



CUPE 1099 PROFESSIONAL DEVELOPMENT CONFERENCE

February 8-9, 2024

Bellerose Composite High School
49 Giroux Road, St. Albert

Registration and event site:

www.cupe1099.ca/pd2024

[Registration closes January 26th at 11:00 PM](#)

Welcome to CUPE Local 1099's annual professional development conference! We are very excited to welcome you to Bellerose High School for our annual PD conference!

On Friday Morning we have some sessions that run 1 hour long and some that are 2.5 hours. Please read the sign ups carefully to make sure your morning is filled.

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 the St. Albert Food Bank. Tickets are \$2 (cash only please) 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 the 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 Heidi Hovis (CUPE President), Heather Hansen (ESG), Erik Hornung (JMD), Thuy Arbour (LN), Angela Glewinski (KN), 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 Draws	9:00	9:20		
Keynote Speaker	9:30	11:00	Rin Lawrence	<i>Rin Lawrence (he/him) is a Diversity Consultant for Sexual Orientation, Gender Identity, and Expression (SOGIE) and has been a teacher since 2013 in two Alberta school districts. Rin is the chair of the Edmonton Public Teachers Local 37 Diversity, Equity, and Human Rights Committee (DEHR) and the Edmonton Public Teachers Local 37 Staff Gender and Sexuality Alliance. Rin is also the lead organizer of the Alberta Teachers Association Gender and Sexuality Alliance (ATAGSA). Rin holds a Master in Educational Studies with focus on Leadership and School Improvement, having completed a research project on Inclusion Experiences of 2SLGBTQIA+ Teachers in Alberta schools. Rin's lived experience and dedication to inclusion in education fuels his passion when speaking to the importance of diversity in all aspects of our world.</i>

2024 PD Conference – Your Schedule

THURSDAY		
SESSION	START	END
MORNING		
<i>Refreshments, Welcome & Keynote</i>	<i>8:30</i>	<i>11:00</i>
<i>Lunch on your own</i>	<i>11:00</i>	<i>12:30</i>
AFTERNOON		
	<i>12:30</i>	<i>3:00</i>

FRIDAY		
SESSION	START	END
MORNING		
<i>Session 1</i>	<i>8:30</i>	<i>9:30</i>
<i>Session 2</i>	<i>10:00</i>	<i>11:00</i>
<i>Lunch provided</i>	<i>11:00</i>	<i>12:00</i>
AFTERNOON		
	<i>12:00</i>	<i>2:30</i>

BOTH-DAY SESSIONS

BOTH-DAY SESSIONS

SESSION	START	END	PRESENTER	DESCRIPTION
First Aid Training with CPR/AED	Thurs 8:30 Fri 8:30	Thurs 3:00 Fri 2:30	Reach Training	<i>MAXIMUM 18 Canadian Red Cross Standard First Aid with CPR/AED Level C.</i>
Mental Health First Aid	Thurs 12:00 Fri 8:30	Thurs 3:00 Fri 2:30	Catalyst Training Services	<i>MAXIMUM 25. Minimum 8 participants are required for this session to proceed. A 1-2 hour self-directed module must be finished prior to February 5th in order to attend the sessions.</i>

THURSDAY AFTERNOON SESSIONS

12:30 – 3:00 PM

SESSION	PRESENTER	DESCRIPTION
Gender Identity: The Next Level	Rin Lawrence	Many staff members have developed basic skills in understanding and including gender diverse students in their classrooms. These staff members are ready to dive deeper and take their inclusion to the next level. 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.
Adobe InDesign	Hotspot Creative	Tips, tricks, solutions to using Adobe InDesign for newsletters, posters, and brochures.
Boardmaker – Beyond Printing Symbols	Jacintha Gurash	What does Boardmaker offer beyond making and printing symbols? How to access and customize activities for students. Using Boardmaker to make connections to the curriculum. How Boardmaker can benefit a wide range of students, not just those with complex needs. BoardMaker is a powerful educational tool that can be used across all student life domains. Learn about premade, curriculum-based materials, customization, and making the most of the Student Center.
Prevent It!	Little Warriors	The Prevent It! Workshop can help to educate adults to help prevent and respond to child sexual abuse and provides participants with a toolkit for change
Mixed Media Madness	Vicki Cooke	Mixed media is a type of artwork that mixes different media or material into one piece. Participants will learn a multitude of mixed media techniques that they can use with any age group of students in schools or for personal enjoyment. Participants will use the skills learned to create simple projects that they can take with them at the end of the session.

THURSDAY AFTERNOON SESSIONS

12:30 – 3:00 PM

Caretaker Session	Bunzl	
Understanding your Pension	LAPP	<p>Presentation covers the following topics:</p> <p>Retirement Options Termination, Death and Disability Buybacks</p>
Autism Spectrum Disorder and Positive Behaviour Supports	Shawn Reynolds, Ph.D, R.Psych	<p>Participants will learn about characteristics of ASD, as well as strategies to address emotional and behavioural challenges. The PBS Model will be discussed, and strategies that are discussed will focus on ways to provide positive consequences and ways to help students with regulation. Strategies can help students with ASD as well as others.</p>
Preventing Repetitive Strain Injuries	Mary Bazzarelli PT	<p>treatment, relief, and preventing repetitive strain injuries.</p>
Becoming an Emotional Ninja: Nurturing Well-being through Social and Emotional Learning	Ikigirl Wellness	<p>Social and Emotional Learning (SEL) is a framework for mental health promotion and is the process through which students develop healthy identities, effectively manage emotions, set and achieve personal and collective goals, cultivate empathy, build supportive relationships, and make responsible and caring decisions.</p>
VisionBoard Quest	Me Inc. Life	<p>This workshop is fun and creative! A deep dive into each participant's 9 areas of well-being: emotional, mental, Intellectual, spiritual, physical, relational, financial, occupational, and environmental. They will even get to learn about how to recharge and rejuvenate their energy</p> <p>Participants get to craft vision boards that represent their dreams and goals. With my guidance, we make sure these visions sync up perfectly with each person's unique energy, setting them on a path to make those visions a reality.</p>
Building Secure Relationships	Imagine Institute	<p>This workshop supports early learning professionals in applying the attachment model of early relationships in their learning and</p>

THURSDAY AFTERNOON SESSIONS

12:30 – 3:00 PM

		<p>care environments. The attachment model that children develop in the early years of life becomes the base from which they will build all their relationships. While a child's attachment model begins with their primary caregivers, secure relationships with other significant adults in their life, like early childhood professionals, can have large positive impacts. Participants will walk away with a deeper understanding of different attachment behaviours in addition to strategies for supporting all children in creating a solid foundation for healthy, secure relationships.</p>
Understanding Temperament	Imagine Institute	<p>This workshop will introduce participants to temperament - the physical, mental, and emotional traits of a person. Each of us has our own unique temperament which influences how we interact with the world around us. Participants will explore how their temperament traits match or mismatch with those of the children in their care and explain how to use this information to create and strengthen supportive relationships.</p>
Emotional De-escalation through Emotion Coaching	Sue Huff	<p>This is a skills-based workshop which will teach you how to help someone quickly de-escalate an overwhelming emotion to return to a more rational, flexible and receptive state of mind. This workshop is especially useful for teachers, parents, administrators, and front line workers who are confronted with the emotional dysregulation of others and aren't sure what to say or do to help the situation.</p>
Childhood Anxiety	Institute of Child Psychology	<p>Anxiety has many faces, and in this course, professionals will learn about the psychological and physiological roots of anxiety, why it is on the rise in our children, and what to do to help children better manage it</p>

FRIDAY MORNING SESSIONS

8:30 – 9:30, 10:00 – 11:00, or 8:30 – 11:00 AM

SESSION	TIME SLOT	PRESENTER	DESCRIPTION
Librarian Round Table	8:30 – 9:30	Darcy Taylor	Sharing and questions
Librarian Meeting	10:00 – 11:00	Darcy Taylor	Specific Topics TBD
Day in the life of an EA	8:30 – 11:00	Teresa Dowie	Will discuss all things, the ins and outs and daily struggles of an EA and working with our trickiest kids
Microsoft Excel	8:30 – 11:00	Shane Moore	Excel Expert. Basic and intermediate tips and tricks for using Excel and Google Sheets
Ukelele for Beginners	8:30 – 11:00	Gary Glewinski and Kyle Swenson	Beginner Ukelele Workshop
Dreamcatcher Making	8:30 – 9:30	Rosanna Houle	Rosanna, an Indigenous EA in the school division, will guide you through making your own dreamcatcher
Working with Queer Youth	8:30 – 9:30	Bekah Marcellus, Outloud Foundation	Participants will learn about things like privilege and how to use it, how to support queer and especially trans youth, and create a more inclusive school environment. What is gender? How is it different from sex or sexuality?
Seeking Sleep: Nurturing Health & Wellbeing Through Quality Sleep and Rest	8:30 – 9:30 AND 10:00 – 11:00 (2 of the same session)	Chelsey Wood, Registered Provisional Psychologist	In this talk you will learn practical tips and strategies to improve the quality and quantity of your sleep. We'll discuss the common problems that get in the way such as stress, screens, and substance use. You deserve quality rest!
Non-Neurotypical Students: A Parent's Perspective	10:00 – 11:00	Candice Rockwell	Information and Q&A session with a psychologist (who has a non-verbal autistic daughter)
Energy Calendar	8:30 – 11:00	Me Inc. Life	In this class, I dig into the concept of designing your life based on your masculine (doing) and feminine (being) outputs. By understanding the rhythm of your own energy, you'll learn how to tweak your daily

FRIDAY MORNING SESSIONS

8:30 – 9:30, 10:00 – 11:00, or 8:30 – 11:00 AM

			routines and decision-making to rock maximum productivity, happiness, and fulfillment.
The Changing Face of the Canadian Student: Immigration, Settlement, and Impacts on K-12 Schools	9:30 – 11:00 (note – starts at 9:30)	Lisa DeGara, A4HC	This session will provide the details and the context about who Canada's immigrant, refugee, and temporary resident students are, their needs, and how schools can successfully support them
Trauma in Children & Youth	8:30 – 11:00	Institute of Child Psychology	Trauma can significantly impact a child, and those caring for them are often left with questions about how to best help. Children with trauma can present significant challenges, and they often display patterns of behaviour that can strain the relationship between the child and those caring for them.
Admin Assistant – Round Table	8:30 – 9:30	Faye Haskins	This session does not have a set agenda, and all questions and topics are welcome. Potential areas of discussion include PowerSchool, Dossier, Messenger, Contacts, attendance, or general office best practices. Come prepared to ask your questions and to share your knowledge with others!
Admin Assistant – Finance and Rycor	10:00 – 11:00	Terry McFarlane	Do you have inquiries regarding Rycor? We will learn how to create a straightforward button fee for suggested fees. This would enable parents to conveniently view these fees on their Student Quick Pay account and make payments. Additionally, we can address any

FRIDAY MORNING SESSIONS

8:30 – 9:30, 10:00 – 11:00, or 8:30 – 11:00 AM

			other Rycor-related queries you might have, such as guidance on the deposit documents that should be submitted to Finance.
Power Yoga Flow	8:30 – 9:30	Timmie Horvath	Power Yoga Flow is a dynamic and energizing yoga class designed for all levels of participants. In this class, participants will engage in a series of flowing yoga poses that focus on building strength, flexibility, and balance. Through a continuous flow of movements, participants will enhance their endurance, improve their overall fitness, and release stress.
Yin Yoga	10:00 – 11:00	Timmie Horvath	Yin Yoga is a gentle and meditative yoga class suitable for all levels of school support staff. In this class, participants will experience deep relaxation and nourishment for both the body and mind. Participants will be guided through a series of long-held poses, allowing them to release tension and increase flexibility in the connective tissues of the body. Yin Yoga incorporates mindfulness and breath awareness, creating a space for introspection and mental clarity.

FRIDAY AFTERNOON SESSIONS

12:00 – 2:30 PM

SESSION	PRESENTER	DESCRIPTION
Paint Party – Guided Canvas Painting	Olga	I walk the painters through the painting very easily, step-by-step, so it's easy for everyone to follow and we are all going at the same pace. Everyone will paint the same thing, but each painter can choose his/her colours and add their own elements!
Language Acquisition in Mixed Classes	Lisa DeGara, A4HC	More and more students are presenting in Canadian classrooms with very limited English. Too often, the only plan is a throwaway comment-- "kids are sponges; they'll pick it up." Yet the data doesn't support this, and ESL/EAL students often need specific, targeted supports to be successful. In mixed classes, not specifically identified as language-learners, more children and youth are enrolling but may not have specific supports. How do these students learn English? What can be done in a context of limited resources?
Fostering Emotional Regulation	Institute of Child Psychology	This workshop aims to provide practical information for caregivers and professionals about the importance of both the emotion-regulation in the children and those who support them. This course will focus on concrete strategies that we can utilize with the children to enhance their development of self-regulation skills
The Brain Architecture Game	Imagine Institute for Learning	The Brain Architecture Game is a fun and interactive way to engage community members of all kinds in the science of early brain development. Teams work together to guide a brain through all the positive, tolerable, and toxic stresses it experiences in its first eight years of life. A roll of the die determines the brain's genetic starting point, the base from which it will grow and develop. Play progresses as team members draw cards to determine what their brain will experience that "year." As their brain grows, the team keeps track of their brain's journey

FRIDAY AFTERNOON SESSIONS

12:00 – 2:30 PM

		in their life journal, which will become the basis of debriefing questions with the whole group.
Conflict Resolution/How to Fight Fairly	Me Inc. Life	Equip individuals with conflict resolution strategies that facilitate constructive communication and maintain healthy professional relationships.
Learn how to Ikigai with the Ikigirls	Ikigirl Wellness	We are living in a world that seems to be taking its toll on the school system these days. The profession we pursue because of our love of teaching, connecting and inspiring often leaves us feeling overwhelmed, exhausted, and even burnt out. School staff need to make time for wellness or they will be forced to make time for illness. We will explore the foundations of Ikigai, well-being, and happiness while reflecting on Personal strengths, Passions, and Purpose. This workshop will challenge participants to stop, think, reflect and decide what life is "really" all about.
Tai Chi	Brad Schultz, Abundant Peace	Discover within this short set of gentle movements an ability to eliminate tension and restore your health and vitality. The regular practice of Tai Chi is well-known to improve chronic conditions, increase strength and stamina, and boost the immune system. The daily practice of Tai Chi is one of the most powerfully effective things you can do to ensure your long-term health and energy-levels!
Axe Throwing	Axe Monkeys	OFF SITE at Axe Monkeys, 12:30 – 2:30. 13913 – 156 Street NW, Edmonton AB
Bowling	St. Albert Bowling Centre	OFF SITE at St. Albert Bowling Centre 14 Inglewood Drive, St. Albert AB

PERMISSION TO NOT ATTEND 2024 CUPE PROFESSIONAL DEVELOPMENT CONFERENCE

(print name)

has been given permission to NOT attend CUPE Professional Development on February 8/9, 2024.

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 8	
Friday, February 9	

If you are not attending, please submit this form in the school mail to Craig Arnold @ District Office