

End of Summer FLEX Pro D Day offerings, August 29th, 2023

August 29th Full Day Sessions

1. **Sheree Hunt, ACT's High School CPR and AED Program with Opioid Overdose Response Training enhancement**, Mark Isfeld Secondary School Gym, Grades 8-12, 8:30AM-4:30PM. Course capacity = 8 to 18.
2. **Stace Kelsh and Vanessa Worthington, Supporting Students with Complex Needs (Part 1)**, Glacier View Secondary School Gym, all grade levels, 9:00AM-2:30PM. Maximum number of participants = 100.
3. **Jeannie DeBoice – First Steps in Number Sense – Part 1**, Courtenay Elementary School Gym, K-7, 8:30AM-2:30PM, Max. participants = 30.
4. **Jennifer Hedican – Right Brain Reading**, location Huband Park Elementary School Library, grades 1-9, 9:00-2:00PM, Max. participants = 30.
5. **Larry Green – The Neurobiology of Learning**, Mark R. Isfeld Secondary, room 100, all grade levels, 9:00AM-3:00PM. Max. participants = 25.

August 29th, AM Sessions

6. **Angela Ma Brown – Anti-Racism Education**, *Zoom Session, all levels, 9:00AM-12:00PM. Max. participants = unlimited.
7. **Jessica Wollen – The Askable Adult**, G. P. Vanier Secondary School, room 164, grades K-12, 8:30-11:30AM. Max participants = 30.
8. **Joan Pearce – LRC Novel Sets and Collections**, Learning Resource Centre Meeting Room, Glacier View, grades 4-7, 9:00-11:30AM. Max. participants = 20.
9. **Session facilitated by a D2L Trainer – D2L Brightspace LMS, Instructor Essentials** (Josh Porter) and an IT staff member will be online, 10:00AM-12:00PM on Zoom. Max. participants = 12.
10. **Kara Dawson - How to Teach Coding with Scratch**, location TBD, grades 4-9, 9:00-11:00AM. *Offered as a hybrid session. Max. in-person participants = 25.
11. **Tina Willard-Stepan and Meaghan Cursons – Source Encounters**, location: Cumberland Lake Park-1100 Comox Lake Road (via Cumberland), K-12, 9:00AM-12:00PM. Max. participants = 24.
12. **Jina Taylor – Incorporating Fundamental Movement Skills into your Physical Literacy Program**, Cumberland Community School GYM, K-3, 9:00AM-12:00PM. Max. participants = 25.
13. **Meagan Caya and Lisett Raposo - Two Teach Wellness: Creating a Self Care Plan for the 2023/2024 School Year**, location: Airforce Beach Hall/Pavilion, all teachers, 9:00AM-12:00PM. Max. participants = 25.

August 29th, PM Sessions

14. **Joan Pearce – Exploration of the LRC**, Learning Resource Centre Meeting Room, Glacier View, Strong Start-grade 7, 1:00-3:00PM. Max. participants = 20.
15. **Robert Russell-Atkinson & John MacKenzie – The Nurtured Heart Approach**, Arden Elementary School, K-12, 12:30-3:00PM. Max. participants = 20.
16. **Kara Dawson - Understanding and Teaching AI (Artificial Intelligence) From the Basics to ChatGPT**, location TBD, grades 3-12, 1:00-3:00PM. *Offered as a hybrid session. Max. in-person = 25.
17. **Jina Taylor – Games, Games, and more Games! How to teach Skill Development through Games**, Cumberland Community School GYM, grades 3-7, 9:00AM-12:00PM. Max. participants = 25.
18. **Jessica Wollen – The Circuit, A toolkit to teach Sexual Health Education to Secondary Students**, G. P. Vanier Secondary School, room 164, grades 7-12, 12:30-3:30PM. Max participants = 30.

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August 29th Full Day Sessions

1. ACT's High School CPR and AED Program with Opioid Overdose Response Training enhancement

Time: 8:30AM-4:30PM **Grade level:** grades 8-12
Location: Mark R Isfeld Secondary School Gym
Facilitator: Sheree Hunt

Session description:

This instructor level training in CPR and AED will enable teachers to update their knowledge and teach the Heartsaver level A with opioid emergency response to their students. The certification is valid for 3 years. Registrants are required to participate in the full day training to be qualified.

Course capacity = 8-18 (Note: minimum requirement of 2 teachers from each high school)

For more information and registration contact Stace Hagel at Stace.Hagel@sd71.bc.ca

2. Supporting Students with Complex Needs (Part 1) [click for POSTER](#)

Time: 9:30AM-2:30PM **Grade level:** all grade levels
Location: Glacier View Secondary School Gym
Facilitator: Stace Kelsh and Vanessa Worthington

Session description:

Fetal Alcohol Spectrum Disorder (FASD) is one of the most common neurodevelopmental disabilities in BC schools. An estimated 4% of Canadians are living with FASD and symptoms widely vary from person to person. It can be very challenging for individuals with prenatal alcohol exposure to get a diagnosis, and misunderstood symptoms often contribute to challenges within the school environment.

"Individuals with Fetal Alcohol Spectrum Disorder (FASD) have a heightened sensitivity to stress because of the brain-based impacts of prenatal alcohol exposure (PAE). There are also disproportionately high rates of chronic and complex adversity among people with FASD, which differentiates them from other disability groups. In order to address these cumulative vulnerabilities, we need to be particularly vigilant in supporting and protecting this population" (Flannigan et al., 2020).

Over the course of two days, POPFASD (Provincial Outreach Program for Fetal Alcohol Spectrum Disorder) will provide participants with a foundational understanding of FASD with a focus on using an FASD-informed lens to highlight the importance of relationships and using a strength-based approach. Additionally, awareness will be built around the interconnectedness between prenatal alcohol exposure, trauma, and mental health. The focus of the second day of training will be on practical strategies and the use of the LEIC (Learner, Environment, Instruction, Curriculum) Planning Tool. Our hope is to help educators understand how individuals with FASD and other complex needs may experience the world while increasing FASD awareness and acceptance.

Maximum number of participants = 100

Register directly at <https://forms.office.com/r/6RLHQk33XT>

For more information contact Catherine Leppänen at Catherine.Leppanen@sd71.bc.ca

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3. First Steps in Number Sense – Part 1

Time: 8:30AM-2:30PM **Grade level:** K-7
Location: Courtenay Elementary School Gym
Facilitator: Jeannie DeBoice

Session description:

Interested in learning more about how children develop number sense, the foundation for mathematical understandings? Jeannie DeBoice, Math consultant, will deepen our knowledge of number sense and the developmental stages that learners move through as they become increasingly numerate. Engage in hands-on activities with manipulatives, as we explore how to use targeted assessments that quickly highlight strengths and misconceptions about number and operations, and ways to encourage student development of new understandings and strategies in mathematics. The district will provide the resource, diagnostic tools, accompanying materials and lunch for participants at the session. Note: Continuation of this learning series will be offered in the fall, dates to be determined.

Maximum number of participants: 30

Register directly through Vivian at Vivian.Collyer@sd71.bc.ca

4. Right Brain Reading

Time: 9:00AM-2:00PM **Grade level:** 1-9
Location: Huband Park Elementary School Library
Facilitator: Jennifer Hedican

Session description:

A Right Brain Reading method will show you how to help students who continue to struggle. The most under-researched area, and possibly the most important, is how to address the difficulties of students who do not benefit from instruction and intervention that has been successful for many of their peers. Come for a hands-on, active workshop where you learn this structured method, learn about the neuroimaging research that supports this method and see amazing results achieved with this method. Suitable for classroom teachers, administrators, and support teachers.

Maximum number of participants: 30

Register directly through Jennifer at Jennifer.Hedican@sd71.bc.ca

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5. The Neurobiology of Learning

Time: 9:00AM-3:00PM

Grade level: all grades

Location: Mark R. Isfeld Secondary, room 100

Facilitator: Larry Green

Session description:

*A presentation on what is happening in the brain when we go through the four processes needed for learning to happen: **1. Paying attention 2. Being organized 3. Review and 4. Being emotional.***

Presentation will include handouts and videos, including a TED talk. Each section will be followed with a group discussion on ways to help the brain to learn and things that make learning difficult.

Maximum number of participants: 25

Register directly through Larry at Larry.Green@sd71.bc.ca

August 29th AM Sessions

6. Anti-Racism Education



Time: 9:00AM-12:00PM **Grade level:** All levels

Location: *This session will be offered on Zoom.

A link will be shared with registrants closer to the date.

Facilitator: Angela Ma Brown

Angela is a first-generation Chinese occupier (uninvited person) on the unceded (stolen/unsurrendered), shared and ancestral territories of the Musqueam, Tsleil Waututh and Squamish First Nations.

Through the lenses of creativity, compassion and critical thinking, Angela consults, coaches and collaborates with community organizations and school communities to develop programs and curricular documents to address the complex issues of racism, discrimination, and oppression and to support equitable, inclusive, and anti-racist policies, procedures and practices.

Session description:

This workshop will engage teachers in courageous conversations, to unpack the harmful impacts of prejudice, discrimination, racism, and oppression. The following topics will be addressed:

- *Terms, vocabulary, and theory; Staircase of Oppression*
- *Intersectionality; Positionality*
- *Race as a social construct*
- *Forms of racism*
- *Brief history of systemic racism in Canada*
- *How children learn race and racism*

Maximum number of participants: unlimited

Register directly through <https://forms.office.com/r/ikhiBc7X6E>

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7. The Askable Adult

Time: 8:30-11:30AM **Grade level:** K-12
Location: Georges P. Vanier Secondary, room 164
Facilitator: Jessica Wollen

Jessica Wollen is the founder of SHIFT Education, a Certified Sexual Health Educator and Teacher with 13 years of experience exclusively in sexual health education. She is a leading trainer of teachers for sexual health in BC. www.shift-education.com

Session description:

In the Askable Adult workshop, you will further develop the skills to be 'askable' - the person your kids and students come to with their questions about navigating the challenges of development and sexuality. Young people are turning to TIK TOK and social media for advice on body changes, friendships, and intimate relationships. More than ever, kids need to have 'Askable Adults' in their lives to connect with around the typical challenges of navigating sexuality and relationships. When kids feel connected with safe and supportive adults, they report better mental health and experience healthier outcomes in adulthood.

The workshop gives you the confidence to be approachable. Being able to have skillful and current conversations with young people about sex, sexuality, and what they see on the Internet has a huge impact. Kids and youth want to be reassured that what they are feeling is normal and that they are okay.

Most of all, this workshop is for you. If you are willing to build your capacity to be an "askable adult," kids will see you as an ally who they can ask questions. This empowers them to grow up with more information and better skills for navigating healthy relationships.

Maximum number of participants = 30

Register directly through Jessica at jessica@shift-education.com

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8. LRC Novel Sets and Collections

Time: 9:00-11:30AM **Grade level:** Grades 4-7
Location: Learning Resource Centre, Glacier View
Facilitator: Joan Pearce

Session description:

Literacy is a major School District and site-based focus. This workshop aims to provide Intermediate teachers with the knowledge of LRC literacy resources, novels in particular, that support the work being done in their classrooms. The LRC has a large number of novel sets consisting of classic titles, as well as newly published titles that engage students in the world they live in today. The novel set titles are perfect for read alouds, lit. circles and whole class novel studies, as they connect to many areas of the curriculum such Social Studies, Core Competencies, Science etc. Kits of individual titles are also available for three main areas.

One: Popular, newly published novels for reading for pleasure and increasing time in good fit books.

Two: Mental Health and Well-Being kits that are organized into 9 themes: Family Life & Relationships, Friendship & School Life, Bullying & Teasing, Gender Identity, Neurological Diversity, Positive Body Image, Loss & Grief, Physical Diversity and Scary/Traumatic Experiences.

*Three: Genre kits to expand students' reading selections, organized by genre: Action & Adventure, Animal Stories, Fantasy, Graphic Novels, Historical Fiction, Humorous Stories, Mystery & Detective, Real Life, Science Fiction, Sports Stories and Supernatural. The reading levels in the sets and kits vary to be as inclusive as possible. Hi-lo, decodable and levelled texts for Intermediate students are also available. All of these kits will be on display and discussed. Individual copies of all of the novels in the sets will also be on display, with highlighted novels book talked. **Each participant will receive a coil-bound bibliography of all of the novel titles, including cover, interest level, reading level, summary, themes etc., so that notes can be taken as the books are discussed.** The number of print copies and audiobook copies will also be noted in the booklet to help with planning. A few favourite Adrienne Gear strategies will be added in along the way.*

Maximum number of participants: 20

Register directly through Joan at Joan.Pearce@sd71.bc.ca

9. D2L Brightspace LMS, Instructor Essentials

Time: 10:00AM-12:00 noon **Grade level:** Online Learning
Location: On Zoom
Facilitator: D2L Trainer (with Josh Porter and IT staff to support)

Session description:

This introductory session is geared towards users who will be working in the Learning Management System (Brightspace) to develop courses, teach/facilitate, or support instructors who use Brightspace. During this session, participants will learn how to access and navigate the Brightspace Learning Environment. They will be presented with an overview of key tools at a high level, so that they may choose which ones to dive deeper into post-training (or with additional training).

Participants will need a laptop or device to access the LMS. Maximum number of participants = 12.

Register via this link: <https://events.sd71.bc.ca/events/d2l-brightspace-lms-instructor-essentials/>

Details to join the zoom session will be shared closer to the date.

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10. How to Teach Coding with Scratch

Time: 9:00-11:00AM

Grade level: grades 4-9

Location: TBD

Facilitator: Kara Dawson

Session description:

Designing a game by coding is a great way for students to show their learning in almost any subject. By creating a game to show what they know, they can ultimately teach others as well.

In this session Kara will go over how to get you and your class started in Scratch. She will get you started with some coding and share some easy ways to teach coding to your class.

Maximum number of in-person participants = 25.

To register, please visit: <http://forms.office.com/r/SfHwdDFcgG>

When you register, please indicate if you will be joining the session in-person or if you want access to the session from a distance. A link will be shared closer to the date.

11. Source Encounters

Time: 9:00AM-12:00PM

Grade level: K-12

Location: Cumberland Lake Park 1100 Comox Lake Road (via Cumberland)

Facilitators: Tina Willard-Stepan and Meaghan Cursons

Session description:

Source Encounters is a very unique voyageur canoe tour that explores the history & ecology of the Comox Lake Watershed & how we're all Connected by Water in the Comox Valley, the Salish Sea region & the planet.

Source Encounters explores the geological origins of Vancouver Island, prehistoric oceans and ice ages, Indigenous and settler presence on the landscape, land ownership complexities, and the climate change, human impacts, and environmental issues our watershed faces today. The goal of the tour is to build local knowledge and share stories and ideas about how we create a healthy, climate resilient watershed for future generations. The trip will include a walk at the Comox Lake and Lower Perseverance Conservation Lands and the #4 Coal Mine Site to provide updates about these exciting projects as well. Teaching resources and field trip opportunities will be discussed.

Source Encounters is a Connected by Water initiative, a project of the CVRD's Watershed Protection Plan to build capacity, connections, and community in support of watershed protection in the Comox Valley. Source Encounters is presented in partnership with the Lake Park Society and the Cumberland Community Forest Society.

Maximum number of participants = 24

Register directly through Tina at pollinatecommunity@gmail.com

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12. Incorporating Fundamental Movement Skills into your Physical Literacy Program

Time: 9:00AM-12:00PM **Grade level:** K-3
Location: Cumberland Community School
Facilitator: Jina Taylor

Workshop description:

Come and learn how to incorporate fundamental movement skills into your physical literacy program. We will explore games, warm-up activities, songs and skill development. You will leave with tons of resources to take back to your school and will see what each activity looks like by trying it.

***Please show up ready to be active and try out the games.**

Maximum number of participants: 25

Register directly through Jina at Jina.Taylor@sd71.bc.ca

13. Two Teach Wellness: Creating a Self Care Plan for the 2023 / 2024 School Year

Time: 9:00AM -12:00PM **Grade:** all grade levels
Location: Airforce Beach Hall / Pavilion
Facilitators: Meagan Caya and Lisett Raposo

Session description:

*Meagan and Lisett (**Two Teach Wellness**), invite you to join them in creating an individualized plan that nurtures and cares for your health and wellness for the upcoming school year. This includes but is not limited to: Physical Health, Mental Health, Social, and Spiritual Wellness. We will utilize the outstanding planning and preparation skills that teachers possess and apply them to creating your own 'Wellness Lesson Plan' with big ideas, specific goals and desired outcomes. There will also be time set aside to go outdoors and pause / reflect on our intentions. Meagan and Lisett hope that you will commit to prioritizing your health to manage stress, avoid burnout and reduce personal illness. They also intend to stay connected with workshop attendees throughout the school year who are open to participating in follow up events / regular check-ins, and opportunities for continuous growth and encouragement! When educators care for themselves, they can truly serve their families, friends, and school community.*

Please Note: *This workshop will be taking place at the newly renovated Airforce Beach Hall / Pavilion. Refreshments and healthy snacks will be provided, and participants will leave with a journal / workbook to support their "Wellness Lesson Plan". There will be a workshop fee of \$15 to assist with covering these "exclusive extras!"*

Maximum number of participants: 20

Please register directly through Lisett at Lisett.Raposo@sd71.bc.ca

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August 29th PM Sessions

14. Exploration of the LRC

Time: 1:00-3:00PM **Grade level:** Strong Start to grade 7
Location: Learning Resource Centre, Glacier View
Facilitator: Joan Pearce

Session description:

The LRC contains a treasure trove of learning resources created to support the important work you do in your classrooms. Come join us at the LRC and explore the new and well-loved kits that cover the entire curriculum and have been designed with the following in mind: 21st Century Learning, diversity, different learning styles, Indigenous education, play-based and inquiry approaches, as well as place-based learning. This is one of the only times that all the LRC resources will be on the shelves so it is the perfect time to come, explore and take photos of kits that you would like to book. The first day of booking will be the next day, Wednesday, August 30th at 3:45PM sharp, so ensure you are ready by learning how to create Resource Lists of kits you would like.

Note - general information on the LRC, as well as tip sheets, can be found at: <https://learn71.ca/follett-destiny-library/>

On a beaucoup de troussees en français et le service en français est aussi disponible.

Maximum number of participants: 20

Register directly through Joan at Joan.Pearce@sd71.bc.ca

15. The Nurtured Heart Approach

Time: 12:30-3:00PM **Grade level:** K-12
Location: Arden Elementary School
Facilitators: Robert Russell-Atkinson & John MacKenzie

With the right approach, you can cultivate an amazing level of success in challenging children, despite the propensities of a possible pre-existing genetic condition, living situations, stressors, and symptomatology. Adults skilled in the Nurtured Heart Approach always hold children accountable for problem behaviours but reserve animated and energetic responses for positive behaviours, and they have an uncanny ability to shift behaviour into a new and enduring pattern of success. With the Nurtured Heart Approach, challenging children can use their intensity in wonderful ways, and instead of acting out problems, they can act out greatness! During this introductory session you will receive strategies to use in your classroom and the aim is for you to leave the training with deeper understanding of the approach and some new tools to use in your classrooms.

Maximum number of participants: 20

Register directly through Robert at: Robert.Russell-Atkinson@sd71.bc.ca

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16. Understanding and Teaching AI (Artificial Intelligence) From the Basics to ChatGPT

Time: 1:00-3:00PM **Grade level:** grades 3-12
Location: TBD
Facilitator: Kara Dawson

Session description:

Artificial Intelligence (AI) is around us everywhere. Siri and Alexa are common words in many households and CHATGPT and DALL_E are changing how we can teach. Teaching students to understand AI is a way to give students a deeper understanding of how the world around them works. During the first half of this workshop, we will go over some lessons that you can teach your students to help them understand how AI works. You will walk away a set of fun and very interesting lessons that will enable to you teach your class the basics of Artificial Intelligence while covering the Competencies and ADST curriculum. In the second half we will learn some of the techniques you can use to ensure that your students are not able to do their assignments using CHATGPT and how you can use the new technology to make your life easier.

Maximum number of in-person participants = 25

Participants are asked to bring their laptops.

To register go to: <http://forms.office.com/r/9qMkhwUnQr>

When you register, please indicate if you will be joining the session in-person or if you want access to the session from a distance. A link will be shared closer to the date.

17. Games, Games, and more Games! How to teach Skill Development through Games

Time: 1:00AM-3:00PM **Grade level:** grades 3-7
Location: Cumberland Community School
Facilitator: Jina Taylor

Workshop description:

Come and learn how to incorporate skill development through games and bring them into your physical literacy program. You will leave with tons of resources to take back to your school and will see what each activity looks like by trying it.

***Please show up ready to be active and try out the games.**

Maximum number of participants: 25

Register directly through Jina Taylor at Jina.Taylor@sd71.bc.ca

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18. The Circuit: A toolkit to teach Sexual Health Education to Secondary Students

Time: 12:30-3:30AM **Grade level:** 7-12
Location: Georges P. Vanier Secondary, room 164
Facilitator: Jessica Wollen

Jessica Wollen is the founder of SHIFT Education, a Certified Sexual Health Educator and Teacher with 13 years of experience exclusively in sexual health education. She is a leading trainer of teachers for sexual health in BC. www.shift-education.com

Session description:

**It is recommended to attend the Askable Adult workshop in conjunction with this school aged workshop to maximize your skill and comfort to teach the P.H.E. curriculum.*

Jessica Wollen created The Circuit as an innovative, station-based, interactive learning format for sexual health education. The Circuit is being picked up by schools and school boards around BC. In this workshop, we prepare educators to teach the Circuit, by using and demonstrating the kit as a teaching tool. The Circuit kit was developed as a teaching tool for students aged 14-18 years old. It is a curated curriculum designed to support educators in meeting the required sexual health and healthy relationship learning outcomes for physical and health education. Like a fitness program, students move through game-based stations in small groups, interacting with set lessons surrounding sexual health topics.

Maximum number of participants = 30

Register directly through Jessica at jessica@shift-education.com