

September 25th: Professional Learning Day

Learning for Deep Understanding Design Camp

8:45 to 10:00 Opening Keynote – **Garfield Gini-Newman**

Achieving the Double-Helix of Learning: Teaching and learning at the intersection of powerful instruction and powerful assessment.

10:00 to 10:15 **Health Break and Transition**

10:15 to 11:45 Design Camp Focus

11:45 to 1:15 **Lunch and Wellness Sessions**

1:15 to 2:15 Design Camp Focus (session continued from morning)

2:15 to 2:30 Health Break and transition

2:30 to 3:30 Closing Keynote - **Laura Gini-Newman** - **Cultivating a flourishing mindset through effective assessment**



Design Camp Focus for teachers September 25th

1	<p>Empowered Learning Design Camp</p> <p>Harnessing the potential for assessment to inspire, inform and sustain learning offers educators the opportunity to truly empower learners. By the weaving together instruction and assessment we can create the conditions for sustained inquiry that leads to deep and transferable learning. During this design camp participants will explore the intersections between conceptual understanding, nurturing competencies and developing authentic and engaging challenges through which students develop the intellectual tools necessary to empower them as independent learners.</p>	<p>Garfield Gini-Newman CT₂ Cynthia Glaicar FSD</p>
2	<p>Indigenous Learning Design Camp</p> <p>The Circle of Courage: Creating a pathway from knowledge to wisdom Pave the way for your students to build foundational knowledge about First Nations, Metis, and Inuit peoples' ways of knowing. Through the lens of resiliency established by Dr. Martin Brokenlegs' Circle of Courage, design learning experiences that align with the program of studies and develop student competencies. This session will reflect the unique set of beliefs, traditions, ceremonies, and ways of knowing for First Nations, Metis, and Inuit peoples. Together we will facilitate the pursuit of knowledge with wisdom, while exploring wellness through a variety of culturally relevant perspectives that will support your own community building and collaboration.</p>	<p>Cheryl Babin CRC Charity Tegler FSD</p>
3	<p>Numeracy Design Camp</p> <p>Join us as we take a little pause from the rush of September to experience an engaging and empowering way to successfully design math learning based on the critical components of a balanced math approach.</p> <p>Together we will collaboratively seek answers to questions such as:</p> <ul style="list-style-type: none"> • How can we blend foundational knowledge and skills with the capacity to reason critically? • What mathematical attributes underpin numeracy? • What is the role of assessment and instruction in the classroom? <p>We will engage in dialogue that honours our discipline and supports students as they transfer their learning to life. The afternoon portion of the session will provide you with time to design a balanced learning experience for your students that allows them to experience the critical components of a balanced math approach.</p>	<p>Laura Gini-Newman CT₂ Wanda Dechant CRC Shelly Read FSD</p>

4	<p>Literacy Design Camp Delivered for both English and French Immersion Teachers</p> <p>Regardless of what subject you teach, vocabulary and word meanings are essential building blocks for all of your instructional content. But how can you teach vocabulary to students beyond providing a list of words and their definitions? In this Design Camp session, you will learn vocabulary approaches that combine direct instruction with rich discussion techniques to help students interact with words in meaningful ways (applicable to both English and French). The afternoon session will be dedicated to designing vocabulary building activities that you can use in any classroom right away. Good vocabulary instruction promotes not only academic success, but also students' abilities to build peer relationships and effectively convey their thoughts and feelings, no matter the topic. When we "own" our words, we are effective speakers, listeners, readers, and writers.</p>	<p>Kim Tackaberry CRC Marylou Gammans CRC FI Miriam Ramzy FSD Shelley Zorn FSD FI</p>
5	<p>Inclusive Learning Design Camp</p> <p>Supporting ALL learner in acquiring the skills, knowledge and beliefs foundational to meaningful transfer requires learning designs that honour student variability. In this design camp, learn how to apply collaborative processes and digital tools that will amplify your ability to work alongside others in the design of strong literacy, numeracy and content foundations. Further conversation will focus on supporting student learning opportunities for meaningful transfer. This design camp is for Learning Coaches and other teachers who want to focus on their ability to co-create and collaborate in the design of transferable learning experiences that respond to the needs of each learner.</p>	<p>Krystal Abrahamowicz CRC Kevin Newman FSD</p>
6	<p>Innovation and Design: Engaging students with design thinking within a career context</p> <p>CTF, CTS and Maker centered learning share common threads. As a student moves from Maker Centered Learning at the elementary level through to Career and Technology Foundations and Career and Technology Studies at the secondary level, they have the opportunity to solve real world problems and explore a variety of innovative careers. In this design camp, we will explore potential through lines between these three learning programs and leverage these to develop age appropriate learning tasks that engage students, build skills and help explore what they might want to do when they finish school.</p>	<p>Doug Stevens FSD</p>
7	<p>Nurturing Student Wellness Design Camp</p> <p>To support meaningful learning for students, we must also support their wellness. Although each of us holds a unique understanding of wellness, the classroom is the optimal place to nurture many of its dimensions! In the Nurturing Student Wellness Design Camp, our goal is to reflect on ways to infuse wellness across the curriculum. This includes finding windows of</p>	<p>Paulina Gornicki FSD Cortney Vines FSD Julia Schaffler FSD</p>

	<p>opportunity for daily wellness so students can stay emotionally regulated, and thus, be ready to learn. We will start by introducing key structures of the brain and the importance of a trauma-informed approach. Collectively, we will then discuss strategies to integrate valuable, sustainable, and transferable skills that support students beyond the classroom walls. These skills will be based on the social and emotional learning competencies (self-awareness, social awareness, responsible decision making, self-management, and relationship skills), but also encourage an innovative, strength-based approach you can apply in your unique classroom.</p>	
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Wellness Sessions 12:15 to 1:00 September 25th

Session	
<p>Staff Wellbeing Your wellness is central to your ability to care for, recover and maintain balance between your personal and professional needs. Ever Active Schools invites you to join an active and engaging session that will explore the dynamic dimensions of your wellness and share actionable steps and ideas to serve you at home, in the classroom and throughout the school environment.</p>	<p>Adrian Xavier Ever Active Schools</p>
<p>Tools to create an active learning environment (Includes resource: Let's Warm Up) Agility, balance, strength and aerobic components have all been found to be effective in an injury-preventing warm up. Using these components this session will dive into the evidence behind the benefits of a neuromuscular warm up and expand on ways we can use these components to create an active learning environment throughout the day.</p>	<p>Ashley Fox Calgary Be Fit For Life Physical Literacy Coordinator</p>
<p>Cultivate and Create your Vision with the Orenda Society Your vision is unique- you have the choice to choose where you put your energy and what you want to cultivate to create in your life. It's time to listen to those intuitive nudges from your heart.</p> <p>What is your heart telling you? It's time to turn your mind off all of the "shoulds" that replay in your mind on the daily turn on your HEART, your fire, your passions, your desires, your flow.</p> <p>How do you want to show up for you? It's time to get rid of all the judgement, self doubt, fear, and negativity-stop playing small with your life and really step into who you are being called to be, and how you want to FEEL in your life.</p> <p>A Vision Board is a fun, creative way to get connected to your heart, set goals, and DREAM BIG!</p> <p>Materials you will want for the session:</p> <ul style="list-style-type: none"> -Poster board/paper -Old magazines -Scissors -Glue/Tape -Quotes that resonate with you -Sparkles/ribbon/markers 	<p>Lisa McManes Orenda Society</p>

<p>-All the things you love and want more of. -A picture of you where you felt joy.</p>	
<p>Mindfulness Journey Take a break and enjoy a mindful journey of relaxation in the middle of your day. Lauren will lead you through a body scan, a mindful journey of your joy, and a smile meditation. Come rest, relax, and feel those happy days.</p>	<p>Lauren Wyman FSD</p>
<p>ASEBP Whether you're a new covered member or not, this session can help you learn about the wide range of benefits, programs and services we offer. In this presentation you'll discover how to get the most from your coverage, our different tools and platforms, the benefits of spending accounts and more!</p>	<p>Louise Niles ASEBP Benefit Specialist</p>
<p>Accessing Supports for your Mental Health This session will include a discussion of supports that are available in the community, how to access them, and what to expect.</p>	<p>Ryley Hatchard FSD</p>
<p>Healthy Meals in Minutes Life is hectic! After returning from my maternity leave to a full time teaching position with a toddler whose "Hangry" knows no other time than RIGHT NOW! I focused on how I could prepare for meals once and have dinner ready for the whole week. Join me, Danika Holt, in my virtual cooking class "Healthy Meals in Minutes" and learn some tips and tricks on how to stretch an ingredient into multiple meals as well as how to "sneak" in valuable nutrition.</p>	<p>Danika Holt FSD</p>
<p>HITT Workout Mark and Stephanie will take you through a challenging and fun 45minute HIIT (high intensity interval training) workout. We will include movement demonstrations, warm-up and cool-down. No equipment is necessary!</p>	<p>Mark VanDerVeen FSD Stephanie Burgess FSD</p>
<p>Twisted Flow An energizing flow focusing on hips and hamstrings with twists, finishing with some mindful stretching and a short mediation. No experience necessary for this all level class which will leave you feeling refreshed and ready to take on the world.</p>	<p>Amber Kreis FSD</p>

Art Exploration

A chance to de-stress from the day, relax, reconnect and refocus, simply through the process of colour mixing (Primary to Tertiary Colours & Monochromatic), we will be exploring art therapy exercises (Blind contour/Left & Right Brain) while supporting positive wellness, in a friendly and comfortable environment.

Based in colour theory and the primary colour palette, this hands-on course focuses on developing proficient and accurate colour mixing. Through structured exercises and practice, participants will develop their ability to make intuitive choices regarding saturation, temperature and value and implement using practical applications. You will be a mixing your favourite shades and painting a small artwork. Throw on a pot of tea and join us!

No artistic expertise is required. **You must provide your own materials:** Acrylic or Watercolour Paint: Red, Blue, Yellow, Black and White, Paper, Pencil. *A Google folder will be shared with you with all the pintable resources. There are paints at the dollarstore that are inexpensive.

Michelle Smyth FSD
Florlyn Doyle FSD