

Support Staff: Vital to Student Learning

**A Conference for School
Support Staff:
Integral to the Education of the
Entire Child!**



**November 23, 2018
Wainwright High School
800 – 6 Street
Wainwright, Alberta**

Support Staff Planning Committee

Debora Rhodes - Buffalo Trail Public Schools
Denise Bayko - Buffalo Trail Public Schools
Glenna Lingley - Buffalo Trail Public Schools
Michelle Webb - Buffalo Trail Public Schools
Sandy Machado - East Central Catholic School Division
Cynthia Bryant - East Central Catholic School Division
Dwayne Zarichny - East Central Catholic School Division
Celine Zevola - Learning Network Educational Services
Brent Allen - Learning Network Educational Services

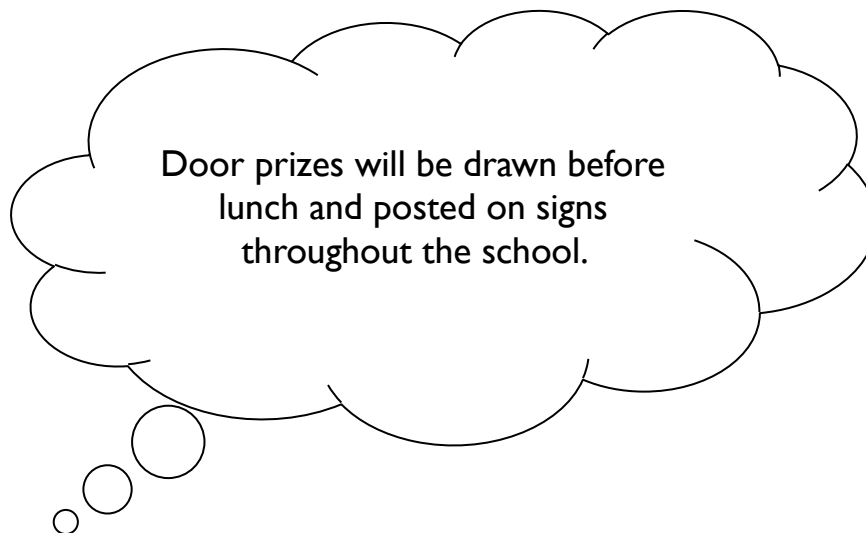
Conference Sponsors

This Conference is supported by:

- Buffalo Trail Public Schools No. 28
- East Central Alberta C.S.S.R.D. No.16

Day at a Glance

8:00 am	First Aid Begins
9:00 am - 9:30 am	Registration
9:30 am - 9:45 am	Conference Welcome
9:45 am - 10:30 am	Keynote-Fred Sudfeld
10:30 am - 10:45 am	Break
10:45 am - 12:25 pm	Morning Session
12:25 pm - 1:20 pm	Lunch
1:20 pm - 3:00 pm	Afternoon Session
1:20 pm - 4:00 pm	Continuation of First Aid



Morning Sessions 10:45 am- 12:25 pm	Afternoon Sessions 1:20 pm-3:00 pm
A1. Historical Trauma Predicts Future Wellness -Fred Sudfeld A2. Mental Health 101: Who, What, Where, When, Why? -Ariel Haubrich A3. Local Authority Pension Plan- Member Group Information Seminar- Philip Mak A4. Supporting English Language Learners in Colony Schools-Marian Biggins A5. Speech, Language, and Literacy Strategies in the Classroom - Holly Duchow & Nancy Whelan A6. Calming Center-Shelia Chisholm A7. The Academy for Tobacco Reduction- Kim Ruptash A8. Power Up with PowerSchool -Carrie Frissel A9. ECCS PowerSchool, Online Registration & Student Records-Jessica Channon	B1. Historical Trauma Predicts Future Wellness Fred Sudfeld (Repeat) B2. The Hunger Games -Ariel Haubrich B3. Local Authority Pension Plan- Member Group Information Seminar- Philip Mak (Repeat) B4. Reading and Math Instruction in a multi grade classroom - How Do I Implement Daily 5/Daily 3-Marian Biggins B5. Complex Communication Disorders-Melissa McAllister B6. Fidget Friendly Classrooms -Shelia Chisholm B7. The Academy for Tobacco Reduction- Kim Ruptash (Repeat) B8. Calming the Nerves From the Inside Out- Jenna Williams B9. Yoga for Stress Release-Jessica Merten
Full Day Sessions (10:45 am – 3:00 pm)	
C1. Compassion Fatigue-What Helpers Need to Know-Michelle Hamilton C2. Learning Commons Facilitator Session-Karen Belter & Lissa Davies	
Special Time Sessions (8:00 am – 4:00 pm)	
D1. Emergency First Aid - CPR A & AED-St. John Ambulance	

Keynote Presentation-9:45-10:30

Wellness Begins with Managing Life's Stresses - Fred Sudfeld

We all seek some form of “Wellness”. Many of us will likely have different definitions of what it might mean to be “Well”. Certainly, an important path to “Wellness” is to be able to develop some skills and perspectives that would keep many of life’s inevitable stresses from stealing our “Wellness and Joy”. How we might do this will be the focus of the Keynote address.

Morning Sessions 10:45 am-12:25 pm

A1. Historical Trauma Predicts Future Wellness - Fred Sudfeld

Trauma researchers have learned much about how trauma, especially trauma that occurs before the age of 18, can deeply impact healthy brain development. This can result in an increased likelihood that people will choose unhealthy coping mechanisms to feel better, leading to an increased possibility of a lifetime of “unwellness”. Those of us who work with children need to understand that we are in the ideal position to be able to influence children who are sometimes in the midst of experiencing ongoing trauma and to change the course of their life. This session will explain the above and discuss practical ways to make it more likely we can indeed change the course of a child’s life.

A2. Mental Health 101: Who, what, when, where and why? - Ariel Haubrich

Explore the continuum of mental health through to mental illness and the unique dynamics each have in our schools, communities and systems. We’ll look at the supports available to us as we provide timely, effective and appropriate assistance and learn the various levels of intervention, the systems responsible for them, and the types of activities and strategies they employ. We will define and discuss the important roles we play, what our responsibilities and boundaries are within them, and how to best support and care for ourselves and each other as we take them on.

A3. Local Authority Pension Plan- Member Group Information Seminar - Philip Mak

Whether you are new to the Plan or have been contributing for a while, this seminar will help you learn about your pension plan and the pension benefits that are available to you.

Please note: we need a minimum of 20 participants to run this session.

A4. Supporting English Language Learners in Colony Schools - Marian Biggins

In this session, you will learn how to determine a starting point for each student and will view and learn about some materials and resources that can meet the unique learning needs of colony students. You will leave this session with some practical ideas to use on Monday morning!

A5. Speech, Language, and Literacy Strategies in the Classroom - Holly Duchow & Nancy Whelan

This 90 minute presentation will cover functional classroom strategies that target speech, language, and literacy for all students in the classroom. These strategies will also be helpful for those attending the Complex Communication Needs presentation in the afternoon.

A6. Calming Center - Shelia Chisholm

It is important to have a multitude of strategies when working with a variety of students. Attend both of Shelia’s sessions (A7 & B7) to create an effective and full toolbox, discover how and when to use these tools to create a chaos-free classroom.

This session helps navigate you and your students through emotions. It incorporates fun and engaging visual and behavioral strategies. You will learn and play with a very effective center containing occupational therapy, psychologist, educator and parent-approved activities for emotional regulation. Come and create a plan to guide and channel emotions in your classroom.

A7. The Academy for Tobacco Reduction - Kim Ruptash

The Academy for Tobacco Reduction, which uses a creative theme to give the resource context. Five lessons per grade will:

- 1) give student for kids factual information
- 2) help them understand the risks seen with tobacco use
- 3) teach kids ways they can recognize negative social influences
- 4) develop strategies to learn how to resist pressure to use tobacco products and
- 5) develop a sense of purpose as they work together on a common goal

A8. BTPS Power Up with PowerSchool - Carrie Frissel

This session will review BTPS PowerSchool procedures as well as touch on new info "coming down the pipe!"

The intended audience for these sessions is --- BTPS Admin Assistants.

A9. ECACS PowerSchool, Online Registration & Student Records - Jessica Channon

During this session we will have a group discussion about PowerSchool, online registration and student records.

Afternoon Sessions 1:20 pm-3:00 pm**B1. Historical Trauma Predicts Future Wellness - Fred Sudfeld (Repeat Session)**

Trauma researchers have learned much about how trauma, especially trauma that occurs before the age of 18, can deeply impact healthy brain development. This can result in an increased likelihood that people will choose unhealthy coping mechanisms to feel better, leading to an increased possibility of a lifetime of "unwellness". Those of us who work with children need to understand that we are in the ideal position to be able to influence children who are sometimes in the midst of experiencing ongoing trauma and to change the course of their life. This session will explain the above and discuss practical ways to make it more likely we can indeed change the course of a child's life.

B2. The Hunger Games: That kid's just looking for attention... - Ariel Haubrich

"That kid's just looking for attention..." Probably. But not for why you think. Kids are starved for connection, direction, attachment and positive adult relationships, and we need to fortify them! This session speaks to the biological, psychological and developmental reasons kids seek our attention, why they NEED to seek our attention and why we MUST give it to them. Using videos, humor and different perspectives, we'll look at the behaviors and brains of these kids and the survival games they play. Participants will learn the "Vitamin C" approach to attention seeking behaviors, and explore the research, theory and practical applications of nourishing our students with the time and attention they seek...and deserve.

B3. Local Authority Pension Plan- Member Group Information Seminar - Philip Mak (Repeat)

Whether you are new to the Plan or have been contributing for a while, this seminar will help you learn

about your pension plan and the pension benefits that are available to you.

Please note: we need a minimum of 20 participants to run this session.

B4. Reading and Math Instruction In a Multi Grade Classroom - How Do I Implement Daily 5/Daily 3? - Marian Biggins

In this session you will have the opportunity to learn the "what" and the "how" when you are organizing for Daily 5 and Daily 3 in your unique setting. This will be a session where practical ideas will be shared so that you can support reading and math instruction in your colony classrooms.

B5. Complex Communication Disorders - Melissa McAllister

This 90 minute presentation will cover functional classroom strategies that target language and literacy for students using Alternative Augmentative Communication (AAC) as a strategy for increasing their ability to communicate. Participants will have the opportunity to gain some hands on experience providing aided language stimulation using a variety of AAC options and learn about different ways to include students in the classroom who have limited speech or do not speak!

B6. Fidget Friendly Classrooms - Shelia Chisholm

It is important to have a multitude of strategies when working with a variety of students. Attend both of Shelia's sessions (A7 & B7) to create an effective and full toolbox, discover how and when to use these tools to create a chaos-free classroom.

When is a fidget a reward for negative behavior and when is it a tool for self-regulation? In this session, we will look at tools for focus and attention, self-regulation and decreasing behaviors without the interference of accidental rewarding. Discover how to introduce and prepare students for fidgets as tools, not as distractors or toys in your classroom.

B7. The Academy for Tobacco Reduction - Kim Ruptash (Repeat)

The Academy for Tobacco Reduction, which uses a creative theme to give the resource context. Five lessons per grade will:

- 1) give student for kids factual information
- 2) help them understand the risks seen with tobacco use
- 3) teach kids ways they can recognize negative social influences
- 4) develop strategies to learn how to resist pressure to use tobacco products and
- 5) develop a sense of purpose as they work together on a common goal

B8. Calming the Nerves from the Inside Out - Jenna Waltz

Let's discuss how essential oils work and why they can have such a positive impact on our emotions. These ancient bottles of goodness have been used for centuries but are recently regaining popularity due to the amazing power that lies within. Grab your notebook and let's dive into some of the things these oils can help our bodies with.

B9. Yoga for Stress Release - Jessica Merten

In this session, we will cover basic yoga poses and breathing techniques to help lower stress levels. Learning how to move your body in tune with your breath to help find calmness, peace & presence, will be the focus. The poses we will cover in our practice are gentle, low to moderate in heat building, and suitable for all abilities. To finish off your practice, a guided meditation will bring you into the final resting pose of "Savasana" (Corpse pose-lying on your back in stillness of mind & body).

Participants are encouraged to wear comfortable, activity friendly clothing.

Full Day Sessions 10:45 am – 3:00 pm

C1. Compassion Fatigue-What helpers need to know! - Michelle Hamilton

Compassion fatigue is a term used to describe a unique form of emotional burnout that may result from our close emotional contact with other people's emotional pain, stress and trauma. This presentation will include an overview of literature describing how helping professionals can be impacted by their work, including:

- Discussion of the concepts of compassion fatigue, secondary traumatic stress and vicarious trauma
- The difference between burnout and compassion fatigue
- The science involved in the transmission of emotion between people
- Signs of compassion fatigue
- Risk and protective factors
- Self-assessment tools and self-care plans
- Practical strategies that promote resiliency and self-care at the individual, professional group and organizational level

This engaging full-day presentation will include critical information for those working closely with other people's emotional stress and trauma. The workshop includes a review of literature describing how helping professionals can be psychologically impacted by their work including real life examples of signs and symptoms. Risk and protective factors will be discussed, and self-assessment tools provided. Participants will learn about the science involved in the transmission of emotion between people, and will increase their awareness of the need for professional boundaries.

C2. Learning Commons Facilitator Sessions - Karen Belter & Lissa Davies

10:45-11:30 - Amazing Books for Reluctant Readers

11:30-12:25 - Using Google Apps for Student Research

Lunch

1:20-2:20 Best of the Best

2:20-3:00 Just Weed it!

Amazing Books for Reluctant Readers:

Looking for the best books to excite and engage reluctant readers? Come and find the MUST HAVES; the learning common's toolkit of books you should not be without. From classic teacher-

approved texts to new and unique books, we have something for every kind of reader but especially those struggling for a good fit book whether in grade two or ten.

Using Google Apps for Student Research:

Build students' inquiry skills and deepen their understanding of any curricular topic/outcome by using these interactive, engaging apps for research. Come learn which tools will help students navigate the research process from start to finish. We will show you tools that will push students beyond just "googling" for information and include tools for evaluation, citation, collaboration, and creation. This hands-on session is appropriate if you work with students from kindergarten to grade 12. You are guaranteed to leave with something you can use tomorrow!

(Please bring a laptop, Chromebook or tablet if possible.)

Best of the Best:

Find out about all the new books you can use to engage and excite your students and foster a love of reading within your school. Read and reviewed by experienced teacher librarians and library staff, we present the best of the best books of 2017/18. We will share with you the best books for read-alouds, reluctant readers, genre buffs and more. Come and see what's new and leave with a list of books for your students and you!

Just Weed It!

We know it can be painful but some books just have to go! We will share our process for weeding our collections; the whys and the results. We promise new, and better growth will emerge from the hard work of weeding. It's worth it!

Special Time Session 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

Ariel Haubrich works in school & community mental health as a counsellor and program manager, and also as a consultant, presenter and private practitioner with government, businesses, teams and individuals working toward personal and organizational development. She is a Certified Professional Counsellor and a professional affiliate of the Psychologists' Association of Alberta with a Master's Degree in Educational Psychology. Ariel has over 15 years of experience as a counsellor and programming coordinator in school & community systems, and has been involved in developing and leading school division projects, crisis response teams, and program initiatives. She has written a number of journal and interest articles on various school mental health topics, and enjoys providing training, presentations and workshops provincially, nationally and internationally. Ariel loves yoga and reading to "mind her mind," and the rewards that collaboration and connection can bring to our lives and our teams. For more information on Ariel, please visit www.knowledge-power.ca or www.arielhaubrich.com.

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.

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

Fred Sudfeld is a Master's level Therapist and Registered Social Worker at The Family Centre of Northern Alberta located in Edmonton. Fred has been working with families, couples, and individuals for over 25 years and has been a Clinical Supervisor for the past 15 years. He specializes in couple and family therapy, critical incident response, managing corporate change, and conflict resolution. Fred also has an extensive teaching and speaking background dealing with topics such as communication, conflict resolution, marriage preparation, men and anger, understanding mental illness, parenting after separation, domestic violence, change management, and parenting. Fred's passion at this time in his career is coordinating the therapeutic work that The Family Centre provides to numerous Edmonton schools: bringing therapeutic services to vulnerable families and making it more likely that disenfranchised children are able to succeed and thrive.

Holly Duchow is with Alberta Health Services and is a Speech-Language Pathologist for Children's Rehab Services in Wainwright. She is also the Team Lead for Children's Rehab in Wainwright and Provost.

Jenna Waltz is from Vermilion AB. Her and her husband, Kelly and their children have 180 Purebred Simmental cattle and sell 2yr old bulls. She also sells corn and canola seed with Dupont Pioneer based off their farmyard. She started her journey with essential oils 2.5 years ago when a newborn and a family tragedy hit her home. She rarely uses prescription or over the counter drugs but is grateful for them when needed. Although 9 times out of 10 she can find an oil that treats the deeper issue vs covering the symptoms. She loves that there is an option to use something natural that heals our bodies and isn't doing further damage with various side effects! She can't wait to share some of this amazing info with you!

Jessica Channon is the Board Executive Secretary and Data Coordinator for East Central Catholic Schools.

Jessica Merten For the past 14 years, Jessica has been working in the fitness industry for the Canadian Armed Forces. Currently the Fitness Coordinator for Garrison Wainwright, her daily routine includes leading CF members through daily physical training, annual/specialized fitness testing, personal training & group training plans, make for an extremely rewarding career. With a background in lifeguarding, it seemed natural to take the first aid instructor course through the Canadian Red Cross in 2007. She attained her personal training certification through CSEP in 2005. With yoga being a new found hobby in 2012 and the support of her yoga teachers in Pembroke, ON, she took the 200 hr Hatha Yoga Teacher Training in Ottawa ON. Shortly after her yoga training, Jessica started her own yoga business, eventually opening & running a studio in 2016-2018. Sharing her passion for yoga & fitness with the community is an ongoing hobby that she will continue for years to come.

Karen Belter has been a passionate educator for the past twenty-eight years and is presently loving her work as a teacher-librarian at Centre High Campus in Edmonton celebrating all literacies as well as developing Makerspace learning opportunities in and out of the classroom. She is also the Curriculum Coordinator of Effective Technology Integration supporting and inspiring both teachers and learners. Karen recently co-authored two locally developed curriculums for the Working With Children Career Pathway where her students gain valuable knowledge and experience working with all kinds of learners. Karen is honoured to be the president of the Alberta School Learning Commons Council where she works tirelessly advocating for libraries, teacher-librarians, and great literature. She loves books and shares her joy of reading by participating as a reviewer for the ASLC Litpicks site.

Kim Ruptash is an addiction and tobacco reduction counsellor with Alberta Health Services Community Addiction and Mental Health for 18 years, is a Certified Tobacco Educator and Canadian Certified Addiction Counsellor. She has extensive knowledge and experience in tobacco prevention, education, cessation and policy work. She has a keen interest in shaping and influencing healthy behavior, especially among youth and their key influencers. She is a wife, volunteer and Mom of 3 girls aged 8, 11 and 13, who has a passion for debunking myths and filtering messages in research to people of all ages.

Lissa Davies is an engaging and energetic teacher librarian, who is passionate about Maker Education, Learning Commons, and developing competencies for all of our diverse learners. She is a leader in Maker Education in Edmonton Public Schools, kick-starting the Annual Cardboard Challenge, and supporting schools across Alberta with Maker ideas. Lissa is the past president of the Alberta School Learning Commons Council and is an educational presenter and curriculum coordinator in an elementary school in Edmonton Alberta.

Marian Biggins has taught in a variety of educational settings, from Preschool to University, in both the U.K. and Canada and in public, private and Colony schools.

Marian's career has focused on supporting the needs of diverse learners and in providing professional learning to the dedicated staff who work daily with the students.

Melissa McAllister has worked in the Kitscoty area as a Speech Language Pathologist since 2009. Being from the small town of Kitscoty, her favorite part of her job is helping to build an inclusive community where kids with unique speech and language challenges can thrive. Complex Communication Needs became a part of her role in 2015 and has provided her with the opportunity to brainstorm solutions for communication needs with a much larger community of people. This has been equally as rewarding.

Michelle Hamilton is a Registered Psychologist (College of Alberta Psychologists) and a Certified Professional Counsellor (Canadian Counselling and Psychotherapy Association), with a Master's Degree in Educational Psychology from the University of Alberta.

Michelle is in private practice in Lloydminster, and provides professional psychological therapy, and workshops promoting healing and personal growth. Michelle has over twenty five years' experience as a professional counsellor, including work in addictions treatment and as a school counsellor with the Lloydminster Public School Division.

Nancy Whelan is with Alberta Health Services and works as a Speech-Language Pathologist for Children's Rehabilitation Services in Vermilion and Kitscoty. She is also the Team Lead for the County of Vermilion River.

Philip Mak has worked for APS for almost 15 years, in his current role, he travels throughout the Province to meet with members in groups and individually, providing information so they can understand how their pension works and make informed decisions. His theme song - "Life Is A Highway".

Sheila Chisholm's interest in special needs started in elementary where she supported a segregated learning classroom during lunch hour. Sheila soon developed a passion and desire to change the way society interacts with those in the disabled community.

While attending U of S she worked with families with children with special needs and began to work towards behavior consulting and interventions. Sheila worked for Transitions where she discovered a connection with autistic children and a deep desire to learn more. She joined Family Linkages Foundation for Autism and began her journey as a behavior interventionist. Sheila had the privilege of working on the PUF Team as well as the ELT Team in the St. Albert Public School Division for 12 years. In this capacity, she worked with a multi-disciplinary team of therapists to cultivate the best learning environment for students. And she has now moved into the Sturgeon Public School Division as a Parent Coach for Disabilities Services for Families.

Sheila started Infinite Resources Inc. as a means to support all families and look beyond diagnosis and delays. She believes providing coaching and consulting to families, community organizations allows her to truly create a company that looks at strengths, community, and family as a path for inclusion. IRInc has now been running inclusive social programs for 13 years.

To further create community inclusion, Sheila founded Plugged In Community Centre Organization, a charity with the mandate to build a facility that will provide access to all citizens.

Sheila was the recipient of the St. Albert Baha'i International Women's Day award for Exemplary Service in the Community, as well as Autism Edmonton's Community Champions Award. Infinite Resources Inc. has allowed her to create events that can create inclusion for children/teen, families and the community: Beautiful Me, Plugged In and Supported Community as well as powerful PD Day Sessions.

Sheila is a certified PEERS facilitator, Nonviolent Physical Crisis Intervention Trainer through CPI, PBS (JACC) Trainer, Triple P Facilitator: Seminars, Primary Care, Groups - Discussions, Stepping Stones, Teen & Standard.

Conference Menu

Breakfast

Fruit platters

Muffins

Yogurt

Juice, coffee and water



Lunch

Roast Beef

Oven Roasted Potatoes

Gravy

Buns

Pickles

Tossed salad (fresh mixed greens, carrots, tomatoes, cucumbers and assorted dressings on the side)

Pasta salad (celery/green onions/cheese) with a ranch roasted red pepper dressing

Japanese salad with a Asian dressing

Condiments

Rolo Trifle Dessert

Apple Fritter Trifle

Juice, coffee and water



**November 23, 2018
Wainwright High School
800 – 6 Street
Wainwright, AB**



**Choose 3 from selections A or
C or D in order of preference**

1. _____
2. _____
3. _____

**Choose from selections B or
C or D in order of preference**

1. _____
2. _____
3. _____

**If you choose a full day or special time session, please ensure that you show it as your
1st, 2nd and 3rd
choice in the afternoon as well.**

Registration Fee: \$120.00 (includes lunch)

Name: _____

School District: _____

School: _____

***Email:** _____

Phone: _____ **Fax:** _____

Position: _____

Payment: _____ **Cheque (Payable to Learning Network)**

_____ **Invoice/Purchase Order** _____

Complete and mail or fax this form to:

Learning Network

Box 417

Lac La Biche, Alberta

T0A 2C0

Phone: 780-623-2248

Fax: 780-623-2278

**Deadline for registration is Friday October 26, 2018 at 4:00 pm. Cancellations will be
accepted until Tuesday November 6, 2018 after that there will be no refunds.**