



COSL PD DAY

Diversity and Well Being

Friday, October 20, 2017

Tech Voc High School, 1555 Wall Street, Winnipeg

Register Here: <https://memberlink.mbteach.org/Event.axd?e=792>

Program

Greetings: 8:45am

Keynote Speaker: 9:00am Mitch Bourbonniere
Creating Safe, Inclusive, Protective Communities for our Children: Borrowing an Indigenous Perspective

Breakout sessions 10:30 – 11:45am, 12:45-2:00pm, 2:15pm-3:30pm

Half day Sessions 12:45-3:30pm

Full day session after keynote speaker 10:30-3:30pm

Option A - Pick three different breakout sessions after the keynote

Option B - Pick one breakout session after keynote 10:30-11:45am and a half day session 12:45-3:30pm

Option C - Full day session after the keynote 10:30am-3:30pm

Keynote Speaker

9:00 am – Mitch Bourbonniere



Mitch is a Social Worker in the Louis Riel School Division. He also consults and contracts for several local organizations and is a board member for the Metis Child and Family Services Authority. Over the years, Mitch has formed a therapeutic community by which he and a group of colleagues offer a cultural program for Aboriginal youth and young adults. Mitch works with those who have been involved in the Criminal Justice System and in gang life. He visits the institutions and supports people as they leave prison and gang life.

Mitch was part of a group called the Thunder Eagle Society, who in early 1990's, lobbied for the creation of Canada's First Indigenous High School, Children of the Earth. He also participated in the creation of the original Bear Clan Patrol. From September 2014 to April 2016, Mitch acted as an advisor for the current Bear Clan Patrol and in April 2016, Mitch assisted the North Point Douglas Women's Centre in creating the Mama Bear Clan Patrol.

Mitch has a Masters Degree in Social Work and instructs at the University of Winnipeg, Université de Saint-Boniface, and the University of Manitoba in the Faculty of Social Work and Aboriginal Focus Programs.

Creating Safe, Inclusive, Protective Communities for our Children: Borrowing an Indigenous Perspective

Indigenous knowledge offers values that can be applied to community living in and outside the classroom. This presentation will look at the importance of genuine learning through story and examine traditional concepts of leadership, parenting, behaviour management, and conflict resolution. The medicine wheel will be introduced as a tool to approach classroom, as well as whole school, community building by engaging disengaged students, teachers and parents while building resiliency.

Topics that may be covered in the Keynote as well as in the Breakout Sessions:

- Core Indigenous values/ ways of being.
- Various Medicine Wheel teachings.
- Village structure, clan system.
- Sundance as a community blue print.
- School community based strategies to foster safe healthy and inclusive communities.

- Storytelling as a teaching tool including stories from schools and traditional stories.
- Indigenous games as learning.
- Current examples of inclusivity in Manitoba schools.
- Traditional concepts of leadership, parenting, behaviour management and conflict resolution.
- Engaging the disengaged.
- The power of relationship.
- Fostering consciousness raising and social justice activism.

Mitch Bourbonniere will recount his experiences in the classroom over the last 20 years working with Indigenous learners in various settings including in the University of Manitoba's Faculty of Social Work Inner City Program, Aboriginal Focus programs, and Urban Circle Training Centre. Mitch's perspective is enhanced by his experiences as a school social worker in the Louis Riel School Division.

Breakout Sessions – Option A

Pick 3 Sessions (75 minutes)

➤ *Mitch Bourbonniere*

Follow up to keynote address

➤ *Mental Health: Yours, Mine and Ours...*

Session Description:

Creating a learning community that supports positive mental health promotion is key to building strengths with and for all in our schools.

As leaders, you have the opportunity to make a difference for students, teachers and everyone in the school community.

Engage in this interactive session to develop positive mental health learning environments while building personal and professional capacity with staff, students and community

Presenter Biographies:

Debra Radi is a strong advocate for creating schools that are mentally healthy and positive spaces for our youth and educators. Deb has held senior leadership and teaching roles in both K-12 and University environments and as such brings a wealth of practical experience to the conversation. As a Mental Health First Aid facilitator and the Chair of the Board for the Canadian Mental Health Association - Manitoba and Winnipeg she engages at the local and provincial level with teachers, principals and community leaders to engage in ways to promote positive mental health promotion and supports.

Taylor Demetrio has taken his experience as a teen struggling with mental health issues and turned it into a positive by helping teens in our community. After working over seven years in the field, he is now the Youth Mental Health Promotion Worker at the Canadian Mental Health

Association, Manitoba and Winnipeg. He continues to run youth programs and gives presentations and workshops for high school and middle school students. Taylor promotes mental health awareness not only in his professional life, but in his personal life as well.

➤ ***Self-Discovery and Self Expression***

Session Description:

In our "Werd/Soun Powa" session we will begin with a brief introduction through poetry and improvisation at which point all will be invited to be involved in a few of the writing exercises used by T'aiPu when he mentors or facilitates. The exercises are designed to allow for discussion of how we perceive, how we perceive ourselves to be perceived and how we perceive ourselves. Opportunities to share are provided through creating group pieces and opportunities for introspection are provided through independent pieces. By combining random word selection and stream of consciousness methods our session intends to assist in the finding of voice to enhance our speaking and our listening, to others and to ourselves.

Presenter Biography:

T'aiPu / PuConA is a multi media performance artist who shares his various passions with the intention of encouraging others to discover and pursue their passions.

He uses art as a metaphor for self-expression and self-discovery and connects with folk through performances, workshops, classes, albums and videos.

In his "werd/soun powa" sessions, we explore how methods used to unblock our passions in art can also be applied in our day-to-day existence in regards to self awareness and self respect. It has been said, "I am because of who we are ... We are because of who I am".

Frequent collaborations with bands, dj's, poets, dance companies, schools, community groups, festivals and events has allowed for intersection with a wide range of artistic styles and community backgrounds which continually expands his repertoire and furthers the primary objective of community outreach and connection.

➤ ***Trauma & Learning – Supporting Students Who Carry Chronic Trauma***

Session Description:

This session will look at how symptoms of chronic traumas (developmental, cultural and war-related trauma) impact the learning process and what teachers, administrators and support staff can do to create more trauma-informed classrooms and schools. We will explore the impact of dissociation, differences between survival and learning modes, and a model for understanding how trauma affects us internally and relationally

Presenter Biography:

Carl Heaman-Warne is the Director of Therapy at the Aurora Family Therapy Centre, an instructor in the Master of Marriage & Family Therapy Program in the Faculty of Education at the University of Winnipeg and a PhD student in the faculty of Peace & Conflict studies at the

University of Manitoba. He has been working in the counselling field for over 25 years and has taught workshops on issues of trauma & mental health across Canada

➤ ***Social Activists and Empowerment for Youth***

Session Description:

Key Club is an international student-led organization which gives students opportunities to provide service, build character and develop leadership. Caring is their motto! Research has shown that teens who engage in community service are more responsible and have higher self-esteem and resilience. In this session you will hear from a group of Vincent Massey Key Club students, and their teacher advisor, who will share their experiences of belonging to this service club.

Presenter Biography:

Carla McMurray has been teaching Psychology at Vincent Massey Collegiate for 12 years. She was formerly a Kindergarten teacher at Beaumont Elementary School for 13 years. For the past 10 years, she has been actively involved as the Teacher Advisor for Vincent Massey Collegiate's Key Club.

A group of Key Club members from grades 9-12 will be leading this session and answering questions.

➤ ***Genders and Sexualities in Senior Years: ICVMC's GSA Shares Their Stories***

Session Description:

This session will be part presentation and part question and answer based on audience questions. Institut Collegial Vincent Massey Collegiate GSA members and their staff supervisor will present on the importance of having a GSA, the challenges faced by LGBTQ youth in senior years, and share stories about the successes and challenges of this GSA over the last 10 years.

Presenter Biography:

Heather Anderson

Institut Collegial Vincent Massey Collegiate has had an active Gender and Sexuality Alliance for more than 10 years. The students presenting at this event are active in the GSA, and are amazing people. Heather Anderson has been the staff supervisor for the last many years.

➤ ***Learning from Stories of the School Experiences of Adults with Autism Spectrum Disorder***

Session Description:

During this session we will explore what can be learned from listening to the school experiences of individuals diagnosed with Autism Spectrum Disorder from a perspective that values their unique interests, strengths, challenges and abilities. Analyzing these descriptions adds a critical dimension to the discussion of how educational practices respond to the needs and strengths of

people with ASD, and contributes towards the goal of best supporting their learning and development within the context of the school environment.

Presenter Biography:

Karen Hiscott, PBDE, M.Ed. currently works for the Seven Oaks School Division as the Principal of École Constable Edward Finney School. She has worked for most of her career as a Learning Support Teacher and is committed to creating safe and inclusive school spaces for students with diverse needs. She draws from her work with real students in real schools, as well as the results of her thesis research in order to articulate a strengths-based approach to working with students with ASD.

Karen Hiscott
204-390-1989
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➤ ***A Sense of Belonging: War Affected Students in Schools***

Session Description:

The session will focus on the thesis: **EXPLORING THE SENSE OF BELONGING OF WAR AFFECTED REFUGEE YOUTH**

The following key areas will be shared and discussed:

- Personal experiences of war, refugee camp life and migrating to Canada as a refugee
- A sense of belonging of war affected refugee youth during their pre-migration and post-migration periods, as well as the factors that may enhance or hinder their sense of belonging
- Stories of refugee youth speaking about their desire to belong, what and why they need to belong and be part of their new society/country
- Recommendations on how educators can support refugee youth in their quest for belonging and inclusion

“Schools are one of the first points where newcomer youth get knowledge about the different expectations in their new country.” Correa-Velez, et. Al (2010).

Presenter Biography:

Fatumah Mbabaali - I lived through armed war experiences from the age of 6 up to my high school years in Uganda, had interrupted schooling due to school closures as a result of war and ended up fleeing the country and arriving in Winnipeg in 1984. I have gone through struggles that all first generation refugee migrants experience and managed to pursue my passion to teach. I completed my Bachelor of Education Degree, Special Education Certificate and Masters of Education Degree. I have enjoyed working as a classroom teacher, learning support teacher, vice principal and currently principal of a K – 5 school. I am a strong advocate for social justice, peace and the wellbeing of all children, their families and communities.

➤ ***Safe Workers of Tomorrow***

Session Description:

Youth are a large and key part of Manitoba's workforce - but new and young workers often get hurt of the job because they lack the proper training, and don't know what questions to ask. SAFE Workers of Tomorrow is a non-for-profit organisation that provides free, interactive and informative workplace safety and health presentations to young and vulnerable workers in Manitoba. Our team of dynamic presenters speak to over 50,000 vulnerable workers each year with a goal of creating a safe work culture for Manitoba's future workforce.

Presenter Biography:

Torin Proulx is and Occupational Safety and Health Presenter, as well as the Community Liaison for SAFE Workers of Tomorrow. He has been involved in the education sector for nearly 9 years, and active in Manitoba's safety and health community for over 6 years. His current work involves incorporating workplace safety and health into high school curricula for school divisions across Manitoba

➤ ***Trauma-Informed Teaching***

Session Description

You're invited to a 75 minute interactive workshop to explore the various human reactions to a traumatic experience and to evaluate how the school system can support them. This workshop is open and relevant to all staff at all grade levels. Many interventions and resources will be shared and discussed.

Presenter Biography:



Danielle Wedlake is a graduate of the Louis Riel School Division, where she currently works as a School Social Worker. Her interest in social work began when she worked in a group care facility, supporting young women living in risk. She has been working with students and families for ten years in many different roles including: Child and Youth Care work, reintegrating adult men involved in the prison and jail systems after long periods of incarceration, case management for Child and Family Services and working within the Action Therapy community. Her journey in the helping world felt lighter as she learned about Trauma and how our experiences change our world.

Danielle Wedlake
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Afternoon Sessions – Option B

Pick One (1) Breakout 10:30-11:45 a.m. and One (1) session below for afternoon

➤ ***Suicide Alertness Training through Safe Talk Program***

Session Description:

Suicide Alertness training is designed to help participants identify people with thoughts of suicide. Through the safeTALK program, participants will become aware of available community support resources and how to connect persons with thoughts of suicide to those resources.

Over the course of their training, safeTALK participants will learn to:

1. Notice and respond to situations where suicide thoughts might be present
2. Recognize that invitations for help are often overlooked
3. Move beyond the common tendency to miss, dismiss, and avoid suicide
4. Apply the TALK steps: Tell, Ask, Listen, and KeepSafe
5. Know community resources and how to connect someone with thoughts of suicide to them for further help

Presenter Biographies:

Jessie Tomaszewski Jesse is the Guidance Counsellor for the Hutterian Colony School system. He has been working with the colony schools for the past four years, working previously on site and with the high school HITV system. Having previously taught English and Physical Education, Jesse has found it to be a priority early on in his career to incorporate concepts of mental health and wellbeing into his teaching practice. Having attended various workshops in crisis and trauma, as well as obtaining a degree in counselling, Jesse was thrilled for the opportunity to learn more as a SafeTALK presenter through Living Works. Being a presenter for SafeTALK has allowed Jesse to become more knowledgeable advocate for mental health and wellbeing. Jesse appreciates SafeTALK programming in particular for giving a platform for creating suicide safer communities for both students and staff throughout Prairie Rose School Division.

Darcie Zorniak is the Vice Principal and a Resource Teacher for the Hutterian Colony School system. She has taught a wide range of grades in a variety of school divisions before coming to Prairie Rose School Division. Darcie became interested in mental health for students and staff early in her career. She took Mental Health First Aid training, and health training for At Risk Youth. Becoming a presenter for the SafeTALK program through Living Works seemed like a natural next step. Darcie has enjoyed the opportunity to meet a variety of staff through these learning opportunities and helping them to create a suicide safer community at their school.

➤ ***Making Schools Inclusive and Responsive For Transgender & Gender Creative Students***

Jackie Swirsky, Caroline and Riley Boyd, Dr. Trempel and Joseph Moore Rainbow resource Centre.

Please join us for a panel discussion that includes:

- Enhancing your knowledge and comfort in effectively addressing the unique needs of transgender and gender creative students
- Identifying inclusive and supportive school-wide and classroom based strategies
- Community and divisional supports and services

Panel Members:

- Riley Boyd is a transgender male, who began transitioning in high school. His mom, Caroline Boyd, is an educator in the WSD. Together, they will be sharing their family's transgender journey.
- Jackie Swirsky has a master's degree in Speech Language Pathology from the University of Alberta and currently works as a full time SLP. She is a mother of 2 children (ages 9 and 7) and has written an award winning children's book, *Be Yourself*, which features a gender creative child as the main character and teaches the message of acceptance. It is intended to empower children to be proud of themselves and be accepting of all people no matter their style. Jackie is a passionate speaker on gender identity and how educators can support children's gender diversity in schools.
- Joseph Moore, B.Ed., B.A., School LGBT2SQ+ Equity and Inclusion Coordinator with Rainbow Resource Centre
- Dr. Simon Trepel, Child and Adolescent Psychiatrist with Gender Dysphoria Assessment and Action for Youth (GDAAY) Clinic, Health Sciences Centre

Caroline Boyd:

Winnipeg School Division, Sargent Park School 204-775-8985,
cboyd@wsd1.org

Jackie Swirsky:

204-488-3523, jackieswirsky@hotmail.com or info@beyourselfbook.ca, www.beyourselfbook.ca

Joseph Moore:

Rainbow Resource Centre
 170 Scott Street, Winnipeg, MB R3L 0L3
 Ph. 204-474-0212 ext. 202
www.rainbowresourcecentre.org

Dr. Simon Trepel:

MATC; 204-477-6391, strepel@matc.ca

Full Day Session – Option C

After Keynote Address

Self-Regulation: Understand, Support, and Proactively Plan for Behaviour

Session Description:

During this **full day** interactive session we will explore the mental and physical changes that occur in the brain of both students and helping adults. We will also offer strategies that help us respond proactively and effectively. Research, concepts and approaches from Collaborative Problem Solving, NVCI, WEVAS, Developmental Teaching, The Incredible 5-Point Scale and Dr. Bruce Perry will be woven into the discussion

Presenter Biographies:



Cindy Ediger has been drawn to supporting students who exhibit unexpected behavior and the teams that work with them throughout her career. She currently works as a Student Support Services Coordinator with Louis Riel School Division. Aside from previously working as a Student Services Teacher in several schools, she has teaching experience in an alternative high school program for students with challenging conduct, as well as a Divisional Positive Behaviour/Autism Support Teacher.

Cindy Ediger
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cindy.ediger@lrsd.net



Tricia Bailey Sauv , M.Ed. currently works for the Louis Riel School Division as a Divisional Positive Behaviour/Autism Support Teacher. She is a Certified trainer for Think:Kids (Collaborative Problem Solving) and Roots of Empathy. She is a mother, wife, and teacher and truly believes that we all do well if we can.

Tricia Bailey
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Registration

Conference Fees:

COSL members - \$100.00

Non-members - \$125.00

Registration Link: <https://memberlink.mbteach.org/Event.axd?e=792>

If you would like more information in the interim please contact:

Bruce Shamray, COSL Chairperson
cosl@mbteach.org