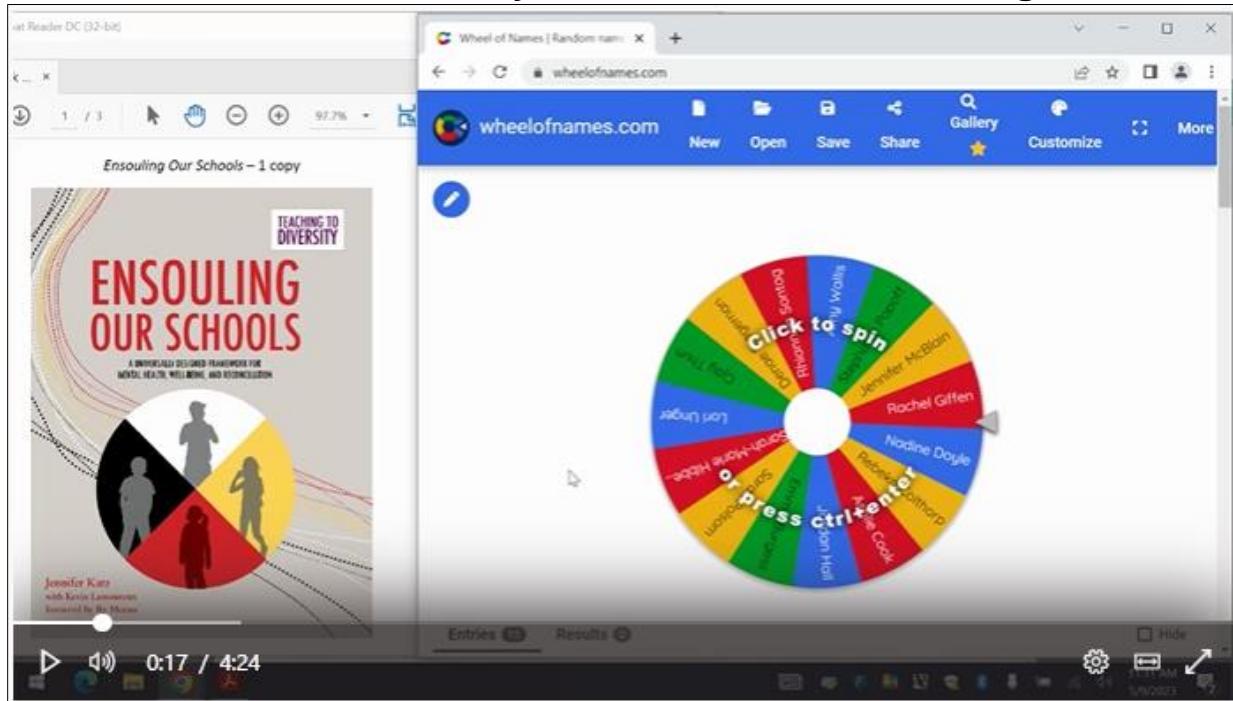


Hadih!
Here is your weekly update of SD57 events!
Mussi Cho 😊

LATEST UPDATES

Professional Book Give-Away from SD57 District Learning Commons



Click [here to view video of draw](#) on Stream (Office 365 login required)

As the year winds up, the District Learning Commons would like to celebrate some of our most prolific borrowers. Congratulations to those selected. Your professional gift is in the school mail to you!

Do you want a chance at future draws? Check out what your friendly neighbourhood District Learning Commons has to offer at <https://dlc.sd57.bc.ca>

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, at UNBC

- UNBC Engineering will be hosting an engineering competition for senior high school students in the fall semester of 2023. Join Dr. Mauricio Dzedzic 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

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.

Plain Language Principles: Making Everyday Documents Clear

9am to 11:30am, at 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.

UFLI Foundations: Getting Started

9am to 12pm, at 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!

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 (FULL)

Morning session: 9am to 11am ; 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

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.

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 (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

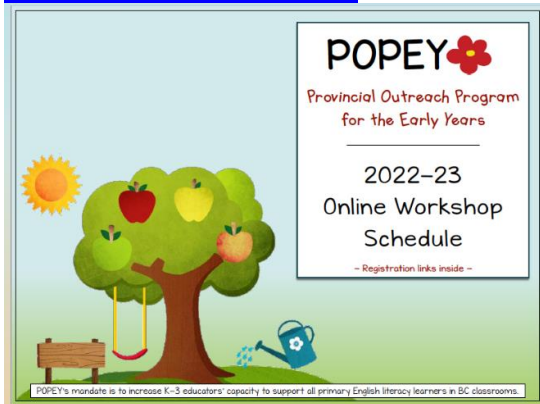
FREE

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>

POPEY Free Online Workshops

[View all workshops here!](#)



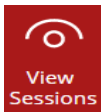
[Indigenous Education Website](#)

[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.