

4th Annual Parent Conference
LEARNING TOGETHER
Saturday, February 19, 2011

8:30 am **Check-in at NPSS (gym doors)/coffee/view displays**

9:00 - 9:20 am **Keynote address - Gary Anaka**
“HOW TO GROW A CHILD’S BRAIN”

Gary Anaka is one of the top Brain-Based Learning Facilitators in BC today. He is a Learning Assistance Specialist with over 30 years of classroom teaching experience. He has presented PRO-D workshops in over 45 BC School Districts since 1997. His energetic and lively sessions model meaningful, practical solutions for helping real kids with real problems. Gary’s workshops and keynotes are always filled with humour and optimism to support student learning and motivate students to become life long learners. He is the author of two books: Your Magical Brain and How It Learns Best and Brain Wellness: The Secrets For Longevity. The scope of his work can be viewed at www.braincoach.ca.

9:30 – 11:00 am **Session 1**

A. How To Grow A Child’s Brain
Presenter: Gary Anaka

Is it possible to grow a child’s brain? Definitely YES! Active living and learning builds the best brain. With the right conditions and appropriate support, the brain can grow to its fullest potential setting the path for life long learning. However, it takes years of well chosen experiences interacting with teachers, parents, elders and the community to wire the billions of complex neural circuits needed for -language, emotions, math, logic, etc. Find out how to become the architect of your child’s brain.

B. What Do I Do When My Kids Don’t Get Math? **Presenter:**
Carollee Norris

This workshop will focus on developing a deep understanding of addition, subtraction, multiplication, and division in mathematics. Participants in this session will leave with a “toolkit” of meaningful strategies for solving problems. The strategies are versatile and can be applied to the “small” numbers primary children use as well as to decimals, fractions, and multi-digit numbers. Come do some math with us and find your math power!!

Carollee, the K-12 Numeracy Support Teacher for SD60 is passionate about mathematics! She is a member of the executive for the BC Association of Mathematics Teachers and has presented at conferences provincially and internationally. She believes that everyone learns best by doing!

C. How To Support Positive Directions and Decisions
Presenter: Jeannette Karasiuk

A parent’s role in Career Development. How to be a positive influence in a complicated process.

Jeannette Karasiuk is a Certified Career Practitioner with a combined total of 15 years experience in the field. Jeannette facilitates the Myers Briggs Type Indicator and personality dimensions. Jeannette is currently employed by Employment Connections as an Employment and Career Counsellor.

D. Personalized Learning: The 21st Century and the Enerplex Learning Centre

Presenter: Larry Espe

At this session, we will talk about the needs of the 21st Century and what Personalized Learning means. We’ll also talk about examples of Personalized Learning Currently taking place in our district, and more specifically, about the programs and learning opportunities that are being planned for the Enerplex Learning Centre.

Larry is passionate about providing a variety of opportunities for students in our school district to experience success and multi-dimensional learning. He wants our students to be academically and socially prepared to be the leaders for the future.

E. Taking the “DUH” Out of Divorce **Presenters: Janet Chittim**
& Valerie Bennett

This session is designed to help children and their families deal with the impact of separation and divorce on their lives.

Family Advancement Counsellor, Janet Chittim, from North Peace Community Resources Society has 13 years of experience helping children and their families deal with the impact of separation and divorce on their lives.

Family Advancement Counsellor, Valerie Bennett, from the North Peace Community Resources Society has 2 years experience supporting families who are dealing with the impact of separation and divorce.

F. The Anxious Child: Fight! Flight! Or Freeze! **Presenters:**
Heather Best & Trish Rustad

A psycho-educational discussion regarding anxiety in children and youth. What is anxiety and what does it look like? How does it affect your child? What can be done to help treat and manage anxiety?

Heather Best and Trish Rustad are Mental Health Clinicians who work for Child and Youth Mental Health. They regularly run groups for children and youth who struggle with anxiety, as well as provide psycho-educational discussion groups on anxiety for parents and caregivers.

G. Boys and Bullying

Presenter: Tim Ylagan

How parents and schools can work together to help our children. The session will talk about telling signs, for parents to look out for to see if their children are involved in school bullying. The session will also provide recommended approaches in working with the school to support children through bullying.

Tim Ylagan has worked as counsellor for both social services and education times. In both of his roles in the School district, Tim can be involved in working with the bully, the victim, parents and school staff. Tim uses current approaches from counseling psychology and successful school programs to help educate and support students and school teams work through incidents of bullying.

H. Understanding the Adolescent Youth

Presenter: Karl Peterson

This session will help parents understand the emotional and social development of their children in their teenage years .

Karl Peterson has a Masters of Education degree in Leadership and Administration. He has been in the Education field for 10 years and is currently working as a Vice Principal and teacher. He is a certified Neufeld workshop facilitator and has promoted the Neufeld paradigm for the past five years. In addition to working with students, Karl is also the father of four and uncle to over 20. He gets the opportunity to put Dr. Neufeld teachings into action every day!

9:30-12:30pm

Full Morning Session

I. Emotional Freedom Technique

Presenter: David Rattray

This workshop explores a counseling technique that is extremely effective. The technique will be demonstrated, theory behind it (somewhat) explained, and time for people to practice. The main reasons I like EFT are because it is: non-invasive, non-religious, easy to learn the basics, anyone can use/learn the technique, including very young children, often eliminates a long-standing emotional/physical problem quickly (80% of the time), and works even if you don't believe it. Handout and websites will be provided.

David Rattray has been working as a counselor SD 60 for 13 years. He gives numerous workshops around understanding ones' reality and making healthy changes to it.

J. Getting Ready to Print

Presenter: Lisa Boda

Come prepared to learn the fundamental skills required for printing. Lisa will provide insight to school readiness activities for young children at all ability levels to promote skill development. Learn how movement, music, and other multisensory activities will help your child 'GET READY TO PRINT!!'

Lisa Boda is a registered physiotherapist trained at UBC. She provides pediatric services to eligible students in SD 60. (When not working, she is mostly likely working out!)

11:15 - 12:30 pm

Session 2

A. How To Grow A Child's Brain

Presenter: Gary Anaka - See 1A

B. What Do I Do When My Kids Don't Get Math?

Carolle Norris - See 1B

Presenter:

C. Internet Safety

Rondeau

Make sure that your child is safe on the Internet. Do you know to whom they are texting to and what is being said?

Presenter: Cst. Derek

Cst. Rondeau has been a regular member of the Fort St John RCMP for three years, two and a half on general duty, half a year on Municipal Traffic Services. He has also been the Alwin Holland liaison for the past three years.

D. Personalized Learning: The 21st Century and the Enerplex Learning Centre

Presenter: Larry Espe - See 1D

E. Mean Girls Braun

Presenter: Tanya

A chance to look into the lives of current girl cliques and understand how relationships are used for power. We will also be looking at how to decode the clues your preteen/teen girl gives you as to the role she is currently filling and how to steer her toward the qualities and virtues that will benefit her long term.

Tanya Braun is currently an elementary counselor with SD 60. Her previous work as a teacher in junior and senior high consisted of working with behavioural students.

F. Your Amazing Child! Ways to Embrace and Support Your Child's Uniqueness

Presenter: Dr. Joanne Crandall

She invites parents to understand that time spent with children is a privilege and an opportunity. Be prepared to laugh, learn and leave with a smile and a desire to play.

Dr. Joanne Crandall is an international educator and presenter. Her passion, brilliance and enthusiasm is energizing and encouraging.

G. What Is Play Based Learning?

Presenter: Lesley Lahaye

What is Play-Based Learning and why is it getting so much attention in Kindergarten and early education programs? This session will explore how play can provide children with the opportunity to maximize their attention spans, learn to get along with their peers, cultivate their creativity, work through their emotions and gain the academic skills that are the foundation for later learning. You will learn about the importance of play for children's development at school and at home.

Target Audience: Parents and Guardians of Pre-School and Early Primary aged children.

Lesley Lahaye is currently the Assistant Superintendent and Coordinator of Early Learning Programs.

H. Nutrition for the Young Athlete (9-12 years old)

Presenter: Scott Fraser

We all know being active in recreational and competitive sports helps children and teens develop lifelong healthy habits. But, sport participation poses a double challenge to feeding your child well. They require more food and more nutritious food than a less-active child and they are rarely at home for mealtimes.

Scott has been coaching both male and female hockey since 1986. He is the BC Hockey High Performance Female District Coordinator. Scott is the owner/operator of "On the Edge Hockey Clinics" offering hockey clinics with a focus on technical power skating and over speed training.

I. Parent and Child Yoga (3-6 years old)

Presenter: Sheri Anderson

This is in an interactive session of doing yoga with your child. Some of the benefits are: to improve strength and flexibility; develop core stability and posture; promote self-esteem and confidence; increase body awareness and coordination; and help relieve stress and find balance in busy active lives.

Sheri was born in Fort St John. She is Mom to a 4-year-old boy. Sheri has a passion for Yoga and a healthy lifestyle. She is educated in the BCRPA Fitness Theory, Weight Training, Yoga Fitness as well as Yoga Fit Kids. She has been personally practicing Yoga for the past 5 years and has found it to be a wonderful component to her life. She plans on focusing her Yoga studies onto children and youth in the future. She has recently opened her own Yoga space concentrating on Beginner Adults, Youth, and families - it is located above Systems by Trail.

J. Sugar Unplugged - Your Child Doesn't Hate You...It's The Sugar Talking

Presenter: Tonya Fines

Ever feel like no matter what you say or do, your child just always seems to be angry with you? Have you ever considered that it's not so much an angry child, but a diet that is high in refined sugars? In this session we will look at some of the physical & emotional effects that a high sugar diet can have on your child, & what you can do to change it.

Tonya Fines is the owner of Fines' Organic & Natural Foods in FSJ. She has recently expanded Fines' Organic to include a health coaching division; Health 4 Life Health Coaching & Nutrition Counseling.

Tonya received her certification in Holistic Nutrition from the Canadian Institute of Alternative Medicine in the spring of 2009. She is a member of the AADP & will receive her official certification in Holistic Health Coaching/ Counseling in April 2011. Her vision is to inspire others to take ownership of their health & to provide tools to help people of all ages make better health choices & enjoy a higher quality of living for a lifetime!

1:15 - 2:45 pm

Session 3

A. How to Grow A Child's Brain Anaka - See session 1A

Presenter: Gary

B. Rhyme, Rhythm and Song Turner

Presenter: Jaimelia

Quick, no stress strategies to incorporate literacy and numeracy skills in your every day life. Use rhyming and action songs to promote pre-school oral language and math skills. Action songs can also improve your child's core strength and coordination. Easy ways to modify the activities for a variety of ages and language skills.

Jaimelia Turner has 12 years teaching experience in School District No. 60 in multi-age classrooms. Teaching focus on incorporating physical activity with primary literacy and numeracy.

**C. Internet Safety
Duffles - See 2C**

Presenter: Cst. Patricia

**D. Get Ready for Kindergarten
Kindergarten Panel**

Presenter:

Come learn what you need to know to get child better prepared. It's a rite of passage! A panel of experts will talk about how you can help your child succeed in this first important step of their school career and practice the skills needed to be ready.

Kathy Handley, Chair of Human Development, Education and Care Programs at Northern Lights College.
Dena Knowles, Kindergarten Teacher, School District No. 60.
Hilary Begin, Speech Language Pathologist, Fort St John Child Development Centre.

**E. Self-Harm in Youth
Sarah Lloyd**

Presenter:

What is self-harming behaviour? Why do youth do it? How can parents help their child?

Sara is a Mental Health Clinicians who works for Child and Youth Mental Health.

**F. Your Amazing Child! Ways to Embrace and Support Your Child's
Uniqueness**

Presenter: Dr. Joanne Crandell - See 2F

**G. Scrapbooking With Your Children
Rita Schonewille**

Presenter:

Rita will show you how Creative Memories can help you to have fun and make cards with your child.

**H. Nutrition for the Young Adult (13+ years old)
Scott Fraser - See 2H**

Presenter:

**I. Parent and Child Yoga (7-12 years old)
Sheri Anderson - See 2I**

Presenter:

**J. Community Engagement to Support Our Youth
Allen Cummings**

Presenter:

This presentation will focus on the community engagement process Nenan has used in partnership with the International Institute for Child Rights and Development (IICRD) and MCFD called the "River of Unity: Reflective Planning for Social Change" process, describing the methodologies and activities inclusive and then shifting to the findings and outcomes that emerged through this process. Discussion will then focus on how Nenan is using these findings including the values, culture, traditional practices and the relationship development inherent in this process in the construction of a new service delivery system built to support children and families.

Allen is privileged and honored to be the Executive Director with Nenan Dane zaa Deh Zona Children and Family Services (NENAN), an organization representing Treaty 8 First Nations, Aboriginal and Metis people in Northeastern BC in a historic endeavour to create a new community-based child and family services organization.

Allen has a Bachelors Degree (Criminology Major) from Simon Fraser University, and is presently on the Aboriginal Steering Committee with the Human Early Learning Partnership, Provincial Child Care Council, and BC Aboriginal Child Care Society.

**K. The TV's Broken
and Moya Fenney**

Presenters: Heather McBryan

Come to this fun interactive workshop and learn how to make play-dough, goop and other fun recipes for your children. You'll leave with some ideas of places you can go with your children, interactive activities, and play recipes. This workshop is intended for parents with children between the ages of 1-6 years old.

Heather McBryan is an Early Childhood Educator and the Program Coordinator at Child Care Resources & Referral. Heather has worked in the Early Childhood field for 12 years.

Moya Fenney is an Early Childhood Educator and the Resources/Educator at Child Care Resources & Referral. Moya has worked in the Early Childhood field for 20 years.

0 - 3 Year Old Special Sessions

1A Baby Food Basics - Making It With Love and A Whole Lot of Fun!

Presenter: Tonya Fines

Who needs Gerber? in this session we will discuss simple steps for preparing your very own homemade baby food. From selecting quality ingredients to easy preparation, you will see how easy & enjoyable it is to create your own gourmet baby food blends!

1B Parent and Child Yoga (0-3)

Presenter:

Sheri Anderson - See 2I

2A Rhyme, Rhythm and Song

Presenter: Jaimelia

Turner -See 3B

2B The TV's Broken

Presenters: Heather McBryan and

Moya Fenney -See 3 K

www.prn.bc.ca and www.earlylearning.prn.bc.ca