

NVTA 2025

PRO-D CONFERENCE

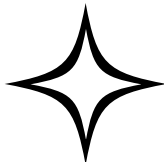



**INNOVATE, EDUCATE, INSPIRE:
TRANSFORMING TEACHING &
LEARNING FOR TOMORROW**



A G E N D A

8:00 AM	REGISTRATION
8:30 AM	WELCOME & ACKNOWLEDGEMENT
9:00 AM	KEYNOTE
10:15 AM	WELLNESS BREAK <small>OR</small> ALL-DAY WORKSHOPS
10:45AM	MORNING WORKSHOPS
12:15 PM	LUNCH
1:00 PM	AFTERNOON WORKSHOPS
2:30 PM	END OF DAY



KEYNOTE SPEAKER

Well known as a film critic and broadcaster in Toronto and across Canada, Jesse was the first nationally syndicated Indigenous columnist for the CBC, covering film and pop culture for 20 local CBC Radio programs. He has also been a regular guest on CBC Newsworld's News Morning and Weekend Edition, as well as Q.

Jesse is Ojibwe, and his family comes from Chicago and the Serpent River First Nation in Ontario. Jesse is Chair of the board of directors for the Canada Council for the Arts.

His first book is published Sept 2021, titled *Unreconciled: Family, Truth, and Indigenous Resistance*, and he's co-produced the award-winning screen adaptation of Thomas King's best-selling book, *The Inconvenient Indian*.

His experience also includes that of being named the first Executive Director of the Indigenous Screen Office. He is an advocate for Aboriginal Arts, most notably on screen. He draws attention to the imagery used by Hollywood in portrayals of indigenous peoples and stresses the need for a culture to have influence on their own depiction. His pieces on *The Revenant*, *Beyonce* and sports mascots were among the most shared on CBC.ca.

An outspoken advocate for Indigenous rights and First Nations, Metis and Inuit art, he has spoken at the International Forum of Indigenous Peoples, Smithsonian's National Museum of the American Indian, the Canadian Arts Summit, the Cultural Summit of the Americas, and numerous Universities and Colleges. In 2017, Jesse was named the inaugural recipient of the Reelworld Film Festival's Reel Activist Award, and in 2018 he received the Association of Ontario Health Centres' Media Award. In 2022, Jesse was honoured as IABC/Toronto's BMO Communicator of the Year (COTY), an award that recognizes excellence in strategic communication to deepen understanding, inspire action, and transform their community.

Jesse Wenthe



E519S1L1**Keynote Address - Jesse Wentz****Time:** 8:30 AM - 10:15 AM (Carson Graham Secondary School)**Primary Presenter:** Jesse Wentz**Audience:** General

Session Description: Experienced in speaking to groups of educators, Jesse, an Ojibwe whose family comes from Chicago and the Serpent River First Nation in Ontario, will speak on themes related to his memoir *Unreconciled: Family, Truth and Indigenous Resistance*, leaving attendees feeling inspired, informed and ready to make change in classroom. At the end of the keynote, Jesse will have time to answer questions from the audience. He will be available to sign books during the wellness break.

E519S2L6**Building Thinking Classrooms Deep Dive!****Time:** 10:45 AM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Judy Larsen**Audience:** 8-12, General

Session Description: Join us for an immersive in-person workshop on Building Thinking Classrooms (BTC). Learn actionable strategies for creating a vibrant, collaborative atmosphere that fosters critical thinking and engagement while maintaining a curricular commitment in an accessible way. In particular, we will focus on Toolkits 1 and 2, which provide access for those new to BTC while allowing those already familiar with the framework to extend and fine-tune their practices. Participants will leave with tools for engaging learners in both competency-focused and content-focused BTC lessons primarily in mathematics, but implications for other subject areas will be discussed.

E519S2L1**Creating a Paper Mural with Artist Sandeep Johal****Time:** 10:45 AM - 2:30 PM (Artists For Kids)**Primary Presenter:** Sandeep Johal, Amelia Epp, Christina Krause**Audience:** K-3, 4-7

Session Description: Artist Sandeep Johal, along with teachers Amelia Epp and Christina Krause, will present an interdisciplinary unit plan designed for elementary classrooms. This is an exciting opportunity to learn techniques for teaching drawing, painting, and patterning from artist, educator, and muralist Sandeep Johal with the culminating project being a large-scale paper mural.

E519S2L2**Elementary Band & Strings Repertoire Share and Collaboration****Time:** 10:45 AM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Laurel Dosman**Audience:** 4-7

Session Description: The elementary band and strings department has requested a time to come together to share repertoire for their program and collaborate on how to better support the band and strings programming across the district.

E519S2L5**Securely Attached Discipline****Time:** 10:45 AM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Dr. Suzanne Simpson**Audience:** K-3, 4-7, 8-12, General, Support Staff

Session Description: To what extent do we maintain "discipline" and how can we do so appropriately and meaningfully? This workshop examines the connection between supporting youths' intrinsic longing for attachment and maintaining classroom boundaries. This workshop reclaims the language of "discipline", explores how empathy and compassion are foundational to safeguarding classroom expectations, and provides tangible ways to implement securely attached discipline.

E519S2L3 **SOGI Inclusive Education: Responding to Resistance and SOGI In the Classroom****Time:** 10:45 AM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Juliet Brown, Myriam Dumont**Audience:** K-3, 4-7, 8-12

Session Description: For all educators committed to fostering safer and more inclusive learning environments! This two part workshop, explores the principles of SOGI (Sexual Orientation and Gender Identity) inclusive education and best practice in schools and classrooms. Leave equipped with the knowledge, tools, and strategies to create welcoming classrooms for 2SLGBTQ+ students and their families, and how to respond confidently to common fears, resistance and mis-information about SOGI inclusion. Learn through a combination of group discussions, real-world scenarios, and hands on use of tools and resources for the classroom.

E519S3L9 **Addressing the Mental Health Epidemic: Supporting Students in the Classroom and Beyond.****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Aly Pain**Audience:** 8-12

Session Description: With more than 42% of students feeling sad or hopeless, and 22% seriously considered suicide, mental health has become an epidemic for teenagers (CDC 2021)! This is spilling into classrooms and making teaching harder than ever. Teenagers are more insecure and less able to cope than ever before: social media is the 24/7 comparison device that never places them on the winning side of unrealistic standards. Parenting coach and teen advocate, Aly Pain explains how the immature emotional filter comments and twists them into harsh criticism. Teachers can help students develop the emotional aptitude and resilience needed to grow into healthy, happy adults.

E519S3L7 **AI in French Immersion: Enhancing Creativity, Automation and Workflow****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Alysia Francis**Audience:** 4-7, 8-12

Session Description: In French. This interactive workshop invites French immersion teachers to explore the possibilities of AI in the classroom. Dive into the basics of AI, gaining a clear understanding of its educational potential and then get hands-on with tools like Microsoft Copilot, Magic School AI, and Canva, learning to integrate them for creative projects, streamline workflows, and automate tasks. The session also guides teachers in setting up responsible AI activities with students, focusing on ethical use and digital safety, equipping them with practical skills and strategies for engaging learning.

E519S3L4 **AI Usage for Inclusive Education****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Simon Worley**Audience:** General

Session Description: This hands-on workshop invites participants to explore and experiment with the latest AI tools designed to support inclusive education. If you are an experienced tech user or new to AI, this session will offer valuable insights into the evolving landscape of educational technology. Discover practical ways to use AI to assist all learners, providing strategies and tools to create more accessible, personalized, and engaging learning environments.

E519S3L31 **Assistive Tech in Microsoft 365****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Paul Santolin**Audience:** 4-7, 8-12

Session Description: Join me for a hands on workshop where you will learn how to model and coach students through the process of accessing assistive technology tools that we already have access to with our Microsoft 365 subscription. Learn how to access the immersive reader, dictation and translation across a variety of Microsoft tools on either a desktop or mobile platform. This workshop is suitable for NVT A and CUPE staff members directly working with students.

E519S3L16 **Climate Change that Teenagers Can Grasp****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Tim Cooper**Audience:** 8-12**Session Description:** Presenting the basic science (review for most teachers), followed by future climate(s), technologies, economics and a last regretful look at politics.**E519S3L2** **Cooperation and Teamwork Through World Music****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** David DiTomaso**Audience:** K-3, 4-7, 8-12, General, Support Staff**Session Description:** Join in the excitement by playing high energy, traditional music from Africa and Brazil, focusing on how diverse forms of music can be used to creatively link learning objectives and competencies across various curricula. Participants will see a wide variety of instruments and partake in whole group, cooperative, and active learning environments and by the end will be able to apply practical ideas for improving class listening skills through calls and responses, understand diversity of different cultures, demonstrate teamwork through ensemble playing, express themselves through music, and make connections between diverse genres of music, cultures & curriculum.**E519S3L33** **Delivering Feedback with L.O.V.E.****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Ras Mulinta**Audience:** General**Session Description:** In today's dynamic educational environment, the art of giving effective feedback is more important than ever. Developed through science-backed research and practical experience, Listen, Observe, Validate, and Encourage (L.O.V.E.), provides a structured yet flexible framework for delivering constructive, nurturing and supportive feedback that emphasizes emotional intelligence and empathy, helping students feel understood and motivated. The workshop will be delivered over an hour and will include a mix of interactive presentation, group discussions, and hands-on activities.**E519S3L32** **Discover Failure as Part of Learning****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Let's Talk Science - Teacher Leader**Audience:** 8-12**Session Description:** Part I - Introduction to Let's Talk Science as Resource and Part II - Explore examples of famous people who have overcome their failures and then experienced immense success. You will then be provided with strategies to help your students reflect upon "famous failures" and resources to encourage your students to move through difficult circumstances: recognize how scientists model resiliency through a life-long commitment to learning; explain how to move through difficult circumstances instead of being 'stuck' to your students; and identify connections between STEM topics and real life to support students in tackling obstacles. Please bring laptop.**E519S3L22** **Engaging with First Peoples Oral Traditions - Practice and Protocols****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Johanne Nielsen, Brandi Price**Audience:** K-3, 4-7, 8-12, General, Support Staff**Session Description:** We're bringing an Indigenous perspective to the BC curriculum. First Peoples' oral stories are not the same as written literature, and thus to Indigenize our teaching practice, we should move beyond the typical teaching structures. We can share teaching strategies for how educators can engage with the curricular content, specifically First Peoples' Oral Traditions and Protocols in a meaningful and respectful way.

E519S3L34 **Everyone Can Draw****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Peisen Ding**Audience:** K-3, 4-7, 8-12, General

Session Description: Learn accessible techniques to integrate drawing into their classrooms, fostering creativity and confidence in students of all skill levels. Emphasizing the joy of the process over technical perfection, the workshop introduces activities like blind contour drawing, mark-making, and imaginative sketching. These adaptable, low-barrier exercises can be applied across subjects and grade levels, making drawing an effective tool for self-expression, critical thinking, and mindfulness. Create an inclusive environment where all students feel empowered to explore their artistic potential and leave with a practical toolkit of strategies.

E519S3L24 **Executive Function Support Strategies for SEA's****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Helen Neill**Audience:** Support Staff

Session Description: This workshop is intended to give S.E.A.'s an introductory understanding of executive function skills and how they relate to the specific role of a special education assistant. The workshop will include a look into the basic neuroscience of executive function skills, an outline of the three core executive functions and their associated skills, common myths about students with executive function skill deficits, and strategies that S.E.A.'s can implement with students who would benefit from executive functioning support.

E519S3L27 **From Burnout to Balance: Mental Health Support for BC's Educators****Time:****Primary Presenter:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Audience:** Bernard Piprah**Session Description:** General

This interactive workshop addresses the top challenges educators face in managing your mental health: navigating burnout and stigma to balancing the demands of the classroom. The session includes: an overview of key mental health challenges educators face, practical takeaways, evidence-based strategies, tools, and practices to foster supportive and resilient professional environments; and hands-on learning through small-group case studies.

E519S3L26 **Get Outdoors: Practical Approaches to Learning Outside****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Victor Elderton, David Barnum**Audience:** K-3, 4-7, 8-12, General, Support Staff

Session Description: Supported by the HCTF resource this hands-on workshop will focus on how to take learning in all subject areas, for students in any grade, beyond the confines of classroom walls. As an introduction to the HCTF resource this workshop help build teacher confidence in a way that learning outside can be considered a "natural" extension and regular practice for all teachers and practical tips for support staff to support learning outside. Participants in the program will receive a Get Outdoors Resource manual free from HCTF. Please reference:
<https://www.hctfeducation.ca/resource/?resourcecode=RR000358&search=Get+Outdoors>

E519S3L20 **Hands-on Sustainability activities for Intermediate and Upper Primary classrooms.****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Ingrid Sulston**Audience:** K-3, 4-7

Session Description: Try out classroom-tested science activities that demonstrate how we generate energy from fossil fuels and renewables. Model why fossil fuel combustion leads to ocean acidification (and that it is reversible). All activities provide opportunities for free experimentation, to engage the diverse learners of your classroom.

E519S3L11○ **La démarche scientifique: comment vulgariser la robotique avec LEGO.****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Eric Tremblay**Audience:** 8-12

Session Description: Dans cette formation en français, les enseignantes et enseignants apprendront les étapes à suivre pour une réussite en robotique. Quoi de mieux, pour commencer un projet robotique avec les kits de LEGO! Cette méga-industrie fête son 75e anniversaire cette année! Vous serez dans l'action en manipulant des LEGO® Education SPIKE™ App v. 3.4.5 tout en suivant les instructions de montage et une série d'expériences de codage progressives, allant du codage par icônes et blocs de mots basés sur Scratch au codage textuel basé sur Python. Suscitez l'intérêt de chaque élève pour l'apprentissage ludique des STIAM!

E519S3L15○ **Noticing and Nurturing Joy in the Classroom****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Vickie Vinaric, Bruce Sled**Audience:** K-3, 4-7, General, Support Staff

Session Description: Using the principles of positive psychology, and inspired by the Big Idea in the BC English Language Arts Curriculum that "language and story can be a source of creativity and joy", Vickie and Bruce created a series of lessons for teachers to help their students build an understanding and notice joyful feelings or "flow state" at school. Educating for joy involves naming, exploring and celebrating the joy that can be felt at school through relationships, flow experiences, accomplishment, story, reading and place. Vickie and Bruce will share their research and lesson plans, hoping this will be a spring board for further lesson ideas.

E519S3L5○ **NVSD Arts Presents Hero's Quest: A UDL Series for Student Emotional Health.****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Joshua Capri**Audience:** 4-7, Support Staff

Session Description: This workshop introduces educators to Hero's Quest, a six-unit arts series designed to enhance student emotional health by guiding them through the exploration of their inner world of self-discovery and the outer world of relationships and service to others. Using Universal Design for Learning (UDL), the series connects artistic processes across multiple art forms to personal growth. The workshop aims to inspire and equip educators with practical strategies for arts pedagogy and SEL integration, supporting student engagement, equity, and belonging.

E519S3L3○ **Poor Posture in School Setting and Why It Matters to Your Health!****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Dr. Vivie Bojilov**Audience:** General

Session Description: I will be bringing a trainer with me where we will be discussing the importance of poor posture in the school setting and how to fix/address areas to improve it. Includes a 15-20 minute workout.

E519S3L35○ **Post-Keynote Discussion Group****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** TBA**Audience:** General

Session Description: Join with colleagues after the keynote to discuss themes that resonate with you from Unreconciled as well as the Jesse Wentz's keynote address. Please note, this is a round table-style discussion group with colleagues.

E519S3L13 **Powerful Thinking - Building Knowledge and Nudging Thinking in Elementary Classrooms.**

Time: 10:45 AM - 12:15 PM (Carson Graham Secondary School)
Primary Presenter: Adrienne Gear
Audience: K-3, 4-7
Session Description: In the age of inquiry-based learning, how do we create a learning environment where students are re-thinking rather than simply re-telling? How do we provide enough structure and flexibility for students to explore, stretch, and reflect on their thinking? VSB alumni teacher and author, Adrienne Gear, will share ideas from her new book *Powerful Thinking* that will engage your students in constructing meaning and deepening understanding in all areas of the curriculum. She will share practical ways to help bring knowledge-building into classrooms using content-rich texts as tools to nudge students' thinking through engaged listening and class conversations.

E519S3L14 **Problem Solving to promote engagement and student learning**

Time: 10:45 AM - 12:15 PM (Carson Graham Secondary School)
Primary Presenter: Michael Pruner
Audience: 4-7, 8-12
Session Description: We all know that problem solving is an important aspect of a school classroom, but do we know why or how to implement problem solving into our lessons. In this workshop, we will look at what research has to say on this topic, and I will share some of my successes in implementing problem solving as a way to engage, motivate and support all learners. Attendees will participate in many of my favourite tasks to experience the "why" and the "how" behind implementing a problem solving lesson. This workshop will be presented from a mathematics perspective; however, many of the ideas shared can be implemented in other subject areas.

E519S3L10 **Puberty Education for All Students**

Time: 10:45 AM - 12:15 PM (Carson Graham Secondary School)
Primary Presenter: Kristen Gilbert
Audience: 4-7, General
Session Description: Puberty education has really changed since we were in school—for the better! Come acquire language and teaching practice that will create the most welcoming and inclusive puberty lessons, for all bodies and all students. Classroom teachers and PHE specialists: come build your confidence with Options for Sexual Health, BC's leaders in sexual health education for more than 60 years.

E519S3L17 **Serious Play (social emotional learning)**

Time: 10:45 AM - 12:15 PM (Carson Graham Secondary School)
Primary Presenter: Sheldon Franken
Audience: General
Session Description: This interactive and hands-on workshop provides educators and counsellors with innovative strategies to promote engagement in social-emotional learning (SEL) and mental health education using the CASEL Framework (its five core competencies—self-awareness, self-management, social awareness, relationship skills, and responsible decision-making) and the Circle of Courage Model (its four universal growth needs—belonging, mastery, independence, and generosity). Participants will explore how these two powerful frameworks can be integrated to create a holistic approach that supports students' emotional and social development.

E519S3L29 **Shift Happens 1: Sustainability Across the Curriculum**

Time: 10:45 AM - 12:15 PM (Carson Graham Secondary School)
Primary Presenter: Kate Henderson, Heidi Lessman Simm, Bruce Ford
Audience: 4-7, 8-12, General, Support Staff
Session Description: Explore innovative and interdisciplinary curriculum-connected activities and resources to grow strategies connected to place. Bring your success stories and practices, and leave feeling equipped, inspired, and connected to support building literacy (including climate and environmental literacy) in your classroom. While participants are invited to join our afternoon session to further explore ideas and opportunities for collaboration, this session may be attended as a standalone.

E519S3L28 **Sign Language Support in Schools****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Rhena Tevendale**Audience:** General**Session Description:** This workshop will teach basic sign language support for use in schools. Participants will learn the American Sign Language (ASL) alphabet, learn about the difference between ASL and Signed English and teach basic school vocabulary signs for use with complex and non-verbal learners. This will be an interactive workshop.**E519S3L30** **Skills or SEL? You can do both in Primary PE****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Lynn Dawson**Audience:** K-3**Session Description:** PE for K-2 students is all about learning fundamental skills needed to be successful in a variety of physical activities. Often though, we find students struggling with how to play with classmates when emotions get in the way. This session will introduce lots of student-tested activities for incorporating social emotional learning along with learning of movement skills.**E519S3L8** **Teacher Moves to Enhance Your Thinking Classroom****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Annette Rouleau**Audience:** K-3, 4-7**Session Description:** Are you trying to implement a Thinking Classroom? If you need a refresher or just some encouragement, join me in this workshop as I push deeper into the practices that allow us to transform our classrooms from spaces where students mimic to spaces where students think. This session will highlight some of the teacher moves that make a thinking classroom possible and, of course, you'll have a chance to experience some joyful math!**E519S3L12** **Teaching about Personal Space & Body Boundaries in primary grades****Time:****Primary Presenter:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Audience:** Kelly Munro, Jane Pike**Session Description:** K-3

This session will cover typical versus concerning peer-to-peer touching behaviour in primary students. We will share a lesson (TAPS), designed by Vancouver Coastal Health Boundaries Program, that teaches about personal space and boundaries, along with additional resources & activities. Discussion will also include how to handle disclosures of abuse from students.

E519S3L25 **Teaching nutrition education & food literacy for Kindergarten to Gr. 3 students.****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Erica Cahill**Audience:** K-3**Session Description:** Learn practical tools and strategies to teach effective nutrition education and food literacy in the classroom and includes how to deliver age-appropriate nutrition education, fostering positive attitudes toward food, and support eating competence in young learners. Introducing the Food Explorers and Food for Us programs, explore free, ready-to-use lesson plans and hands-on activities, all linked to Canada's Food Guide and the BC Curriculum. Developed by registered dietitians, these resources help effectively integrate nutrition education and food literacy into the classroom.

E519S3L21○ **The Askable Adult: Guiding intermediate learners through puberty & social dynamics.****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Jessy Wollen**Audience:** 4-7, 8-12, Support Staff**Session Description:** Puberty can be a whirlwind of change for kids in Grades 4-7, bringing physical growth, emotional shifts, and evolving social dynamics. The Askable Adult workshop is designed for teachers and parents who want to confidently support kids through this critical stage of development while fostering trust, connection, and resilience.**E519S3L23**○ **The Teachers' Pension Plan - An Income for Life****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Linda E Watson**Audience:** General**Session Description:** This workshop is intended for teachers new to the profession, or for teachers in mid-career, looking to learn more about their pension plan. Find out about how you earn service in the pension plan, purchasing service for leaves of absence, and how to maximize your pension. Pension options will be explained (joint life, single life, guarantee periods), along with naming beneficiaries, early retirement reductions, and your retirement income profile (TPP, CPP, and OAS).**E519S3L19**○ **UFLI as a Building Block to Writing Instruction****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Samantha Ball**Audience:** K-3**Session Description:** Designed for primary educators looking to strengthen their literacy instruction and build a solid foundation for student writing. Participants will explore how UFLI helps to guide students through the initial concepts of writing (alphabetic principle, letter formation, and encoding), and then learn strategies to support students in developing their syntactic awareness to strengthen their sentence structure and paragraph writing. Educators will leave with a clearer understanding of how to use UFLI as a building block for a comprehensive literacy program, empowering their students to become confident, capable writers. Also available in French: Programme de litt ratie complet.**E519S3L6**○ **What Does It Mean to Really Listen?****Time:** 10:45 AM - 12:15 PM (Carson Graham Secondary School)**Primary Presenter:** Andrea Superstein**Audience:** K-3, 4-7, 8-12, General, Support Staff**Session Description:** Sound is a common backdrop to our lives. Music is often played in the background as we shop in stores, ride in cars, dine in restaurants. When you stop and really pay attention, you can be changed both physically and emotionally. Deep listening can be a healing experience, slowing down the mind to tap into deep creativity and self reflection, attuning you to what you may not have been able to hear before. Based on the work of Pauline Oliveros, a series of activities will help you to discover what it means to truly listen and reflect on how this practice might help with restorative justice, our educational practice and everyday interactions. Wear comfortable shoes and bring a sketchbook.**E519S5L27**○ **"Chatter it up!" Use Chatterhigh's free platform to engage engage students in your classroom.****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Lee Taal**Audience:** 8-12**Session Description:** Use Chatterhigh, the 2017 EdTech of the Year platform, to engage students in conversations and develop skills in financial literacy, mental health, personal interests, preferences, skills and career exploration. This platform offers gamified activities for subjects like Math, Phys Ed, Career Education, Science, and Social Studies across BC and Canada. Great for grades 5-12! Please bring your laptop or phone.

E519S5L20 **Approaching Academic Honesty Through Indigenous Ethics****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Greg Sutherland**Audience:** General**Session Description:** Approaches to Generative AI in the classroom are among the most pressing issues for teachers today, but many of these debates overlook the implications of GenAI in a context of healing and reconciliation. Alternative approaches to GenAI in schools can be found in Indigenous scholarly protocols that orient students to concepts of ethicality, self-location, recognition of permissions, gifting, and sources of knowledge. This workshop will offer several concrete classroom practices for approaching healing and reconciliation through ethical teaching and research practices.**E519S5L18** **Boosting Collective Mental Health in the Classroom [Self-Regulation through Co-Regulation]****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Alix Dunham**Audience:** K-3, 4-7, 8-12, General, Support Staff**Session Description:** Using the neuro-science of a regulated brain, we're able to help students ride the wave of their emotions in a realistic and healthy manner, resulting in resilient, stable and emotionally intelligent youth. Students learn self-regulation skills through co-regulation with an adult - so it's important that our own mental health, as educators, is cared for. This mental health workshop will discuss developing brains, what a regulated nervous system looks like, the sequence of engagement for helping a student through an emotional storm, and practice science-based mindful exercises for regulation.**E519S5L2** **Building a Thinking Classroom: For the Newbies and Those Who Feel Like They Forgot Everything!****Time:****Primary Presenter:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Audience:** Annette Rouleau**Session Description:** K-3, 4-7Just starting a Thinking Classroom? Want to overcome norms that have fostered a culture of teaching & learning often devoid of student thinking? Presenting 15 years of research into how we can transform our classrooms from a space where students mimic to where students think and using Peter Liljedahl's book, *Building Thinking Classrooms*, I'll share strategies that help maintain the flow of a Thinking Classroom. Come & experience the joy of working in collaboration on rich tasks at vertical, non-permanent surfaces.**E519S5L9** **Climate Change that Teenagers Can Grasp****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Tim Cooper**Audience:** 8-12**Session Description:** Presenting the basic science (review for most teachers), followed by future climate(s), technologies, economics and a last regretful look at politics.**E519S5L1** **Contemporary Dance & Live Music (K-12)****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Yuha Tomita, David DiTomaso**Audience:** K-3, 4-7, 8-12, General, Support Staff**Session Description:** Enjoy learning a basic contemporary dance with Yuha as well as how to accompany the dance with David by playing percussion instruments in a fun, interactive workshop that will provide practical skills of dance as well as an introduction to cultural history of musical styles. The Finale will include learning a short phrase of choreography incorporating everything we've learned, with half of the participants dancing while the other half plays accompaniment music and then they'll switch roles. With live musical accompaniment the dance and music become one. No experience needed. Wear comfortable clothing that you can move around in.

E519S5L29**Cross-curricular Literacy Assessment and Gamifying Comprehension.****Time:**

1:00 PM - 2:30 PM (Carson Graham Secondary School)

Primary Presenter:

Paul Santolin

Session Description:

4-7, 8-12

Unlock the power of AI in Teams to power literacy assessment and gamify comprehension with Reading Progress and Quizizz! Sidestep the avoidance factor of reading outloud and gather student-specific data on reading fluency, oral presentation skills, and comprehension using artificial intelligence to automate collection and assessment. Provide your students with modern content, keep them accountable for reading, and support their comprehension of new topics! Intended audience is for NVRTA members only.

E519S5L36**Elementary Music Teachers: Idea Share and Collaboration Space****Time:**

1:00 PM - 2:30 PM (Carson Graham Secondary School)

Primary Presenter:

TBA

Audience:

K-3, 4-7

Session Description:

Join other Elementary Music Teachers for an afternoon of sharing! Please bring at least one idea to share from your current practice. Come prepared with printouts/physical resources if you feel it would be useful to your colleagues. This is intended to be an open conversation space and opportunity for same-subject colleagues to discuss, share and collaborate.

E519S5L40**Elementary School Counsellors: Idea Share and Collaboration Space****Time:**

1:00 PM - 2:30 PM (Carson Graham Secondary School)

Primary Presenter:

TBA

Audience:

K-3, 4-7

Session Description:

Join other Elementary School Counsellors for an afternoon of sharing! Please bring at least one idea to share from your current practice. Come prepared with printouts/physical resources if you feel it would be useful to your colleagues. This is intended to be an open conversation space and opportunity for same-subject colleagues to discuss, share and collaborate.

E519S5L37**ELL Teachers: Idea Share and Collaboration Space****Time:**

1:00 PM - 2:30 PM (Carson Graham Secondary School)

Primary Presenter:

TBA

Audience:

K-3, 4-7, 8-12, General

Session Description:

Join other ELL Teachers for an afternoon of sharing! Please bring at least one idea to share from your current practice. Come prepared with printouts/physical resources if you feel it would be useful to your colleagues. This is intended to be an open conversation space and opportunity for same-subject colleagues to discuss, share and collaborate.

E519S5L19**Engaging with First Peoples Oral Traditions - Practice and Protocols****Time:**

1:00 PM - 2:30 PM (Carson Graham Secondary School)

Primary Presenter:

Johanne Nielsen, Brandi Price

Audience:

K-3, 4-7, 8-12, General, Support Staff

Session Description:

We're bringing an Indigenous perspective to the BC curriculum. First Peoples' oral stories are not the same as written literature, and thus to Indigenize our teaching practice, we should move beyond the typical teaching structures. We can share teaching strategies for how educators can engage with the curricular content, specifically First Peoples' Oral Traditions and Protocols in a meaningful and respectful way.

E519S5L41**Everyone Can Draw**

Time: 1:00 PM - 2:30 PM (Carson Graham Secondary School)
Primary Presenter: Peisen Ding
Audience: K-3, 4-7, 8-12, General
Session Description: Learn accessible techniques to integrate drawing into their classrooms, fostering creativity and confidence in students of all skill levels. Emphasizing the joy of the process over technical perfection, the workshop introduces activities like blind contour drawing, mark-making, and imaginative sketching. These adaptable, low-barrier exercises can be applied across subjects and grade levels, making drawing an effective tool for self-expression, critical thinking, and mindfulness. Create an inclusive environment where all students feel empowered to explore their artistic potential and leave with a practical toolkit of strategies.

E519S5L23**Executive Functions in the Classroom**

Time: 1:00 PM - 2:30 PM (Carson Graham Secondary School)
Primary Presenter: Helen Neill
Audience: 8-12
Session Description: This workshop is intended to give teachers an introductory understanding of executive function skills and how they relate to a teacher's practice in the classroom. The workshop will include a look into the basic neuroscience of executive function skills, an outline of the three core executive functions and their associated skills, common myths about students with executive function skill deficits, and strategies teachers can implement to support all students with executive functioning.

E519S5L30**Finding Success Through Failure**

Time: 1:00 PM - 2:30 PM (Carson Graham Secondary School)
Primary Presenter: Let's Talk Science – Teacher Leader
Audience: K-3, 4-7
Session Description: Part I - Introduction to Let's Talk Science as Resource and Part II - Explore examples of famous people who have overcome their failures and then experienced immense success. You will then be provided with strategies to help your students reflect upon "famous failures" and resources to encourage your students to move through difficult circumstances: Recognize how scientists model resiliency through a life-long commitment to learning; Explain how to move through difficult circumstances instead of being 'stuck' to your students and Identify connections between STEM topics and real life to support students in tackling obstacles. Please bring laptop.

E519S5L6**Force and Motion Through Rocketry**

Time: 1:00 PM - 2:30 PM (Carson Graham Secondary School)
Primary Presenter: David Barnum
Audience: 3-10
Session Description: David enjoys the spontaneity and engagement that Science brings to the classroom environment! What better way to teach curricular competencies than through hands-on activities? This session provides strategies, resources and students samples of rockets-in-action. Try a variety of activities (Alka Seltzer poppers, Pin Wheel models, Stomp Rockets and the Estes "fireworks" rockets)! We will launch a few on the field, so come dressed for the weather. Discover resources that will be helpful in your classroom. Explore how reflective (scientific) journaling can be used to capture student's thinking and how students use Text Book templates to "show what you know".

E519S5L26**From Burnout to Balance: Mental Health Support for BC's Educators**

Time: 1:00 PM - 2:30 PM (Carson Graham Secondary School)
Primary Presenter: Bernard Piprah
Audience: General
Session Description: This interactive workshop addresses the top challenges educators face in managing your mental health: navigating burnout and stigma to balancing the demands of the classroom. The session includes: an overview of key mental health challenges educators face, practical takeaways, evidence-based strategies, tools, and practices to foster supportive and resilient professional environments; and hands-on learning through small-group case studies.

E519S5L14**○ Hands-on Sustainability activities for Intermediate and Upper Primary classrooms****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Ingrid Sulston**Audience:** K-3, 4-7**Session Description:** Try out classroom-tested science activities that demonstrate how we generate energy from fossil fuels and renewables. Model why fossil fuel combustion leads to ocean acidification (and that it is reversible). All activities provide opportunities for free experimentation, to engage the diverse learners of your classroom.**E519S5L17****○ Integrating Mental Health concepts in secondary English classes****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Kelly Lindahl, Steve Neufeld, Yael Gazit, Jane Pike**Audience:** 8-12**Session Description:** This session will introduce secondary ENGLISH teachers to a series of SD44-developed lessons relating to mental health concepts that can be integrated into a range of Gr 8-12 English courses. Teachers can make connections to literary works and simultaneously teach students about mental health concepts such as communication basics, self-awareness, the interaction between thoughts, feelings and behaviour, facing fears, coping strategies, conflict resolution and grief/loss. During the session, you will have a chance to explore these draft lessons with a view to piloting them with your classes.**E519S5L13****○ Kindergarten Idea Swap!****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Magdalene Bunce**Audience:** K-3**Session Description:** Join other Kindergarten teachers for a casual afternoon of sharing! Each participant is asked to bring one idea from their current practice to share with the group: something as simple as a gym game your students love, a song, a great new read aloud, or resource that you are enjoying. Magdalene will share a few ideas that are working well in her classroom to begin the workshop and then will invite all participants to share. Come prepared with something to share (print outs/physical resources could be shared if you feel it would be useful) and somewhere to record all of the incredible ideas you will gather! While this workshop is intended for Kindergarten teachers, all are welcome.**E519S5L7****○ La démarche scientifique: comment vulgariser les sciences avec LEGO****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Eric Tremblay**Audience:** 4-7**Session Description:** Dans cette formation en français, les enseignantes et enseignants apprendront les étapes à suivre pour une réussite en science. Quoi de mieux, pour commencer un projet scientifique avec les ensembles LEGO! Cette méga-industrie fête son 75e anniversaire cette année! Vous serez dans l'action en manipulant des blocs LEGO tout en suivant la démarche scientifique pour réaliser une construction d'un pont ou d'une tour. Vous allez défier les lois de la gravité!**E519S5L24****○ Let's Make Life Easier! Lightening Workload with AI****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Roslyn Sundset**Audience:** K-3, 4-7, 8-12, General, Support Staff**Session Description:** Unlock the potential of AI to simplify and enhance your teaching practice in this engaging workshop! Start with a fun introduction to AI through Quick, Draw!, exploring how machines learn and analyze data. Learn to leverage ChatGPT, a generative AI model, for unit planning, differentiated instruction, assessments, and reports. Discover tips for crafting effective prompts, ethical considerations, and adapting tools for diverse classroom needs. Walk away with creative ideas like themed breaks, journal prompts, and emergency lesson plans to make teaching easier and more enjoyable. Please bring a laptop to this session!

E519S5L16 **Math Materials to support conceptual understanding****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Cynthia Zhu**Audience:** K-3, 4-7**Session Description:** This workshop is centred on the exploration of math materials such as base-ten blocks, rekenreks, cuisenaire rods, number strings, loose parts etc. Participants will engage in hands-on activities that examine the use of these resources to deepen conceptual understanding. Emphasis will be placed on how to move beyond procedural application, encouraging educators to use these materials to illustrate concepts like place value, number sense, and operations in ways that promote student reasoning and critical thinking.**E519S5L31** **PE is for Everyone! Activities that include all students and build social emotional learning in PE****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Lynn Dawson**Audience:** 4-7, 8-12**Session Description:** Students bring amazing diversity to PE classes. How do we make all students feel like they belong, regardless of skill level, experience, social skills, and learning needs? Here are activities and strategies that will provide opportunities for students to make connections with others, solve problems using teamwork, learn at their own pace, and feel successful. Leave this session with activities that help build a positive environment where all students feel like they belong.**E519S5L3** **Poor Posture in School Setting and Why It Matters to Your Health!****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Dr Vivie Bojilov**Audience:** General**Session Description:** I will be bringing a trainer with me where we will be discussing the importance of poor posture in the school setting and how to fix/address areas to improve it. Includes a 15-20 minute workout.**E519S5L42** **Post-Keynote Discussion Group****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** TBA**Audience:** General**Session Description:** Join with colleagues after the keynote to discuss themes that resonate with you from Unreconciled as well as the Jesse Wentz's keynote address. Please note, this is a round table-style discussion group with colleagues.**E519S5L8** **Powerful Understanding - Weaving SEL and Literacy****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Adrienne Gear**Audience:** K-3, 4-7**Session Description:** Social emotional learning and teaching students to be more compassionate, responsible global citizens who care about themselves has never been more important. BC teacher and author, Adrienne Gear will share many ideas and lessons from her popular book "Powerful Understanding. Adrienne will explore some of the big ideas from her book and share a wide range of SEL lessons, student samples, along with great anchor books! Leave inspired and ready to teach your students to think critically and reflectively AND be more confident and compassionate about THEMSELVES, OTHERS, and the WORLD.

E519S5L11○ **Programme de litt ratie complet: Son-au-Graphe comme fondement de l'enseignement de l'ecriture****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Sophie Robitaille**Audience:** K-3

Session Description: Cet atelier est con u pour les enseignants du primaire qui souhaitent renforcer leur enseignement de la litt ratie et poser une base solide pour l' criture des  l ves. Exploreront d'abord comment Son-au-graphe aide   guider les  l ves   travers les concepts initiaux de l' criture. Ils apprendront ensuite des strat gies pour soutenir les  l ves dans le d veloppement de leur conscience syntaxique afin de renforcer leur structure de phrases et la r daction de paragraphes.   la fin de l'atelier, les enseignants repartiront avec une compr hension plus claire de la mani re d'utiliser Son-au-graphe comme un pilier pour un programme de litt ratie complet.

E519S5L15○ **REBOOT: Strategies to foster connection and digital literacy in the age of distraction****Time:****Primary Presenter:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Audience:** Jessy Wollen**Session Description:** 4-7, 8-12, Support Staff

This workshop offers practical strategies to foster meaningful connections, build digital literacy, and help children navigate social media, gaming, and online interactions safely. Support kids in developing healthy tech habits, balancing screen time, and building resilience to the pressures of the digital world. You'll get: Tools to set healthy boundaries with technology, Tips for discussing tech use and social media risks, Ready-to-implement rules for phone-free classrooms, and Access to the Tech Savvy Lesson Plan, a resource-packed guide for teaching kids how to balance tech use with real-world experiences.

E519S5L32○ **Secondary Art Teachers: Idea Share and Collaboration Space****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** TBA**Audience:** 8-12

Session Description: Join other Secondary Art Teachers for an afternoon of sharing! Please bring at least one idea to share from your current practice. Come prepared with printouts/physical resources if you feel it would be useful to your colleagues. This is intended to be an open conversation space and opportunity for same-subject colleagues to discuss, share and collaborate.

E519S5L33○ **Secondary Core French Teachers: Idea Share and Collaboration Space.****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** TBA**Audience:** 8-12

Session Description: Join other Secondary Core French Teachers for an afternoon of sharing! Please bring at least one idea to share from your current practice. Come prepared with printouts/physical resources if you feel it would be useful to your colleagues. This is intended to be an open conversation space and opportunity for same-subject colleagues to discuss, share and collaborate.

E519S5L34○ **Secondary Math Teachers: Idea Share and Collaboration Space****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** TBA**Audience:** 8-12

Session Description: Join other Secondary Math Teachers for an afternoon of sharing! Please bring at least one idea to share from your current practice. Come prepared with printouts/physical resources if you feel it would be useful to your colleagues. This is intended to be an open conversation space and opportunity for same-subject colleagues to discuss, share and collaborate.

E519S5L35 **Secondary Tech Ed Teachers: Idea Share and Collaboration Space****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** TBA**Audience:** 8-12**Session Description:** Join other Secondary Tech Ed Teachers for an afternoon of sharing! Please bring at least one idea to share from your current practice. Come prepared with printouts/physical resources if you feel it would be useful to your colleagues. This is intended to be an open conversation space and opportunity for same-subject colleagues to discuss, share and collaborate.**E519S5L5** **Sex Ed for the 21st Century****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Kristen Gilbert**Audience:** 4-7, General**Session Description:** "Healthy sexual decision-making": feeling adrift with how to address this learning outcome in the classroom? Let's talk about what students know, what educators know, and how we can design effective sexual health lessons based on the most up to date knowledge and practices. Educators: you'll leave this workshop with an "I can definitely do this" energy.**E519S5L28** **Shift Happens: community as classroom****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Kate Henderson, Heidi Lessman Simm, Bruce Ford**Audience:** 4-7, 8-12, General, Support Staff**Session Description:** Review strategies and receive practical resources and tools to "know before you go" for safe and successful outdoor experiential learning. Exchange place- and nature-based practices, success stories, resources, and strategies that support subject and grade-level, and leave feeling equipped, inspired, and connected to support learning in the indoor and outdoor classroom. While participants are invited to join our morning session to further explore ideas and opportunities for collaboration, this session may be attended as a standalone.**E519S5L39** **SLPs: Idea Share and Collaboration Space****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** TBA**Audience:** K-3, 4-7**Session Description:** Join other SLPs for an afternoon of sharing! Please bring at least one idea to share from your current practice. Come prepared with printouts/physical resources if you feel it would be useful to your colleagues. This is intended to be an open conversation space and opportunity for same-subject colleagues to discuss, share and collaborate.**E519S5L38** **Teacher Librarians: Idea Share and Collaboration Space****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** TBA**Audience:** K-3, 4-7, 8-12**Session Description:** Join other Teacher Librarians for an afternoon of sharing! Please bring at least one idea to share from your current practice. Come prepared with printouts/physical resources if you feel it would be useful to your colleagues. This is intended to be an open conversation space and opportunity for same-subject colleagues to discuss, share and collaborate.

E519S5L25○ **Teaching Nutrition Education & Food Literacy for Grade 4 and Beyond****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Erica Cahill**Audience:** 4-7, 8-12

Session Description: Learn practical tools and strategies to teach effective nutrition education and food literacy in the classroom and how to deliver age-appropriate nutrition education, fostering critical thinking about food and healthy eating in older students. Emphasizing the Passport to Healthy Living and BC at the Table programs and their philosophy and integration into the classroom. Explore free, ready-to-use lesson plans and experiential activities, all aligned with Canada's Food Guide and the BC Curriculum. Developed by registered dietitians, these resources will help you to seamlessly incorporate nutrition education and food literacy into their classrooms.

E519S5L10○ **The Beauty of Coping****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Sheldon Franken**Audience:** General

Session Description: This workshop equips educators with practical tools and strategies for supporting student and teacher well-being using the Dialectical Behavior Therapy (DBT) ACCEPTS Model. Designed for teachers and school staff, this session will delve into the ACCEPTS Model—a set of six coping skills (Activities, Contributing, Comparisons, Emotions, Pushing Away, Thoughts, and Sensations)—and explore how these skills can be integrated into social-emotional learning (SEL) frameworks to enhance emotional regulation and resilience in the classroom.

E519S5L4○ **The Truth About Supporting ADHD Students and Why Outdated Methods Aren't Working****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Aly Pain**Audience:** 8-12

Session Description: ADHD is not an inability to pay attention and sit still, and that if the student would only try harder, do the work, and focus like they do on video game. ADHD students can lose confidence in their own abilities, triggering a lifetime of underachievement and struggle. There is no one-size-fits-all solution and supporting ADHD students starts with understanding how each ADHD brain processes information and helping them tap into their strengths. Parenting coach and teen advocate, Aly Pain will talk about how understanding her own brain helped her reach her potential.

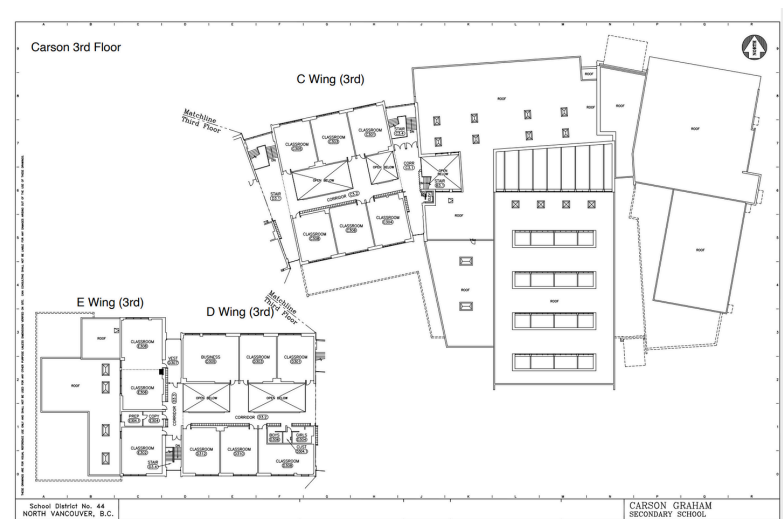
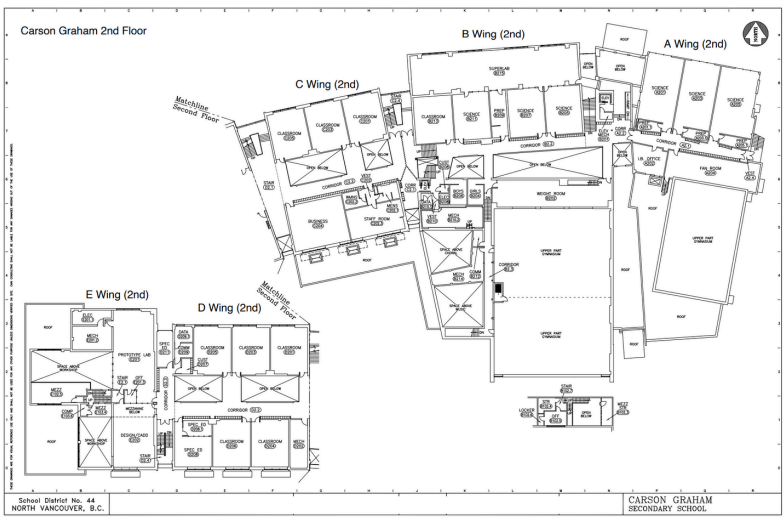
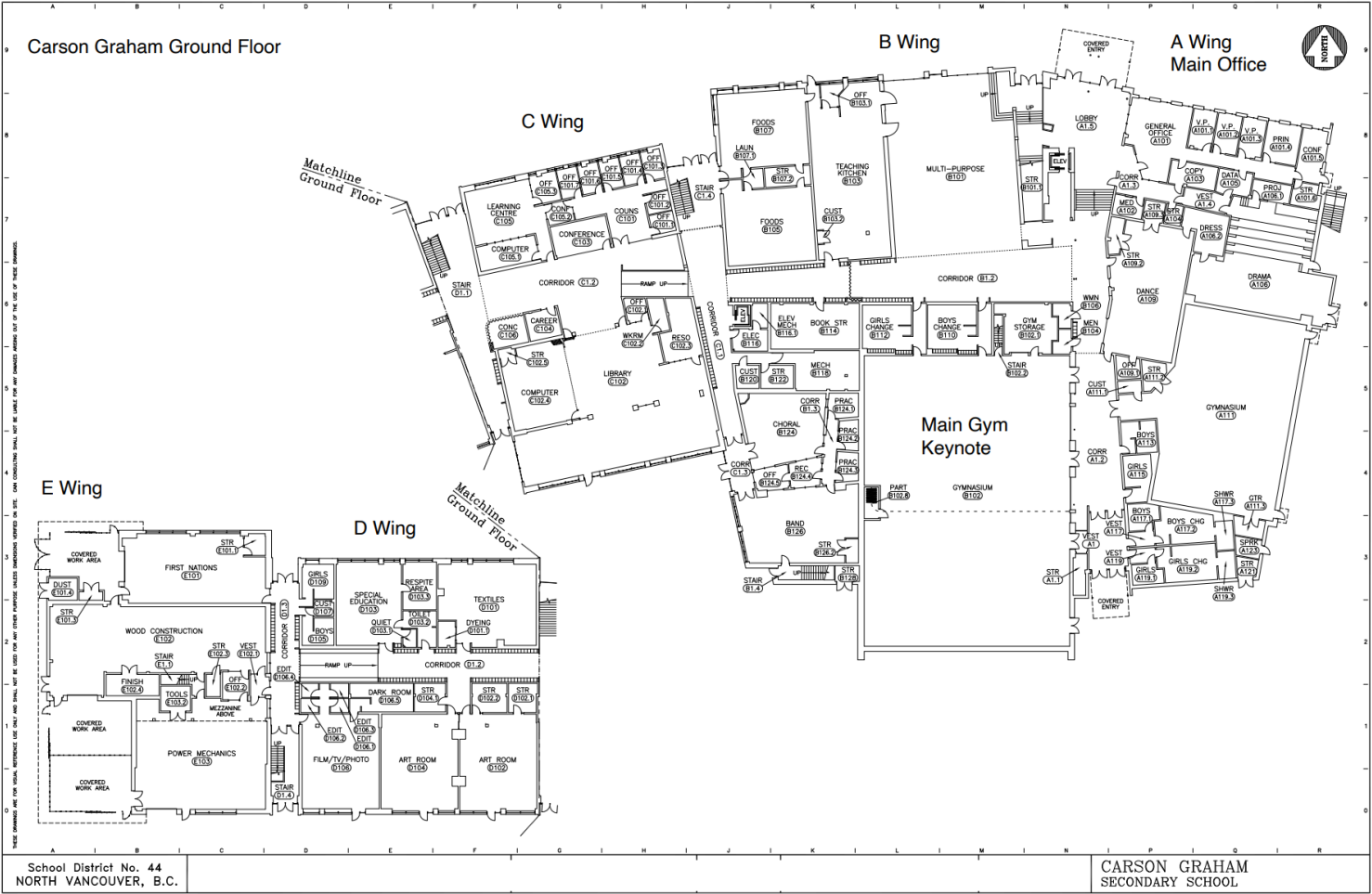
E519S5L22○ **Understanding Your Pension and Benefits in Retirement****Time:** 1:00 PM - 2:30 PM (Carson Graham Secondary School)**Primary Presenter:** Linda E Watson**Audience:** General

Session Description: Intended for Teachers' Pension Plan members who are within 10 years of their anticipated retirement. The BC Retired Teachers Association workshop will cover your retirement income sources from the Teachers' Pension Plan, CPP, and OAS. Pension options will be explained (joint life, single life, guarantee periods). There will be an overview of group health benefit and insurance choices, and the costs of coverage for extended health, dental, and travel insurance. Government health benefits will be reviewed (Medicare and Pharmacare). Online resources for retirement planning will be provided. Follow-up email for questions after the workshop: workshop@bcrtca.ca.

E519S5L21○ **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: Zentangle is a method of drawing that follows eight basic steps. It uses structured patterns (tangles) to create beautiful images. Zentangle art is non-representational. By using the method of Zentangle, you will discover new skills and abilities, awaken your imagination, access a state of relaxed focus, and enjoy a sense of calm and gratitude. This workshop is for anyone who has not taken a Zentangle 101: The Basics workshop before.





o o o

A note of thanks

We would like acknowledge this opportunity to gather, learn, and grow on the traditional unceded territories of the Coast Salish People, including the Skwxwú7mesh (Squamish), sə́lílwətaʔt (Tsleil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations..

The conference would not have been possible had it not been for the tireless efforts of our volunteers including our 2025 Pro-D Conference Committee, the NVTA Executive and many other volunteers. Our sincere thanks go to -

Mary Aiello
Jennifer Aragon
David Barnum
Karen Birchenall
Milan Boljuncic
Karen Brun
Angelee Bulsara - Pro-D Chairperson
Tammy Daley
Alysia Francis
Owen Howell
Cheryl Kuban
Jennifer Kwong-Emery
Daylen Luchsinger
Wendy Matsubuchi
Carly Roy
Rob Walker
Chris Zytaruk

Thank you to the school district for the use of Carson Graham Secondary School; Keynote speaker, Jesse Wente, for today's presentation; Lisz Keallen for ASL interpreting services; the workshop presenters; Massy Books; Pacific Coast Catering; our many students volunteers, room hosts, and the amazing NVTA office staff.

