

Hadih!

Here is your weekly update of SD57 events!

Mussi Cho ☺

LATEST UPDATES

Pro-D Day: May 29th

Register on PD Reg: <https://schdist57.sharepoint.com/sites/pdhub>

Explore UNBC Engineering: Hands-On Session

8:45am to 3:30pm; UNBC

- UNBC Engineering will be hosting an engineering competition for senior high school students in the fall semester of 2023. Join Dr. Mauricio Dziedzic and other UNBC Engineering students and staff to learn more and participate in a hands-on session just like the competition.
- This full-day session will explore engineering and give an opportunity for you to participate in an engineering simulation, to get ideas for senior mathematics and sciences projects in engineering, tied to curriculum and to find out how you can get your students to participate in the UNBC Engineering competition (Fall semester 2023).
- Tentative agenda:
 - 9-10 am – welcome and program introduction, followed by Q&A – refreshments provided
 - 10am-12 pm – task presentation, team planning
 - 12-1 pm – lunch provided
 - 1-2 pm – construction and testing of apparatus
 - 2-3 pm – competition
 - 3-3:30 – closing remarks and planning/suggestions for student event in Jan 2024

Plain Language Principles: Making Everyday Documents Clear

9am to 10:30am; Duchess Park Secondary

- Hosted by Kaitlyn Vecchio
- Writing in plain and clear language is a skill that is essential to successfully communicate a message to a specific audience. This workshop will highlight what plain language is, the top plain language principles, and how to structure a document that focuses on the key aspects for making information easy to scan, read and absorb.

Making Music Accessible to the General Classroom Teacher

9am to 11am; in the Music Room at Spruceland Elementary

- Hosted by Julie Fisher
- NO Music experience necessary.

- Designed for Elementary classroom teachers using FREE district developed resources. Come and check out the resource, try some activities, and get some ideas for incorporating music into your schedule.

Plant Identification Walk for Wild Spring Edibles and Medicinals with Jen Cote (FULL)

9am to 11:30am; meet at 8896 Westcrest Drive, up on Cranbrook Hill

NOTE: Google maps takes you close, but it always wants to stop you before the actual location... you will see a red gate that crosses the road where there is a turn-around.

Park before the turn around.

- Hosted by Jen at Moose, Mushrooms and Mud Wildcraft
- It's Springtime and there are some wild plants that can be gathered for edible and medical use! Plus, I will talk about what is coming up in the next few weeks! I will talk about 15-18 wild plants and if you want to learn what these plants are, please come join me!
- What to bring and wear for the outing: When foraging, we are typically going off trail. This means walking through the bush which means walking through vegetation... some of that vegetation means prickly stuff. You need PPE!
 - Ideally, wear a long-sleeved shirt and/or jacket. Full length pants, preferably jeans or hiking pants.
 - Wear hiking boots, hiking shoes or gumboots (no slip-ons or sandals). We may be going through moist areas, so be aware your feet could get wet.
 - Hat (optional).
 - Bring STRONG Bug Protection! Bugs are getting bad!
 - Bring Bear Spray if you have some. No Bear Bells please.
 - Bring scissors or garden clippers.
 - Bring garden gloves or rubber gloves.
 - Have a basket to carry your foraged samples.
 - Some small baggies to keep your foraged samples separate.
 - A note pad and pen if you wish to take notes.
- A waiver must be signed before the outing. I will bring paper copies to the event. If you wish to see one before hand, please email me at moosemushroomsmud@gmail.com

The Love Language of Professional Judgment: How the New Reporting Order Will Help You Take Back Your Autonomy Through Standards-Based Grading & Learning with Shannon Schinkel

9am to 11:30am; Prince George Secondary

UFLI Foundations: Getting Started (FULL)

9am to 12pm; Westwood Elementary

- Workshop Presenters: Kathy Rice, Allison Westfall, Trish Tomson
- UFLI Foundations is an explicit and systematic phonics program that introduces students to the foundational reading skills necessary for proficient reading. It follows a carefully developed scope and sequence designed to ensure that students systematically acquire each skill needed and learn to apply each skill

with automaticity and confidence. UFLI Foundations is designed to be used for core instruction in the primary grades or for intervention with struggling students in ANY grade.

- In this workshop, you will be provided with some background information, rationale why to use it, and an overview of the book. Classroom and small support group demonstrations will be held. There will also be time for a Q&A session.
- We would encourage school teams (classroom teachers, support teachers and even administrators) to come and learn together.
- UFLI Foundations manuals will be given as DRAW PRIZES!

Office 365: Using Accessibility Features in Word to Support Learning (Speech to Text, Text to Speech)

1pm to 2:30pm; Heather Park Elementary

- Presenter: Kim Moore
- This session is applicable to all staff.
- Do you have students who struggle to get their ideas out in writing? Struggle with spelling? Grammar? Using descriptive words? Are you looking for ways to make the use of Word more efficient for yourself?
- In this session, Kim will cover how to use Office 365 to help students (and anyone!) use the built in features to increase their writing ability. Kim will also highlight ways that will make the use of Word easier and more effective for anyone that uses it in their work environment.
- We will have the opportunity to explore and play in Office 365 so bring your questions! Bring a set of earphones with a microphone if you have a set.

SD57 District Mental Health Behaviour Symposium 2022-2023

May 29th Pro-D Day events

Register on PD Reg: <https://schdist57.sharepoint.com/sites/pdhub>

Explore Trauma Informed Kickboxing for Health and Wellness

Morning session: 9am to 11am (FULL) ; afternoon session: 1pm to 3pm

- Presenter: Nicole Sawin, MSW, RSW (She/They), Mental Health Therapist, Connection Martial Arts
- 5531 Hartway Drive (may change; participants will be notified)
- Join in a unique experience! Mixture of Dialectical Behaviour Therapy, (Mindfulness techniques) with learning basic kickboxing skills.

Participants will:

- Learn how to wrap your hands as a mindfulness technique, a self-development practice, and as something, you can do with affirmations (how can you bring into your own life and into your student's life?).
- Learn basic punching and kicking combinations in an environment focused on play and listening to your body.

- Give participants the space to explore trauma-informed kickboxing as an option for health and wellness.

Introduction to Pickleball!!! (FULL)

9:00am to 11:00am; Southridge Elem.

- Facilitator: Ralph Wood
- Come out, have fun, learn Pickleball. This is an introductory session. Learn the basics of Pickleball. Take the fun sport back to your school or just for yourself. Please wear comfortable clothing and bring water!!

Fostering Resiliency & Capacity in Trauma-Informed Schools (FULL)

9:00am to 11:30am; Duchess Park Secondary

- Presenter: Miranda Grattan, (she/her), MSW, RSW, SEP, Member of MINT, SD57 Addictions Mental Health Clinician
- Choice, flexibility, and boundaries are all important in trauma-informed care. However, there is a struggle people frequently experience in trauma-informed systems, which is around balancing choice, flexibility, and boundaries/expectations at the same time.
- This workshop will begin to explore some trauma-focused strategies/interventions that increase capacity in the areas of self-awareness, emotional regulation, and expansion in the window of tolerance. Participants will be introduced to a beginning understanding of the Autonomic Nervous System in the context of survival/safety, and how this impacts everyday situations at school. Resources and interventions that integrate this understanding and facilitate a balance of compassion, choice, and flexibility with boundaries and expectations will also be introduced and explored.
 - This workshop will be of interest to any professionals that support social-emotional goals among students who have also experienced trauma in their lives. It will focus primarily on individualized support with students but may still be of some interest to classroom teachers.

Learn How the Integration of Hands-On Food Literacy and Outdoor Learning Can Improve the Health, Wellbeing and Learning Experiences and Educators Alike

9:30am to 11:30am; Duchess Park Secondary

- Presenters: Roanne Whitticase, Farm to School BC animator and local farmer, with guest speaker Emilia Moulechkova, Population Health Dietitian from Northern Health.
- Join us to explore how the integration of hands-on food literacy and outdoor learning can improve the health, wellbeing and learning experiences of students and educators alike. We will start with an indoor presentation & discussion, and then participants will get to engage in experiential learning by getting their hands dirty in the soil and with seedlings and plants!
- This session will explore:
 - What does it mean for you to have a positive relationships with food? How can you create a personal definition of healthy eating that truly supports physical, social, and mental wellness?

- What is outdoor, place-based learning ? What are the potential academic, social, and physical benefits for students? And in what ways does it benefit educators?
- What resources, tools and strategies are available to support using this pedagogical approach to teaching across the K-12 curriculum

Nature and Wellness Mountain Bike Ride (B.Y.O.Bike) (FULL)

12:15pm to 2:00pm; meet at Otway

- Facilitated by: Kevin Prouse and Josh Van Der Meer SD57 DMHBC and DIMHDAC
- A leisurely ride down some of Otway's Green and Blue rated single track trails. This is a chance to get some fresh air, socialize with your peers and brush up on your mountain bike skills.
 - Equipment needed: Mountain Bike or E mountain bike, approved bike helmet, weather appropriate clothing, water and snacks
 - **Note: Riding subject to cancellation due to high winds, rain or snow**
- The riding will be along a twisty, but flat single track trail "Homerun" out to a meeting point "57 Chevy", approx. 2.5 km. From there, the group will have the option to split off into two, with one group returning to the parking lot on green rated "Tin Can Alley", or to do some elevation gain/descent along "Inside Passage-Midway-Twister", before returning to the parking lot.
- The ride length will be a minimum of 6km and should take approx. 75-90 mins.
- The mental health wellness component will focus on positive stress (eustress) and the concept of heart rate variability in adapting to stressful situations. In addition, we will look at the cognitive re-structuring of negative thoughts and strategies to do so.

YOGA for Your Health: Time to Unwind (FULL)

1:15pm to 2:45pm; Duchess Park Library

- Presenter: Nicolle Therrien, Social Worker, Certified Yoga Teacher, 200 RYT , Trauma Informed, Kids & Family, Prenatal
- Learn and experience the benefits of yoga as facilitated by an experienced yoga teacher. Spend 90 minutes to connect with your body, relax and calm your nervous system. Practice Conscious Breathing, Mindful Movement, & Laughter.
 - No yoga experience required. Accessible for all bodies with modifications. Mats and blocks available if needed.

REMINDERS

UNBC Active Minds Programs



[Active Minds](#) offers a full slate of science, engineering, and computer camps, events, and workshops for kids ages 6 to 16.

Summer 2023 Camps: [Registration available now!](#)

2023 Northern Indigenous Youth Summer Science Camp

July 10th-14th, 2023 – Indigenous Youth grades 9-12

FREE

Through a unique collaboration between Binche Whut'En, the Health Arts Research Centre, and the University of Northern British Columbia, the 3rd annual Northern Indigenous Youth Summer Science Camp will be held at UNBC in Prince George.

For more information, submit an inquiry at: <https://forms.gle/CSiz8c95NKiUnUaR9>

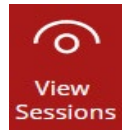
[Indigenous Education Website](#)

[Inclusive Education SharePoint](#)

[Curriculum Innovation – Curriculum Hub](#)

All weekly updates are archived here: <https://www.sd57curriculumhub.com/updates>

See all SD57 Professional Development Opportunities on [PD Reg](#)



[Respecting the beautiful unceded ancestral lands, culture and people of the Lheidli T'enneh, McLeod Lake Indian Band and Simpcw First Nation.](#)