

CREATING **SUCCESS** FOR ALL LEARNERS



WOLF CREEK Public Schools SUPPORT STAFF CONFERENCE

February 20-21, 2014

Lacombe, AB

www.wolfcreek.ab.ca/ssc2014

WELCOME!

We are pleased to welcome you to the 16th annual Wolf Creek Public Schools Support Staff Conference. The conference consists of over 40 sessions and two dynamic keynote speakers, all brought together to help you discover innovative and powerful ways to learn both professional and personally. Our committee has worked hard to ensure this conference is first class in terms of program, comfort, amenities, and learning experiences. We sincerely hope you enjoy the conference!

CONFERENCE ORGANIZING COMMITTEE

Donna Benson, Educational Assistant, Wolf Creek Public Schools

Diane Foster, Librarian, École Secondaire Lacombe Composite High

Siobhan Irwin, Educational Assistant, École Secondaire Lacombe Composite High

Merle Otto-Steinbergen, Educational Assistant, École Secondaire Lacombe Composite High

Barb Pears, District Behavior Consultant, Wolf Creek Public Schools

Gerry Varty, Assistant Superintendent, Wolf Creek Public Schools



REGISTRATION

Registrations Dates:

January 20 – February 9, 2014:

Wolf Creek Public Schools employees only

January 27 – February 9, 2014:

All Non-Wolf Creek Public Schools employees

Registration Steps:

1. Review the sessions listed in this booklet.
2. Select the sessions you wish to attend.
3. Proceed to the online registration. In order to streamline our processes, registration will be accepted online only at:

www.wolfcreek.ab.ca/login.php

PAYMENT INSTRUCTIONS

Wolf Creek Public Schools Employees:

Full Conference (2 days) = \$150.00

Half Conference (1 day) = \$100.00

Through the online registration process you will need to provide the account number of your school's professional development fund. Your registration fee will be debited from this account. Cheques will NOT be accepted. Should your school not be covering your registration fee, please still provide the account number as per above and then reimburse your school.

Non-Wolf Creek Public Schools Employees:

Full Conference (2 days) = \$175.00

Half Conference (1 day) = \$125.00

Please do not send payment at this time. Once registration closes, we will invoice your school division for the total number of attendees. Your division will then make the necessary arrangements with each school and/or employee.

****Prices include lunches, snacks, and give-aways!***

Thank you in advance for your assistance with our payment procedures. These procedures have been established to reduce administrative time and costs.

QUESTIONS

Please contact:

Gerry Varty
Assistant Superintendent
Learning Support & System Improvement
Wolf Creek Public Schools

Ponoka Direct: 403-783-3473
gvarty@wolfcreek.ab.ca

Thursday & Friday			
Two Day Sessions			
1	St. John Standard First Aid with Level C CPR and AED	Thursday & Friday	8:30 AM - 4:30 PM
2	Non-Violent Crisis Intervention	Thursday & Friday	Thurs 10:45 AM - 4:00 PM Fri 9:00 AM - 12:15 PM
Thursday, February 20			
Keynote: 9:15 AM - 10:30 AM			
3	Failure Is Not an Option	Thursday	9:15 AM - 10:30 AM
Thursday: 10:45 AM – 4:00 PM			
4	Introductory American Sign Language - Level 1	Thursday	10:45 AM - 4:00 PM
5	Non-Violent Crisis Intervention for Bus Drivers and Bus Aides	Thursday	10:45 AM - 4:00 PM
Thursday: 10:45 AM – 12:15 PM			
6	Attract Your Ideal Weight	Thursday	10:45 AM - 12:15 PM
7	Getting to Know Your Benefits	Thursday	10:45 AM - 12:15 PM
8	How to Win the Money Game	Thursday	10:45 AM - 12:15 PM
9	L4U Library Software	Thursday	10:45 AM - 12:15 PM
10	Read and Write Gold Version 11 and Google Extension	Thursday	10:45 AM - 12:15 PM
11	School Resource Officers - What is Our Role and How Can We Help You?	Thursday	10:45 AM - 12:15 PM
12	Wahkotowin In Classroom Practice: Benefits of First Nations' Cultures for Student Success	Thursday	10:45 AM - 12:15 PM
Thursday: 1:15 PM – 4:00 PM			
13	Setting Effective Goals and Achieving Them	Thursday	1:15 PM - 4:00 PM
14	Local Authorities Pension Plan (LAPP) Information Session	Thursday	1:15 PM - 4:00 PM
Thursday: 1:15 PM – 2:30 PM			
15	Assistive Technology Tips and Tricks	Thursday	1:15 PM- 2:30 PM
16	Anxiety and Multi Element Interventions	Thursday	1:15 PM - 2:30 PM
17	EA for the 21st Century – The Shifting Roles of Educational Assistants	Thursday	1:15 PM - 2:30 PM
18	Exercising Your Brain	Thursday	1:15 PM - 2:30 PM
19	Relaxation and Stress Relief with Yoga and Stretching	Thursday	1:15 PM- 2:30 PM
20	Speech-Language Therapy: Teaching Following Directions	Thursday	1:15 PM- 2:30 PM
21	Staying Safe Online: Protecting Your Privacy, Identity, and More	Thursday	1:15 PM- 2:30 PM
Thursday: 2:45 PM – 4:00 PM			
22	Beat Stress: De-stress at Work and After Work	Thursday	2:45 PM - 4:00 PM
23	Executive Functioning – How to Help Students Do What You Know They Can Do	Thursday	2:45 PM - 4:00 PM
24	Imagine Learning English - At School, At Home and on the iPad	Thursday	2:45 PM - 4:00 PM
25	Speech-Language Therapy: Articulation and Modeling	Thursday	2:45 PM - 4:00 PM
26	Staying Safe Online: Protecting Your Privacy, Identity, and More	Thursday	2:45 PM - 4:00 PM
27	The Community Drum Circle – A Tool for Unity	Thursday	2:45 PM - 4:00 PM
28	The Crisis Cycle and Interventions	Thursday	2:45 PM - 4:00 PM

Friday, February 21			
9:00 AM – 12:15 PM			
29	Crucial Accountability Training Overview: Learn How to Never Walk Away from a Tough Conversation	Friday	9:00 AM - 12:15 PM
30	Introductory American Sign Language - Level 2	Friday	9:00 AM - 12:15 PM
9:00 AM – 10:30 AM			
31	Children and Depression	Friday	9:00 AM - 10:30 AM
32	Dealing with Difficult People	Friday	9:00 AM - 10:30 AM
33	Healthy Living	Friday	9:00 AM - 10:30 AM
34	How to Optimize Your Willpower, Actually REACH Your Goals and Boost Your Metabolism...FOR LIFE!!	Friday	9:00 AM - 10:30 AM
35	Sensory Information and The Zones of Regulation	Friday	9:00 AM - 10:30 AM
36	Strategies for Helping English Language Learners	Friday	9:00 AM - 10:30 AM
37	Stress Management	Friday	9:00 AM - 10:30 AM
38	Writing for the World of Work	Friday	9:00 AM - 10:30 AM
10:45 AM – 12:15 PM			
39	Change Management	Friday	10:45 AM - 12:15 PM
40	FIX Your Muscles, Optimize your Training, Learn Incredible Ground Breaking Techniques to Get Leaner and Healthier and Train Harder!	Friday	10:45 AM - 12:15 PM
41	Healthy Living	Friday	10:45 AM - 12:15 PM
42	Introduction to Self-Harm	Friday	10:45 AM - 12:15 PM
43	Speech and iPads Working Together	Friday	10:45 AM - 12:15 PM
44	Use of Yoga, Relaxation and Breathing in the Classroom for Anxiety and Focusing Attention	Friday	10:45 AM - 12:15 PM
45	What Makes an Excellent Learning Environment (ELE)? And Where the Heck Do I Fit In?	Friday	10:45 AM - 12:15 PM
46	Working with the Public	Friday	10:45 AM - 12:15 PM
Keynote: 1:15 PM - 2:30 PM			
47	Making a Difference: Being a Positive Contributor in Your Workplace	Friday	1:15 PM - 2:30 PM

FULL CONFERENCE SESSIONS (Two Full Days)

Thursday & Friday
February 20 & 21
8:30 AM - 4:30 PM Both Days

**This session is two full days. It starts at 8:30 AM and ends at 4:30 PM each day. Those who register in this session will not be able to attend any other conference sessions, including the keynote presentations.*

1. St. John Standard First Aid with Level C CPR and AED

Shawn Halbert, Instructor, St. John Ambulance

This two-day course covers all of the skills in Emergency First Aid plus first aid for other injuries and illnesses including bone and joint injuries, chest injuries, heat and cold emergencies and child and infant resuscitation. This course includes Level C CPR training and certification (adult, child, infant, and two-rescuer resuscitation) and AED training and certification.

Thursday & Friday
February 20 & 21
Thursday: 10:45 AM - 4:00 PM
Friday: 9:00 AM - 12:15 PM

**This session is designed so that participants are still able to attend the opening and closing keynote presentations.*

2. Non-Violent Crisis Intervention

Barb Pears, District Behavior Consultant, Wolf Creek Public Schools
Maureen Montegary, Principal, Centennial Centre Patients' School, Wolf Creek Public Schools

This training session will be the first step on a meaningful journey toward a safer, more supportive work environment. The philosophy of the program is to provide the best care, welfare, safety and security for the individuals in your charge, even in violent moments. The program has been designed to provide the same care, welfare, safety and security for you as you learn the techniques and skills taught during this training. The principles and techniques taught in the Nonviolent Crisis Intervention program have proven effective in resolving potentially violent situations. By participating in this program, you will gain the confidence necessary to handle crisis situation with minimal anxiety and maximum security. The training will help you intervene more safely when behavior becomes dangerous. And most importantly, it won't damage the professional bond you've worked so hard to establish with individuals in your care.

OPENING KEYNOTE

THURSDAY, FEBRUARY 20
9:00 AM – 10:30 AM



Viviane Forest

Failure Is Not an Option

Join Viviane Forest to explore her journey to greatness. Many of us will never visit an Olympic podium, yet Viviane has conquered the podium seven times. You can conquer your own podium too!

Although Viviane was born visually impaired with less than 5% of her vision, her story shares many moments of defeat and a lifetime of triumph. Diagnosed with Albinism, RP, and a learning disability, Viviane will joke with you how she, “hit the jackpot!” Share in the journey of one who truly overcomes all odds. Her self-awareness, dogged determination, and ability to charm with her humor win her audiences over every time. Viviane delivers a sincere portrayal of everyone’s true human potential. Through Viviane’s story feel inspired to fulfill your own dreams and believe in yourself no matter what.

Viviane’s keynote address, Failure is Not an Option will leave a positive impact on your audience. Every audience member will take home a message of personal growth and the dream to aspire to excellence. She will motivate each audience member to set personal and professional goals.

Viviane will truly touch participants with a message of building a team through communication, active listening and trust. Her message is universal; it applies to everyone regardless of past failures, shortcomings and current ability levels.

More About Viviane Forest

Viviane Forest is a Triple Gold Medal Paralympian of 2000, 2004 and 2010. Viviane is one of Canada’s most decorated Paralympic athletes. After a nine year career as a member of the national Goalball team, she now competes for Canada in Para-Alpine skiing. She has seven Paralympic medals from three different Paralympic Games.

Viviane was born in Montréal, Quebec but now calls Edmonton, Alberta home. She has been in competitive sports since the age of four. Viviane played hockey and ringette, participated in karate, judo, track and field, cycling and provincial level swimming. The one thing that differentiates Viviane from other athletes is that she has only 4% of normal vision. Yet she excels at the highest possible levels.

Viviane races down the ski slopes, with her guide, at speeds over 100 km/hr. They use a two-way radio system, trust and confidence to prevail on the slopes of the world.

At the Vancouver 2010 Paralympic Winter Games, Viviane won medals in all five alpine race disciplines: a Gold in the prestigious Downhill, three Silvers in Super-G, Slalom and Super Combined and a Bronze in Giant Slalom. With two Paralympic gold medals won in Goalball at the Sydney 2000 and the Athens 2004 Paralympic Summer Games, Viviane has become one of a few female high performance athletes in the world to win gold medals in both summer and winter Paralympic or Olympic Games.

Recently Viviane was recognized nationally for her sport accomplishments:

- Canadian Paralympic Committee inaugural Debut Award, and
- Alpine Canada TELUS Award of Excellence Breakthrough Athlete of the Year.

In addition to her sport accomplishments, Viviane is recognized by the community as a leader and role model. She is the recipient of the Edmonton's Salute to Excellence (October 2010), and The Global Woman of Vision (May 2010).

Viviane's story is stunning and captivating. Her recent five medal podium finish at the Vancouver 2010 Paralympic Games had her collecting over 25% of Canada's medals while injured. Her tenacious determination and commitment to her dreams create a humorous and intense story, sure to inspire.

http://www.speakersalberta.com/_Forest.html

THURSDAY, FEBRUARY 21

Thursday, February 20
10:45 AM - 4:00 PM

4. Introductory American Sign Language - Level 1

Shauna Durston, American Sign Language Instructor

This session will enable you to express a basic vocabulary in American Sign Language through body movement, facial expressions, fingerspelling, numbers and basic signs. You will experience a practical approach to learning in this course which is taught exclusively without a voice. You need only bring yourself and your enthusiasm. Be prepared for a fun and interactive learning experience. You will receive course handouts. This session is good for anyone who has no knowledge or zero sign language.

Thursday, February 20
10:45 AM - 4:00 PM

5. Non-Violent Crisis Intervention for Bus Drivers and Bus Aides

Barb Pears, District Behavior Consultant, Wolf Creek Public Schools

This one-day session will help bus drivers/aides gain the skills and confidence necessary to recognize the warning signs of potentially dangerous behavior, cope with fear and anxiety, and use verbal and nonverbal techniques to prevent and de-escalate acting-out behavior on the school bus.

Thursday, February 20
10:45 AM - 12:15 PM

6. Attract Your Ideal Weight

Zaheen Nanji, Professional Speaker, Author, Shanti Wellness Centre Inc.

Most of us have a desire to be healthier or thin or to be at an ideal weight, yet we tend to do the very things that make us gain weight which leads to health complications. Zaheen leads audience members through the mental programs we carry with regard to our weight and how to change them.

As a behavioural weight loss expert, Zaheen has helped people to lose and maintain weight and create healthy lifestyles.

Participants will discover:

- How motivation is keeping them from achieving their weight goal
 - How to start changing their relationship with food
 - How to end their inner battle with their weight and eating habits
 - Why emotional eating has an underlying positive intention
-

Thursday, February 20
10:45 AM - 12:15 PM

7. Getting to Know Your Benefits

Elaine Shannon, Manager & School Jurisdiction Services, Alberta School Employee Benefit Plan

Many school staff have only a basic understanding of the many benefits provided to them through the Alberta School Employee Benefit Plan (ASEBP). Come learn more about how to make your benefit plan work for you.

This session will provide attendees a chance to learn more about their Health and Dental benefits, their life insurance and disability plans as well as the enigmatic Health Spending Account.

Find out:

- What coverage do I have when I go on vacation?
- What happens to my benefits when I take a leave of absence?
- Can I continue my coverage when I retire?
- Why do I pay out of pocket sometimes at the dentist?
- And more!

Get your questions answered by an ASEBP employee.

Thursday, February 20
10:45 AM - 12:15 PM

8. How to Win the Money Game

Richard Hammond, World Financial Group Securities Inc.

This presentation will include various strategies on getting more value for your money. Topics that we will focus on will be understanding how the financial industry works, the Rule of 72, lowering taxes, lowering monthly costs, lowering interest payments, de-stressing your financial life, paying yourself first, the effect of inflation on your buying power, in addition to others.

Thursday, February 20
10:45 AM - 12:15 PM

9. L4U™ Library Software

Bonita Nielson, Librarian, Terrace Ridge School, Wolf Creek Public Schools

L4U™ Library Software develops, publishes, and markets the award winning L4U™ integrated Library management software. L4U has been serving K-12 schools, public Libraries, special Libraries, academic Libraries and media/resource centers for 25 years. L4U is installed in over 2,700 Libraries in North America and internationally in China, Japan, Africa and Europe.

L4U's mission is to provide superior library management software that is easy to use, innovative, and responsive to our customers' needs. L4U Enterprise™, for centralized districts, does exactly that with its web based iPAC™ and engaging discovery interfaces for Patrons of all ages. L4U is friendly and intuitive for your Patrons, powerful and easy to use for the Librarians, and reliable and secure for your IT department. L4U is Library Management Made Easy!

Thursday, February 20
10:45 AM - 12:15 PM

10. Read and Write Gold Version 11 and Google Extension

Jay Cottell, Coordinator of Assistive Technology and Early Learning, Wolf Creek Public Schools

Join in with Jay as we explore the many functions of Read and Write Gold (RWG). Check out the new version, some cool additions and the instant accessibility of the new Google extension. RWG is a software solution for struggling readers and writers, students with learning disabilities and English Language Learners to help access support tools at school and at home.

Thursday, February 20
10:45 AM - 12:15 PM

11. School Resource Officers – What is Our Role and How Can We Help You?

Constable Glen Ford, Lacombe Police Service, Royal Canadian Mounted Police, School Resource Officer, Wolf Creek Public Schools

Constable Ryan Koehli, Royal Canadian Mounted Police, School Resource Officer, Wolf Creek Public Schools

Constable Leanne Zielke, Lacombe Police Service, Royal Canadian Mounted Police, School Resource Officer, Wolf Creek Public Schools

This is an overview of what the role of the School Resource Officer is and information on some of the things we do at the school. We each have different policing experience which we bring to the schools we serve. We would also like to make this session an opportunity for attendees to let us know how we might be of assistance to them in the school.

Thursday, February 20
10:45 AM - 12:15 PM

12. Wahkotowin in Classroom Practice: Benefits of First Nations' Cultures for Student Success

Christa Henderson, Maskwacis Wahkotowin Teacher, Wetaskiwin Regional Public Schools
Donna Twins-Hardy, Teacher, Louis Bull Education

We work in Maskwacis of the Treaty Six Territory of the Plains Cree People. Rich Indigenous traditions and core values have not been erased by Colonialization, Treaties, the Indian Act or Residential Schools. Come explore the role First Nations' cultures and identities play in opening up opportunities and building resilience for all of our students. Key understandings of Wahkotowin (kinship) will be discussed as a strategy for building educational success.

Thursday, February 20
1:15 pm - 4:00 pm

13. Setting Effective Goals and Achieving Them

Zaheen Nanji, Professional Speaker, Author, Shanti Wellness Centre Inc.

Have you ever stopped to think about your goals and how your behaviours support your goals? If you are like most people, you are able to easily come up with goals for any activity you are good at. Also if you are like most people, you have a harder time articulating your goals for the activity you are NOT good at. Why is that? It is because you are not clear about those goals!

In this workshop, you will be able to:

- Streamline decision making and get more done
- Consciously and subconsciously act in ways that will get you closer to your goal
- Gain confidence and a clear purpose
- Bring focus and become efficient

After this workshop, you will be able to put into action what you learned when you are:

- Learning a new skill
- Starting a new project
- Entering into a relationship
- Making an important purchase
- Making important life decisions

Thursday, February 20
1:15 pm - 4:00 pm

14. Local Authorities Pension Plan (LAPP) Information Session

Donna Kowalchuk, Member Services Centre, LAPP

Session Description:

This group information session will provide members with general information about their pension plan. Topics include Contribution Rates, Pension Calculation, Retirement Options, Termination Options and Purchasing Optional Service.

Prior to attending the session, please register and log in to the online pension calculator, [mypensionplan](http://mypensionplan.lapp.ca) at www.lapp.ca. Be sure to produce and bring to the session one pension estimate with a relevant retirement date (this will allow you to have your personal data with you when the different retirement options are explained). If you require assistance with the online registration, please call the LAPP Member Services Center at 1-877-649-5277.

Thursday, February 20
1:15 PM- 2:30 PM

15. Assistive Technology Tips and Tricks

Jay Cottell, Coordinator of Assistive Technology and Early Learning, Wolf Creek Public Schools

Come and learn about various tools and strategies that you and the students you work with can use to find greater success in their day to day learning. Jay will discuss tools on desktop computers, iPads, Chromebooks and some not so techy stuff as well. A great starter session to just build awareness around some of the great applications available for all to use.

Thursday, February 20
1:15 PM - 2:30 PM

16. Anxiety and Multi Element Interventions

Aaron Block, District Psychologist, Wolf Creek Public Schools

Behavioral escalations are often predictable. Can you predict your student's outbursts? You will learn how to limit the occurrence and severity of outbursts in your classroom.

Thursday, February 20

1:15 PM - 2:30 PM

17. EA for the 21st Century – The Shifting Roles of Educational Assistants

Janice Swanson, Director of Early Learning (Gr. K-6), Wolf Creek Public Schools
Lana Nogue, Director of Middle Years and High School (Gr. 7-12), Wolf Creek Public Schools

This session will focus on roles and responsibilities of the Educational Assistant from within the framework of the Response to Intervention model and through the inclusion lens.

Thursday, February 20
1:15 PM- 2:30 PM

18. Exercising Your Brain

Sheila Swier, Teacher, Centennial Centre Patients' School, Wolf Creek Public Schools

This presentation was originally created as a part of the Educational Series being offered to people affected by stroke. One of the main goals of the presentation was to assist these folks in transitioning from their rehabilitation at the Centennial Centre to their new life outside the Centre's doors. But the reality is, people just like you and I can benefit from exercising our brains and shouldn't wait until a major, serious medical issue presents itself. This presentation outlines activities to engage in for those of us who may be growing older in years, encouraging us to challenge our minds in order to prevent cognitive decline.

Thursday, February 20
1:15 PM- 2:30 PM

19. Relaxation and Stress Relief with Yoga and Stretching

Dani Ducrosse, Fitness Instructor

This session will provide participants the opportunity to try using basic yoga poses and breathing combined with other forms of stretching and moving to help relieve tension, stress and/or stiffness.

Thursday, February 20
1:15 PM- 2:30 PM

20. Speech-Language Therapy: Teaching Following Directions

Erin Whiteside, Speech-Language Pathologist, Alberta Health Services

It is estimated that between three and five percent of children have difficulty understanding language. Even more have difficulty following the verbal and written directions that are presented in the classroom. This session will review some red flags for this difficulty and will provide practical suggestions for how to enhance the ability to follow directions in the classroom using books, school materials, games, and everyday routines.

Thursday, February 20
1:15 PM- 2:30 PM

21. Staying Safe Online: Protecting Your Privacy, Identity, and More

Jean Oram, Writer and Blogger

This session is full of tips to help you stay safe online. Did you know your camera phone may be releasing information about you to the online world? Do you friend, follow, or interact with students or other professionals online? Do you ever wonder about online etiquette? This session will help provide tips on how to stay professional when working online as well as how to keep your identity safe. It will also provide tips on how to straddle your private and public life identifies, as well as help you keep your kids and students safe while interacting online.

This session is offered twice. Please do not register for both sessions as the same material will be presented.

Thursday, February 20
2:45 PM - 4:00 PM

22. Beat Stress: De-stress at Work and After Work

Dani Ducrosse, Fitness Instructor

This session will provide participants the opportunity to try a variety of exercise and movement forms that will help to beat stress in various locations and space restrictions. The focus will be exercise that feels good during and after. This fun and invigorating session will involve trying new things, laughing and sweating (just a little!) Participants will need to wear clothes they can move comfortably in, no rings, and a yoga mat or towel.

Thursday, February 20

2:45 PM - 4:00 PM

23. Executive Functioning – How to Help Students Do What You Know They Can Do

Joanna Johns, Student Services Intern, Wolf Creek Public Schools

Executive functioning refers how you do what you decide to do. It includes the ability to manage time and attention, to be a flexible thinker, to plan and organize, to remember details, to resist impulses and other skills students need to have in order to be a successful student. Learn what Executive Functioning is, why many students have difficulties with it, and easy ways to both accommodate and intervene to support all students in your classroom. Focus will be on students in middle school and high school (the age where we tend to expect students to have these skills already).

Focus: Divisions 2-4

Thursday, February 20

2:45 PM - 4:00 PM

24. Imagine Learning English - At School, At Home and on the iPad

Jay Cottell, Coordinator of Assistive Technology and Early Learning, Wolf Creek Public Schools

Imagine Learning is an innovative language and literacy software program that guarantees real results by focusing on phonological awareness, fluency, vocabulary and comprehension. We will look at program features including student activities, reports, and resources guides. This is a brief program overview so you can have an understanding of how the program works, what the students' experience is, and how you can utilize the program features for student success.

Thursday, February 20

2:45 PM - 4:00 PM

25. Speech-Language Therapy: Articulation and Modeling

Helen Smith, Registered Speech-Language Pathologist, Alberta Health Services

Join Helen Smith as she shares her expertise as a registered speech-language pathologist. In this session, Helen will focus on “articulation” – how to help children pronounce sounds correctly. She will discuss opportunities for modeling correct pronunciation that might occur throughout the day, and how to model various sounds.

This is a beginner session and is designed for anyone who has not had training as speech assistants and/or worked as a speech assistant.

Thursday, February 20
2:45 PM - 4:00 PM

26. Staying Safe Online: Protecting Your Privacy, Identity, and More

Jean Oram, Writer and Blogger

This session is full of tips to help you stay safe online. Did you know your camera phone may be releasing information about you to the online world? Do you friend, follow, or interact with students or other professionals online? Do you ever wonder about online etiquette? This session will help provide tips on how to stay professional when working online as well as how to keep your identity safe. It will also provide tips on how to straddle your private and public life identifies, as well as help you keep your kids and students safe while interacting online.

This session is offered twice. Please do not register for both sessions as the same material will be presented.

Thursday, February 20
2:45 PM - 4:00 PM

27. The Community Drum Circle – A Tool for Unity

Jeannette Hippe, Educational Assistant, Wolf Creek Academy, Wolf Creek Public Schools

The Community Drum Circle is the use of a rhythm-based event as a tool for unity. It is NOT a drum class. It's NOT using culturally-specific rhythms. A community drum circle is a fun, interactive event, where people empower each other in the act of celebrating community and life through rhythm and music. A community drum circle is created, "in the moment" by all the people who participate. People of all levels of musical expertise come together and share their rhythmical spirit with whatever drums and percussion they bring to the event. You don't have to be a drummer to participate. Everyone has something to offer the circle, and any one is welcome. While participating in drumming you may experience an increased awareness of rhythm and vibration, feelings of trust and respect amongst other participants and most importantly an awesome stress release.

Thursday, February 20
2:45 PM - 4:00 PM

28. The Crisis Cycle and Interventions

Aaron Block, District Psychologist, Wolf Creek Public Schools

Anxiety can be debilitating and often manifests as physical aggression and when it doesn't self-harm may result. What can you do about this common phenomenon? Several approaches will be discussed from a biological, physical, and psychological viewpoint.

FRIDAY, FEBRUARY 21

Friday, February 21
9:00 AM - 12:15 PM

29. Crucial Accountability Training Overview: Learn How to Never Walk Away from a Tough Conversation

Jayson Lovell Assistant Superintendent, Wolf Creek Public Schools
Sonja Dykslag, Principal, École Lacombe Upper Elementary School, Wolf Creek Public Schools

This session is an introductory overview of the Crucial Accountability program, a two-day course that teaches a step-by-step process for enhancing accountability and improving performance by learning how to talk about violated expectations.

This session is designed to provide a concise overview of the Crucial Accountability program so participants can determine their level of interest in taking the full two-day course which will be offered to Wolf Creek Public Schools staff in 2014. Video clips and role playing will be used to demonstrate this powerful model of holding others accountable for broken commitments.

Friday, February 21
9:00 AM - 12:15 PM

30. Introductory American Sign Language - Level 2

Shauna Durston, American Sign Language Instructor

This session is for anyone who has basic sign language skills, able to fingerspelling, numbers, and vocabulary. If you want to learn how to sign such things as people, family, time, days, weather, feelings, sports, locations, directions and school subjects. This session is for you.

Friday, February 21
9:00 AM - 10:30 AM

31. Children and Depression

Mary Dawn Eggleton, Youth Education Coordinator, Suicide Information & Education Services

3.2 million Canadian children are at risk for developing depression but only 1 in 5 ever receive professional help. As these children & their families navigate the education system it is essential that their struggles are recognized & they are assisted with their growth. This session will discuss the facts & myths of depression, causes, signs and why it is important that they receive specific interventions. Participants will be provided with strategies that they can utilize within their own school environments.

Friday, February 21
9:00 AM - 10:30 AM

32. Dealing with Difficult People

Leigh Robinson, Speaker, Trainer, Consultant, The Robcan Group

“You wouldn’t believe what she said...
“I can’t believe the way some people behave...
“You should have heard him after that...
“I’ve never experienced anything like it...
“It wouldn’t have mattered what we did, we couldn’t have pleased her...”

Why are some people so difficult? Why do we end up making statements like these about our day-to-day dealings with people? Are we ever difficult ourselves?

Take a practical look at improving your skills and your attitude with difficult people. Enhance your ability to deal with difficult people with techniques such as: fogging, tentative agreements, giving space, buying time, pertinent, positive questioning, empathy, moving ahead, ending stalemates and turning the cards in your favor. Discover the power of action vs. reaction, workable compromise, balancing control, key word emphasis and trigger word power.

Friday, February 21
9:00 AM - 10:30 AM

33. Healthy Living

Megan Hunter, Health Advisor, Health & Disability Management Services, Alberta School Employee Benefit Plan

Take charge of your health by learning what’s going on in the ever-evolving world of health. Join ASEBP’s Health Advisors in an interactive and dynamic presentation focusing on the areas of nutrition, physical activity and mental health. Sessions include ideas and strategies from each of these focus areas to supercharge a healthy lifestyle, as well as the opportunity for a Q&A with your health professional presenters.

This session is offered twice. Please do not register for both sessions as the same material will be presented.

Friday, February 21
9:00 AM - 10:30 AM

34. How to Optimize Your Willpower, Actually REACH Your Goals and Boost Your Metabolism...FOR LIFE!!

Denise Beatty, Owner, The Fitness Fix, Exercise Physiologist

In this 90 minute session you will gain an understanding of what willpower really is, how it is depleted, preserved, strengthened, trained, and more! Learn how willpower can make or break your goals and take home easy techniques that can make profound positive, energy-gaining changes in everything you do! This session also identifies the 10 most effective metabolism boosting and weight loss techniques that are easier to incorporate than you can imagine, including information on inflammation and preventing cravings! Handouts include the complete seminar notes, recipes, tips, and a 10 month step by step sample outline that can be used every year that can keep you on track!

Friday, February 21
9:00 AM - 10:30 AM

35. Sensory Information and The Zones of Regulation

Kari Lotzien, Occupational Therapist, To the Stars Occupational Therapy and Alternative Healing

This session will introduce participants to an awesome curriculum, The Zones of Regulation (by Leah Kuypers). This curriculum can be used to teach students about emotional regulation and teaches them specific strategies to help wake up their bodies and minds or to reduce stress or frustration levels. We will also discuss sensory supports such as sensory rooms, equipment and techniques.

This session is appropriate for those working with students from pre-kindergarten through to grade 9.

Friday, February 21
9:00 AM - 10:30 AM

36. Strategies for Helping English Language Learners

Kacey Oehlerking, Learning Supports Coordinator, Wolf Creek Public Schools

Support staff often work with English Language Learners (ELLs) in many different capacities. It can be a challenge to know how to help them, as a new language takes time to acquire. This session will focus on practical strategies, across different content areas, to help staff meet the needs of a variety of ELLs.

Friday, February 21
9:00 AM - 10:30 AM

37. Stress Management

Jan Fox, Speaker, Trainer, Consultant, The Robcan Group

Stress – a motivator or a moral breaker? Stress is no longer a novelty or fad item for discussion. Stress is a reality in the workplace in the new world of work and life in general.

Learn more about the 4 “C” formula for stress management:

1. Conflict
2. Change
3. Communication
4. Crisis

Let's take a positive look at stress. Find the balance necessary to work positively in stressful times and situations. Make stress work for you instead of against you. Join Brenda Robinson and discover your optional stress level and find ways to manage the stress in your life!

Friday, February 21
9:00 AM - 10:30 AM

38. Writing for the World of Work

Brenda Robinson, Speaker, Trainer, Consultant, The Robcan Group

The purpose of this workshop is to revisit some basic principles of effective writing and bring some new ideas to be more confident at communicating through writing. Our intent is to help employees at all skill levels be effective at sharing information through clear, concise and appropriate written communication.

Through discussion and practice you will identify a variety of ways to increase your readability as well as a way to make your writing be more effective for you and your audience.

Friday, February 21
10:45 AM - 12:15 PM

39. Change Management

Jan Fox, Speaker, Trainer, Consultant, The Robcan Group

We have entered an era of inverse change – we will never catch up again. How can we learn to enjoy and thrive in this era? Is a change as good as a rest? Is change inevitable? Can we control change in our lives?

Learn to bring joy and laughter to your changing workplace in changing times. Working together positively will facilitate meeting the challenge we all face in today's world.

Join the Robcan Group to listen, laugh and learn and about managing change with humour and a positive attitude!

Friday, February 21
10:45 AM - 12:15 PM

40. FIX Your Muscles, Optimize your Training, Learn Incredible Ground Breaking Techniques to Get Leaner and Healthier and Train Harder!

Denise Beatty, Owner, The Fitness Fix, Exercise Physiologist

What many of us don't realize that most of each day, because of muscular imbalances, we are fighting against our own muscles with every movement, breaking down joints and causing inflammation. In this session you will learn how to find imbalances, correct them and learn how to reset your body with effective, gentle and safe 6 second contractions. These techniques are based on ground breaking research and can help improve performance in any activity or sport, prevent and correct many injuries, and can also lead to incredible improvements in posture, muscle tone, strength, health and reduction of pain! Essential for every person to learn! Sessions includes detailed information package with pictures of exercises. Note: extremely easy to incorporate, even at work, and very high success rate!

Friday, February 21
10:45 AM - 12:15 PM

41. Healthy Living

Megan Hunter, Health Advisor, Health & Disability Management Services, Alberta School Employee Benefit Plan

Take charge of your health by learning what's going on in the ever-evolving world of health. Join ASEBP's Health Advisors in an interactive and dynamic presentation focusing on the areas of nutrition, physical activity and mental health. Sessions include ideas and strategies from each of these focus areas to supercharge a healthy lifestyle, as well as the opportunity for a Q&A with your health professional presenters.

This session is offered twice. Please do not register for both sessions as the same material will be presented.

Friday, February 21
10:45 AM - 12:15 PM

42. Introduction to Self-Harm

Mary Dawn Eggleton, Youth Education Coordinator, Suicide Information & Education Services

Approx. 13% of youth engage in self-harm behaviour & the rates are growing. During this session we will begin a nonjudgemental conversation about self-harm & all aspects concerning self-injurious behaviour. Signs, symptoms, myths and why self-harm occurs will be addressed, along with specific interventions. Participants will take away a better understanding of the underlying issues that a self-harmer struggles with. Participants will also be encouraged to take back new ideas to their students to assist with optimizing positive mental health & coping skills.

Friday, February 21
10:45 AM - 12:15 PM

43. Speech and I pads Working Together

Karen Bryanton, Educational Assistant, Bluffton School, Wolf Creek Public Schools

I have done this job for many years and have a lot of resources and Ipad apps to share. If you are presently doing speech for children at your school I would love to share some of the things I use on a daily basis to make the session for the children so beneficial but so much fun as we are learning while we play.

Friday, February 21
10:45 AM - 12:15 PM

44. Use of Yoga, Relaxation and Breathing in the Classroom for anxiety and Focusing Attention

Kari Lotzien, Occupational Therapist, To the Stars Occupational Therapy and Alternative Healing

This session will be experience based learning. Dress in comfortable clothing that you get relax and stretch in. We will explore the use of relaxation strategies to promote creative thinking for story writing, calming anxiety and to help students focus. We will participate in simple, quick activities that can be implemented right away with students. The greatest thing about yoga postures and breathing strategies is that they don't take any special equipment to implement. We will also demonstrate how easy it is to link this type of motor learning into curriculum objectives.

Friday, February 21
10:45 AM - 12:15 PM

45. What Makes an Excellent Learning Environment (ELE)? And Where the Heck Do I Fit In?

Sean Lougheed, District Transformation Leader, Wolf Creek Public Schools

We have always known that highly engaged and proficient Support Staff are essential parts of our classrooms, helping our teachers to create success for all of our diverse learners. Over the past few years, we in Wolf Creek have worked with an evolving vision of the components of an ELE, and how that growing focus changes teaching and learning. In this session we will look at the “Why”, “What” and “How” support staff can help support the work in creating the best learning environments possible for students.

Friday, February 21
10:45 AM - 12:15 PM

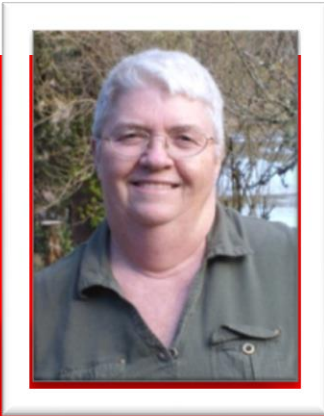
46. Working with the Public

Leigh Robinson, Speaker, Trainer, Consultant, The Robcan Group

Working with the public in today's fast paced, demanding world can be a challenge. It is important for us to learn new strategies and coping techniques to help us deal with our jobs more effectively and efficiently. When we are busy, we must still encourage our public to feel welcome and comfortable. Explore the top ten strategies for getting positive results with public interactions.

CLOSING KEYNOTE

FRIDAY, FEBRUARY 21
1:15 PM – 2:30 PM



Making a Difference: Being a Positive Contributor in Your Workplace

Brenda Robinson
The Robcan Group
www.robcan.ca

What does it take to be a positive contributor in a healthy, productive workplace?

How can you impact the day to day interactions to support an enjoyable, encouraging and enthusiastic environment?

Learn more about the significant little things you do that make a huge difference. Develop some strategies that lead to higher satisfaction with your workplace environment for you and for others.

Focus on verbal and non-verbal communication as well as positive and proactive messaging.

Go ahead – make a difference. Be the change you'd like to see!

More About Brenda Robinson

Brenda Robinson has been fortunate enough to work for over 30 years in the training and development field. She has spoken at conferences, developed and delivered workshops, provided organizational consulting and coached people for success in their roles on teams and in their diverse workplaces.

Brenda's passion is for creating positive, productive learning environments. Her research and development focus is on "people skills". She works tirelessly to build resources to support people to communicate more effectively, work together more productively and get the best results possible for themselves and their organization.

She continues to address new challenges to provide services to assist individuals and teams to effectively manage change, stress, priorities and develop new work habits for a changing work of work. Brenda has a positive approach to everything she does. She believes in balancing who we are and what we do. She puts equal energy into her work and her family. Her grandchildren are her treasures. She and her husband Len have been married for over 40 years. Their 5 children continue to be their focus.

Brenda grew up on a farm close to Minnedosa, Manitoba and values the rural experience. She stays connected to family in Manitoba and now spends time in two settings – Sherwood Park and Victoria. Her desire to share her research and resources has led to the publication of two books. She also markets an audio CD set and has video currently in the works.

Brenda received her Bachelor of Arts from Brandon University in Brandon, Manitoba (Major in English) and her Masters of Education from Simon Fraser University in Burnaby, B.C.

Join Brenda to listen, laugh and learn about other people, about yourself and about other stuff we may need and want to know.