



Breakout Sessions for: Annual Support Staff / Librarians' Conference 2023

Keynote: Small, Consistent Actions

Facilitator: Sam Demma

Date/Time: Feb 23, 2023 (8:30 am to 10:00 am)

Thanks to a caring adult, Sam was taught a lesson that helped build resiliency, reinvent his identity, and ultimately change how he viewed the world. Through this keynote, Sam shares this idea with an abundance of belly laughs, happy tears and breakthrough moments. Small, Consistent Actions are not only about changing the world at large but realizing that our smallest interactions have positive effects on those around us.

Starting the New Year Right with Sam Demma

Facilitator: Sam Demma

Date/Time: Feb 23, 2023 (10:20 am to 11:50 am)

Every passion is worth exploration. Everyone is different. At the age of 14-years-old, Sam was mentored by NFL athlete Niyi Sobo. The concepts and systems he taught, changed the trajectory of Sam's life. Through that experience, it became clear that goal setting and visioning are important aspects of life. Sometimes, we place others' well-being ahead of our own, dismissing our own ambitions, personal wellness, and goals for a later date. Building on the keynote, this session was designed to provide the pause needed to get excited about your personal wellness and help you find your own Small, Consistent Actions. You can expect to leave this session with renewed passion and goals that will ultimately help you fill your cup so you can continue pouring into those around you. (Please make the attached worksheet available for everyone)

Understanding Childhood Depression

Facilitator: Tania Johnson

Date/Time: Feb 23, 2023 (10:20 am to 11:50 am)

Depression can significantly impact a child, and those caring for them are often left with questions about how to best help. In this workshop parents and professionals will learn more about childhood depression and how to best help children and teens manage it. All strategies are science-informed, and practical for working with children and youth. This workshop will empower adults to be agents of change in a child's life offering concrete ways in which they can support the children in their lives.

Inuit Cultural Awareness

Facilitator: Goota Desmarias

Date/Time: Feb 23, 2023 (10:20 am to 11:50 am)

Dressed in a traditional baby carrier, called an amouti, Goota passionately shares her culture through storytelling complemented by authentic Inuit artifacts. She displays items such as the Qulliq (the Inuit stove), skins of different animals and Inuit art. Goota also brings to the presentation a traditional feast and invites the class to try traditional bubble gum, arctic char and more. Her interactive and hands-on teaching style makes learning a fun experience.

Emotional De-escalation in the Classroom

Facilitator: Sue Huff

Date/Time: Feb 23, 2023 (10:20 am to 11:50 am)

This is skills-based workshop will teach you how to help someone quickly de-escalate an overwhelming emotion to return to a



more rational, flexible and receptive state of mind. This workshop is especially useful for teachers, parents, administrators, and front line workers who are confronted with the emotional dysregulation of others and aren't sure what to say or do to help the situation. With the added stressors of the pandemic, this workshop offers something educators will find applicable, relevant, and deeply practical.

Anxiety--Balancing on a Tilting Chair

Facilitator: Renee Joslin

Date/Time: Feb 23, 2023 (10:20 am to 11:50 am)

(Pre recorded session) Managing anxiety is kind of like trying to balance on a tilting chair. You do your best to be ready for the chair to fall and yet it never does. So instead you stay focused on trying to stay balanced because it feels like you could might just fall at any minute . Join me as we explore some strategies from a newer wave of therapy. We will look at various tools within ACT (Acceptance and Commitment Therapy) that you can use personally and with your students to manage anxiety.

Bridging Gaps with New Math Curriculum Supports

Facilitator: Chris Zarski

Date/Time: Feb 23, 2023 (10:20 am to 11:50 am)

Looking for ideas to help your students master their math concepts. This session will look at what “bridging” really means in our new math curriculum and where you might need to support your learners. Participants will look at virtual supports and also explore some strategies that can be used. Get ready to roll up your sleeves and dive into ideas!

Beyond the Basics - Taking a Developmental, Relational and Collaborative Approach to Supporting a Student on the Spectrum

Facilitator: Barb Rusiewicz-Enright

Date/Time: Feb 23, 2023 (10:20 am to 11:50 am)

With all the ‘basic’ strategies in place to support a student on the Autism Spectrum, school staff often ask questions like, Now what? What’s next? These questions of a consulting psychologist are typically followed by other questions such as: How do you know when a strategy isn’t working? How do you know when to ‘push’ and when to ‘pull back’ with expectations? The answers to questions such as these can frequently be found by taking a moment to observe a student and to consider things beyond the basic strategies.

In this workshop, participants will be invited to take a bigger picture view of an autistic student in trying to figure out what’s working and not working at school. School-based scenarios will be used to explore the possible ‘why’ and ‘what else’ that might explain a student’s challenges in the areas of coping, learning and participation at school.

Zumba

Facilitator: Sherry Taylor

Date/Time: Feb 23, 2023 (10:20 am to 11:50 am)

“Sherry Zumba” is a high energy dance workout that incorporates conditioning moves built in but you’ll notice the fun over anything else! I alternate between Latin style music and pop music! A great sweat but a big smile is what you’ll leave with!!

Roll for Initiative! & Anime/Manga Bootcamp



Facilitator: Thomas Haenell

Date/Time: Feb 23, 2023 (10:20 am to 11:50 am)

Roll for Initiative!: D&D is the most popular role playing game in the world. This session will provide a quick overview of how to successfully run a D&D club in your school and the basics of how to play the game. Anime/Manga bookcamp: Are your students obsessed with anime and manga? Are you not even sure what those words mean? Then this session is for you! This session will explain what anime & manga are, how to build a manga collection in your library, and suggest some classic and new titles you may want to add to your collection.

Public Library & School Partnerships: It's a Beautiful Thing!

Facilitator: Jen Awde & Megan Ginter

Date/Time: Feb 23, 2023 (10:20 am to 11:50 am)

Both school and public libraries have the same goals of creating welcoming environments and providing access to information in a variety of formats. As a relatively new employee to the school library system, Jen realized her students weren't accessing the public library and all their wonderfulness (I'm sure it's a word;). Hugh Sutherland School (grades 5 to 12) and Carstairs Public Library have formed a partnership to help students access the public library resources, physical and virtual, in the school library setting. In this session, hear about the details of our school/library partnership here in Carstairs and how it has benefited both partners.

Digital Media Literacy

Facilitator: Marc-Alexandre Ladouceur

Date/Time: Feb 23, 2023 (10:20 am to 11:50 am)

An overview of essential digital literacy skills and key concepts of media and digital literacy; familiarizing participants with the digital experiences of Canadian youth; introducing the resources and tools that are available through MediaSmarts' USE, UNDERSTAND & CREATE digital literacy framework.

Keynote: Lighthouses

Facilitator: Richard Van Camp

Date/Time: Feb 23, 2023 (12:35 pm to 2:00 pm)

In this hilarious and inspiring keynote, Richard Van Camp will praise librarians and libraries for being the lighthouses they are for families and for all the good that they do every single day. As a gift to everyone in attendance, Richard will share the 24 miracle stories from Indigenous Elders from across Canada that he has interviewed and transcribed with permission, a list of Indigenous books K through 12 that he believes in with a breakdown of grade appropriateness that he feels should be in every library. He will also share the reclamation work that he's been involved with in his hometown of Fort Smith, NWT, of interviewing Elders and Knowledge Keepers to reclaim the community's moon and star knowledge as well as the Fort Smith monthly calendar showing the annual round of movement of local animals and harvesting times. We are going to have a lot of fun and these resources can be used as springboards for recording, transcribing, uploading and sharing whatever you wish for your own family, your own library, your own community--not only for you but for seven generations from now.

Come on out and let me spoil you, Cousins.

It's the least that I can do for all the good that you do every single day.

Mahsi cho.

Collaboration and Communication: The Keys to Maximizing Student Success



Facilitator: Collette Sylvestre

Date/Time: Feb 23, 2023 (12:35 pm to 2:00 pm)

Are you struggling with knowing how to offer the best supports for the students you work with? As an Educational Assistant, you are an integral member of the learning team, but navigating your role is not always easy. Join Collette in this session to explore how communication and collaboration with cooperating teachers, admin, learning support and colleagues can unlock the doors to truly supporting students with the team they deserve.

Fostering Emotional Regulation

Facilitator: Tania Johnson

Date/Time: Feb 23, 2023 (12:35 pm to 2:00 pm)

Emotional regulation is a key component that supports our overall health and well-being. As our capacity to regulate our emotions increases, so does our ability to engage positively with all parts of our world. This had the impact of enhancing our ability to communicate our needs, limits, and boundaries in a clear and effective way. Strengthening a child's emotional vocabulary and supporting them to develop emotional regulation skills is an important part of ensuring that our children are growing with the skills and knowledge they will need for healthy relationships at all stages of life.

This workshop aims to provide practical information for professionals about the importance of self-regulation in both ourselves and the children we are supporting, as well as to focus on strategies that we can use with the children we are supporting to enhance their development of self-regulation skills.

The 4 and 7 of Trauma

Facilitator: Dean Pasiuk & Lee Caine

Date/Time: Feb 23, 2023 (12:35 pm to 2:00 pm)

This session will provide an overview of the Four Pillars and Seven Principles of Trauma. Trauma plays a key role as an obstacle in the ability for a student to learn. Dean and Lee will help you understand how the 4 and 7 can be implemented in your organization. They believe that every organization needs to understand the pillars and principles before implementing a process in order to effectively support children and youth who are experiencing trauma.

ASEBP Benefits Overview

Facilitator: Mark Jones

Date/Time: Feb 23, 2023 (12:35 pm to 2:00 pm)

Whether you are 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 will discover how to get the most from your coverage, our different tools and platforms, the benefits of spending accounts and more!

Explore Learning Gizmos

Facilitator: Amanda Wilson

Date/Time: Feb 23, 2023 (12:35 pm to 2:00 pm)

Inspire students to think like mathematicians and scientists using ExploreLearning Gizmos! Providing engaging learning opportunities promotes life-long learning at all grade levels. Online simulations support classroom instruction using models and inquiry practices. Students build conceptual understanding through thoughtful exploration.



Childhood Anxiety: Helping Children Heal

Facilitator: Tammy Schamuhn

Date/Time: Feb 23, 2023 (12:35 pm to 2:00 pm)

Anxiety has many faces, and in this online course parents, caregivers, and professionals will learn about the psychological and physiological roots of anxiety, why it is on the rise in our children, and what to do to help children better manage it. This course has a holistic* and strength-based approach that focuses on what we as caretakers, parents, and professionals can do vs. stigmatizing children who are struggling. Various facets of the child's environment will be explored that can contribute to a child's emotional struggles.

The Anti-discrimination Response Training

Facilitator: Jan Underwood

Date/Time: Feb 23, 2023 (12:35 pm to 2:00 pm)

In this session you will learn about:

- **Active witnessing** as being every person's choice and responsibility.
 - **The Power of Ten** – how one active witness can encourage and empower ten other individuals and lead to positive social change
 - **Witness – centered approach** to prejudice reduction and anti – discrimination education and an experiential learning format, based on the active witnessing model.
 - **Four levels of active witnessing:**
 1. **Dis – witnessing:** avoidance, denial, disengagement
 2. **Passive witnessing:** covert or private responding
 3. **Active witnessing:** conveying empathy and support for victim, immediate or delayed response
 4. **Ethical witnessing** with social action: recognition of social injustice, leads to social action
 - Trains and empowers bystanders to take an active role in witnessing offensive and discriminatory situations, instead of being passive or silenced
 - Helps witnesses to expand their possible responses to discrimination and raise their commitment to human rights, and to improve organizational and societal norms.
 - **Three areas of learning and personal development:**
 1. Attitude and commitment
 2. Skills
 3. Knowledge and Awareness
 - Uses role play (acting out scenarios), practice cue cards, and participants are encouraged to create a "performance". Wrapped up with sharing of learning experiences, specific action plans, and ideas for community development, possible group facilitations to specific local situations.
-

Supporting Student Transition to the New ELAL Curriculum

Facilitator: Cathy Coers

Date/Time: Feb 23, 2023 (12:35 pm to 2:00 pm)

With the implementation of the new ELAL curriculum, instruction is focusing on some different knowledge and skills. This



means that some of our students need extra support in areas that were not part of the previous curriculum. This session will focus on how best to support those missing pieces for students.

Understanding Childhood Trauma

Facilitator: Tania Johnson

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)

Trauma can significantly impact a child, and those caring for them are often left with questions about how to best help. Children with trauma can present significant challenges, and they often display patterns of behaviour that can strain the relationship between the child and those caring for them.

During this workshop we will explore the impact of trauma on neurological development and how this presents in children's behaviours. The impact on the attachment system will also be examined, as will the role of relationship in healing and growth.

Strategies to support children following experiences of trauma will be presented, giving attendees concrete ways in which they can support the children in their lives and care for themselves.

This course aims to offer practical information to professionals on why certain behaviours may be present, and how they can support their children in moving towards growth and healing.

Learning Differences in Children with Neurodevelopmental Disorders

Facilitator: Bonnie Moshenko-Mitchell

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)

According to the Diagnostic and Statistical Manual of Mental Disorders – Fifth Edition (DSM-5), neurodevelopmental disorders are those disorders with their onset in the developmental period, with difficulties typically manifesting themselves before a child enters the school system. Difficulties at school may be in personal/adaptive, social and academic functioning. The range of concerns varies from difficulties in very specific areas of executive functioning to more global impairments. This presentation will cover learning/academic differences in children with neurodevelopmental difficulties and provide strategies to promote positive academic functioning.

Supporting Responsive Behaviour in Tiers 2 & 3

Facilitator: Collette Sylvestre

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)

Are you earnestly searching for strategies and tools to effectively respond to the behaviour needs of your students both in and out of the classroom (Tier 2 and 3)? This session will provide a framework for establishing responsive behaviour supports for students within a collaborative context. Feel empowered and confident in further developing your toolbox of supports for these students and strategies to collaborate with others on your staff. You will receive takeaways and templates for developing these supports.

LAPP Information

Facilitator: Philip Mak

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)

This webinar will cover the following topics:

- Calculating Your LAPP Pension
- Pensionable Salary and Service



- When You Can Start Receiving LAPP Pension
 - Early Retirement vs Unreduced Pension
 - Pension Options
 - Single Lifetime vs Joint Lifetime
 - Pension Partner vs Beneficiary
 - Online Access
 - Your Pension Profile
 - Pension Projection Calculator
 - Application Process
-

Level One Intercultural Workshop--Cultural Awareness

Facilitator: Jan Underwood

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)

In this workshop the participants will examine different definitions and aspects of culture such as perspectives of time, nature of relationships, or communication and work styles, norms and values. They will examine their knowledge, awareness and sensitivity in regard to their own culture and other cultures and the sources they gained the knowledge from which will touch on stereotypes, generalisations, bias, and prejudice. They will be introduced to tools for managing culturally diverse workforce or student population.

Yoga

Facilitator: Callie Drew

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)

Realize your potential as you move and groove together on the mat!

Childhood Anxiety: Helping Children Heal (repeat)

Facilitator: Tammy Schamuhn

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)

Anxiety has many faces, and in this online course parents, caregivers, and professionals will learn about the psychological and physiological roots of anxiety, why it is on the rise in our children, and what to do to help children better manage it. This course has a holistic* and strength-based approach that focuses on what we as caretakers, parents, and professionals can do vs. stigmatizing children who are struggling. Various facets of the child's environment will be explored that can contribute to a child's emotional struggles.

Learning about new.learnalberta

Facilitator: Cathy Coers

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)

The new curriculum and other related items are being shared via new.learnalberta.ca. Join me to learn about navigating this website. Please have technology with you as there will be time to interact with the site.

5 Moments in Comics History

Facilitator: Jay Bardyla

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)



In every field there is specific terminology and inside knowledge used by those who create and participate within it. Comics are no exception. What's the difference between a comic book and a graphic novel? Between manga and anime? What's a penciller and how are they different from an inker? Who's stronger, Goku or Superman?

Everyone likes the little tidbits of trivia about the popular trends of the day and even though comics have been around for more than 120 years, they have never been more popular. Or haven't they?

Come enjoy a tour through the technical and the fantastical highlights of the history of North American comics industry and fuel your nerdy brain with some great water-cooler fodder that you can spring on your clients!

Challenging Times: Intellectual Freedom and the Professional Responsibility of School Libraries

Facilitator: Lisa Shamchuk

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)

In response to the often challenging and contentious context of our current society, this presentation will review the concepts of intellectual freedom and censorship, as well as how these relate to the responsibility of school libraries and library professionals, and will discuss actionable ideas to incorporate into your own school library.

The Benefits of Tabletop Games in Classrooms and Library

Facilitator: David Plamadon

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)

Pe Metawe translates from Cree as "come and play" and that serves as our call and commitment to the communities with which we serve. Our focus is to utilize the ever expanding range of tabletop games to help engage and encourage learning and core skill development in young players. Games as simple as Yahtzee and complex as Dungeons and Dragons can serve as amazing tools to help both children and adults develop foundational skills that include numeracy, math, literacy, collaboration, social skills and more, and this session will help you learn how to not only get the most of out of those games, but provide you with a great set of recommendations to get you started.

Bringing Literacy Alive in the Classroom

Facilitator: Young Alberta Books Society

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)

Literacy unlocks the door to self-expression, creativity, and imagination. It's also a key to learning, communication, and critical thinking. Educators need a robust toolbox to inspire children and teens to take a break from screens and embrace books. Presentations by professional authors, illustrators, and storytellers are a vibrant and dynamic tool to get kids excited about reading and writing. This session will give an overview of the programs run by the Young Alberta Book Society and the subsidies available to help make artist visits more affordable, our roster of artists, and the many benefits of artist visits.

Understanding and Mitigating Vicarious Trauma and Compassion Fatigue

Facilitator:

Date/Time: Feb 23, 2023 (2:15 pm to 3:45 pm)

Caring about students can come with a price. This will be an interactive session that explores secondary trauma in helping professions, including warning signs and practical strategies to support your own mental health.