professional, and institutional.</i>
Equipping your students to manage anxiety And Q&A about Communication & Behaviour			Dr. Shawn Reynolds Tamara Chanski ILT	<i>Participants will learn about how to distinguish stress from anxiety, and also about ways to help students develop resilience and ways to cope effectively with anxiety. Open Q & A About Anxiety, ADHD, Communication, and Behaviour.</i>
Librarian Round Table			Darcy Taylor	<i>Discussion about library operations and practices.</i>

THURSDAY AFTERNOON SESSIONS

12:30 – 3:00

THURSDAY AFTERNOON SESSIONS**12:30 – 3:00**

SESSION	START	END	PRESENTER	DESCRIPTION
Unconscious Bias			Imagine Institute	<i>Participants will have the opportunity to learn more about how unconscious bias works and how it shows up in the places we are the most comfortable.</i>
Augmentative and Alternative Communication			Teresa Gagnon, SLP	
mâmwikiskiyihta - Building your Métis Foundational Knowledge: Métis History and Identity			Rupertsland Institute	<i>Educators and leaders are invited to visit and learn about the Métis Nation's history, stories and perspective in an introductory journey through the Métis Foundational Knowledge Themes: Languages of Métis Métis Culture & Traditions Métis in Alberta Homeland History Métis Nation Governance</i>

THURSDAY AFTERNOON SESSIONS**12:30 – 3:00**

FRIDAY MORNING SESSIONS

8:30 – 11:00

SESSION	START	END	PRESENTER	DESCRIPTION
Strategies for Student Success: Supporting Educational Assistants			Lana Nogue Jigsaw Learning	<i>Effectively supporting the diverse needs of students in our classrooms is challenging. How do we know where to begin? Which strategies have the greatest impact? In this session, we will explore the 'key issue' that a student is presenting and then identify high-impact strategies to support their success in achieving intended learning outcomes.</i>
How Neurology has shaped the development of truly responsive behaviour supports			Collette Sylvestre Jigsaw Learning	<i>Understanding how neurology impacts behaviour for students has opened the door for school leaders and educators to build more inclusive learning environments. Brain research in the last decade has helped to shift the lens we look through when responding to challenging behaviour from punishing and reactive to more responsive and supportive.</i>
The Plurilingual Language Shift in Education			Quinton Stotz EPSB	<i>This session challenges many pre-conceived notions of language learning and exposes 3 commonly held myths about language learning and proficiency. The overarching goal of the PD is to uplift language learners and users (students and teachers/support staff alike), develop an empowered view of language learners, and walk away with a renewed (and perhaps completely different) conception of what it means to speak and learn languages. The session is particularly powerful for those who work/interact with language students and ELL students/colleagues</i>
Classroom Strategies for FASD Students			Tsion Abate	<i>This presentation will cover teaching strategies that educators can use to support learners to succeed in the school environment. These strategies are applicable to all neuro-diverse learners and classrooms, but are evidence-informed to children, youth and adolescents with (or possibly with) FASD. There are strategies that can be used for specific subjects based on the unique challenges each subject presents through intentional practice, reflection, and assimilation.</i>
Microsoft Excel tips and tricks			Shane Moore	<i>Learn how to improve your Microsoft Excel skills</i>

FRIDAY MORNING SESSIONS

8:30 – 11:00

FRIDAY MORNING SESSIONS**8:30 – 11:00**

SESSION	START	END	PRESENTER	DESCRIPTION
Roundtable on Behaviours – All grades			Teresa Dowie	
Maintaining custodial equipment			Sheryl Skogg Bunzl	<i>Session for caretaking staff only</i>
ADHD and your students	9:30		Rachel Rogers ADHD Association of Edmonton	<i>This session will provide you with a quick overview on what ADHD is, and will dive deeper into working with students struggling with executive functioning.</i>
SOGI 101			Rin Lawrence EPSB	<i>This session is built around the most commonly asked questions about gender identity. What it means to be transgender, non-binary, cisgender, and/or gender diverse? What is intersex? How are gender expression and gender identity connected and different? Why are there so many terms? What are pronouns and how do I use them properly? What does it mean to live a gender diverse life? Most importantly, what does it all mean for me in our schools? This is a safe space for all to come and have questions answered.</i>
Speech/Language and Fine Motor Challenges in Early Learning			Rachelle Viray & Kirsten Braden Division ILT Team	<i>Supporting students with speech/language and fine motor challenges in the early learning classroom</i>

FRIDAY ALL-DAY SESSIONS

SESSION	START	END	PRESENTER	DESCRIPTION
Adobe InDesign	8:30	2:30	Brenda Epp The Big Idea	<i>Brenda Epp of The Big Idea graphic design studio is putting on a full-day session all about Adobe InDesign</i>

FRIDAY MORNING SESSIONS**8:30 – 11:00**

FRIDAY AFTERNOON SESSIONS

12:00 – 2:30

SESSION	START	END	PRESENTER	DESCRIPTION
Strategies for Attention and Memory: Supporting Educational Assistants			Lana Nogue Jigsaw Learning	<i>Do you support students who have challenges with attention and memory? In this session we will examine strategies that foster self-management, such as attention, memory, flexibility, organizing and planning.</i>
Responsive Behaviour in Tiers 2 & 3			Collette Sylvestre Jigsaw Learning	<i>Are you an educational assistant earnestly searching for strategies and tools to effectively respond to the behaviour needs in your classroom or school (Tier 2 and 3)? This session will provide a framework for establishing responsive behaviour supports for students within a collaborative context</i>
LGBTQ+ 101			Bekah Marcellus Outloud Foundation	<i>Information on what all the letters mean, pronouns, sex vs gender vs sexuality, and being an ally. Time for questions and discussion.</i>
Foundations of FASD			Tsion Abate	<i>To implement interventions effectively, we need to shift our mindset around behaviour. As educators, we know, particularly for our students with complex needs, behavior can become their primary means of communication. It is important to remember all behaviour serves a purpose.</i>
Healing with Plants			Timmie Horvath Sacred Wellness	<i>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 techniques for working with plants in a way that is both safe and effective, as well as adaptable to special populations.</i>
So You Want to Be An Admin Assistant			Faye Haskins	<i>Faye will provide a look in to the day in the life of a school admin assistant. This session is geared towards support staff who are considering moving out of the classroom and in to the office!</i>
Bowling for Caretaking/Facilities Only				<i>Session for caretaking staff only. Off-site at St. Albert Bowling Centre</i>
Groovin'	12:30		Amanda from Servus Place	<i>Join Amanda for a dance fitness class that will include 45 min follow along cardio dance, 45 min of learning choreography and 30 mins of stretching. It will be accessible to all levels. Please wear running shoes,</i>

FRIDAY AFTERNOON SESSIONS

12:00 – 2:30

FRIDAY AFTERNOON SESSIONS**12:00 – 2:30**

SESSION	START	END	PRESENTER	DESCRIPTION
				<i>wear clothes you can move in and bring a yoga mat for the stretch.</i>
SOGI 102			Rin Lawrence EPSB	<i>Ready for more? If you have a basic understanding of gender diversity and are ready for more information, deeper discussion, and beginning your understanding of the more complex topics of gender, this is your next stop. We will cover larger topics of intersectionality, societal expectations of gender performance, societal structures, privilege and discrimination within and outside diverse communities, the impact of digital spaces, gender affirming gear and its considerations, and more. Most importantly, we will look at how each of these more complex topics plays into your schools, classrooms, and inclusion of all students.</i>
Autism 101			Autism Society of Edmonton and Area	<i>This presentation gives participants a basic overview of Autism Spectrum Disorder (ASD). It is an introduction to what autism is and how it affects the way people interact with others and the world.</i>

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