

Hadih!
Here is your weekly update of SD57 events!
Mussi Cho 😊

LATEST UPDATES

Weaving Together Strands of Practice: Session 8!

Attendance at previous sessions is an advantage, not a requirement.
Please join us!



Session 8: Denise Augustine

May 3rd, 3:30pm to 5:00pm – In-Person at Vanier Hall

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

Join us for an engaging presentation by Denise Augustine about differentiation and learning.

District Directions: **Truth and Reconciliation**, **Equity of Access**, **Wellness**, **Learning**



Denise Augustine – Denise Augustine (Swee'alt) is a Coast Salish woman with mixed ancestry. She has been an educator for over 20 years. More recently, as the district principal of Aboriginal education, Denise works closely with teachers, administrators and support staff. In side-by-side coaching, action research, and experiential workshops, she carefully weaves story and research together, inviting adults to open their hearts and minds and imagine a community that values diversity and inspires innovation.

Adaawk Film Screening – TODAY



Presented by Carrier Sekani Family Services and the Indian Residential School Survivors' Society.

In honour of the National Day of Awareness of Missing and Murdered Indigenous Women, girls, two spirit and gender diverse people in Canada (May 5th), we are proud to host a special film screening of Adaawk on May 3rd at the Cineplex Famous Players in Prince George.

Adaawk, "A-Dow-ick" (Oral history), is a documentary that gives a glimpse into the lives of loved ones that are missing and murdered along the infamous Highway of Tears. Family members courageously share their stories, all while dealing with grief and loss, and what the raising of "Grandmother" Commemoration Memorial & Healing Pole means to them.

Entry is free – register for your tickets at <https://adaawk.eventbrite.ca>. One ticket per person. For groups, please register each person per ticket.

Child and Youth Mental Health Resource Fair and Learning Event



National Child and Youth Mental Health Day is May 7th.

To honour it, on **May 4th, 2023** Foundry PG, Northern Health, SD57, PGNFC, CSFS, FamilySmart & Intersect, in collaboration with SD57 DPAC are hosting a **drop-in resource fair** for all parents & caregivers of school-aged children & youth.

Join us to **learn about services and resources** in our area. Stay for a **free webinar** about the evidence-based model Collaborative and Proactive Solutions (CPS), **hosted by Family Smart featuring Dr Ross Greene**

When: Thursday, May 4th, 2023 • Resource Fair 2:00PM to 7:00PM
FamilySmart hosted Webinar 6:00PM to 8:00pm. Register here in advance for access to post-webinar resources (<https://familysmart.ca/monthly-events/>).
Where: John McInnis Gymnasium • 3400 Westwood Dr, Prince George



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; afternoon session: 1pm to 3pm – **Please only sign up for ONE session**
- 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.

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

- 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

- 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

Welcome to Kindergarten Information Session

May 9, 2023: **3:15pm to 4:15pm**, Van Bien Training & Development Centre

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

Please join Tracy Cole and Lynette Turcotte to learn more about hosting a Welcome To Kindergarten Session at your school. There will be an overview of a WTK event, samples of different stations, AMAZING PRIZES, and snacks! Please join us if you are new to Kindergarten or want a refresher on hosting a WTK event.

Moose Hide Campaign – K-12 Registration and Resources



Since 2011, the Moose Hide Campaign has been a reconciliation movement calling upon all Canadians to stand together to end violence against women and children. For this year's campaign day, we are excited to offer **two free livestreams, one for elementary grades and one for middle- and upper-year grades** for K-12 schools. We will have a variety of new video workshops and lesson plans for each grade level that are focused on reconciliation and change making. All the workshops and our livestreams will be available to registrants in advance of campaign day so you can create learning opportunities that work for your students and schedule. [Educational resources for K-12](#) available here.

[K-12 Registration for Campaign Day, May 11, 2023](#)

On the day you can expect:

- Livestream options depending on grade level
- Ceremony
- Cultural performances by Indigenous artists
- Inspiring youth speakers
- Intergenerational learning
- Engaging and interactive workshop options which are pre-recorded to use as a tool leading up to Moose Hide Campaign Day, on the day, or as follow up to the event the event.

Volunteer Outdoor EDUCATOR Training Workshop with Adventure Smart BC



May 17, 2023: 6:00pm to 8:00pm

Free, on Zoom: [pre-register here](#).

Workshop topics (for Spring intake):

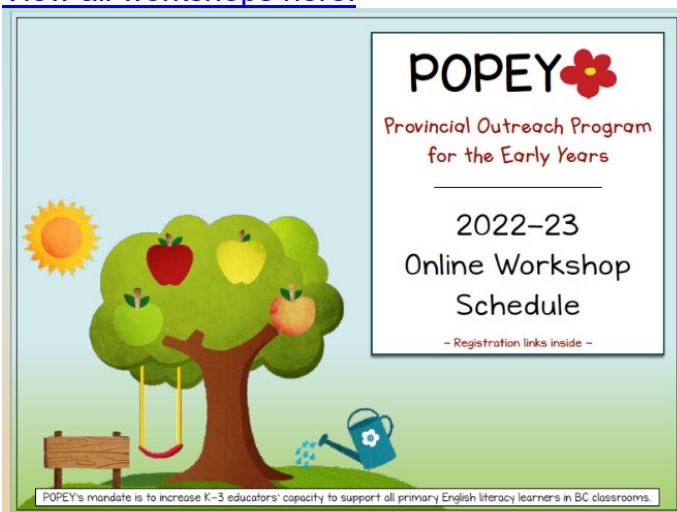
- ~ Survive Outside Program
- ~ Hug a Tree & Survive Program
- ~ Consistent, reliable messaging
- ~ Industry collaboration (partnerships, blogs, media, websites)
- ~ Community outreach
- ~ Provincial outdoor education resources
- ~ Strategies: data, partnerships, targeted initiatives

Weaving Together Strands of Practice: Session 4 Presentation by Kevin Lamoureux (January 4th Recording)

If you missed the January 4th online presentation by Kevin Lamoureux, or want to review it, a transcribed and chaptered recording is available here: https://schdist57-my.sharepoint.com/:v/g/person/jjeffery_sd57_bc_ca/EQuuHRe04xRCre8-WoPe3YABXdffVFgkNXCuaiWfxdrMA?e=4w6AxA

POPEY Free Online Workshops

[View all workshops here!](#)



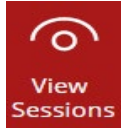
[Indigenous Education Website](#)

[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.