

Support Staff: Vital to Student Learning
A Conference for School Support Staff:
Integral to the Education of the
Entire Child!



November 29, 2019

J.R. Robson School

5102 – 46 Street

Vermilion, Alberta

Support Staff Planning Committee

Trish Thomas - Buffalo Trail Public Schools
Denise Bayko - Buffalo Trail Public Schools
Glenna Lingley - Buffalo Trail Public Schools
Michelle Webb - Buffalo Trail Public Schools
Dorinda McCabe - East Central Catholic School Division
Jackie Patry - East Central Catholic School Division
Amy Gilles-Girard - East Central Catholic School Division
Kathleen Ulrich - East Central Catholic School Division
Celine Zevola - Learning Network Educational Services
Brent Allen - Learning Network Educational Services

This Conference is supported by:

- Buffalo Trail Public Schools No. 28
- East Central Catholic Schools No. 16

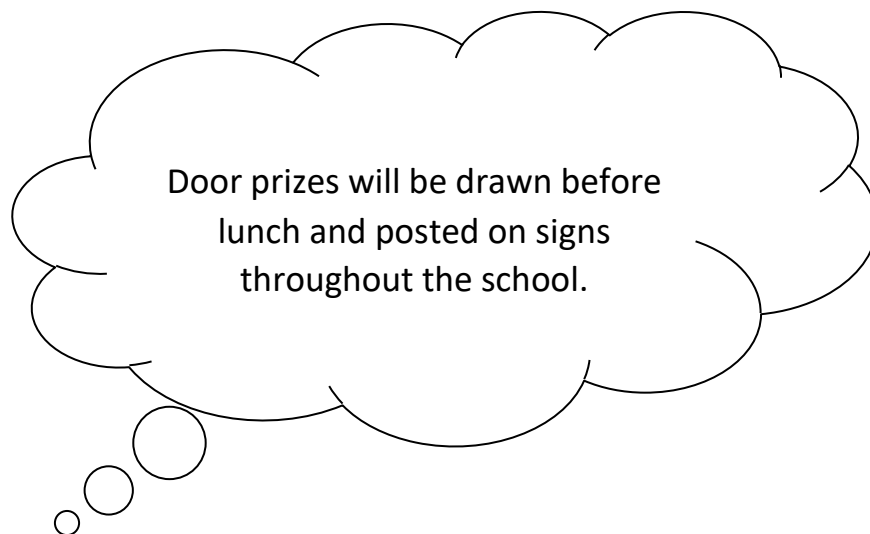
Day at a Glance

8:00 am	First Aid Begins
9:00 am – 9:30 am	Registration
9:30 am – 9:40 am	Conference Welcome*
9:45 am- 11:30 am	Morning Sessions
11:30 am-12:15 pm	Lunch
12:15 pm- 1:35 pm	Afternoon Sessions
1:40 pm-3:00 pm	Wellness Sessions
12:15 pm- 4:00 pm	Continuation of First Aid

*The Organizing Committee has decided to begin the day with Welcome and Greetings beginning at 9:30 a.m. and then head straight into your sessions for the day. There will NOT be a Keynote Presenter!!

As you arrive at the J.R. Robson Jr./Sr. High School in Vermilion, please be sure to grab a coffee and a light snack and then find a place to sit/stand for a few minutes to allow for our much abbreviated 'Opening' to your day, which will take place in the Common Area at the school.

We look forward to seeing you on November 29!



Morning Sessions 9:45 am-11:30 am	Afternoon Session 12:15 pm -1:35 pm
A1. ASEBP Benefit Overview-ASEBP A2. Google Docs for Beginners & Drive-Basics-Barbara Lenormand A3. What is Compassion Fatigue?-Bill Harder A4. Take Back Control of Your Life-Lorna Granger A5. Design with Drawings-Trisha Roffey A6. De-escalation Toolkit-Christie Brady A7. Powerful Word Work-Lana Lane A8. Supporting Children Through the Grieving Process-Jeremy Allen A9. Our Shared History, Our Shared Future: A Brief Introduction to Treaties-Glenda Bristow A10. Fuel Your Workday-Elizabeth Fraser, RD A11. PowerSchool Training and Tips-Carrie Frissel	B1. Exploring Self-Compassion and Self-Care-Patricia Tallon B2. Google Calendar Basics-Barbara Lenormand B3. The Soul of Sorrow -Bill Harder B4. The 3 “R’s” to Success-Responsibility, Responses, Results-Lorna Granger B5. Are we there yet? Google Geo Tools!-Trisha Roffey B6. De-escalation Toolkit(Repeat)-Christie Brady B7. Non-Negotiables for the Struggling Reader!-Lana Lane B8. Supporting Adolescents Through the Grieving Process-Jeremy Allen B9. Full Circle: Understanding Social Implications of Indigenous Realities-Glenda Bristow B10. The Hunger Games: Exploring Hunger-Elizabeth Fraser, RD

Wellness Sessions 1:40 pm -3:00 pm
C1. Getting to Your Best Self: Skills for your Greatest Year Yet! -Patricia Tallon C2. Munzee-Barbara Lenormand C3. Responding to Our Dashboard-Bill Harder C4. Supporting Self - From the Inside Out-Lorna Granger C5. Painting HACKED-Trisha Roffey C6. Coloring for Adults-Donna Pratt C7. Cooking... Under Pressure-Elizabeth Fraser, RD C8. Eagle Feather Crow Bead Keychain Project-Glenda Bristow C9. Movement & Mindfulness-Chelsea Snelgrove & Courtney Bessette
Extended Sessions 8:00 am – 4:00 pm
D1. Emergency First Aid-CPR A & AED-St. John Ambulance

Morning Sessions 9:45 am – 11:30 pm

A1. ASEBP Benefit Overview-ASEBP

We offer a wide range of benefits, health and wellness programs and support services to covered members like you. Whether you're a new ASEBP covered member or just need a refresher, this information session is for you!

In this session, you will learn about:

- Getting the most from your ASEBP coverage
- Your Spending Accounts
- Your Employee & Family Assistance Program
- Accessing your information through MyASEBP and our mobile app
- Accessing information on our website

A2. Google Docs for Beginners & Google Drive-Basics-Barbara Lenormand

Google Docs for Beginners

This session will be an introduction to Google Docs and will provide participants with a basic knowledge of the features of Google Docs. As well, you will be shown how to make a copy, share, delete Google Docs and put them in folders. Lastly, you will be shown navigation skills to find your Docs later.

Google Drive-Basics

Google Drive Basics session will prepare you with a fundamental understanding of Google Drive, its key features and general benefits in the classroom and the office. You will learn how to:

- Move your files into Drive
- Share files and folders
- Assign work more easily
- Create and curate online resource

***Registrants for this session will need to bring their own device (laptop or Chromebook).**

A3. What is Compassion Fatigue?-Bill Harder

- Definition of compassion fatigue and vicarious trauma
- Signs and symptoms
- Recognizing our personal dashboard
- Debriefing skills

This session provides an overview of the experience of compassion/caregiver fatigue. We will look at signs and symptoms with an understanding that they are an expression of our personal dashboard.

A4. Take Back Control of Your Life-Lorna Granger

- Learn the power of the equation: $E + R = O$ (Event + Response=Outcome)
- Learn the difference of Reacting to life, compared to responding intentionally.
- Learn how powerful your "R" is.

A5. Design with Drawings-Trisha Roffey

Frustrated with glitter glue and dried out markers? You can make anything amazing with Google Drawings! This crafty tool will help you take images, color, text and more to the next level in your classroom and help students of all abilities make something Pinterest worthy! We can create real world examples and take learning off the page!

A6. De-escalation Toolkit-Kristie Brady

"Now what?" Working with students can sometimes be challenging and demands that we think quickly and have many strategies and techniques in our toolkits to support kids. Participants in this session will discuss possible reasons behind behaviours, personal coping strategies and ideas for working with students. This session will be an interactive and fun experience.

A7. Powerful Word Work-Lana Lane

Powerful Word Work to help learners become better readers, writers and spellers!

This hands-on workshop will provide participants with numerous word work activities to support literacy in the classroom.

A8. Supporting Children Through the Grieving Process-Jeremy Allen

Children are undoubtedly the silent voice when loss takes place. Their pure innocence and inexperience often leave them wondering where they fit into the transition from what life looked before loss to what it looks like now. Grief can be especially overwhelming for children when they do not have access to the words or questions, they require to ask for what they need. Children need to be taught how to grieve all while feeling supported as they walk through the journey of grief and mourning.

A9. Our Shared History, Our Shared Future: A Brief Introduction to Treaties-Glenda Bristow

This introductory workshop will explore historical and contemporary information and resources relating to numbered treaties within present-day Alberta. Educators will build their understanding of the acknowledgement of land and people, as well as our shared responsibilities to the land and each other. Participants will engage in dialogue and reflect on their professional learning in order to build capacity in treaty education.

A10. Fuel Your Workday-Elizabeth Fraser, RD

Join a Registered Dietitian from Alberta Health Services to understand the New Canada's Food Guide and learn how to master the 4 P's – Plan, Purchase, Prepare and Pack for weekday success. From starting your day the healthy way with breakfast to stocking your workspace with good fuel in a pinch, this session will have you sailing through the week.

A11. PowerSchool Training and Tips-Carrie Frissell

This session will review BTPS PowerSchool procedures as well as touch on new info "coming down the pipe"! **The intended audience for this session is BTPS Admin Assistants.**

Afternoon Session 12:15 pm -1:35 pm

B1. Exploring Self Compassion and Self-Care-Patricia Tallon

The life of a school employee can be compared to running a marathon—but at a sprinter's pace! We know it can be hectic at times and that's why, in this workshop, we talk about how showing yourself some compassion can make a difference in not only your life, but in your school community. Join us and learn how to set up a self-care plan that will help you amp up the opportunities to refuel and recharge your life!

B2. Google Calendar Basics-Barbara Lenormand

The following Calendar Basics session will prepare you with a fundamental understanding of Calendar, its key features, and general benefits in the classroom. With a basic understanding of Calendar, you can plan more effectively with your colleagues and students, stay organized, and begin to customize your calendar experience. You will learn how to:

- Create calendars
- Create, share, and publish events
- Track various events using multiple calendars
- View events on mobile devices

***Registrants for this session will need to bring their own device (laptop or Chromebook).**

B3. The Soul of Sorrow -Bill Harder

- Signs and symptoms of grief
- Sorrow as transformation
- Sorrow in the caregiver's world

This session explores sorrow and the experience of grief from the lens of soul work and transformation. Beginning with an overview of grief symptoms, the presentation then takes a look at grieving myths, and moves participants to consider a different paradigm for understanding the work of sorrowing.

B4. The 3 “R’s” to Success - Responsibility, Responses, Results-Lorna Granger

- How to get from where you are to where you want to be.
- Change your thoughts, change your life - visualization
- Affirmations – How words we use impact us/our life.

B5. Are we there yet? Google Geo Tools!-Trisha Roffey

We teach our students how to use maps and memorize places, but have they arrived at geographic thinking? Help students go from finding their house online to understanding the world around them and becoming a global citizen. Learn about the powerful and engaging tools available online such as Google Earth, Google MyMaps, VR Tour Creator, Streetview, and Google Expeditions that will help your students get where they need to be in the world.

B6. De-escalation Toolkit-Kristie Brady (Repeat Session)

“Now what?” Working with students can sometimes be challenging and demands that we think quickly and have many strategies and techniques in our toolkits to support kids. Participants in this session will discuss possible reasons behind behaviours, personal coping strategies and ideas for working with students. This session will be an interactive and fun experience.

B7. Non-Negotiables for the Struggling Reader!-Lana Lane

What are the non-negotiables? Thru engaging activities, participants will be able to identify the non-negotiables and implement many literacy strategies with their students. Participants in this session will learn some of the best reading practices supporting struggling readers!

B8. Supporting Adolescents Through the Grieving Process-Jeremy Allen

Adolescents that are walking through grief are still children. They often lack confidence in the uncertainty of grief and have likely experienced loss and grief already at some point in their life. Adolescents thrive off the comfort of predictability and need to be nurtured like a child while communicated to in a manner that is age appropriate. Adolescents have the questions; we just need to learn how to create safe environments for them to ask.

B9. Full Circle: Understanding Social Implications of Indigenous Realities-Glenda Bristow

This workshop will examine core causes of intergenerational trauma, challenge common myths and misconceptions, as well as explore activities to foster effective relationships with First Nations, Métis and Inuit students, families and community. Participants will explore assimilation strategies that have contributed to many current realities of Indigenous students, families and community. You will gain an increased understanding of physical, mental, social and spiritual impacts, and strength-based initiatives to contribute to the advancement of the reconciliation process.

B10. The Hunger Games: Exploring Hunger-Elizabeth Fraser, RD

Have you ever wondered what factors influence the way you eat? Do you use food to cope with the emotions of everyday life? Join a Registered Dietitian from Alberta Health Services to explore appetite, identify your eating patterns and honour each of your types of hunger.

Wellness Sessions 1:40 pm -3:00 pm

C1. Getting to Your Best Self: Skills for Your Greatest Year Yet!-Patricia Tallon

The path to your best self will likely be dotted with successes as well as some setbacks. Explore concepts of positive psychology and discover a variety of helpful skills with this workshop that will help put those successes within reach!

Cultivating resiliency and growing gratitude.

Join us to learn how to build your personal resiliency and gratitude! Your perspective, attitude, values, social connections and more can have a major impact on how you respond to and grow from life's challenges. You will examine the numerous positive effects of regularly reflecting on and expressing gratitude, including helping you achieve your goals! Being grateful throughout your life, whether it's for simple or profound things, maintains positivity—and that's positively wonderful.

C2. Munzee -Barbara Lenormand

Munzee is the next generation in global scavenger hunt games. Track down QR Codes hidden in the real world and capture them for points. In this session you will be introduced to Munzee and how it can be used in a school environment.

Please bring your own device (laptop or Chromebook and SMART phone)

C3. Responding to Our Dashboard-Bill Harder

- Pausing to take time for self-care
- Breathing: deep self-assessment
- Listen: paying attention and responding to what our dashboard is saying

This session explores strategies to gain resilience and improve/maintain wellbeing as caregivers.

C4. Supporting Self – From the Inside Out-Lorna Granger

- Learn about how we self-sabotage ourselves
- Focusing on our feelings and create outcomes you desire.
- Following "Our" feel good.

C5. Painting HACKED-Trisha Roffey

Are you ready for some wellness.....some GEEKY wellness?! Well come to this session to electrify your afternoon with painting that has been hacked to play music, affirmations, and other soothing sounds to end your day. We will learn how to use the MakeyMakey while we have a whole lot of fun!

C6. Coloring for Adults-Donna Pratt

Donna will talk about the remarkable changes that can occur in confidence, stress levels and social skills when implementing coloring for adults. She will also discuss the other benefits that can occur when we take the time to slow down and "color our world".

C7. Cooking... Under Pressure-Elizabeth Fraser, RD

We know life is busy and getting dinner on the table can be a chore. Come join a Registered Dietitian from Alberta Health Services to learn (hands on!) how to master using the tools in your kitchen to get healthy meals on the table, even on your busy days. Whether your tool of choice is the instant pot, slow cooker, or stovetop we've got some tips and tricks for you.

C8. Eagle Feather Crow Bead Keychain Project-Glenda Bristow

In the session, participants will learn how to make a key chain in the shape of an eagle feather with black and white crow beads, while doing so, the participants will learn about the significance of the eagle and eagle feathers. This should be a relaxing interactive session.

C9. Movement & Mindfulness-Chelsea Snelgrove & Courtney Bessette

In the first half of this class you will be guided through a series of science-based postures that help to reduce stress and tension while simultaneously strengthening the body and mind. In the second half you will be introduced to and guided through a mindfulness exercise that will help you with stress and anxiety that can improve your health both in your workplace and outside of it. You will also learn an amazing tool you can use everyday in 1 minute or less to help reduce stress in your life and the lives of those around you!

Extended Sessions 8:00 am – 4:00 pm

D1. Emergency First Aid CPR A & AED-St. John Ambulance

In this one-day course, students will learn to recognize and provide interventions for life-threatening emergencies until medical aid arrives. Topics include; CPR and choking for adults, shock and unconsciousness, severe bleeding, head & spinal injuries, major medical conditions, and AED training and certification.

Presenter Biographies

Barbara Lenormand is a Teacher for Northern Lights School Division and has experience teaching at all grade levels. She enjoys sharing her classroom experiences and showing you how the application of knowledge and skills have proven themselves beneficial for all educators and their students.

Bill Harder After 15 years of experience in the field of pastoral care, Bill is now focusing his attention on compassion fatigue education, as well as the soul journey of sorrowing. With a history of rural parish work, and native to central Alberta where he has lived most of his life, Bill is well familiar with the ebb and flow of the prairies.

Bill comes equipped with tools obtained from a B.A. in sociology, a B.B.A. in Biblical Arts, a Master of Divinity, and certifications in Compassion Fatigue Education, Grief & Loss Counselling, and storytelling. Over the years, Bill has experienced the challenges, and rewards of the journey of walking with people in crises, knowing the cost of caring.

Currently working as Program Coordinator for the Hospice Society of Camrose & District, Bill is passionate about these topics that deeply affect the performance and wellbeing of those in caregiver roles.

Enjoying the work of group facilitation, he shares his personal stories of fatigue, while inviting participants to consider the simple tools they have at their disposal to foster wellness.

Bill lives in Camrose with his wife, Anna, and their Jack-Russel Terrier, Max. They have four adult children, two grandchildren, and a supportive village of friends.

Carrie Frissel has been a member of the BTPS team since September 1987. As a teacher, she had many wonderful experiences with staff and students at Wainwright High School and Irma School. Currently she is the Student Information Services-Principal at Large, so now she has the pleasure of working with staff members from across the jurisdiction.

Chelsea Snelgrove & Courtney Bessette are not only business partners in the health and wellness field, they are sisters! Together they own Self Centered Yoga and Wellness in Vermilion, Alberta. They both come from backgrounds of integrative health care. Their passion for wellness influences all that they do! A big part of their focus is on mental health and creating a supportive community to help others find and practice self care that works best in their lives.

Christie Badry is the Coordinator of Division Supports and Services for Battle River School Division near Camrose.

Christie has 3 children, 1 husband and 1 dog. She loves working with kids and connecting with adults!

Don Doherty is the Occupational Health & Safety Coordinator for Buffalo Trail Public Schools and East Central Alberta Catholic Separate Schools.

Donna Pratt is in her 5th year as the Activity Co-ordinator for the Battle River Seniors Lodge in Wainwright. For two years, she was the president of LACA (Lodge Activity Coordinators of Alberta) where she hosted, along with the committee, two in-service days, one in the south and one in the north, and a three-day conference in Red Deer each year. It was an exciting challenge to bring new ideas to compliment and enhance these programs.

Elizabeth Fraser is a Registered Dietitian who works with populations across the lifecycle to impact health. Elizabeth currently works for Alberta Health Services in the areas of Population & Public Health and Chronic Disease Management, providing her services across the M.D. of Wainwright, M.D of Provost, and the County of Vermilion River. Hailing from the East Coast, Elizabeth completed her Bachelor of Science in Foods & Nutrition with first-class standing from the University of Prince Edward Island. There she also completed her dietetic internship program, accredited by Dietitians of Canada.

Glenda Bristow is from Frog Lake First Nations. She presently works as the Director of Technology/Programs for St. Paul Education Regional Division No. 1. and has been a part of this education family for several years. Within her role, she manages and supervises Division Technology, First Nations, Métis and Inuit Education, Division Career Counselling along with various other duties. Prior to working at central office, she spent several years teaching at the primary level at both the provincial and federal level and worked as a Director of Education for Frog Lake First Nations. Being a Cree Woman and working in education has many positives and challenges but at the end of the day, it's knowing that she made a difference in the lives of many students which makes working in the field so rewarding.

Jeremy Allen is a licensed funeral director/embalmer and owner of Gregory's Funeral Home in Provost, Alberta.

In addition to his passion for serving families and his profession, Jeremy shares an equal desire for death education and helping create awareness of grief, loss and the roles served by funeral professionals. DeathEd.ca is intended to establish a sense of direction for those experiencing grief, whether that is walking through your own grief or walking alongside someone who is experiencing loss.

Lana Lane is an Independent Literacy Consultant. She resides on an acreage outside of Canada's only border city, Lloydminster, Saskatchewan. She has been a classroom teacher of Pre-K-Gr.2, an Instructional Literacy Coach K-12, and currently contracts with the Learning Network Educational Services and Learning Disabilities Association of Alberta. She has spent many years studying the five essential elements of effective reading instruction; Phonemic Awareness, Phonics, Fluency, Vocabulary and Comprehension and enjoys facilitating workshops across the province. She is a dynamic speaker with a true passion for literacy.

Lorna Granger was born in Hardisty Alberta, where she resided for 50+ years. She married her high school sweetheart and has cherished 35 wonderful years and counting. Two of the highlights of those years, was the birth of their two beautiful children.

In 2007, an event was presented to her and she found herself exploring new choices. Her focus fully engaged her into self-development. She discovered who she had become and who she truly was.

She believes she is a positive, kind, compassionate, caring human. She is passionate about supporting others, to believe in themselves using empowered teachings and tools.

She has educated with many great teachers like: Louise Hay, Dr. Wayne Dyer, Jack Canfield (Chicken Soup for the Soul), Kathleen Seeley-Massively Human Leadership just to mention a few. Using their teachings and tools supported her in her growth in life.

From her own experiences, she discovered her purpose and passion to give back the teachings and support to others in their growth.

She blends the teachings of self-development, self-care, leadership, values and energy work, through individual coaching, workshops and day to day connection. She is grateful to be of service.

Patricia Tallon is the ASEBP lead for client services with over 10 years of professional experience, spanning a broad range of health settings, including as an ASEBP workplace wellness liaison. A registered dietitian with a Bachelor of Science degree in Nutrition and Food Science, Patricia has provided nutrition counselling for chronic disease management and led a variety of health promotion programs. She's passionate about exploring and educating people on every dimension of wellness—from physical to social wellness and beyond—and its impact on health. In her role at ASEBP, Patricia draws on her strategic thinking and relationship building skills to lead the workplace wellness liaisons to assess, plan, develop, implement and evaluate successful workplace wellness initiatives. Patricia spends her personal time enjoying the outdoors with her family, cooking and ensuring her vegetable garden gets the TLC it deserves.

Trish Roffey is a teacher and Emerging Technology Consultant for Edmonton Catholic Schools in Edmonton, Alberta, Canada with B.Ed, and a Master degree in Educational Technology (MET). In this role, Trish specializes in supporting teachers and students from K-12 to explore makerspace, assistive technology, coding, robotics, and Google. Trish is a Google Certified Educator and Trainer, and is the founder of www.makerspaceforeducation.com helping teachers dig deep into educational technology and constructivist practices to support learners of any age or ability. She regularly presents to educators around the world through professional development workshops, conferences including the FETC and ISTE, and is a spotlight presenter for the EdTech Team.

Conference Menu

Lunch-11:30 am-12:15 pm

Breakfast

Fruit Platters
Muffins
Yogurt
Juice, Coffee and Water

Lunch

Chicken Breasts in a Mushroom Cream/Dill Sauce
Creamy Garlic Mashed Potatoes
Peas, Carrots and Corn Medley
Fresh Garden Salad
Japanese Cabbage Salad
Variety of Homemade Pies
Fresh Fruit Trays
Juice, Coffee and Water





November 29, 2019
J.R. Robson School
5102 -56 Street
Vermilion, AB



Choose 3 from selection A or D in order of preference	Choose 3 from selection B or D in order of preference	Choose 3 from selection C or D in order of preference
9:45 am-11:30 am (A)	12:15 pm-1:35 pm (B)	1:40 pm-3:00 pm (C)
8:00 am-4:00 pm (D)	8:00 am-4:00 pm (D)	8:00 am-4:00 pm (D)
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

Registration Fee: \$120.00
(includes a continental breakfast and lunch)

Name: _____

School District: _____

School: _____

*Email: _____

Phone: _____ Fax: _____

Position: _____

Payment: _____ Cheque (Payable to Learning Network)

_____ Invoice/Purchase Order _____

Online registration:

<https://www.learning-network.org/conferences>

OR

Complete and fax this form to:

Fax: 780-623-2278

Deadline for registration is set for November 20, 2019. Cancellations will be accepted until 12:00 noon on November 22, 2019 after that there will be no refunds.