



WINNIPEG SCHOOL DIVISION

# Support Staff Professional Development Conference

October 25, 2019



# GENERAL INFORMATION

1. Schedule hours are:

MORNING	9:00 a.m. to 11:45 a.m.
AFTERNOON	1:00 to 3:30 p.m.
FULL DAY	9:00 a.m. to 3:30 p.m.

(Unless otherwise posted)

2. Parking is available in the school parking lots, as well as in the parking lot of the Charles A. Barbour Arena located at 500 Nathaniel Street.

**\*Attendees are asked not to park in the Grant Park Mall parking lot.**

3. Registration is available online through the Workshop Tab in Employee Connect.

4. Class enrollment is limited. Confirmation to workshops will be sent via e-mail prior to the conference.

5. Workshops may be cancelled if there are insufficient registrants.

6. This Registration Booklet is available for viewing at [portal.wsd1.org](http://portal.wsd1.org) and [wante.org](http://wante.org).

**Registration deadline: October 11, 2019, 4:00 p.m.**

**There is no charge to employees or substitute employees of Winnipeg School Division for this conference.**

## Participant Information

- All Participants **MUST** sign the sign-in sheet at the beginning of each session. (NB: For full-day sessions, there will be a sign-in sheet for the morning and one for the afternoon.)
- Failure to sign-in will result in WSD employees not being credited with this day as one of their Educational Assistant Administration Days. Schools will also be notified of non-attendance.
- Lunch Break will be from 12:00 to 1:00 p.m.
- (Presenters and Participants are responsible for their own lunches).
- Parking is restricted in the Grant Park Mall Parking Lot.
- Please park in the school parking lot or in the parking lot of the Charles A. Barbour Arena located at 500 Nathaniel Street.
- Participants who arrive late for the First Aid/CPR and the NVCI workshops will not be admitted.

**Please note the location and start time of your workshop(s).**

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# FULL DAY WORKSHOPS

9:00 a.m. to 3:30 p.m.

## PDCF19-01

### Non-Violent Crisis Intervention

**Facilitators:** Mark Joyce & Andrea Klepatz

**Please Note: 2 Full Days**

Friday, October 25, 2019 (9:00 a.m. to 4:00 p.m.)

Saturday, October 26, 2019 (9:00 a.m. to 4:00 p.m.)

**Winnipeg School Division**

**Administration Building # 2**

**1180 Notre Dame Avenue, Room 106**

This workshop is only open to the employees of Winnipeg School Division. Preference will be given to Substitute Educational Assistants in the "B" classification.

This program provides training for school personnel working with severely disruptive students. It will teach you to respond to behavioural crises through analysis, verbal defusing and, as a last resort, physical, therapeutic restraint. Successful participants receive certification, which is recognized for two (2) years.

**Maximum number of participants: 26**

## PDCF19-02

### Emergency First Aid Training CPR Combination Course

**Facilitator:** Andrew & Paula Debenham

**First Aid Training Centre**

**B-305 Madison Street**

**Ph: 204-294-6210**

The skills acquired in this course are very valuable and practical. The value of this training is obvious to those that wish to be able to help in emergency situations. It is not just responding to emergencies, but will also deal with preventing injury and other dangerous situations before they happen.

All participants will receive a personal pocket first aid booklet, certificate (valid for three years), a vital link book (complete CPR, first aid information) and a positive, informative session on how to help in emergencies.

**Maximum number of participants: 50**

## PDCF19-03

### Resilience in Children – Creative Strategies for Helping

**Facilitator:** Tricia Klassen - CTRI

**Grant Park High School, Room 4**

**450 Nathaniel Street**

No matter what a child may be struggling with, when attempts at talking through a problem do not work, using alternative approaches for connecting will often prove more helpful. This workshop explores creative ways of engaging and communicating with children (ages 3-12) and their natural support systems. Participants will learn practical skills based on the expressive arts (play, art, drama) and integrative body-based techniques (mindfulness, sensory, and whole-brain activities) that promote and build resilience in children. Informed by attachment theories, developmental psychology, family therapy, and neuroscience, this training uses a variety of experiential exercises, role-plays, and interactive activities to enhance participant learning.

Some of the topics reviewed:

- Attachment overview: Relationship, rhythm and resilience
- Developmental knowledge and putting it in context
- What we've learned about growing brains – neuroscience
- Building connections with parents and caregivers
- Why talking doesn't always work and strategies that do
- The role of play and imagination
- Creative strategies for engagement and building empathy skills
- Somatic approaches for self-regulation – working with unsettled bodies
- Mindfulness and guided imagery
- Emotional literacy and expressive techniques
- Skills for working with resistance
- Tips for handling transitions and crises
- How to work with groups for maximum benefit

**Maximum number of participants: 30**

## PDCF19-04

### Wellness Strategies for the Helping Professional

**Facilitator:** Scott Erickson - CTRI

**Grant Park High School, Senior Gym  
450 Nathaniel Street**

In many organizations it is common to find employees suffering from the adverse effects of stress. In the helping field, there are additional factors related to the nature of supporting people that can contribute to compassion fatigue or secondary trauma symptoms. Left unmanaged, stress can lead to unproductive patterns and result in loss of focus, motivation, and productivity. This workshop will help participants identify personal stress factors and introduce them to practical methods for successfully managing stress. Participants will have the opportunity to develop a personalized plan to repair negative effects of stress as well as accelerate their resilience.

Some of the topics reviewed:

- Wellness in the helping profession
- Workplace factors related to wellness
- Stress, burnout, compassion fatigue and compassion satisfaction
- Red flags – Your cue to pause
- A wholistic approach to wellness
- Healthy coping strategies
- Organizational strategies to support wellness
- The role of resiliency

**Maximum number of participants: 50**

## PDCF18-05

### Tell It Like It Is

**Facilitators:** Jim Stein

**Grant Park High School, Room 7  
450 Nathaniel Street**

In the workshop participants will explore the various aspects and skills involved in the communication process, particularly in a school setting. Participants will also look at how they can improve their speaking and listening skills when working with students, staff and parents. There will be an emphasis on when and how to use these skills appropriately in different situations. The overall intent is to enable participants to become more effective when dealing with others. The workshop will provide opportunities for discussion, personal reflection and practical application.

**Maximum number of participants: 25**

## PDCF19-06

### Indigenous Knowledge - The Void Exercise

**Facilitator:** Myra Laramée

Participants will use this exercise to gain an understanding on Indigenous knowledge with a hands-on approach.

**Maximum number of participants: 25**



# MORNING WORKSHOPS

9:00 to 11:45 a.m.

## PDCAM19-01

### Vicarious Trauma (Self Care and Stress)

**Facilitator:** Sylvia Massinon – Clinic  
**Grant Park High School, Room 8**  
**450 Nathaniel Street**

This workshop is designed to have participants reflect on their own self care and explore strategies and concepts that could be built into their self care practice. In this workshop participants will also learn about mindfulness, self-compassion, the risks & red flags for vicarious trauma (trauma exposure response), and protective factors and strategies. Experiential activities are incorporated into the workshop, including mindfulness activities.

**Maximum number of participants:** 30

## PDCAM19-02

### Negativity Virus

**Facilitator:** Wendy Hofferd  
**Grant Park High School, Library**  
**450 Nathaniel Street**

Finding a cure for the “common negative attitude.” Like a flu or a bad cold, negativity is contagious. It can spread in a matter of minutes and before you know it, the entire environment can be infected with it. No penicillin, antibiotics, or home remedies can stop this epidemic!

This virus is not physical however; it does cause negativity to all that it touches.

The Negativity Virus can spread anywhere and has known to cause a lot of damage to individual and team productivities in a very short time.

Diagnosing this type of virus is very difficult as the symptoms can be very different for different people.

In this workshop, learn:

- How to identify which strain of the negativity virus you or others may catch &/or spread.
- Determine if you are a carrier, susceptible, or immune to this virus.
- Learn the steps for immunization to the negative virus
- How to develop an antivirus protection program

**Maximum number of participants:** 35

## PDCAM19-03

### Examining Behaviour Management Strategies

**Facilitator:** Garth German  
**Grant Park High School, Room 9**  
**450 Nathaniel Street**

Working with challenging students and guiding them to be able to have more positive interactions with other students, staff and their own learning, underpins all that we do in our schools.

We need to explore what we do to assist us in managing student behaviour in the most beneficial ways possible. We also need to examine those strategies and techniques that are counter-productive to our goals of improving student behaviour and to the development of self-responsibility.

In this workshop we will explore and discuss what it is that we do that is successful and how we can build upon these skills.

**Maximum number of participants:** 30

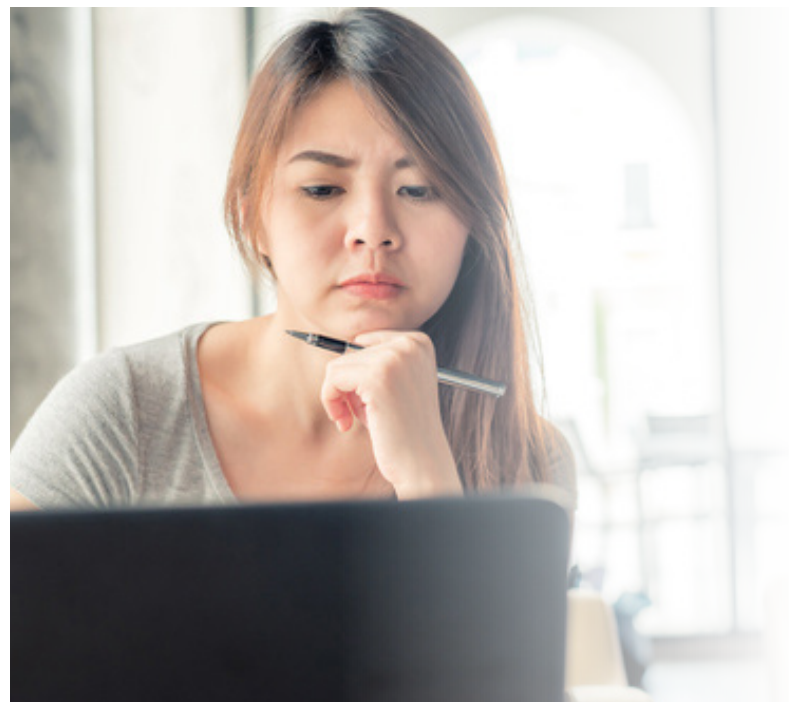
## PDCAM19-04

### Intro to Google Docs

**Facilitator:** Jackie Scott  
**Winnipeg School Division**  
**Administration Building # 2**  
**1180 Notre Dame Avenue, Room 118**

If you are new to Google Docs or have limited experience then this is the workshop for you. In this workshop, you will learn how to create and format basic documents, upload existing Word documents into Google Docs, share documents, and much more.

**Maximum number of participants:** 12



## PDCAM19-05

### ADHD: What's Going On and What Can I Do?

**Facilitator:** Donna McDonald (MATC)

**Grant Park High School, Room 10  
450 Nathaniel Street**

Do you struggle with finding a balance of supporting kids with ADHD while still helping them learn independence and self-management? You are not alone! Working with kids that have this neurological profile can be perplexing and frustrating. ADHD is one of the most common disorders in children and youth, and can present a variety of challenging symptoms in the school setting. This workshop will clarify the biology of ADHD, causes of some common symptoms, and offer practical, school-based strategies for supporting kids with ADHD.

**Maximum number of participants:** 25

## PDCAM19-06

### Arthritis 101

**Facilitator:** Mia Dunn (Arthritis Society)

**Grant Park High School, Junior Gym  
450 Nathaniel Street**

What you need to know about arthritis, the most common chronic health condition affecting people of all ages, children, teens and adults.

Arthritis is a collection of conditions affecting joints and other tissues. It causes pain, restricts mobility and diminishes quality of life.

Learn what is important to help manage arthritis at home and in the workplace.

**Max participants:** 35

# AFTERNOON WORKSHOPS

1:00 to 3:30 p.m.

## PDCPM19-01

### Eat, Move, Heal

**Facilitator:** Dr. Dan Timmerman

**Grant Park High School, Room 8  
450 Nathaniel Street**

Dr. Dan Timmerman specializes in Total Body Wellness. He will teach you the most important keys to your own vibrant health and energy – which is the best foundation to be the best educational assistant. He will also show you how to apply this in the classroom.

- How to EAT well to provide health from the inside out
- How to MOVE well with quick effective exercises to keep you on your toes
- How to HEAL well to keep your body functioning at its best

This year, Dr. Timmerman will also explain the relationship between posture, neurology, and ADHD.

**Maximum number of participants:** 30

## PDCPM19-02

### Healthy Interaction Equal Healthy Work Place

**Facilitator:** Wendy Hofford

**Grant Park High School, Library  
450 Nathaniel Street**

The way you interact with others, how they interact with you, and your unconscious bias of others can deeply impact your mental health at work. These behaviours can be contributors to a rising epidemic of loneliness in the workplace.

New research shows that three in five (60%) of employees feel lonely at work causing an impact on mental health. How can you feel lonely in a sea of employees? With the increase of technology, heavy workloads, and decrease of positive social interactions, loneliness is more common than ever before.

Why is this on the rise and what can you and your organization do to combat this issue.

Join Wendy Hofford to discover how you can overcome your own feeling of loneliness and help others do the same.

The outcomes of this presentation is to:

- Gain an understanding how our interactions and self-limiting beliefs impact our daily lives
- Combat loneliness through mindful interactions and acceptance
- Develop a strategy to increase positive relationships at work

**Maximum number of participants:** 35

## PDCPM19-03

### Examining Behaviour Management Strategies

**Facilitator:** Garth German

**Grant Park High School, Room 9  
450 Nathaniel Street**

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We need to explore what we do to assist us in managing student behaviour in the most beneficial ways possible. We also need to examine those strategies and techniques that are counter-productive to our goals of improving student behaviour and to the development of self-responsibility.

In this workshop we will explore and discuss what it is that we do that is successful and how we can build upon these skills.

**Maximum number of participants:** 30

## PDCPM19-04

### Express to De-Stress

**Facilitator:** Eli Randa, Expressive Arts Consultant/Educator

**Grant Park High School, Junior Gym  
450 Nathaniel Street**

Recent research shows that incorporating creative activities into daily life can decrease the physical and mental effects of stress. Expressive Arts combines a variety of creative processes in sequences designed to increase levels of energy and well-being. “Express to De-stress” is an active and vibrant workshop that utilizes each individual’s innate creativity to cope with work and personal stresses. Participants will engage in Expressive Arts modalities (art, breathing, drama, movement, sound, visualization and writing) in an inclusive and entertaining atmosphere that encourages self-expression. All modalities can be applied to personal and work environments and do not require special equipment or supplies. No previous creative or artistic experience is needed to enjoy this workshop...just come prepared to have fun and discover your “happy human”.

**Maximum number of participants:** 30

## PDCPM19-05

### ADHD: What’s Going On and What Can I Do?

**Facilitator:** Donna McDonald (MATC)

**Grant Park High School, Room 10  
450 Nathaniel Street**

Do you struggle with finding a balance of supporting kids with ADHD while still helping them learn independence and self-management? You are not alone! Working with kids that have this neurological profile can be perplexing and frustrating. ADHD is one of the most common disorders in children and youth, and can present a variety of challenging symptoms in the school setting. This workshop will clarify the biology of ADHD, causes of some common symptoms, and offer practical, school-based strategies for supporting kids with ADHD.

**Maximum number of participants:** 25



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This publication is available in alternate formats upon request.

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