



COUNCIL OF SCHOOL LEADERS

of The Manitoba Teachers' Society

**COSL WINTER CONFERENCE
COMPREHENSIVE SCHOOL HEALTH
PART II: SCHOOL HEALTH**

**Thursday, February 14 and Friday, February 15, 2019
The Fort Garry Hotel Conference Centre**

Welcome everyone to COSL's 17th Annual Winter Conference. From the beginning days of MAP, who held their 30th Annual Conference in 1997, our predecessor and our organization have been providing school leaders in Manitoba a chance to grow and learn as leaders and to network with their colleagues from around the province for nearly 50 years. This year's conference theme, **COMPREHENSIVE SCHOOL HEALTH PART II: SCHOOL HEALTH** continues COSL's goal of offering educators informative, innovative learning around the topics and issues concerning our members. The two days of learning has been planned by our Educational Leadership mandate group to provide participants with knowledge and ideas they can take back into their schools. Every school in our province is different and presents many different challenges; even another school only minutes away. I am hopeful that every one of you will take away from this conference an idea, a thought or a connection that will help you in your demanding job as a school leader.

Registration Fees

Early Bird By January 25th, 2019 (Free Draw for Fall 2019 Conference if registered by January 25th)

Members \$399 Non-Members \$449

After Deadline

Members \$425 Non-Members \$475

Fee Includes: Conference, Lunch both days, *Hot breakfast* on Friday, 4 Health Breaks, Wine & Cheese (1 complimentary beverage), Parking (2 day passes at Fort Garry Place Parkade, **not** for overnight parking at The Fort Garry Hotel)

*No registrations accepted after **February 8, 2019**. Can't make both days, share the conference with a colleague or attend for either Thursday or Friday (inquire about pricing). Hotel info on page 9.

CONFERENCE SCHEDULE

Programming Information Follows Schedule

THURSDAY, FEBRUARY 14, 2019

OPENING REMARKS	8:45 a.m. – 9:00 a.m.
KEYNOTE Chris Downey	9:00 a.m. – 10:15 a.m.
HEALTH BREAK and EXHIBITORS	10:15 a.m. – 10:45 a.m.
BREAKOUT SESSIONS	10:45 a.m. – 11:45 a.m.
➤ Managing the Messiness of Difficult Conversations (am and pm)	
➤ What You Wanted To Know About Gangs But Didn't Know Who To Ask (repeated in pm)	
➤ Dealing with Violent Incidents and Violence Prevention (repeated in pm)	
➤ Legalization of Cannabis (am only)	
➤ Supporting Transitioning Children and Youth in our Schools (repeated in pm)	
LUNCH and EXHIBITORS	11:45 p.m. – 1:00 p.m.
➤ Student Leadership Forum Canadian Human Rights Museum (1:00 p.m. – 3:30 p.m.)	
BREAKOUT SESSIONS	1:00 p.m. – 2:00 p.m.
➤ Managing the Messiness of Difficult Conversations (Continuation of am session)	
➤ What You Wanted To Know About Gangs But Didn't Know Who To Ask (Repeat of am session)	
➤ Dealing with Violent Incidents and Violence Prevention (Repeat of am session)	
➤ When Principals Make Mistakes (p.m. only)	
➤ Supporting Transitioning Children and Youth in our Schools (Repeat of am session)	
HEALTH BREAK and EXHIBITORS	2:00 p.m. – 2:30 p.m.
➤ KEYNOTE Wab Kinew	2:30 p.m. – 3:30 p.m.
DELEGATE RECEPTION	3:30 p.m. – 5:30 p.m.

FRIDAY, FEBRUARY 15, 2019

OPENING REMARKS 8:45 a.m. – 9:00 a.m.

KEYNOTE Shannon Gander 9:00 a.m. – 10:15 a.m.

HEALTH BREAK and EXHIBITORS 10:15 a.m. – 10:45 a.m.

BREAKOUT SESSIONS 10:45 a.m. – 11:45 a.m.

- **Educalme (Mindful Teachers, Mindful Students)**
Will be presented in French (repeated in pm in English)
- **Exploring Positive Mental Health Practices and Perspectives for School Communities**
(repeated in pm)
- **Professional Organizing**
(repeated in pm)
- **Manitoba School Health**
(repeated in pm)
- **Manitoba's Strategy to End Sexual Exploitation and Human Trafficking**
(repeated in pm)

LUNCH and EXHIBITORS 11:45 a.m. – 1:00 p.m.

- **Living on the Edge – Taking a Look at Poverty Simulation**
(1:00 p.m. – 3:30 pm)

KEYNOTE Dr. Pamela Osmond-Johnson 1:00 p.m. – 2:15 p.m.

HEALTH BREAK and EXHIBITORS 2:15 p.m. – 2:30 p.m.

BREAKOUT SESSIONS 2:30 p.m. – 3:30 p.m.

- **Educalme (Mindful Teachers, Mindful Students)**
Will be presented in English (repeat of French session in am)
- **Exploring Positive Mental Health Practices and Perspectives for School Communities**
(Repeat of the am)
- **Professional Organizing**
(Repeat of the am)
- **Manitoba School Health**
(Repeat of am session)
- **Manitoba's Strategy to End Sexual Exploitation and Human Trafficking**
(repeat of am session)

PROGRAM

KEYNOTES

- **Chris Downey – What The Well? – Stress, Mental Health and Employee Burnout in the Workplace**

Chris Downey is a Leadership and Organizational Development Professional with over 20 years experience in both the private and public sectors. Through his extensive experience in operations, compliance and business/organizational development, Chris has gained a diverse skill set which has shaped how he approaches leading teams. Chris believes fundamentally that; leaders have a direct impact on the health and wellness of the people they lead and support. Fostering healthy work environments create the ideal conditions for success well beyond the individual and throughout whole organizations.

- **Wab Kinew – NDP Leader of Manitoba --- Perspectives on Indigenous Education**

Wab Kinew Originally from Onigaming First Nation, in Northwestern Ontario, Wabanakwut (Wab) Kinew moved with his family to Winnipeg when he was young and got a BA in Economics. A journalist, author, hip-hop artist, producer, media personality and university administrator, Wab was hailed by the National Post as “an aboriginal leader seeking to engage with Canadians at large.” Wab wants his two children, aged 8 and 10, to grow up in a progressive place that recognizes the value of all people. As NDP leader, Wab will continue to build on the NDP values of equality, prosperity, inclusion and reconciliation right here in Manitoba. Wab will present his thoughts on what school leaders should be mindful of when looking to provide relevant and culturally aware educational programming for their indigenous students as well as an awareness of indigenous topics for their non-indigenous students.

- **Shannon Gander – Fry No More! Top Resilience Skills that Prevent Burnout and Protect our Mental Health**

Shannon Gander is a Mental Health and Resilience Strategist. She is a skilled consultant, trainer, counsellor and mediator who has been consulting with individuals, workplaces and teams for over 20 years. She runs Life Work Wellness, a company that empowers individuals and workplaces to achieve their goals for better mental health and works as a counsellor for a multidisciplinary community health clinic. She uses research in neuroscience, leadership, mental health and positive psychology to inform her sessions. She has a passion for speaking to workplaces on psychological safety and helping staff and leaders increase their skills to apply right away and into the future.

- **Dr. Pamela Osmond-Johnson, University of Regina – Avoiding Moves to Innocence – Principal Support of TRC Calls to Action**

Dr. Pamela Osmond-Johnson is a former K-12 Science teacher and school administrator from Newfoundland. Pamela completed her doctorate in Educational Leadership at the University of Toronto in 2015. Currently an assistant professor with the Faculty of Education at the University of Regina, she was the recipient of the Canadian Education Association’s 2017 Pat Clifford Award for emerging scholars in Canadian Education. Her research highlights the complex nature of teaching, placing teachers and their collective voice at the heart of professional learning, educational reform and school improvement efforts. Her most recent work included an international study on teacher quality and a national study on teacher professional learning.

BREAKOUT SESSIONS

➤ **Managing the Messiness of Difficult Conversations** (a.m. session continues into p.m.)

Safe and professional spaces depend on productive conversations that build trust, especially when stakes are high, emotions are strong, and opinions vary. Yet, these conversations have the potential to turn messy, muddled, ambiguous, and emotional. This is because having conversations is not formulaic; it is impossible to predict the outcome or sanitize the dialogue from either person's history, restive patterns, or triggers. In this session, participants will explore three ways to manage the messiness with clarity, kindness, and hope.

Dr. Danielle Fullan Kolton is the Department Head of Professional and French Language Services at the Manitoba Teachers' Society. Her work focuses on the research, development, and coordination of professional learning services. She is passionate about working and learning with adult learners and supporting members in the messiness of leading and learning. She has worked as a K-12 teacher, principal, consultant, and university instructor. Danielle is a licensed Crucial Conversations Trainer.

➤ **What You Wanted To Know About Gangs But Didn't Know Who To Ask**

Join Robyn Dryden, the Co-Ordinator of GAIN (Gang Action Interagency Network talk about several topic related to gangs, such as the warning signs of gang involvement/activity, what supports are available for youth involved with gangs in addition to answer your questions.

Robyn Dryden is the Coordinator of the Gang Action Interagency Network

➤ **Dealing with Violent Incidents and Violence Prevention**

The topic of violence in the classroom is unfortunately a common occurrence in today's classrooms. Teachers and principals need to feel safe to come to work. Everyone needs to do their part to ensure everyone's safety. This presentation will speak to helping this occur.

Terry Hill is a Staff Officer at MTS. She has worked in various Manitoba schools as a teacher and principal.

➤ **Legalization of Cannabis**

With the legalization of cannabis, what are the implications for you as a school leader in dealing with cannabis issues/questions relating not to your students but your staff.

Andrew Peters is a Staff Officer at The Manitoba Teachers' Society who works with the English speaking principals and vice-principals

Dan Turner is a Staff Officer at The Manitoba Teachers' Society. He has responsibilities in the areas of personnel, labour relations, negotiations and French language services.

➤ **Supporting Transitioning Children and Youth in our Schools**

How do schools support transitioning children? Find out ways that schools can support transitioning students, their peers, the staff, and the parents.

Reece Malone is the Director at Diversity Essentials.

➤ **When Principals Make Mistakes**

When Principals make Mistakes highlights key risk areas for Principals and Vice-Principals. Case studies will attempt to provide meaningful takeaways to avoid pitfalls in decision making at the school based administrative level. Common issues such as Progressive Discipline as well as new and evolving issues such as Family Status Accommodation will be discussed.

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Student Leadership Forum

Student Leadership Forum at the Canadian Human Rights Museum

Walk over to the Canadian Museum of Human Rights to work with student leaders from across Manitoba discussing the issues that the students view as important to their learning. A portion of the afternoon will be spent exploring a gallery of the museum together with a group of students to learn more about issues they have an interest in exploring more deeply.

Educalme (École Educalme - La pleine conscience pour le personnel enseignant et les élèves)

This workshop will be offered twice during the conference, once in French a.m. and once in English p.m.

Pour bien servir notre personnel et nos jeunes à l'école, nous devons premièrement prendre soin de nous mêmes. Avec le nombre croissant de tâches et de stress sur nos assiettes, c'est important de prioriser notre bien-être, de nous placer en premier pour que nous puissions ensuite être présents et attentifs aux besoins des autres dans l'école. Dans cet atelier avec Educalme, vous allez vivre l'expérience d'une pratique de pleine conscience et apprendre comment intégrer la pleine conscience dans votre vie d'une façon pratique et simple. Cette pratique va vous aider à prospérer comme directeurs et directrices, même dans des situations stressantes. Vous allez aussi apprendre comment partager une pratique de pleine conscience dans votre école avec les ressources gratuites et payantes d'Educalme. Les ressources d'Educalme offrent des stratégies et des outils concrets pour que les élèves puissent comprendre et répondre aux grandes émotions, adopter une mentalité de croissance et développer la résilience. L'intégration d'une pratique de pleine conscience dans la salle de classe mènera à une atmosphère calme et propice à l'apprentissage.

You can't serve your students from an empty cup. With the growing number of stresses and tasks on educators' plates, it is more important than ever to prioritize wellness, caring for yourself first so that you can then care for others. In this Educalme workshop, you will experience a guided mindfulness practice and learn how to integrate mindfulness into your life in a practical and simple way that will allow you to find balance and thrive throughout the school year. You will also learn how to support student and teacher wellness with Educalme's free and paid bilingual classroom mindfulness resources. Educalme Classroom gives students and teachers concrete tools and strategies for understanding and responding mindfully to big emotions, developing a growth mindset and becoming more resilient. A mindful classroom creates a positive learning environment.

Educalme helps busy teachers create a calm, positive classroom culture with their ready to use, bilingual mindfulness program. Educalme Classroom teaches students to self-regulate so that teachers can spend more energy on teaching and less on managing behaviours.

Kailey Lefko When Kailey was struggling to find balance as a new teacher, she found mindfulness, a practice that helped her become more calm and present with her students. Seeing the benefits that this practice had in her life, she began teaching mindfulness in her classroom which created amazing transformations in her students and in her classroom culture. Wanting to make this practice accessible, Kailey teamed up with her friend and colleague Josianne to create Educalme.

➤ **Manitoba School Health**

Be informed on the Manitoba Healthy Foods in The Schools current programming. More information to follow.

Megan Bale-Nick is the Manager of Manitoba Healthy Foods in Schools and belongs to the Dietitians of Canada.

➤ **Exploring Positive Mental Health Practices and Perspectives for School Communities**

This engaging session will provide an overview of mental health issues and concerns in schools with a focus on practical ways and resources to support leaders to build capacity with their teachers and students. This session will be using the Pan Canadian Joint Consortium for School Health as the framework for building your school approach to promoting positive mental health practices and perspectives.

Debra Radi has been an educator for over 25 years working in both K – 12 schools and at the university levels. She brings a wealth of classroom and administrative experience in a variety of roles as a classroom teacher, school and system administrator as well as a student services senior administrator and policy lead at the University level. Currently Deb offers mental health promotion workshops that support building school leader capacity to build their mental health responses to mental health issues and concerns with students, teachers, parents in the community.

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 eight years in the field, he is now the Youth Mental Health Promotion Worker at the Canadian Mental Health Association, Manitoba and Winnipeg. Through various avenues, 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.

➤ Professional Organizing

Managing Your Time Effectively: Everything we do in our lives has to fit in somewhere. Learning to decide what we need to do, and what of the many things that we would like to do, are important steps in using your time in the best way that you can. How time is managed can affect all areas of your life.

Getting Organized: I've tried: Living with disorganization can affect daily life at home and at work. Getting organized or reorganized is not just about pretty boxes on a shelf. It is finding systems and solutions that will work for your individual needs. Through this presentation, we will look at a variety of areas that people have difficulty in gaining control. In this session, there will be strategies shared that could be incorporated in your life.

Buried in Paper: Paper can take up a large amount of space and time in our lives. There is so much paper that comes into our homes and work. What to do with it all can be overwhelming. Creating systems that make it easier to make decisions of what to do with it all will be discussed. Learning some strategies to conquer the paper piles that control our daily living is key in gaining an organized and useable space.

Susan MacAuley of Clarity Over Clutter is a Professional Organizer who works with individuals, and families to create and enjoy a functional home. Susan specializes, as well, working with those who are dealing with Chronic Disorganization and/or Hoarding. Her continual education and experience has and continues to allow her to share in the positive changes with many people that she has worked with. Susan has been in business as a Professional Organizer since October 2008 and offers services in Organizing, Downsizing, Senior Move Management, and Estate Cleanout Services.

➤ Manitoba's Strategy to End Sexual Exploitation and Human Trafficking

Learn about the factors contributing to child sexual exploitation, indicators of risk, trauma informed practice, and how to work with at risk and sexually exploited youth; as well as Manitoba's strategy and partnerships to combat this. The presentation will be focused on Tracia's Trust and StreetReach, an intervention strategy under Tracia's Trust – and the operation of the Program (referral process and partnerships with other key stakeholders). Information will be provided on risk factors of sexual exploitation, indicators of sexual exploitation, grooming, legislation and a toolkit for working with at risk and sexually exploited youth.

Briget Baer manages a program called StreetReach, which is a rapid and coordinated response program to locate sexually exploited youth who are missing. StreetReach partners with WPS, ANCR and other community organizations.

Briget graduated with a Bachelor of Social Work degree from the University of Manitoba and is currently completing her Masters in Social Work through Dalhousie University. She is the Manager of StreetReach at the Child & Family Services Division, an intervention program under Tracia's Trust: Manitoba's Strategy to End Sexual Exploitation and Human Trafficking. Briget has 16 years of front line experience in Manitoba Justice, working collaboratively within multi-systems to develop and implement effective interventions and advocate for vulnerable and at-risk youth. She has focused on anti-oppressive principles and trauma informed, client-centered approaches to guide her practice.

➤ **Living on the Edge – Taking a Look at Poverty Simulation**

This is a unique experience designed to provide a glimpse into what it might be like to live on a low income while trying to survive from month to month. During the simulation, participants are placed in households, each with a story that describes their financial situation. The simulation is divided into four short “weeks”, representing a month in total. Each week, the family needs to perform day to day tasks including sending their children to school (or childcare), getting to or finding work, paying bills, visiting social services or other community agencies, buying groceries, cashing their cheques, and more. Following the simulation, participants will debrief the experience and learn more about the role United Way Winnipeg is playing in addressing poverty. See last page for more information. Program description at end of the document.

Location: The Fort Garry Hotel, 222 Broadway, Winnipeg, MB www.fortgarryhotel.com

Hotel Accommodations: The Fort Garry Hotel

Room Rates: Queen \$159.00 plus taxes King or 2 Doubles \$169.00 plus taxes.

Please contact the hotel and use the room code “**1123B0**” by **January 14, 2019**.

Phone: 204-942-8251 Toll Free: 1-800-665-8088 Email: resevations@fortgarryhotel.com

LIVING ON THE EDGE

TAKING A LOOK AT POVERTY



Approximately 10% of Winnipeggers live in poverty and find themselves struggling every day to make ends meet. We encourage you to participate in United Way Winnipeg's **Living on the Edge** poverty simulation to gain insight into the complexity of poverty in our community.

Living on the Edge: Taking a Look at Poverty is a unique experience designed to provide a glimpse into what it might be like to live on a low income while trying to survive from month to month. During the simulation, participants are placed in households, each with a story that describes



their financial situation. The simulation is divided into four short "weeks", representing a month in total. Each week, the family needs to perform day-to-day tasks including sending their children to school (or childcare), getting to or finding work, paying bills, visiting social services or other community agencies, buying groceries, cashing their cheques, and more. Following the simulation, participants will debrief the experience and learn more about the role United Way Winnipeg is playing in addressing poverty.

In describing the simulation, participants have used words such as "eye-opening", "meaningful", and "informative". They speak about gaining a greater understanding of the obstacles faced by those living in poverty and the difficulties many face when trying to change their circumstances.

"Excellent session, best professional development I've ever done."

"Very humbling."

To see a video on the simulation and to learn more, go to <https://unitedwaywinnipeg.ca/lote/>