

North Vancouver Teachers' Association

**PROFESSIONAL DEVELOPMENT CONFERENCE**

Friday, February 15, 2019

Carson Graham Secondary School



***ILLUMINATE!***

#NVTAlllluminate2019

bt/LEU-USW2009

**Keynote Address**  
**DR. ANDREW MIKI**  
**Starling Minds**

A practicing clinical psychologist for over 10 years, Dr. Miki is the founder of Starling Minds. His goal is to offer a software service that history has never seen before – one that empowers people anywhere in the world to increase their mental fitness.

On the clinical side, Dr. Miki actively helps people return-to-work by demystifying mental health and laying out an action plan with evidence-based strategies so that they learn to feel stronger, more confident and more resilient. He is driven to help all Starling Minds program participants achieve the same results.

Dr. Miki has a background in Clinical Psychology, Neuroscience and Animal Cognition with specializations in the treatment of Anxiety and Mood Disorders, and Neuropsychology. He is a member of the Canadian Psychology Association and the Canadian Association of Cognitive and Behavioural Therapies.

All attendees are asked to please REGISTER on Booking Central for Dr. Miki's KEYNOTE ADDRESS, 9 am – 10:15 am.

---

SHAPE OF THE DAY

8:00 – 8:30 Late Registration

8:30 – 9:00 Welcome and Acknowledgement

9:00 – 10:15 Keynote Address

10:15 – 10:45 Wellness Break

10:45 – 12:15 Workshops AM

12:15 – 1:00 Lunch \*

1:00 – 2:30 Workshops PM

\* Lunch will be provided. In order to cut down on waste, conference participants are asked to please bring their own cup for coffee or water.

**E394S4L1**

**KEYNOTE ADDRESS: Dr. Andrew Miki**

**Time:** 9:00 AM - 10:15 AM (Carson Graham Secondary School - B102 Large Gym)  
**Primary Presenter:** Andrew Miki  
**Audience:** General  
**Session Description:** Dr. Miki works extensively with teachers and directly with the BCTF to address the complex stressors faced by teachers and to help teachers understand and promote their own mental health. Teachers and other educators will learn to detect early signs of stress, regulate emotions and resolve stressful issues.

**ALL-DAY WORKSHOPS (8:30 AM – 4:30 PM)**

**E394S6L1**

**First Aid – Worksafe Level 1**

**Time:** 8:30 AM - 4:30 PM (Sutherland Secondary School - Large Gym)  
**Primary Presenter:** Bill Hamilton  
**Audience:** General  
**Session Description:** This course is focused on teaching life-saving first aid skills to individuals in the workplace. Participants are reminded to wear comfortable clothing. On completion of this program, the individual receives Worksafe BC Occupational First Aid Certification, which is valid for three years.

**E394S6L2**

**First Aid – Worksafe Level 1**

**Time:** 8:30 AM - 4:30 PM (Sutherland Secondary School - Small Gym)  
**Primary Presenter:** Bill Hamilton  
**Audience:** General  
**Session Description:** This course is focused on teaching life-saving first aid skills to individuals in the workplace. Participants are reminded to wear comfortable clothing. On completion of this program, the individual receives Worksafe BC Occupational First Aid Certification, which is valid for three years.

**ALL-DAY WORKSHOPS (8:30 AM – 3:30 PM)**

**E394S5L1**

**NVCI Certification Training**

**Time:** 8:30 AM - 3:30 PM (Sutherland Secondary School)  
**Primary Presenter:** TBA  
**Audience:** EAs  
**Session Description:** This workshop is intended to help EAs support students who have difficulty self regulating physically aggressive behaviour through proactive and de-escalating strategies. The workshop will provide a clear understanding of what is expected of staff in situations where a student is in imminent risk of harm to self or others.

**ALL-DAY WORKSHOPS (8:30 AM – 2:30 PM)**

**E394S7L1**

**WJIV Tests of Achievement**

**Time:** 8:30 AM - 2:30 PM (Sutherland Secondary School)  
**Primary Presenter:** Megan Rogers  
**Audience:** Support Staff  
**Session Description:** This workshop is for LSTs who will be administering this Level B assessment tool. The workshop includes a review of standardized assessment and hands-on training of the WJIV

## ALL-DAY WORKSHOPS (10:45 AM – 2:30 PM)

Friday, February 15, 2019

ILLUMINATE – NVTA PRO D CONFERENCE

### E394S2L3

#### Classroom Management

**Time:** 10:45 AM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Alexa Bennett Fox  
**Audience:** K - 12

**Session Description:** This workshop provides a framework for creating a classroom management plan that includes preventing problems, taking action when problems arise and intervening with individual students. This framework allows teachers to create a management plan that is based on positive behaviour support but is flexible to accommodate many teaching styles.

### E394S2L6

#### Education for All: 21st Century Inclusion

**Time:** 10:45 AM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Margaret Dent  
**Audience:** K - 12

**Session Description:** The guiding principle of this workshop is that students enter our classrooms with diverse backgrounds and experiences. As teachers, we need a sense of who our learners are and how can we support them in moving forward with their learning. Strategies for instruction based on individual learning profiles are suggested.

### E394S2L5

#### Incorporating Antiracism Strategies

**Time:** 10:45 AM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Helen Kelsey  
**Audience:** K - 12

**Session Description:** This workshop looks at privilege in society and how the legacy of our colonial past has shaped our present. It provides some youth perspectives on racism in schools, and explores strategies to recognize and eliminate racism in society, classrooms, schools, and community.

### E394S2L1

#### Safe Bodies, Strong Kids – Sexual Abuse Prevention Program

**Time:** 10:45 AM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Jane Pike  
**Audience:** K - 3

**Session Description:** Part One-Role of school staff in child abuse prevention and intervention. Topics include possible signs, responding to disclosures, duty to report and district protocols. Part Two-Training in new locally developed Safe Bodies, Strong Kids, an 8-lesson, evidence based sexual abuse prevention program for Grades 1, 2 or 3.

### E394S2L2

#### Sexual Health Education: It's Fun!

**Time:** 10:45 AM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Vanessa Broadworth  
**Audience:** K - 12

**Session Description:** This workshop provides participants with essential information about sexual health. The topic of consent is discussed in detail. Workshop participants will become familiar with several recommended resources and some fundamental strategies for teaching the mandated sexual health curriculum to BC students at all grade levels in public schools.

**E394S2L7****The Joy of the Orff Philosophy**

**Time:** 10:45 AM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Pam Hetrick  
**Audience:** K - 7  
**Session Description:** This workshop will explore the joy of the Orff philosophy. Pam will share music and activities that have inspired her students and herself—through creativity, fun, and moving artistic experiences. Teachers will be excited, interested, and inspired to learn more about teaching through the Orff method.

**E394S2L4****Traditional Indigenous Plants**

**Time:** 10:45 AM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Heather Myhre  
**Audience:** K-3; 4-7; 8-12; General; Support Staff  
**Session Description:** This workshop will offer participants a hands-on experience while learning about traditional Indigenous plant knowledge past and present. Participants will learn how to weave in the First Peoples Principles of Learning and how to use a multi-disciplinary approach in their classrooms.

**MORNING WORKSHOPS (10:45 AM – 12:15 PM)****E394S1L15****Canadian Geographic Indigenous People's Floor Map**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Rick Joe  
**Audience:** General K - 12  
**Session Description:** 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.

**E394S1L1****Create a Love of Reading in your Intermediate Classroom**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Annette Te Stroete  
**Audience:** Grades 4 - 7  
**Session Description:** Students in the intermediate grades often lose their love of reading. This workshop will provide tips and strategies to motivate and engage students to read for pleasure.

**E394S1L16****Dr. Andrew Miki – BREAKOUT SESSION**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Andrew Miki  
**Audience:** General K - 12  
**Session Description:** This session will continue the strategies and skills introduced in Dr. Miki's keynote address.

**E394S1L13****Embedding Indigenous Worldview & Resources in Socials/Eng.**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Stephanie Maki  
**Audience:** K-3; 4-7; 8-12  
**Session Description:** This is a humanities based workshop on how to introduce and embed authentic Indigenous resources, content and worldview to allow students to develop capacity to understand history and the significance of reconciliation.

**E394S1L2**

**Engaging Students Through Provocation**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Garry Cotter  
**Audience:** Grades 4 - 7  
**Session Description:** Incorporating dynamic open-ended provocations in your classroom to capture student interest and foster inquiry.

**E394S1L18**

**ERAC Resources Online**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Justine Frazee  
**Audience:** 4-7  
**Session Description:** Our district has a suite of online resources available on every school computer and available for students at home. See how to access these resources and how to use a few of them.

**E394S1L3**

**Exploring Mental Health Literacy in K-3 Classes**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Hilary Watt  
**Audience:** Grades K - 3  
**Session Description:** In this workshop, a broad unit plan for teaching mental health literacy will be discussed as well as strategies that have helped deliver this curriculum in a safe and sensitive manner.

**E394S1L5**

**Hands-on Science & the Curricular Competencies for K-3**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Ingrid Sulston  
**Audience:** K - 3  
**Session Description:** Try out low-cost teacher-tested activities that fuel curiosity and inquiry, and engage the diverse learners of the classroom. Documentation for each activity includes Science Curricular Competencies and Content connections, materials lists and links to a database of hundreds of science activities and lesson plans.

**E394S1L4**

**How to Empower Students to Take Ownership of Their Learning**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Jennifer Aragon  
**Audience:** General K - 12  
**Session Description:** In this workshop, we will explore how fostering a sense of belonging and community can empower students to take a more active role in their learning. Lots of practical examples of how to provide students with voice, choice and ownership in their learning will be provided.

**E394S1L17**

**Office 365 Overview**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Microsoft Office  
**Audience:** K-3; 4-7; 8-12; General; Support Staff  
**Session Description:** Feeling overwhelmed by everyday online tasks? Come to gain insight and "how to" instruction on a variety of apps within Office 365. Discover what you can do with what is already available to every employee in SD44.

**E394S1L10**

**Resiliency Tools for Teachers**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Scott Orth  
**Audience:** K-3; 4-7; 8-12; General; Support Staff  
**Session Description:** This workshop will provide you with a deeper understanding of how your mind works, how our minds often create unnecessary stress for us and how that affects those around us. We will explore tools that create resilience from the inside out. Simple tools and practices you can bring to your day and to your classroom.

**E394S1L6**

**Restorative Circle Practice**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Zofia Switkowski  
**Audience:** K-3; 4-7; 8-12; General; Support Staff  
**Session Description:** This workshop will provide an overview of restorative justice and how our work with police informed our school based curriculum. Teachers will gain skills in restorative practices to utilize in their classes and the value of restorative justice in schools.

**E394S1L7**

**Serious Play:Activities to Promote Social Emotional Learning**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Sheldon Franken  
**Audience:** 4-7; 8-12  
**Session Description:** Social-Emotional Learning is about building self and social awareness to enable change and growth—the foundations of resiliency. Experiential Education is the use of kinaesthetic activities to promote learning. This workshop will explore experiential-based games and activities with a focus on Intermediate and Secondary aged students.

**E394S1L14**

**Soutenir tous les apprenants en immersion**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Julie Bertrand  
**Audience:** 4-7; 8-12  
**Session Description:** Cet atelier aura pour but de presenter plusieurs strategies de différenciation a utiliser dans une salle de classe d'apprenants de langue. En plus, la nouvelle liste de strategie "Teaching to Diversity" pour les apprenants de langue sera presentee.

**E394S1L11**

**The Power of Extreme Writing!**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Diana Cruchley  
**Audience:** 4-7  
**Session Description:** Students who write slowly, and find it hard to think of ideas, fall behind. How do we enhance fluency but still keep it engaging? This totally different journaling program works. "It's fun! Can we do more?" Leave with a year's plan, seven unique strategies to keep the program novel, and many ideas for each strategy.

**E394S1L12**

**Your Pension – An Income for Life**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Linda E Watson  
**Audience:** General  
**Session Description:** Learn about the Teachers' Pension Plan – for teachers and administrators at any career stage. This workshop will cover how you build pension credits, how your pension is calculated, and how to maximize your benefit by purchasing service for leaves of absence or transferring service from other plans. Bring your latest Members' Benefit Statement.

**E394S1L8**

**Zentangle 101: The Basics**

**Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)  
**Primary Presenter:** Natasha Dash  
**Audience:** K-3; 4-7; 8-12; General; Support Staff  
**Session Description:** The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Check out [www.dashtangles.com](http://www.dashtangles.com) for more details.

**AFTERNOON WORKSHOPS (1:00 PM – 2:30 PM)**

**E394S3L7**

**Assessment Issues in the Secondary Classroom**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Pauline Veto  
**Audience:** 8-12  
**Session Description:** The workshop addresses issues in assessment, evaluation and grading practices in secondary schools. Issues discussed will include the balance of formative and summative assessment, the use of zero as a mark, marks deductions for late work and other work habit issues, grading group work, averaging marks across the semester/year, re-dos, and retakes.

**E394S3L14**

**Band & Strings Roundtable**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Bruce Sled  
**Audience:** Band & Strings Teachers  
**Session Description:** This is a sharing session on best practices in beginning instrument techniques, drum maintenance and tuning, and student engagement in the Band and Strings Program.

**E394S3L12**

**BC Blanket Exercise**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Rick Joe  
**Audience:** General K - 12  
**Session Description:** This experiential workshop will help participants understand how colonization of the land we now know as British Columbia and Canada has impacted the people who lived here long before settlers arrived. Through this exercise participants will explore the nation-to-nation relationship between Indigenous and non-Indigenous peoples.



**E394S3L10**

**Beginners to Intermediate Guitar (The Next Steps...)**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Warren Nipp  
**Audience:** General  
**Session Description:** If you can play a bit of guitar already, come out and learn a few intermediate tricks to spice up your guitar playing! Participants must bring their own acoustic guitar (properly strung, in tune, no electrics please).

**E394S3L1**

**Exploring Mental Health Literacy in Grades 4-7 Classes**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Hilary Watt  
**Audience:** Grades 4 - 7  
**Session Description:** Teaching mental health literacy does not have to cause teachers mental health distress! In this workshop a general unit will be provided, as well as key teaching strategies for working with tweens.

**E394S3L8**

**Finding Focus in the Age of Distraction**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Scott Orth  
**Audience:** K-3; 4-7; 8-12; General; Support Staff  
**Session Description:** This workshop will provide you with a deeper understanding of why technology is so enticing and addictive, for us as adults and even more so for the young, impressionable minds of children and youth. We will explore tools to help us with our own tendency to multi-task and lose our focus and together share ideas on how to address the challenges.

**E394S3L2**

**Hands-on Science & the Curricular Competencies for Gr 4-7**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Ingrid Sulston  
**Audience:** Grades 4 - 7  
**Session Description:** Try out low-cost teacher-tested activities that fuel curiosity and inquiry, and engage the diverse learners of the classroom. Documentation for each activity includes Science Curricular Competencies and Content connections, materials lists and links to a database of hundreds of science activities and lesson plans.

**E394S3L11**

**La culture et communication en immersion!**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Julie Bertrand  
**Audience:** 4-7; 8-12  
**Session Description:** Vous cherchez des idées de modules et d'activités à faire à l'oral dans votre classe afin d'encourager la communication entre vos élèves? Venez apprendre comment l'intégration de la culture française et la communication orale peut engager vos élèves et encourager la prise de risque dans votre classe d'immersion!

**E394S3L15**

**Office 365 – Collaborative and Innovative Teaching**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Microsoft Office  
**Audience:** 4-7; 8-12; General; Support Staff  
**Session Description:** Take a deeper dive into how Office 365 can let you engender 21st Century skills with your students while organizing and simplifying your work day.

**E394S3L6**

**Quick Practical Inquiry!**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Diana Cruchley  
**Audience:** 4-7  
**Session Description:** Does Inquiry seem complicated and time consuming? This model is quick, easy to use, and powerfully effective. First a provocation ignites thinking, students generate questions together, individually investigate, and share their results to answer their original questions. Students love it! Workshop includes many resources Diana has created.

**E394S3L3**

**Serious Play:Activities to Promote Social Emotional Learning**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Sheldon Franken  
**Audience:** K - 3  
**Session Description:** Social-Emotional Learning is about building self and social awareness to enable change and growth—the foundations of resiliency. Experiential Education is the use of kinaesthetic activities to promote learning. This workshop will explore experiential-based games and activities with a focus on primary aged students.

**E394S3L4**

**Teaching Combined Grades: Managing Diverse Learners**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Kammi Clark  
**Audience:** K-3; 4-7  
**Session Description:** Working with like-minded teachers on co-planning, explore planning, differentiating, and classroom structures for combined grade classrooms.

**E394S3L9**

**Your Pension – An Income for Life**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Linda E Watson  
**Audience:** General  
**Session Description:** Learn about the Teachers' Pension Plan – for teachers and administrators at any career stage. This workshop will cover how you build pension credits, how your pension is calculated, and how to maximize your benefit by purchasing service for leaves of absence or transferring service from other plans. Bring your latest Members' Benefit Statement.

**E394S3L13**

**Zentangle 101: The Basics**

**Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)  
**Primary Presenter:** Natasha Dash  
**Audience:** K-3; 4-7; 8-12; General; Support Staff  
**Session Description:** The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Check out [www.dashtangles.com](http://www.dashtangles.com) for more details.

## **A Note of Thanks**

This conference is a result of the hard work done by the 2019 Professional Development Conference Committee:

Milan Boljuncic  
Tammy Daley  
Cheryl Darling  
Hermila Gallaher  
Owen Howell  
Carolyn Pena  
Meagan Stoker  
Dean Yeo

A big thank you to all of the teachers from around our District who have stepped up to offer workshops at the conference. Without these talented colleagues sharing their diverse knowledge, our conference could not offer such a wide range of rich offerings.

We also want to thank all our outside presenters for bringing their specialized expertise to our conference.

We are also grateful for the behind the scenes support from IT, who helped with Booking Central.

Thanks also to the BCTF which supported the keynote address from Dr. Miki.

Finally, none of this would be possible without the enormous amount of work done by NVTA Office Manager, Beth Triggs. It is all her work behind the scenes that makes this conference possible. We cannot thank her enough.