

# 2021

FEBRUARY 12



## AISCA TEACHERS' CONVENTION

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*"Better, Together: Building Relationships"*

## Schedule of Events

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9:00am - 9:15am	Welcome and Opening Remarks
9:15am - 10:30am	Keynote Address - Dr. Jody Carrington
10:30am - 11:00am	Break
11:00am - 12:00pm	Breakout Session #1
12:00pm - 12:45pm	Lunch
12:45pm - 1:20pm	Surface Dive - Learn N Go's Library
1:20pm - 2:00pm	Making Meaning - Conversations with Colleagues
2:00pm - 2:30pm	Break
2:30pm - 3:30pm	Breakout Session #2
3:30pm	Day ends

## Keynote Speaker



### **5 Brave Moves to Write the Next Chapter - Dr. Jody Carrington**

Dear friends!

Here we are, stepping back into the next season of unknown. Having no script for things often results in shut-down mode and it all makes sense that when a pandemic continues to loom, staying connected to those we love, lead, and teach is going to continue to present challenges we never had on the radar a year ago.

Here's what hasn't changed: We are wired to do hard things. We can do those hard things so much easier when we remember this: We are wired for connection. And in this season of disconnect, staying united has never been more important, or powerful, than it is right now. We need every single one of us to show up the best we can with what we've got. For me - brave means doing something with your whole heart when you can't predict the outcome.

Over the past 15 years, Dr. Jody Carrington has assessed, treated, educated and empowered some of our most vulnerable and precious souls on the planet. She is a child psychologist by trade, but Jody rarely treats kids. The answer lies, she believes, in the people who hold them. Especially when kids have experienced trauma, that's when they need big people the most. Some of her favourites include educators, parents, first responders, and foster parents. Jody has shifted the way they think and feel about the holy work that they do.

Before Jody started her own practice and speaking across the country, she worked at the Alberta Children's Hospital on the inpatient and day treatment units where she held families with some of the difficult stories. They taught her the most important lesson: we are wired to do hard things. We can handle those hard things so much easier when we remember this: we are wired for connection.

This all started when Jody received her Bachelor of Arts with Distinction from the University of Alberta. She completed a year-long internship with the Royal Canadian Mounted Police during that time, and worked along side families struggling with chronic illness at the Ronald McDonald House. She received her Master's degree in Psychology at the University of Regina and completed her PhD there as well, before completing her residency in Nova Scotia.

Her first book, [Kids These Days: A Game Plan for \(Re\)Connecting with those we Teach, Lead & Love](#), came out in 2019 and sold 20,000 copies in just three months. It is now on Amazon's Best Sellers List.

# Breakout Sessions #1

11:00am - 12:00pm

Building Classroom Culture through Circle Meetings (All levels)

*Christie Gomke*

Supporting Autism in the Classroom (All levels)

*Kelsey Penney & Ashley Ortynsky*

Understanding Trauma and the Unique Needs of Students (All levels)

*Ryan Matchullis & Susan Hendrickson*

The Practical Positive Mental Health Toolkit for Teachers (All levels)

*Tara Fry*

Effective Play: A Toolkit to Engage the Growing Brain (Elementary, Early Childhood Services)

*Sharon Lopaschuk & Anne Nielsen*

Making Meaning Across the Curriculum (Middle School & High School)

*Tannis Niziol*

Report Card Writing Do's and Don'ts - Using Positive Reinforcement for Successful Learners **CANCELLED (go to afternoon time slot to register for session)**

*Maria Millar*

The Respecting Diversity Program (All levels)

*Kelly Gibbs*

Doing More with Less: How to Thrive During these Difficult Times (All levels)

*Fiona Thompson*

Cultivating Relationships from the Inside Out (All levels)

*Kim Barker-Kay*

Instructional Design – Understanding Indigenous Learning Processes (All levels)

*Donna Ross*

Supporting Students with Learning Disabilities in a Blended Learning Environment (All levels)

*Andria Slipp, Heather Scott & John Wolf*

Bougez, observez, parlez! Des stratégies théâtrales pour encourager le langage parlé (Elementary & Middle School)

*Marylou Gammans*

Executive Functions: Supporting the Scattered (Middle School)

*Becca Bouchard & Dana Braunberger*

Building Mastery of Math Facts (Grades 1-4)

*Roni Kraut*

Kindergarten Math - The Why and How of Spatial Reasoning (Kindergarten) *(interactive pre-recorded session)*

*Wanda Dechant*

Differentiation Through a UDL Lens (K-6) *(interactive pre-recorded session)*

*Kim Tackaberry*

Applying Self-Regulation as a Part of your Classroom Routines (K-6) *(interactive pre-recorded session)*

*Krystal Abrahamowicz*

Mining for Gold: Monitoring, Documenting and Capturing the Learning (K-6 teachers & instructional leaders) *(interactive pre-recorded session)*

*Cheryl Babin*

## 12:45PM - 1:20PM

### Surface Dive – Learn N Go's Library

The Alberta Regional Professional Development Consortium (ARPDC) has launched a new professional learning approach called Learn & Go. Learn & Go's are "1 pager" PD that people can access from anywhere at any time with direct links to valuable videos, articles, and blogs on a variety of hot topics in education. Each Learn & Go tackles ONE big idea with TWO things for you to try and THREE resources to support your learning if you want to dig deeper.

Select a category to explore during this time and dig in to the Learn & Go's in that area. Categories include:

- Curriculum & Classroom Pedagogy
- Inclusive Education
- Instructional Leadership
- Indigenous Studies/FNMI
- Literacy
- Mental Health
- Numeracy

## 1:20PM - 2:00PM

### Making Meaning – Conversations with Colleagues

During this time, ARPDC staff will facilitate conversations to help you make meaning through conversation about the Learn & Go's you explored during the Surface Dive time.

## Breakout Sessions #2

2:30pm - 3:30pm

Building Classroom Culture through Circle Meetings (All levels) *(REPEAT)*

*Christie Gomke*

Supporting Autism in the Classroom (All levels) *(REPEAT)*

*Kelsey Penney & Ashley Ortynsky*

Supporting Behaviours that Challenge Us (All levels)

*Ryan Matchullis & Susan Hendrickson*

The Practical Positive Mental Health Toolkit for Teachers (All levels) *(REPEAT)*

*Tara Fry*

Effective Play: A Toolkit to Engage the Growing Brain (Elementary, Early Childhood Services) *(REPEAT)*

*Sharon Lopaschuk & Anne Nielsen*

Fostering a Thinking Classroom in English Language Arts (Middle School & High School)

*Tannis Niziol*

Report Card Writing Do's and Don'ts - Using Positive Reinforcement for Successful Learners (All levels) *(REPEAT)*

*Maria Millar*

The Respecting Diversity Program (All levels) *(REPEAT)*

*Kelly Gibbs*

Doing More with Less: How to Thrive During these Difficult Times (All levels) *(REPEAT)*

*Fiona Thompson*

Cultivating Relationships from the Inside Out (All levels) *(REPEAT)*

*Kim Barker-Kay*

Character Education - Embedding First Nations, Métis and Inuit Resources (Elementary)

*Donna Ross*

Supporting Students with Learning Disabilities in a Blended Learning Environment (All levels) *(REPEAT)*

*Andria Slipp, Heather Scott & John Wolf*

Bougez, observez, parlez! Des stratégies théâtrales pour encourager le langage parlé (Elementary & Middle School) *(REPEAT)*

*Marylou Gammans*

Executive Functions: Supporting the Scattered (Middle School) *(REPEAT)*

*Becca Bouchard & Dana Braunberger*

Math Intervention Made Easy with Cross-Number Puzzles (K-5)

*Roni Kraut*

Making Math Visual with Desmos (Grades 8-12) *(interactive pre-recorded session)*

*Wanda Dechant*

Choose Disciplinary Literacy over Content Area Literacy (Grades 7-12) *(interactive pre-recorded session)*

*Kim Tackaberry*

Building in Learning Habits that Support Student Mental Health and Wellbeing (Gr. 7-12) *(interactive pre-recorded session)*

*Krystal Abrahamowicz*

Activate Your Students' Critical Thinking Superpowers (Grades 4-12) *(interactive pre-recorded session)*

*Cheryl Babin*

# Session Descriptions - Breakout Sessions #1

## ***Building Classroom Culture through Circle Meetings (All levels)***

Christie Gomke

Circle meetings offer a valuable opportunity to effectively foster empathy and build relationships within your homeroom community. Intentional circle meetings help to establish accepted norms and a common language, setting the tone for respectful interactions between both the students and the teachers throughout the year.

In this session teachers will learn the basics of how to conduct a circle meeting, establish norms, handle sensitive topics and how to keep the conversation growing.

## ***Supporting Autism in the Classroom (All levels)***

Kelsey Penney & Ashley Ortynsky

This session will give educators tools and strategies to support students with Autism in their own contexts. Autism presents differently in every person, the goal of this session will be to support educators to explore changes that can be made to their own behaviours and environments to support students with developmental disabilities. The session will use the SCERTS model as a way to create common language around Social Communication, Emotional Regulation and Transactional Supports. Educators can expect to leave the session with practical strategies and ideas to try in their classroom right away.

## ***Understanding Trauma & the Unique Needs of Students (All levels)***

Ryan Matchullis & Susan Hendrickson

In this session we will explore how trauma can be conceptualized, including developing an understanding of Adverse Childhood Experiences. We will dive into some of the pertinent theory, neurological underpinnings, and biological/hormonal aspects of trauma and brain development. Then, we will discuss physiological responses and behaviours that may be observed in relation to trauma. Finally, a small focus on intergenerational trauma and some conceptualizations of COVID-19 as a traumatic experience will be discussed. A subsequent session entitled "Supporting Behaviours that Challenge Us" will also be offered as a stand alone presentation that will build on the concepts discussed within this presentation.

## ***The Practical Positive Mental Health Toolkit for Teachers (All levels)***

Tara Fry

With all of the stresses and strains of daily life, it is difficult to stay mentally healthy for students and teachers, alike. Simple changes can effect shifts in perspective and help to create a new atmosphere in the classroom. This session focuses on small practical changes teachers can make to their practices and classroom, as well as for themselves, which foster positive mental health for them and their students. Ideas addressed include developing growth mindset, the use of mindfulness practices, and the importance of self-compassion.

## ***The Reaching Diversity Program (All levels)***

Kelly Gibbs

The Respecting Diversity Program is a powerful tool we can use in our classrooms and schools to build a stronger, inclusive community! We will do an overview of the work done in the Three Block Model of UDL where Dr. Jennifer Katz highlights the importance of Social Emotional Learning and teaches us how to support students in understanding and respecting themselves and others in their diverse communities!

## ***Effective Play: A Toolkit to Engage the Growing Brain (Early Childhood/ECS)***

Sharon Lopaschuk & Anne Nielsen

Join us as we delve into the realm of play and explore the "whys" and "how-tos" of play-based learning.

We have developed a set of tools and strategies meant to increase a teacher's capacity to bring learning to life in the classroom. Teachers can use these tools to incorporate play through a variety of activities and learn to reflect upon their skills to increase mastery of play engagement.

In this session you will:

- Gain a deeper understanding of what it means to play
- Gain practical skills and strategies to plan playful and engaging activities in your classroom
- Understand how a child's level of engagement affects brain processes
- Learn how to strengthen and build relationships through play
- Reflect on your practice to increase learning outcomes through play

## ***Making Meaning Across the Curriculum (Middle & High School)***

Tannis Niziol

This session puts a spotlight on the importance of making meaning across the curriculum and on the belief that the deliberate development of students' literacy skills is a shared responsibility. The Language Arts teacher, although a crucial driver of literacy learning, is but one member of the academic team whose role it is to embed authentic literacy --reading, talking and writing to know and understand -- in her subject discipline. Teachers will be given a few practical techniques and resources they can apply in their classrooms tomorrow.

## ***Report Card Writing Do's and Don'ts - Using Positive Reinforcement for Successful Learners (All levels)***

Maria Millar

The difference between positive reinforcement and berating the work of a student is the difference between success and failure. Choosing words carefully to describe their effort (positive or not so much) is more important than their results in tests, quizzes and exams. Using examples from her extensive teaching career, Maria will demonstrate how to support and encourage learners who struggle so they too, are successful and fulfill their learning expectations.

## ***Doing More with Less: How to Thrive During these Difficult Times (All levels)***

Fiona Thompson

As helping professionals, we often feel like we are never doing enough for the people we serve. Although many of us love what we do, we are constantly at risk for burnout because of all of the barriers and obstacles we face on a daily basis. We tell ourselves that "only if" we had more time, more resources, or more energy that we could finally be the therapist, teacher, or support staff that we envisioned. What if I said, that wasn't true? That you can actually do more with what you already have. That you don't actually have to get rid of your stressors to manage your stress. This session will go over hands-on practical advice and strategies to help you "stretch" and prevent yourself from burning out during a global pandemic and beyond.

## Session Descriptions - Breakout Sessions #1 (Cont'd)

### **Cultivating Relationships from the Inside Out (All levels)**

Kim Barker-Kay

How can we cultivate our relationships with students and ensure their success? Most of us have a multitude of relationships in our lives. Knowing ourselves well can help us identify our strengths and challenges. What might our next steps be to address these challenges? This inside-out journey will deepen our relationships and help us focus on what's important personally, professionally, and institutionally.

### **Instructional Design - Understanding Indigenous Learning Processes (All levels)**

Donna Ross

How can you be a champion for Reconciliation using Indigenous Knowledge Systems? This session endeavors to support educators with resources and ideas on how to embed Indigenous Knowledge Systems into their everyday practice. A holistic, relational and collaborative approach will be shared with participants as they develop their own place mat for designing meaningful learning for all students. With various resources that support and strengthen current pedagogical practices, this workshop will highlight innovative ways and approaches to empower educators with tools to increase self awareness and create a relational space in programming for First Nations, Métis and Inuit perspectives and content.

### **Supporting Students with Learning Disabilities in a Blended Learning Environment (All levels)**

Andria Slipp, Heather Scott, and John Wolf

Intended for teachers at all grade levels and subject areas, this session will examine best practice for supporting students with learning disabilities in a blended learning environment. The session will include a brief presentation, opportunity for discussion, and time to consider this support within one's own context. Participants will receive a check-list of considerations they can begin using immediately.

### **Bougez, observez, parlez ! Des stratégies théâtrales pour encourager le langage parlé (Elementary & Middle School) -**

Marylou Gammans

Lors de cette formation, les participants exploreront les stratégies théâtrales qui favorisent la communication orale et l'appréciation de multiples perspectives. Ils découvriront comment utiliser ces stratégies individuellement, ou comment les associer à un livre d'images ou à un roman pour une compréhension authentique et approfondie. Cet atelier présentera une collection d'activités collaboratives et amusantes, basées sur le mouvement qui promeut la communication orale.

### **Building Mastery of Math Facts (Grades 1-4)**

Roni Kraut

Are you looking for a new approach to teach basic facts or simply want to improve on your current approach? In this session we will cover key concepts that help students easily master basic facts, all part of the Thinking Strategies series. This includes 'chunking' facts into groups for ease of learning, efficient thinking strategies for each chunk, and John Van de Walle's concept of mastery.

### **Executive Functions: Supporting the Scattered (Middle School)**

Becca Bouchard & Dana Braunberger

Forgotten pencils, misplaced coats, work not clipped into binders, instructions left unread – why do some students struggle with the mundane? Deficits with Executive Functions show up in all areas of life. Executive Functions are the control processes of the brain that affect working memory, inhibitory control, and cognitive flexibility. In this session, we will identify and define Executive Functions (EFs), explore how deficits show up in the classroom and share practical strategies to support students. You will leave with ways to identify students' EF strengths and areas for growth, ways to track progress, and systems to effectively be "surrogate frontal lobes".

### **Kindergarten Math - The Why and How of Spatial Reasoning**

Wanda Dechant (interactive pre-recorded session)

Hey Kindergarten teachers! You don't feel like you are a math person? Well, then this session is for you. Or, if you feel pretty decent with math, and you'd like to learn more, then this is also for you.

We will explore how Spatial Reasoning supports essential understandings and experiences in math.

We will specifically be looking at math in Kindergarten, and we will start with a book – the literacy/numeracy connection is a great place for math conversations with students.

### **Differentiation Through A UDL Lens (K-6)**

Kim Tackaberry (interactive pre-recorded session)

Thinking about differentiation can be overwhelming. This webinar will break down the process into manageable steps.

Participants will leave with a developed Class Review and Classroom Support Plan. A resource that can be used as an ongoing tool to plan and monitor student learning.

### **Applying Self-Regulation as a Part of your Classroom Routines (K-6)**

Krystal Abrahamowicz (interactive pre-recorded session)

Now more than ever, kids need safe ways to 'get the wiggles out' and set themselves up for successful, focused learning.

In this interactive pre-recorded session, we will:

- think together about how to support students in being well regulated learners
- learn and share effective strategies to support student regulation

### **Mining for Gold: Monitoring, Documenting and Capturing the Learning (K-9 teachers & instructional leaders)**

Cheryl Babin (interactive pre-recorded session)

The gold is what we wait to see. It's what we work for. It's that magical combination of experiences that come together in a beautiful demonstration of knowledge, skills and understanding. But how do we capture these golden moments of brilliance?

This interactive, pre-recorded session will demonstrate how we can use student-friendly on-line tools to design both synchronous and asynchronous learning experiences that expose, reveal and uncover the gold.



## Session Descriptions - Breakout Sessions #2

### ***Building Classroom Culture through Circle Meetings (All levels)***

Christie Gomke **REPEAT**

Circle meetings offer a valuable opportunity to effectively foster empathy and build relationships within your homeroom community. Intentional circle meetings help to establish accepted norms and a common language, setting the tone for respectful interactions between both the students and the teachers throughout the year.

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### ***Supporting Behaviours That Challenge Us (All levels)***

Dr. Ryan Matchullis & Susan Hendrickson

This presentation builds on the concepts discussed in the presentation "Understanding Trauma and the Unique Needs of Students." They can be taken as stand-alone or in conjunction with one another. We will discuss how behaviours are impacted by brain systems and trauma before moving in to breakout groups for a more detailed discussion of applied responses to behaviours that challenge us. We will focus on strategies and ways in which we may support students given our understanding of trauma. Groups will be split into Elementary and Jr / High School.

### ***The Practical Positive Mental Health Toolkit for Teachers (All levels)***

Tara Fry **REPEAT**

With all of the stresses and strains of daily life, it is difficult to stay mentally healthy for students and teachers, alike. Simple changes can effect shifts in perspective and help to create a new atmosphere in the classroom. This session focuses on small practical changes teachers can make to their practices and classroom, as well as for themselves, which foster positive mental health for them and their students. Ideas addressed include developing growth mindset, the use of mindfulness practices, and the importance of self-compassion.

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Sharon Lopaschuk & Anne Nielsen

Join us as we delve into the realm of play and explore the "whys" and "how-tos" of play-based learning.

We have developed a set of tools and strategies meant to increase a teacher's capacity to bring learning to life in the classroom. Teachers can use these tools to incorporate play through a variety of activities and learn to reflect upon their skills to increase mastery of play engagement.

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- Understand how a child's level of engagement affects brain processes
- Learn how to strengthen and build relationships through play
- Reflect on your practice to increase learning outcomes through play

### ***Fostering a Thinking Classroom in English Language Arts (Middle & High School)***

Tannis Niziol

How do we as Language Arts teachers create an environment where rigorous thinking skills are taught, fostered, and expected as part of a deeper connection to learning? How do we scaffold the collaborative skills needed for meaningful, text-based discussions?

This practical session will provide specific strategies and activities that scaffold the reading, writing, and speaking skills that our students need to become more capable, accountable thinkers in Language Arts and across the curriculum.

### ***Report Card Writing Do's and Don'ts - Using Positive Reinforcement for Successful Learners (All levels) REPEAT***

Maria Millar

The difference between positive reinforcement and berating the work of a student is the difference between success and failure. Choosing words carefully to describe their effort (positive or not so much) is more important than their results in tests, quizzes and exams.

Using examples from her extensive teaching career, Maria will demonstrate how to support and encourage learners who struggle so they too, are successful and fulfill their learning expectations.

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Fiona Thompson

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## Session Descriptions - Breakout Sessions #2 (cont'd)

### ***Cultivating Relationships from the Inside Out (All levels) REPEAT***

Kim Barker-Kay

How can we cultivate our relationships with students and ensure their success? Most of us have a multitude of relationships in our lives. Knowing ourselves well can help us identify our strengths and challenges. What might our next steps be to address these challenges? This inside-out journey will deepen our relationships and help us focus on what's important personally, professionally, and institutionally.

### ***Character Education- Embedding First Nations, Métis and Inuit Resources (Elementary)***

Donna Ross

When an entire school commits to fostering a culture of belonging that embraces Indigenous ways of knowing, teaching and learning is invited to use resources that support First Nations, Métis and Inuit foundational knowledge in an elementary school setting. The goals of this workshop are to provide you with ways to develop and deepen your understanding of character education and citizenship based on the Seven Sacred Teachings and Circle of Courage resources. You will explore approaches and ideas to increase awareness and depth of character education through deeper conversations using a circle approach. You will be provided with resources to share and implement in your school's Calls to Action plan which support the TQS competencies.

### ***Supporting Students with Learning Disabilities in a Blended Learning Environment (All levels) REPEAT***

Andria Slipp, Heather Scott, and John Wolf

Intended for teachers at all grade levels and subject areas, this session will examine best practice for supporting students with learning disabilities in a blended learning environment. The session will include a brief presentation, opportunity for discussion, and time to consider this support within one's own context. Participants will receive a check-list of considerations they can begin using immediately.

### ***Bougez, observez, parlez ! Des stratégies théâtrales pour encourager le langage parlé (Elem & Middle School) REPEAT***

Marylou Gammans

Lors de cette formation, les participants exploreront les stratégies théâtrales qui favorisent la communication orale et l'appréciation de multiples perspectives. Ils découvriront comment utiliser ces stratégies individuellement, ou comment les associer à un livre d'images ou à un roman pour une compréhension authentique et approfondie. Cet atelier présentera une collection d'activités collaboratives et amusantes, basées sur le mouvement qui promeut la communication orale.

### ***Math Intervention Made Easy with Cross-Number Puzzles (K-5)***

Roni Kraut

Have you been struggling to determine why your students are unable to grasp basic numeracy concepts? This session will present Cross-Number puzzles, based on extensive Math Recovery research and theory. As students work through the Cross-Number puzzles, the concepts they are missing are easily identified. Not only does it then become clear why they are "not getting it", but more importantly, what needs to be done so they can move forward.

### ***Executive Functions: Supporting the Scattered (Middle School)***

Becca Bouchard & Dana Braunberger REPEAT

Forgotten pencils, misplaced coats, work not clipped into binders, instructions left unread – why do some students struggle with the mundane? Deficits with Executive Functions show up in all areas of life. Executive Functions are the control processes of the brain that affect working memory, inhibitory control, and cognitive flexibility. In this session, we will identify and define Executive Functions (EFs), explore how deficits show up in the classroom and share practical strategies to support students. You will leave with ways to identify students' EF strengths and areas for growth, ways to track progress, and systems to effectively be "surrogate frontal lobes".

### ***Gr. 7-12: Making Math Visual with Desmos (Gr. 7-12)***

Wanda Dechant (interactive pre-recorded session)

Have you had a chance to experiment with Desmos yet? Watch our pre-recorded session, with a built-in choice menu, to learn how Desmos supports us in making math more visual for our students.

### ***Choose Disciplinary Literacy over Content Area Literacy (Gr. 7-12)***

Kim Tackaberry (interactive pre-recorded session)

"The heart of disciplinary literacy is an understanding of the ways in which knowledge is constructed in each content area and how literacy (reading, writing, viewing, reasoning and communicating) supports that knowledge in discipline specific ways". (Releah Lent (2019). This pre-recorded session will unlock discipline -specific "strategies" for math and science.

### ***Building in Learning Habits that Support Student Mental Health & Wellbeing (Gr. 7-12) (interactive pre-recorded session)***

Krystal Abrahamowicz

Students learn best when they feel supported in their personal wellness and have tools to attend to their wellness needs as a part of their daily learning experience.

In this interactive pre-recorded session, we will:

- think together about how to support students in being well regulated learners
- learn and share effective strategies to support student regulation

### ***Activate Your Students' Critical Thinking Superpowers (Grades 4-12)***

Cheryl Babin (interactive pre-recorded session)

Nudge your students further as critical thinkers with this interactive session designed to help you to increase engagement, guide students to success and refresh your strategy tool-box for both face-to-face and on-line learners.