

**OPAT ANNUAL CONVENTION**  
**CONGRÈS ANNUEL DE L'APEQ**

**HÔTEL BONAVENTURE MONTRÉAL**  
**OCTOBER 14-15, 2021 / 14-15 OCTOBRE 2021**

**Preliminary list of confirmed workshops.**  
**Liste préliminaire des ateliers confirmés.**

**Understanding the Heart-Brain Connection: What Teachers Can Do & Say to Promote Classroom Emotional Regulation (Double Workshop)**

**Speaker:** Linda Aber (Coach)

**Target Audience:** All

**Category:** Behaviour Management

How teachers relate to overwhelmed, dysregulated, reactive students play a critical role. Understanding the 14 inch journey between student's heart-brain is essential. This double workshop transforms classrooms applying Heart-Brain knowledge and skills that foster optimal classroom behaviour for all, especially students with ADHD, LD, ODD, PDD. Explore: Four S's of connective communication, language of "positivity", the "remodeling" developmental brain, identifying the vagal responsive nervous system plus tools and activities to enhance student success.

**L'ABC de la diversité : mieux comprendre les enfants trans et les jeunes non binaires pour mieux les soutenir dans nos écoles**

**Conférencière :** Sylvie Archambault (Enseignante)

**Audience cible :** Tous

**Catégorie :** Éducation Sexuelle

Cette formation permet de mieux comprendre ce qu'est l'identité de genre d'accompagner les jeunes dans leur développement identitaire et de leur offrir un environnement sain, respectueux et sécuritaire où ils peuvent s'épanouir. J'offre des outils pour permettre de dédramatiser cette réalité de plus en plus présente dans nos classes. Nouveauté cette année; nouveau matériel pédagogique offert.

## **Surviving the First Five**

**Speaker:** Anne-Sophie Averback (Teacher)

**Target Audience:** Primary, Secondary

**Category:** Other

New teachers often find themselves teaching out of many different departments, with new challenges they did not encounter while in university. This workshop aims to bring new teachers together to discuss their experiences and hopefully leave with a few new tricks up their sleeves. This workshop will discuss: How to use GPI not only for report cards but how to access a student's timetable, their past grades, review their IEP and a few other useful functions! The benefits of getting involved in your school and where to start. A presentation of a few choice classroom games and activities applicable to almost any subject matter that jazz up a lesson and a few classroom management ticks for when your lesson ends early. The workshop will end with an open exchange about the challenges attendees are facing and a collective brainstorming of solutions.

**La 2e édition de Cargo va vous charmer!**

**Conférencière :** Isabelle Bellerive (Représentante)

**Audience cible :** Secondaire

**Catégorie :** FLS/FSL

Plongez au cœur de cette collection complète composée de textes authentiques, avec un niveau de langue et un vocabulaire adaptés aux élèves. Les activités orales et d'écoute pour favoriser les opportunités d'interagir vous combleront, de même que les dictées, les tests de grammaire et les situations d'évaluations. Pour enrichir votre enseignement nous avons développé une offre numérique incroyable. N'hésitez plus venez découvrir la collection favorite des enseignants de français langue seconde!

## **Bright and Quirky –When Giftedness Coexists with Special Need**

**Speaker:** Aniko Burjan (Psychoeducator)

**Target Audience:** Primary, Secondary

**Category:** Special Needs/Inclusive Education

Twice exceptional 2e students are hard to understand and can be some of the most challenging learners to educate. Sometimes the high intellectual capacities mask the coexisting difficulties (ASD, ADHD, learning disorders, etc.). In other cases, the challenges are so significant that they overshadow the giftedness. How to address both sides of the equation? This presentation will discuss a practical approach and concrete strategies to help teachers accommodate 2e students.

## **Les compétences de la gestion de l'attention, de l'impulsivité et de l'anxiété**

**Conférencier :** Alain Caron (Psychologue)

**Audience cible :** Primaire, Secondaire

**Catégorie :** Pluridisciplinaire/transversal

Depuis plus d'une décennie, le trouble déficitaire de l'attention avec ou sans hyperactivité est devenu une problématique grandissante chez les enfants. Plus récemment, une nouvelle problématique émerge à un rythme inquiétant : l'anxiété. Composées de savoir-faire de base et de compétences cognitives, nous proposerons ici une approche basée sur le développement préventif des habiletés reliées à la gestion cognitive, émotionnelle et comportementale de ces deux problématiques. Les compétences de la gestion de l'attention, de l'impulsivité et de l'anxiété.

## **Solution-Focused Schools: Building on What's Strong Rather Than Fixing What's Wrong**

**Speaker:** Sharon Casey (Trainer, Consultant)

**Target Audience:** All

**Category:** Behaviour Management

Solution-focused (SF) practices are derived from an evidence-based approach and used by teachers to build on what's strong, rather than trying to fix what's wrong (and rather than adding on to their already demanding workload). This workshop will help teachers explore how SF practice differ from problem-solving, and will demonstrate the advantages of using the SF approach in classroom and behaviour management, and in work with parents and colleagues.

## **Building Better Brain Health; Food for Thought –Body and Mind Wellness**

**Speaker:** Dani Chenier (Teacher, Naturopathic Practitioner)

**Target Audience:** All

**Category:** Wellness

Brain fog, mood swings, poor memory, sleep problems, feeling tired and wired... These are all signs that the brain is not functioning optimally. Do you worry about ADHD, anxiety, depression, dementia and Alzheimer's? Whether for yourself, a loved one or your students, brain health is a very real and modern concern. Come and learn about the gut-brain connection and what natural approaches can be used everyday to promote an optimally functioning brain.

## **First Stories: Indigenous History Courses in Adult Education**

**Speaker:** Curran Jacobs (Indigenous Resource Teacher)

**Target Audience:** Adult Ed.

**Category:** Other

Students in my courses often ask: "why has no one taught me this before?" And my response to their question, in a true Thomas King fashion is: "what is more important is that you are learning this now." This workshop centres on my experience with teaching optional Indigenous History courses at the Adult Ed. level; exploring the successes and challenges of teaching parallel narratives in Canada's history.

## **Living Schools**

**Speaker:** Jennifer de Vera (Program Development)

**Target Audience:** Kindergarten, Primary, Secondary

**Category:** Multi-Disciplinary/Cross-Curricular

Living Schools are places where people are flourishing, where staff and students are on a co-learning journey, and there is explicit awareness that schools are interconnected with local and global communities, including the natural world. Living Schools reflect an ethos of bringing life to education and education to life. This means that the values of sustainability and well-being for all (Hopkins, 2013, O'Brien, 2016) influence what is learned, how it is learned, where and when it is learned, and ultimately why it is learned. Living Schools demonstrate the inspiring and dynamic transformation that is possible when the very purpose of education is questioned and the answer is that it ought to lead to well-being for all, sustainably.

## **Furniture and Architecture Collide**

**Speaker:** Julie Etheridge (Teacher)

**Target Audience:** Secondary

**Category:** Arts

From Le Corbusier to IKEA, furniture adds style and personality to an interior space. To start this workshop, we will discuss the principles of form and function of various architectural structures. Afterwards, you will create sketches and then construct out of recyclable materials a specific piece of furniture for an imaginative space. This hands-on workshop will invite you to use your imagination, try out a variety of materials, and problem solve just like your students. And, at the end of the workshop, you will leave with a mini piece of furniture. For this workshop, space is limited and participants will be required to bring their own scissors, rulers, and pencils.

## **Get Those Students in the Outside!**

**Speaker:** Kelly Fahey (Teacher)

**Target Audience:** Kindergarten, Primary

**Category:** Multi-Disciplinary/Cross-Curricular

Research demonstrates that our students need more opportunities to get outside and connect with nature. Sounds great, but what are the real benefits, risks and actual learning in the outdoors? How do you prepare to take your students outside? What materials do you need to run successful outdoor activities which relate to the curriculum? What resources can we use? Get answers to these questions and plan for your adventure outside!  
Kindergarten to Cycle 3 Elementary

## **Oh the Math that They'll Know! Kindergarten Math Games**

**Speaker:** Jane Felling (Consultant)

**Target Audience:** Kindergarten

**Category:** Math

An exclusive math games workshop just for Pre-Kindergarten, Kindergarten early first grade teachers. Come prepared to play games that incorporate the use of cards and dice that teach the following early childhood concepts: counting, comparing numbers, odd/even, greater than/less than, learning numbers to 10, 20, and early addition/subtraction concepts. Participants will learn how to create math work/play stations, start math journals, use student work for assessment purposes, and how to extend the games and activities to the home.

## **Math Catch Up for Grades 3 to 6**

**Speaker:** John Felling (Teacher, Author, Consultant)

**Target Audience:** Primary

**Category:** Math

Come prepared to play a variety of games and activities that can be used to help students remediate gaps they may have in their math understanding. Content will focus on: number sense, place value, fact fluency for adding, subtracting and multiplication; multi-digit operations and; order of operations. Participants will be able to apply workshops ideas and strategies immediately in their classrooms. A handout with game boards and rules will be provided.

## **Place Value and Number Lines for K-5**

**Speaker:** John Felling (Teacher, Author, Consultant)

**Target Audience:** Primary

**Category:** Math

Number Lines have proven to be an invaluable tool to help students understand place value concepts. Participants will play a variety of place value activities using several types of number lines focusing on math content starting at kindergarten and extending to grade 5, specifically Whole Numbers, Rounding and Proportionality.

## **Coding Made Easy with CS First**

**Speaker:** Emily Fitzpatrick (Director of Professional Development)

**Target Audience:** Primary

**Category:** Multi-Disciplinary/Cross-Curricular

In this hands-on free PD workshop, teachers will learn how to use CS First, Google's free ready-to-teach introductory computer science (CS) curriculum for middle school students. Students follow step-by-step instructional videos that introduce fundamental CS concepts and build computer programs using Scratch, a block-based programming language. Learn how easy coding can be! CS First is available in French!

## **Building Community Through Outdoor Adventure**

**Speaker:** Guy Gallibois (Academic Counsellor)

**Target Audience:** All

**Category:** Wellness

Sharing our experiences in how community building happens within ESSB schools through outdoor adventures. Building familiar relationships within schools by guiding them in finding their own solutions using the environment. The theme is very holistic and covers all aspects of well being, physical, mental, and spiritual well-being. Presentation begins with story telling and an explanation of we have experienced at Eastern Shores School Board. I will then move everyone in small group work where the participants discussed their own reality. Finally, I will walk them through one of the experiences.

## **Les neuf étapes de guérison pour créer une vie merveilleuse**

**Conférencier :** Guy Giard

**Audience cible :** Tous

**Catégorie :** Bien-être

Guy Giard enseigne depuis vingt ans et a voyagé sur quatre continents en tant que clown humanitaire avec le Dr "Patch" Adams. Après avoir surmonté les abus sexuels dans son enfance, il dévoile aujourd'hui avec son approche "Écouter-Aimer-Créer" comment recréer une vie merveilleuse. Vous apprendrez dans cet atelier, par des anecdotes, l'humour et en interaction avec les participants comment mettre en pratique les neuf étapes de guérison : Accepter, Valider, Pardonner, Ressentir, Nourrir, Choisir, Rêver, Réaliser et Célébrer.

## **The Nine Stages of Healing to Create an Amazing Life**

**Speaker:** Guy Giard (Humanitarian Speaker)

**Target Audience:** All

**Category:** Wellness

Guy Giard has been teaching for twenty years and has travelled to four continents as a humanitarian clown with Dr. "Patch" Adams. After overcoming sexual abuse as a child, he now unveils with his "Listen-Love-Create" approach how to recreate an amazing life. You will learn In this workshop, through anecdotes, humor and interaction with participants how to put into practice the nine stages of healing: Accept, Validate, Forgive, Feel, Nourish, Choose, Dream, Achieve and Celebrate.

## **La face cachée de la douance**

**Conférencière :** Gil Marjorie (Enseignante)

**Audience cible :** Préscolaire, Primaire, Secondaire

**Catégorie :** Besoins particuliers/inclusion scolaire

Depuis août 2017 Le Ministère de l'Éducation reconnaît les élèves doués comme étant une clientèle à risque. Mais qui sont ces élèves? Sait-on les reconnaître dans nos classes, les encadrer, les stimuler? Quelles sont leurs caractéristiques cognitives, socio-affectives et comportementales? Quels sont les mythes entourant la douance? Cet atelier vous permettra de mieux comprendre ces élèves; des exemples concrets, des extraits vidéos et quelques suggestions de stratégies de gestion de différenciation et d'enrichissement vous seront proposées.

## **Bullying and the Law**

**Speaker:** Tracy Gokhool (Lawyer)

**Target Audience:** All

This workshop will cover teacher's legal responsibilities with respect to bullying. The session will address questions such as how does the law define bullying? Does the law require teachers of the school to report bullying? How should teachers report bullying? What are the legal consequences of mishandling bullying? Does the law require the school to train its staff to stop and prevent bullying?

## **The Law in Daily Life: Éducaloi's Teaching Tools**

**Speaker:** Richard Goldman (Lawyer, Plain Language Specialist)

**Target Audience:** Secondary, Adult Ed.

**Category:** Other

The law is part of daily life, even when we don't realize it. Think of driving a car, finding a job or buying a cell phone. Éducaloi is a non-profit organization that explains the law in everyday language. Our practical legal information helps students build skills to navigate daily life and their roles as citizens.

High school teachers will learn about Éducaloi's free, in-class workshop program on the justice system (popular with Ethics and Religious Culture teachers). They will also discover our teaching guides and activities, compatible with competencies like English, French, History and P.O.P.

Adult education teachers will learn about Éducaloi's teaching guides and activities, created specifically for the adult learner. Guides cover practical topics, like consumer rights, housing and car accidents. Teachers will also discover our free legal information workshops for adults.

## **A Perfect Match: Creativity and Composition!**

**Speaker:** Jérôme Guenette (Art Teacher)

**Target Audience:** Primary, Secondary

**Category:** Arts

Do you have some students who feel uncreative and unskilled? Do you have students who are handing in posters that hurt your eyes? This workshop presents an easy activity that will unlock everyone's creativity while teaching about composition and decision making in order to create powerful images. The workshop is for teachers from Gr. 5 to 11. You may bring some pictures to cut out and your favorite medium to work! \*\* Please bring pictures and magazines to cut out, as well as any medium you would like to use.

## **Teaching the MEES Sexuality Education Program –Approach and Resources**

**Speaker:** Ren Haskett (Education for Prevention Coordinator)

**Target Audience:** Kindergarten, Primary, Secondary

**Category:** Sex Education

This workshop will help prepare teachers to introduce the MEES sexuality education program into their classrooms inclusively and impartially. Teachers will learn best practices for teaching students about sexual health and how to approach various topics. Participants will also be introduced to local community resources that can help implement the sexuality education program in their schools as well as English-Language resources for lesson planning.

## **The Wonderful World of Andragogy –Vocational Education**

**Speaker:** Deborah Johnson (Teacher)

**Target Audience:** Tech-Voc

**Category:** Other

As vocational education continues to grow, qualified and competent teachers must be ready to meet the demand. Making the transition from industry to classroom is not as easy as one may think. To better understand the adult learner, this workshop will put andragogy under the microscope and look at its fundamental philosophies. It will also focus on different learning styles, what are the characteristics of the adult student, barriers they encounter and what is their motivation for returning to school. A common question often asked is how does one facilitate learning when the age of our students range between 18 and 50 (sometimes even older). They all come with different life experiences, but what they all have in common is that they are sitting in your classroom. As a new teacher, how do we deal with that? Welcome to the wonderful world of anragogy! Stay one step ahead!

## **Fostering Children's Goodwill and Caring**

**Speakers:** Guillaume Lanctôt-Bédard (Trainer, Coach, Speaker), Valérie Letellier

**Target Audience:** Kindergarten, Primary, Secondary

**Category:** Behaviour Management

This conference is about understanding the various components of goodwill and how to tap into childrens' joy for learning, participating and caring. Through personal experience, and based on recent neuroscience, the speaker will outline all the dos and don'ts that help create a No-Fault Classroom using a relationship-based management style. Applying Non-violent Communication, learn how to empower children towards better understanding of their feelings, their needs, and their ability to care for everyone.

## **Help Carry the Fire: A Collaborative Framework for Teachers**

**Speakers:** Andréanne Légaré (Education Specialist),  
Melanie Kerridge (Education Specialist)

**Target Audience:** Kindergarten, Primary, Secondary

**Category:** Wellness

The time and energy required by teachers to guide students towards academic success often leaves no time for interaction with colleagues. Feelings of isolation and even burn out can develop as teachers scramble to find inspiration. Research has shown that purposeful collaboration can diminish these feelings while improving professional practice and student learning.

This interactive workshop presents a practical and innovative framework for teacher collaboration as well as details of a funding program for teachers.

## **Initiation au flag-rugby (rookie rugby)**

**Conférencièr(e)s :** Lisa-Anne Lessard (Coordonnatrice du développement),  
Joel Blanchfield, Gaël Dulude

**Audience cible :** Primaire, Secondaire, Éduc. Adultes

**Catégorie :** Autre

Faire découvrir aux enseignants un nouveau moyen d'action pour le développement moteur de l'élève, fournir une formation de base et fournir des documents clés en main pour la mise en place d'un activité rugby.

## **Building Your Own Wellness Toolkit: How to Thrive Rather Than Just Survive Teaching**

**Speaker:** Gloria Longo (Teacher)

**Target Audience:** All

**Category:** Wellness

Teaching is an extremely rewarding profession yet one of the most stressful occupations in the world. Having the right tools can help teachers safeguard themselves against the negative effects of chronic stress and prevent burnout. Equipped and empowered teachers not only survive, but thrive in the classroom alongside their students.

In this engaging workshop, participants will learn simple and effective tools to help counter chronic stress. The tools presented can be used for personal wellness as well as in the classroom with students. These tried, tested and true strategies come from a variety of disciplines such as mindfulness, yoga, and positive psychology. I will also be discussing my own wellness journey and how these methods have helped me heal personally and improve professionally. Participants will leave with practical tools they can use and add to their own wellness toolkit.

## **Youth Engagement Through Community Service Learning**

**Speaker:** Ben Loomer (Consultant)

**Target Audience:** Primary, Secondary, Adult Ed., Tech-Voc

**Category:** Multi-Disciplinary/Cross-Curricular

Community Service Learning (CSL) is a pedagogical strategy, similar to project based learning that empowers students to observe their school and local community and identify an authentic need to address and plan a youth directed response. The session will share examples of great CSL projects taking place across Quebec and provide an engaging process to brainstorm and co-plan a CSL project for your school and community. Bilingual planning templates and tools will be provided. Examples of projects include environmental awareness and action, celebrating local history, working with seniors, youth voice, Education for Reconciliation.

## **The Heart from Auschwitz: Integrating Holocaust History and Creative Arts**

**Speaker:** Monique MacLeod (Head of Education)

**Target Audience:** Primary

**Category:** Multi-Disciplinary/Cross-Curricular

On her 20th birthday, while she was a prisoner at Auschwitz, Fania received a heart-shaped card. Her friend Zlatka had risked her life to make her a birthday present. This workshop will introduce the Heart from Auschwitz classroom project, based on an extraordinary artefact from the Montreal Holocaust Museum's collection that testifies to the power of resilience and hope. You'll learn about the historical context in which the Heart was created and gain concrete tips on how students can engage in dialogue with one another, with the past, and with diversity. We'll conclude with hands-on instructions for creating replicas of the heart card with your students.

## **The Griffintown Tour –Le Tour de Griffintown**

**Speaker:** Scott G. MacLeod (Filmmaker, Art Educator)

**Target Audience:** Secondary, Adult Ed.

**Category:** Other

Filmmaker and art educator G. Scott MacLeod will present his self-guided walking tour [www.griffintowntour.com](http://www.griffintowntour.com). The tour is designed to take viewers on a 21 site walking tour of the most historic sites in Montreal's iconic Griffintown neighbourhood, including the Griffintown Horse Palace and Lowney Chocolate Factory. Working in collaboration with historian Dr. Matthew Barlow, MacLeod has blended archival photos with his pencil animations and Barlow's storytelling to bring to life the forgotten past of this once working class industrial neighbourhood that was instrumental in the growth of Canada. With only a handful of heritage buildings remaining this former Irish and French Canadian neighbourhood endures through Barlow's stories. In this workshop MacLeod will explain how to use the web platform and guide with school groups in the classroom and on site. During the workshop he will engage participants to chose one of the 21 short films from the website to discuss their reflections to the story, site or event. Funding for the tour is available at <https://artistsinspire.ca/artist/g-scott-macleod/>  
<https://artistsinspire.ca/school-application/>

## **The Power and Peace of Yoga**

**Speakers:** Steve Maier, Colleen Murphy

**Target Audience:** All

**Category:** Wellness

Come and experience the power (strength) and peace (restorative) side of the ancient practice of yoga combined with modern science to create a more conducive and calming environment for the classroom. In this session we will practice powerful postures combined with breathing techniques which will leave you feeling both energized and relaxed. Namaste

## **Nurturing Empathy in the Classroom**

**Speaker:** Heather Markgraf (Communication Specialist)

**Target Audience:** Primary, Secondary, Adult Ed.

**Category:** Behaviour Management

I plan a number of activities which will help build empathy in the classroom. I will start off by giving a definition of empathy and explain the difference between empathy and sympathy. I will also name the needs which empathy meets, namely to be heard and to matter. In order to offer empathy the listener has to "connect " to the other and be "present". I will offer activities to strengthen their listening skills. This workshop will engage the participant and motivate them to use empathy as a way to hear their students feelings and needs and connect compassionately.

## **Teaching as a Spiritual Practice**

**Speaker:** Reenie Marx (Retired Teacher)

**Target Audience:** All

**Category:** Arts

We spend our days living on the surface, chopped into periods and schedules, rushing from one demand to another, all the while longing for depth, meaning, and purpose. This workshop will encourage you to reconnect to your own deep wisdom and expose you to time-honoured principles and techniques of spiritual practice to help rekindle a sense of purpose and meaning in your everyday experiences in the classroom.

## **Sharpen your Students' Critical-Thinking Skills and Help Foster Citizen Engagement with NFB Films and Learning Resources Online!**

**Speaker:** Merrill Matthews (Coordinator)

NFB Campus is an online streaming service for educators featuring more than 5,800 English and French Canadian productions such as documentaries, animations, and interactive resources. Campus also provides teaching tools and learning resources focused on crucial issues, such as the environment and sustainability, diversity and inclusion, and Indigenous voices and reconciliation. In this workshop, we will give you tips on how to engage your students on different topics with films. A teacher will explain their best practices with NFB films in their classroom. We will also show the different functionalities such as creating clips with the chaptering tool, creating and sharing playlists, search tools, mini-lessons, and curating thematic playlists. The subscription to CAMPUS is offered by the Ministère de l'éducation et de l'enseignement supérieur du Québec. To create your account, go to: [nfb.ca/campusqc](http://nfb.ca/campusqc)

## **Create your Own Underwater Adventure with Ocean School: a Free Online Educational Experience that Uses Immersive Technologies and Interactive Media**

**Speaker:** Merrill Matthews (Coordinator)

Ocean School is an inquiry-based learning experience that advances critical thinking, innovation and environmental awareness, and is designed to provide students with the knowledge and competencies to explore current issues facing our oceans. Students are presented with a critical challenge that serves to guide their learning process and encourages them to act on issues such as habitat protection, sustainable fishing, or re-discovering traditional knowledge and practices. Ocean School is easy to use in class or at home and is integrated to Google Classroom. Come explore Ocean School's modules with executive producer Jac Gautreau. Sharpen your student's critical-thinking skills and help shape their conscience as global citizens. Ocean School is for life-long learners, social studies teachers, and students from 11 to 15 years old. Ocean School is free. Create your account at: [oceanschool.nfb.ca/register](https://oceanschool.nfb.ca/register)

## **Learn to Connect the Dots of a Healthy Generation of Students!**

**Speaker:** Frances Michaelson (Health Coach)

**Target Audience:** Primary, Secondary, Adult Ed.

**Category:** Wellness

Research is showing that thousands of people are victims of malnutrition and each generation is getting worse. We are faced with an epidemic of mineral and vitamin starvation. As a health coach, I am seeing more and more children with ADHD, Autism, Irritable Bowel, anxiety, and eating disorders. There is so much confusion about nutrition. In this lecture, you will learn how healthy food creates a healthy mood, and understand the direct neurological link between the gut and brain.

## **How to Deal with Difficult Situations in Schools/Centres**

**Speakers:** Julie Montpetit (QPAT), Elaheh Bos (Plant, Love, Grow)

**Target Audience:** All

**Category:** Multi-Disciplinary/Cross-Curricular

Not sure what to do or how to turn certain situations around? Get ready to feel more confident with some simple practical tools and strategies. In this workshop you will be introduced to QPAT's new guide: *Suggestions and Guidelines for Dealing With Difficult Situations (Conflict in Schools/Centres)*. Feel more confident in your ability to face difficult situations as we explore practical exercises and hands-on activities to give you concrete ways to deal with conflict.

## **International Students and Their Sources of Stress**

**Speaker:** Nikolov Nikolay (Teacher)

**Target Audience:** Tech-Voc

**Category:** Wellness

For most international students we observe several sources of stress:

- \* Language
- \* Cultural differences
- \* Being away from home, parents, friends...
- \* Learning new subjects

What can we do to address and comfort their learning process with are a few recommendations:

- \* Language
- \* Culture

## **Deconstructing Reading**

**Speaker:** Evi Pachis (Teacher, Orthopédagogue)

**Target Audience:** Primary, Secondary, Adult Ed.

**Category:** Multi-Disciplinary/Cross-Curricular

What happens when we read? Can you draw a map which illustrates how we do it? Why do certain fluent readers not understand what they read? Many teachers have received little or no training in understanding theoretical frameworks to guide them in answering these questions. This workshop presents a carefully selected theoretical framework (Modèle Laplante) and concrete tools through the eyes of an experienced practitioner. This workshop can be presented in French and/or English.

## **CreARTivity!**

**Speaker:** Carol Patterson (Early Childhood Educator)

**Target Audience:** Kindergarten

**Category:** Primary

How is your creative art? Could you use a little encouragement? Inspiration? Then this workshop is designed just for you! We will explore new ways to look at our environment and the creative process. Inspiration will come from various artists and the mediums they used to create. You will leave with lesson plans, a project you created and your sense of wonder ready for a Monday morning adventure!

## **Learning Through the Fine Arts; Visual Storytelling**

**Speaker:** Deirdre Potash (Teaching Artist)

**Target Audience:** Kindergarten, Primary, Secondary, Adult Ed.

**Category:** Arts

Use the basic elements of a story; setting, characters and plot. Create a visual story with recycled materials. In a fun, stimulating and interactive environment, you (and then your students) will be inspired by Art History, the world around us and create art. Take back lots of ideas to the classroom. This is a hands-on workshop, with lots of opportunities to ask questions. All materials supplied. Come and create.

## **Brain-Body-Behaviour**

**Speaker:** Alyson Reid-Larade (Teacher, Author, Speaker)

**Target Audience:** Secondary, Adult Ed., Tech-Voc

**Category:** Behaviour Management

Apply research in Neuroscience to explain behaviours at school. Gain a deeper understanding of anger, sadness and anxiety, mental and emotional health, and insightful strategies for educators. Look through a Neuroscience lens at topics such as cell phones, rude behaviour, drugs and self-medicating, and racism. Additionally, explore classroom discipline, and why consequences work for some but backfire for others. Use science to support your natural instincts and help prepare your students' brains for success at school.

## **Understanding and Managing Concussion in Youth**

**Speaker:** Debbie Schichtman (Nurse Trauma Coordinator)

**Target Audience:** All

**Category:** Other

This workshop is designed to provide teachers with important information on concussion prevention, recognition on management and to highlight the aspects of the supportive role they play in their student's concussion recovery. The goal during recovery is to determine the appropriate level of cognitive and physical activities that will not worsen or provoke new symptoms. Normalizing a child or teen's home and school life as soon as possible is key to maintaining their psychosocial well-being. Practical return to learn plans will be discussed.

## **Meditation Magic**

**Speaker:** Susan Schneir (Yoga and Meditation Teacher)

**Target Audience:** All

**Category:** Wellness

It's too hard.  
I can't sit still.  
I can't stop thinking.  
Just some of the many excuses...

I can show you that it is NOT hard. You can meditate in any position. Your mind's job is to think, it always will. It is how you process the thoughts. Yoga Nidra, guided meditation technique is a peaceful, relaxing experience. Helping you reduce anxiety, giving you more energy and you improving focus and memory.  
It is magic !

## **Laugh & Learn: The Value of Humour in Education**

**Speaker:** Jeff Schouela (Comedian, Teacher)

**Target Audience:** Primary, Secondary

**Category:** ELA/Literacy

This unique workshop focuses on the importance of using humour in the classroom. Jeff Schouela, a professional comedian of sixteen years, will be sharing tactics to incorporate humour and provide examples of how to integrate the medium of comedy into the academic curriculum of a variety of different subjects. Jeff will be showcasing original work samples of both his primary and secondary level students that teachers will be able to implement in their own classes.

## **An Inclusive Co-Teaching Model**

**Speaker:** Heather Scott (Project Coordinator)

**Target Audience:** Primary, Secondary

**Category:** Remedial, Supporting Teachers

This session will focus on how to adopt an inclusive co-teaching model. This step-by-step workshop is for teachers wishing to explore an inclusive double conference table approach for reading and writing instruction. Many pedagogical elements will be discussed such as individual and small group conferences, teacher roles, communication and planning, student goal setting and progress tracking, mini-lessons, flexible seating, and scheduling of conferences.

## **Teaching the Holocaust to Children! A Responsible and Compassionate Guide for Educators**

**Speaker:** Laura Sellitto (Teacher)

**Target Audience:** Primary, Secondary

**Category:** Ethics and Religion

This workshop is designed to provide teachers with the tools and confidence to teach the Holocaust. As a member of the MHM Education Committee, I will share my experiences and guidelines for teaching. This workshop will be taught in collaboration with the Montreal Holocaust Museum. Teachers will leave this workshop with the ability and confidence to educate their students on a historical topic that is relevant today.

## **Above All Be Kind**

**Speaker:** Sharyn Sepinwall (Ph.D.)

In a world where the time and emphasis has regrettably not focused on teaching children how to be humane in the broadest sense, this workshop will address ways we, as teachers and parents, can help our children learn ways of becoming more compassionate with family and friends and of being more respectful of the environment. Classroom activities and tips will be suggested for children, teens and young adults.

## **Don't Worry, Be Happy, But How?**

**Speaker:** Sharyn Sepinwall (Ph.D.)

During times when we have serious concerns troubling us, "putting a smile on our face" is not easy. Some of us are "chronic" worriers, a habit that can be hard to break - one that takes too much time and generates intense anxiety. In this session, learn some techniques to help yourself avoid the mental, emotional and physical stress reactions that worry causes.

## **For Women Only!**

**Speaker:** Sharyn Sepinwall (Ph.D.)

Workers, wives, mothers and daughters suffer from a unique set of stressors in their lives. Let's talk about them, share the "superwoman syndrome" and learn new ways to combat and manage stress in your life. Strategies that are especially designed for you and your specific problems and worries will be discussed.

## **Teaching Youths About Climate Change**

**Speaker:** Ian Shanahan (General Editor)

**Target Audience:** Primary, Secondary

**Category:** Social Science

As educating young people about climate change is challenging, we'll discuss how teachers can best frame the latest science, explore the pedagogical challenges, and introduce simple experiments and practical approaches to teaching about this vital topic. Participants will learn to use five hands-on activities that explore the greenhouse effect, the importance of a stable climate, and car-trip reduction plans for schools. Free copies of the French or English versions of the activities will be provided.

## **How to be an Authority Figure and Discipline with a Heart 2020**

**Speaker:** Christopher Simeone (Special Educator Technician)

**Target Audience:** Primary

**Category:** Behaviour Management

What does it mean to be an authority figure for those under 18? How do you discipline and still show you care? In today's world, students need our guidance and that means knowing how to show them the way when all they want is to run away. Chris knows how and he wants to share this with you. He is a Special Educator Technician and has been working with children and youth for over 13 years. This workshop will include hands-on activities and discussions. Learn how to resolve conflicts between peers, discipline effectively and communicate that you care.

## **Stand Up -Don't Just Stand By**

**Speaker:** Corris Sirota (Clinical Social Worker)

**Target Audience:** Primary, Secondary

**Category:** Behaviour Management

This interactive workshop will focus on how to empower youth who find themselves in bullying situations as well as provide concrete techniques and strategies for bystanders so that they can support those being targeted by bullying behavior.

## **Someone Died... Now What? How to Help Students' Through Crisis**

**Speaker:** Corris Sirota (Clinical Social Worker)

**Target Audience:** Primary, Secondary

**Category:** Behaviour Management

This workshop is an "everything you need to know about loss and bereavement". Corrie Sirota MSW, PSW, Author of "Someone Died...Now What? A Personal and Professional Perspective on Coping with Grief and Loss" will share her 25+ years of experience with helping people cope with crisis. This particular workshop is specifically designed to help teachers learn coping strategies for themselves as well as their students when faced with the unfortunate crisis of the death of a student, teacher, staff or perhaps a family member. Focus will be on how to set up a debriefing that includes understanding the developmental levels of the various age groups being addressed.

## **Dealing with Difficult Personalities**

**Speaker:** Corris Sirota (Clinical Social Worker)

**Target Audience:** Primary, Secondary

**Category:** Behaviour Management

Our jobs regularly call for skills in interpersonal relationships. These may often be needed when dealing with delicate situations and various personalities. This workshop will explore how to use “Blocking blame” techniques to deal with different types of personalities, respond to conflict in a non-confrontational manner and diffuse various situations in a way that preserves the relationship.

## **Who Really are Gen Z & How Can School Staff Support Them?**

**Speaker:** Corris Sirota (Clinical Social Worker)

**Target Audience:** Secondary

**Category:** Behaviour Management

Today's young adults are growing up in a world filled with the pressures to perform to perfection and constant competition. Consequently families, schools, can find stressed out, anxious adolescents or young adults who may have difficulty functioning in school or possibly in every day life tasks. This workshop will focus on identifying what normal stress reactions look like, how to identify the signs of anxiety, and why this age group tends to have "all or nothing" thinking. Strategies on how to help Gen Z find balance in order to reduce these pressures will also be addressed in this presentation.

## **Bringing Financial Literacy Into the Classroom**

**Speaker:** Brian Smith (Financial Literacy Educator)

**Target Audience:** Primary, Secondary, Adult Ed.

**Category:** Multi-Disciplinary/Cross-Curricular

Financial Literacy more than ever is playing a key role in the overall development of students. Without the development of key financial literacy skills, students will most likely make bad financial decisions throughout their lives and begin their adult lives with ever increasing debt. Introducing them as early as possible to money, financial literacy and consumer education will play a key role to develop and maintain this essential skill. Students who are financial aware will also make better decisions in other aspects of their lives. Financial literacy also play a key role in reducing financial stress that can also cause other health related problems. The workshop will introduce to the participants the various ways they can introduce FINLIT to their students as well as to show them the various websites.

## **Adventures of Retirement**

**Speaker:** Renata Sutherland (Retired Teacher)

**Target Audience:** All

**Category:** Other

Panel Discussion by Retirees:

Less than 5 years from Retirement? If you are thinking about retirement and are a little apprehensive about the transition into this new phase of life, but would like to have a better understanding of what life can be like once you retire, we would like to share our varied experiences as retirees with you. Come with your questions and concerns and our panel will address them with you.

## **Digital Self-Pacing in the Classroom**

**Speakers:** Lauren Thurber (Teacher), Sheri Gray (Teacher)

**Target Audience:** Primary, Secondary

**Category:** Math

Teachers will be introduced to a mastery-based approach for a differentiated upper elementary or high school classroom using digital self-pacing. The workshop will outline the fundamentals of creating a self-paced math unit, including how to blend technology with classroom set-up so students can progress independently at their own rate. We will also show you how to integrate student self-assessment and reflection for increased student ownership of learning. Get ready for your students to look forward to math class!

## **Keys to Remedial Reading**

**Speaker:** Minna Trower (Retired Teacher)

**Target Audience:** Primary

**Category:** Special Needs/Inclusive Education

Foci of the Program: Vowels - most difficult letters to decode because they lack consistency of sound; Comprehension: This includes its vital for runner skills; Syllabication: The bane of most weak readers. Simplicity: Essential aspect as too much info overwhelms weak students. Address importance of providing students with well-suited reading materials. Prepare audience to implement Program. Explain that the Program's exciting success is based on insight acquired from my struggles with dyslexia. Format: Lecture/Q&A

## **Permettre à nos apprenants de démontrer leur compétence à lire un texte**

**Conférencier :** Roch Turbide (Chargé de cours)

**Audience cible:** Primaire

**Catégorie :** FLS/FSL

Dans le but d'évaluer la compétence à lire des textes chez nos apprenants et d'attribuer une note dans le bulletin, nous élaborons des examens de compréhension. Cependant, ces derniers permettent-ils à nos apprenants de démontrer leur compétence à lire ? Les outils que nous développons sont-ils valides ? Les attentes et les intentions des questions posées sont-elles assez précises ? C'est à cette problématique que nous nous attaquerons dans le cadre de cet atelier.

## **Improv in the classroom**

**Speaker:** Mary Vuorela (Theatre Artist)

**Target Audience:** All

**Category:** Arts

This workshop will explore the many ways that the use of improv exercises will positively influence the learning environment and help everyone to be more mindful, present, creative and collaborative.

## **Space, Place, and Land-Based Pedagogies**

**Speaker:** James Watts

**Target Audience:** Primary, Secondary

**Category:** Multi-Disciplinary/Cross-Curricular

How many times have you looked out over your classroom and thought, "the lesson I am about to teach is irrelevant to the real and pressing issues in my students' lives"? James Watts is the founder of Education Plus High School. This remarkable alternative high school has developed ways to adapt the required Ministry of Education of Québec curriculum to address the essential needs of some of the most marginalized young people. James is also a Ph.D. student at Concordia University who is researching the relationship between land-based pedagogies and healthy student identities. This session will equip you to help your students learn about themselves, the world around them. We will look at many exciting ways to explore nature and develop ways to incorporate what the land teaches them into their lives.

## **Improve with Improv**

**Speaker:** Pam Wener (Educator, Vice-President)

**Target Audience:** Primary

**Category:** Multi-Disciplinary/Cross-Curricular

It's been widely recognized that with the use of games and techniques of Improv participants improve and benefit in the areas of self-confidence, self-awareness, listening skills, public speaking and team work. Improv can help release emotions, aiding the mental health of participants plus it offers life and leadership skills that out students should be taking with them into their future. Improv is easily performed in a class room, everyone can participate and it's FUN!