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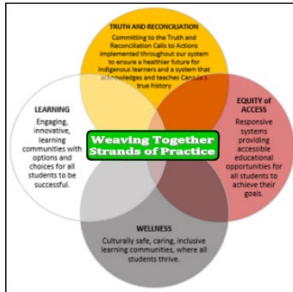
Here is your weekly update of SD57 events!

Mussi Cho 😊

LATEST UPDATES

Weaving Together Strands of Practice: Session 5!

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



Session 5: Leyton Schnellert

February 1st, 1:30pm to 3:00pm – In-Person at Van Bien Training and Development Centre

Join us for an engaging presentation by Leyton Schnellert continuing the learning and conversations from Kevin Lamoureux's presentation on January 4th (**recording link below**) about welcoming Indigenous knowledge and *Ensouling Our Schools*, a professional book he collaborated on with Jennifer Katz.

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



Leyton Schnellert – Dr. Leyton Schnellert is an associate professor in the Faculty of Education at UBC's Okanagan campus with vast experience in educational settings from SFU, K-12 education and professional development facilitator across BC, the Yukon and NWT. He's presented, facilitated and published locally, provincially, nationally and internationally with a focus of supporting teachers to bridge research and practice. His session will facilitate a very engaging and practical conversations towards educational leadership through a reflective and collaborative practice.

Please register on PD Reg: <https://apps.powerapps.com/play/d3157e5a-9505-4d03-8585-8db69ac209ec?eventID=65&sessionID=95>

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-WoPe3YABXdffFVfGkNXCuaiWfxdrMA?e=4w6AxA



Kevin Lamoureux - Kevin Lamoureux is a faculty member at the University of Winnipeg, an award-winning scholar, and a well-known public speaker. He has served as Associate Vice President for the University of Winnipeg, Education Lead for the National Centre for Truth and Reconciliation, and Scholar in Residence for several school divisions, and has consulted for governments and organizations across Canada. Lamoureux is committed to reconciliation and contributing to an even better Canada for all children to grow up in.

**Strategic Plan Engagement: Here’s What, So What, Now What
January 25th, 2023: 6:00pm to 7:30pm – Virtual or In-Person at Van
Bien Training & Development Centre**



Please register on PD Reg: <https://apps.powerapps.com/play/d3157e5a-9505-4d03-8585-8db69ac209ec?eventID=189&sessionID=217>

Your participation in engagement sessions is highly valued and appreciated.

School District 57 is currently in year 2 of our 5-year strategic plan. This session will provide updates on the implementation plan as well as a review of the results and outcomes since implementation.

Here’s What: *we will look at the plan, the Directions, the Goals, the Strategies and the Data and Evidence we have collected*

So What: *we will dive a bit deeper into the data, asking more detailed questions. What is the data telling us?*

Now What: *where do we go from here, what could we adjust to change our results?*

Pro-D Day February 1st

Many exciting sessions are available from SD57 departments on February 1st!

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

SD57 Mental Health Behaviour Symposium 2022/2023: Inclusive Education

Registration for the following sessions will close on **January 26th at noon**.

- 9:00am to 10:30am: **Teaching When Our Kids Can't Come to School** (In-Person at John McInnis Centre)
Presenter: Kathy Buhler, Family Smart, Parent Peer Support Worker – Prince George Facilitator – Help for the Hard Times
Are you struggling with students not attending due to mental health? Discussion about what it is like from a teacher's perspective when kids cannot come to school. Presenter will be sharing some ideas (video clips) about this from a parent's perspective. As a collective group come up with some strategies that teachers might be able to build on in their interactions with families where this is happening.
- 9:00am to 11:00am: **Getting to Know Carrier Sekani Family Services Youth Services Team** (In-Person at John McInnis Centre)
Overview of youth support services available to children and youth in Prince George such as the Walk Tall After-School Program, 1:1 Youth Social Workers, Youth Advisory Council, the Nk'esi Youth Pride Group, Niwh Khinek Carrier Language, the Child and Youth Advocacy Centre and the Sk'ai Zeh Yah High-Risk Youth Drop-in Centre. All youth services programming support and empower youth through culture, education and the promotion of holistic wellness. Walk Tall Supervisor and Language Group Instructor, Julian Lowely, will also be providing a workshop on Carrier syllabics. Participants will learn how to write their names in Carrier and will create button name tags.
- **FULL – Waitlisting** 9:00am to 12:00pm: **Everyday Anxiety Strategies for Educators (EASE)** (In-Person at District Learning Commons, at John McInnis Centre)
Facilitator: Michele David.
This will be an interactive process with online components. You will complete the full EASE curriculum through group participation and individual computer work. You will be working in your account on <https://healthymindsbc.gov.bc.ca/> website (please create an account by January 30th).
- **FULL – Waitlisting** 10:00am to 12:00pm: **Art for the Health of It! Come and Make a Sun-Catcher for You to Keep!** (In-Person at College Heights Secondary)
Presenter: Wendy Young.
This ½ day session will focus on participants making a Sun-catcher from glass, glass bubble enamel paint and glass enamel paint. We will review the steps to make a Sun-catcher. The artist will have examples on hand and use a presentation to step you through the making of your Sun-catcher. The artist will take them home with her and fuse them for you. You will then be able to pick them up a week later for you to take and hang somewhere to help you smile! Discussion and reflection opportunity around the importance of taking care of

yourself, your mental/physical well-being and the impact it has on your brain. The connection of your overall health and influence this has to our student well-being and their developing brains. The materials are non-toxic and non-staining. Materials to be used are: clear glass, glass bubble enamel paint, glass enamel paint, toothpicks, Q-tips and paper towels. Wendy has been working with glass in its various forms for over 22 years.

- 1:00pm to 2:30pm: **Understanding Equine Therapy for Health** (In-Person at John McInnis Centre, ACP)
Presenter: Connie Taylor, C-Kat Equine Therapy
Understanding the physical health and mental health benefits of therapeutic riding. The presenter will be giving examples of the benefits from riders that she currently works with or has worked with in the past, along with some info on the research behind it. NB: From the Presenter, Connie to the Participants: please note that there may be pictures of a student who passed away in the spring of 2022 in the presentation.
- 2:00pm to 3:00pm: **Let's Talk About Stress** (In-Person at John McInnis Centre)
Presenter: Brittany Lank (she/her), Concurrent Disorders Clinician with Foundry Prince George.
Stress plays a role in the lives of everybody, from students and caregivers to teachers, administrators and support workers. This presentation focuses on stress management, exploring the following questions:
 - What is Foundry and how can young people access it?
 - What is stress, why do we have it, and how do we know when we experience stress?
 - What do different types of stress look like, and how do they affect us?
 - What is the difference between stress and anxiety?
 - What are different ways to manage stress – both for ourselves and in supporting others?

Ideally, you will leave this presentation with a deeper understanding of the role and experience of stress in our lives, and some ideas and inspiration about how to support yourself and others in managing it.

PEBT/JEIS Presentation: The Top 5 Things to Expect If You Cannot Work Due to an Illness or Injury

CUPE Only, In-Person in Board Room at Central Administration Office

Multiple identical sessions to give more staff a chance to attend:

- 9:30am to 10:30am
- 10:30am to 11:30am
- 1:00pm to 2:00pm
- 2:00pm to 3:00pm

Hosted by Ray Parker from PEBT. Contact Darcy Culling (dculling@sd57.bc.ca) with questions! If you are a regular K-12 support staff member in CUPE working 15 hours per week or more, please join the 60-minute presentation for the Public Education Benefits Trust (PEBT) to learn:

- What you can expect from the Joint Early Intervention Services when you stop working due to illness or injury

- How other members have been supported including those suffering from depression, pain, and substance misuse
- What you should know about long term disability benefits

Curriculum Innovation Sessions

- 9:00am to 10:30am: **Indigenous Music Resource: Spring & Summer Activities** (In-Person at Van Bien Training and Development Centre)
Join Julie Fisher, Patricia Lunden, and Becky Dochstader as they guide you through the Spring and Summer section of this local Indigenous Music resource. You will have a chance to listen and learn the songs, watch the videos, and participate in games and activities related to the songs. They will also show you how to connect these songs to other parts of the curriculum. Applicable for general classroom teachers as well as Music specialists.
- 9:00am to 10:30am: **Intermediate Math: Discuss/Share** (In-Person at College Heights Elementary)
Join Barb Campbell, Tamara Deford and Jennifer Dionne to share ideas for teaching intermediate math (4-7). Bring a lesson, activity or question that you would like to discuss with your colleagues.
- 9:00am to 12:00pm: **SOGI School Leads: Collaborating and Learning** (In-Person at Southridge Elementary)
Organized by Christine Anderson. Learn tips and tricks for easy collaboration as a SOGI Lead!
- 12:30pm to 3:00pm: **Social Studies Roundtable: Connecting on Indigenous Grad Requirement Courses** (In-Person at Duchess Park Secondary)
 - 1) Very brief presentation from Dr. Dave Connell, UNBC Faculty, on a teaching resource he has developed for land-use planning, appropriate for a variety of Social Studies classes.
 - 2) Discuss approaches to teaching Indigenous Studies 12 and/or BC First Peoples 12, which many schools will be offering next year.
 - 3) Discuss anything else that's on your mind(s).If the group size is large, we will break into smaller groups for facilitated discussions with a report back towards the end. Snacks/light lunch will be provided and available around or just before our start time. We can have a soft start with some meet and greet, and jump into our topics shortly thereafter.

Indigenous Education Sessions

- 8:30am to 12:00pm: **Pow Wow Presentation: All About Protocols** (In-Person at Nusdeh Yoh Elementary)
Presented by Grant West and Tracy Peters – Indigenous Education Workers. Come and join the interactive session of learning all about Pow wows.
- 9:00am to 11:00am (Morning Session) and 1:00pm to 3:00pm (Afternoon Session): **Dilhkwun (It is bright) – Local Indigenous Knowledge** (In-Person at Duchess Park Secondary)
Presenter: Josh Seymour

Local Lheidli T'enneh history is largely shrouded in mystery. Let's begin to learn of the people who have been the stewards of the territory we all call home. Learn the history for a bright future.

- 9:00am to 12:00pm: **Historical Trauma & Colonization Workshop: Indigenous 101 Series** (In-Person at Prince George Secondary)

My name is Brad Marsden and I am from the Gitsegukla Indian Reserve within the Gitksan Nation of Northern Canada.

In response to the Truth & Reconciliation in Canada, I have been providing experiential "Historical Trauma and Colonization" workshops for the last 10 years in both Canada & U.S.A. to help educate about the Real & Hidden History that existed between the First Nations and the Canadian Government.

In this workshop we highlight the Unacknowledged & Unprocessed Trauma that the Indigenous people of Turtle Island (Canada/USA) have had to endure because of the Systemic Discrimination within Government Institutions (i.e. Media, Education, Law Enforcement, Law & Policy) which resulted in myself unknowingly being born into a community that was collectively traumatized for the last 200+ years.

In these sessions we look at how this Systemic Discrimination shaped the minds of not only the oppressed communities, who now unconsciously believe that they are the Inferior race but as well as the Dominant society who now unconsciously believe that they are the Superior race, as a result of the Socialization, Conditioning (brainwashing) and the Internalization of this Systemic Discrimination that both groups experienced in their respective Governments Institutions (i.e. Negative Media Portrayal of Indigenous People, Erasure of Indigenous Existence in Educational Institutions, Unequal & Unjust Laws created to Disempower & Control Indigenous Communities).

This workshop will show how this Oppressive System imposed by the respective Governments; Traumatized & Shaped the Minds/Beings of the First Nations into the behaviours and social conditions that we see today in Indian Country.

The sessions will show how Systemic Discrimination created the Disempowering Feelings of: Shame, Anger, Resentment, Fear, Helplessness and Powerlessness that began to infiltrate, settle and stay in our communities and has led to our Social Conditions and our New Unconscious way of "Being".

We will also explore: how after our Introduction to the Settlers, we were forced onto these Artificial Man made Environments called Indian Reserves and how once they got us there they began to Systemically (through their self-interest made laws) take away our Freedom & Rights as a result of their amendments to the Indian Act which helped create the Dependency and Unemployment in our communities.

Although my interactive workshops are about the Indigenous Experience in Canada, the main focus is about oppression and how different ethnicities have been affected/traumatized over time by: Racism, Systemic/Institutional Discrimination as well as the Unacknowledged and Unprocessed Trauma. Even though the Dates, Details and Methods of Oppression may be different, it is the collective feelings that are the same.

It is with this new understanding and awareness through experiential learning that I hope will help change the perceptions and stereotypes within society (which help to maintain and perpetuate Oppression & Systemic Racism)

- Be better prepared & more effective when interacting with the people that they serve.
- Understand, Appreciate and Love the Sacrifice & Resilience that their Ancestors have had to Show for Generations just so we all could be here today and live to talk about it.
- Begin to Internalize that same Generational Strength & Resilience shown by your Ancestors and to go out into this world in a different and Empowering way.

Other Inclusive Education Sessions

- 8:30am to 3:00pm: **Non-Violent Crisis Intervention Training (CPI) – Level 1** (In-Person at Heather Park Elementary)

This training is for staff who have NEVER taken NVCI before or certification has lapsed more than 3 years. This one-day training will give staff the knowledge and skills needed to recognize and manage crisis behaviours that they may encounter in their work. Participants will learn:

- to identify and respond to various levels of crisis.
- to recognize and manage their own responses.
- to strengthen verbal and nonverbal communication, as well as de-escalation strategies.
- to debrief crisis events both with other staff and the person in crisis.

Snacks will be provided. Lunch will be 45 minutes and on your own. An electronic version of the workbook is provided to each participant. Please print it out and bring it with you to the session.

- 8:30am to 11:00am: **Non-Violent Crisis Intervention Training (CPI) – Refresher** (In-Person at Westwood Elementary)

This ½ day training is for staff who have taken NVCI level 1 within the last 2 years. We will review key concepts and focus in on decision-making and debriefing. This training will give staff the knowledge and skills needed to recognize and manage crisis behaviours that they may encounter in their work. Participants will learn:

- to identify and respond to various levels of crisis.
- to recognize and manage their own responses.
- to strengthen verbal and nonverbal communication, as well as de-escalation strategies.
- to debrief crisis events both with other staff and the person in crisis.

Other SD57 Sessions


- 9:00am to 12:00pm: **Skills Canada: Wind Turbines Hands-On Session** (In-Person at John McInnis Centre)

Hands-on session for Teachers of Grade 6-10 students who may be interested in building a Wind Turbine with their students this spring. Session will share info about Skills Canada and the opportunities available. Participants will work in

teams to build a Turbine and compete in a mini challenge. This is hands on, and probably messy, so wear sensible clothes.

POPEY Free Online Workshops

[View all workshops here!](#)




POPEY
Provincial Outreach Program
for the Early Years
www.popey.ca

Free Online
Workshops

Friday,
February 17th

<p>The Foundations of Literacy Learning</p>	<p>9:00 – 11:00am (PST) *Register HERE</p>
<p>We will explore the scope and sequence of foundational literacy skills – phonological awareness, phonemic awareness, and phonics – including explicitly and systematically supporting our students as they learn letter/sound relationships, make meaning in and out of texts, and expand their word solving skills.</p>	
<p>Bringing Authentic First Peoples Content to the K–3 Classroom</p>	<p>12:30 – 2:30pm (PST) *Register HERE</p>
<p>Join POPEY as we share information and guidance from BC's First Nations Education Steering Committee (FNESC) regarding the use of culturally appropriate and meaningful First Peoples content, materials, and teaching methods. We will share resources for incorporating local Indigenous content and authentic First Peoples texts into K–3 classrooms and students' literacy and cross-curricular learning experiences.</p>	
<p>– Registration closes at noon on Feb. 13th –</p>	



POPEY
Provincial Outreach Program
for the Early Years
www.popey.ca

After-School Specials
A series of 4 one-hour after-school Zoom workshops


Series Three: Supporting SEL and Playful Literacy Learning

Join POPEY as we explore a range of playful literacy learning opportunities that support outdoor exploration, story workshop, social emotional learning and global citizenship, and intentional conversations to foster student curiosity.

This series of workshops will be held from 3:15–4:15pm (PST) on the following dates:

- Wednesday, February 1st – Outdoor Learning
- Wednesday, February 8th – Story Workshop
- Wednesday, February 15th – Literacy, SEL, and Global Citizenship
- Wednesday, February 22nd – Fostering Curiosity Through Conversation

Register [HERE](#) for this series



POPEY
Provincial Outreach Program
for the Early Years

REMINDERS

Upcoming Professional Development from Curriculum Innovation

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

- January 31st, 9:30am to 10:00am or 3:00pm to 3:20pm: **MyEdBC Online K Reg Refresher** (Online via Zoom)

The intention of this session is to provide Elementary Senior Secretaries a 15 minute refresher on how to use the online registration module in MyEdBC for K Reg. Hosted by Dayna Nygaard. Please sign up for only **one** session, as the information will be identical in both.

Becoming a Behavioural Detective Workshop with Kim Barthel



Becoming a Behavioural Detective

January 28th, 9:00am to 4:30pm – UNBC 7-170/172 Bentley Centre

Cost: \$50.00, lunch provided

Hosted by YMCA of Northern BC, Child Care Resource & Referral

There is always a reason for the behaviour! This workshop with Kim Barthel, OTR will assist Early Childhood Professionals as well as parents, in supporting children with issues that can result in “challenging behaviours.” Participants will be invited to become “Behavioural Detectives,” using clinical reasoning to look deeper than the surface actions we observe in our kids, aiming to shift our focus from “managing behaviour” to understanding behaviour. Topics such as developmental disabilities, attachment strategies, trauma, and sensory processing will be covered.

Registration options: sign up with online registration system [here](#)

Or call CCRR: 250-563-2483, toll free: 1-800-680-6699

[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.](#)