

2024 Parent Involvement Committee Conference

Getting Connected

Saturday, April 20, 2024

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

Elsie MacGill Secondary School

1410 Bronte Street South, Milton

Agenda

9 – 10 a.m. Registrants Check-in
Child Minding Check-in (must be pre-registered)
Community Displays
Light breakfast

10 – 10:15 a.m. Welcome & Introductions

10:15 – 11:15 a.m. **Featured Keynote by Kristi Herold**
Founder and CEO of JAM and best-selling author of *It Pays to PLAY*.

Topic: “The Power of Play - Helping Connect and Strengthen Family and Community”

11:30 a.m. – 12:30 p.m. Session “A” Workshops

12:30 – 1:15 p.m. Lunch (Provided) & Community Displays

1:15 – 2:15 p.m. Session “B” Workshops

2:30 – 3:30 p.m. Session “C” Workshops

Workshop Schedule for Sessions A, B and C

For full descriptions of presentations see pages 4 - 9 and use corresponding Ref #

Colour legend:	Tailored to Elementary	Tailored to Secondary	Tailored to both Elementary and Secondary
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Ref #	TITLE	Room #	OFFERED IN SESSION....		
			SESSION A 11:30-12:30	SESSION B 1:15-2:15	SESSION C 2:30-3:30
1	Self-Regulation and You - Interactive Parent Workshop	211	X	X	X
2	Collaborative Problem Solving (CPS) - Challenging kids (and all kids) lack skill, not will	221	X	X	
3	Developing Social Cognition Skills: The Link between Social and Academic Achievement	306	X	X	X
4	Understanding ADHD's Big 5	212	X	X	X
5	Publishing Books on Amazon: Give Our Children an Authentic Writing Purpose	223	X		X
6	Motivating Children in Computer Programming	318		X	X
7	Mindfulness and Emotional Regulation	213	X	X	X
8	Unplug and Connect	222	X	X	
9	Empowering Their Tomorrow; Supporting Financial Capability for Youth	305	X	X	
10	Literacy in the Primary Grades: Wilson Foundations in the classroom and fostering a love of literacy with your child	315			X
11	Fostering a Love of Literacy in the Junior and Intermediate Years	307		X	
12	Transforming Conflict into Connection: Conflict Coaching with Caregivers of Teens	314		X	X
13	Anti-Sex Trafficking - Introduction and Awareness	GYM		X	
14	Anti-Sex Trafficking - Q and A Panel	GYM			X
15	Fun ways to support your child learning French	219	X		
16	Energize and Focus: Energy Medicine and Brain Gym Techniques for Kids	216	X	X	X

17	"Be The Boss "Own Your Life"	215	X	X	X
18	How can I support my child(ren) at home in STEM subjects during their junior/intermediate years	309	X	X	X
19	Secondary Pathway Programs; Specialist High Skills Major (SHSM) and Ontario Youth Apprenticeship Program (OYAP)	308	X	X	
20	Mental Health Supports: Meaningful Parent Collaboration	310	X	X	X
21	Family Engagement in Outdoor Experiential Education in Schools	214	X	X	X
22	Talking about loss and grief wasn't in the parenting handbook!	319			X
23	Mental Math and Number Talks	314	X		
24	Inspired Parenting: Tools for a Thriving Family	218	X	X	X
25	How Parents Can Help Their High Schooler(s) Achieve Success - A Student Perspective	219		X	X
26	Trustee Role and Responsibilities	220			X

Full Descriptions of Workshop Presentations

Colour Legend:		
Tailored to Elementary	Tailored to Secondary	Tailored to both Elementary & Secondary

Ref. #	Workshop Title & Presenter(s)	Rm. #	Description
1	Self-Regulation and You - Interactive Parent Workshop Jennifer Liantzakis, Integrated Counsellor - Hands to Heart Integrated Well-Being	211	<p>Learn how to apply the understanding of self-regulation and practical tools to support your children with inattention, learning difficulties, challenging behaviours or emotional outbursts.</p> <p>Self-regulation is the ability to monitor and manage your emotions, thoughts, and behaviors in ways that produce positive results such as well-being, loving relationships, and learning.</p> <p>You will gain insight into the nervous system and the impacts of dysregulation, and how to improve your self-regulation using practical tools.</p> <p>Q&A throughout the workshop to receive support around specific challenges you are facing.</p>
2	Collaborative Problem Solving (CPS) - Challenging kids (and all kids) lack skill, not will Chris Alexiou, Think:Kids CPS Certified Trainer	221	<p>The Collaborative Problem Solving(TM) approach is an evidence-based, trauma informed method for managing challenging behaviour that promotes the understanding that challenging kids lack the skill - not the will - to behave; specifically, skills related to problem-solving, flexibility and frustration tolerance.</p> <p>Unlike traditional models of discipline, the CPS approach avoids the use of power, control and motivational procedures and instead focuses on collaborating with the youth to solve the problems leading to challenging behaviour and building the skills they need to succeed.</p> <p>Learning CPS can reduce yelling, nagging and challenging behaviours while building the relationship with your child(ren). CPS can be the tool that saves you from endless power struggles and disheartening moments. CPS can help restore a peaceful home and support your child's, and your, mental health.</p>
3	Developing Social Cognition Skills: The Link between Social and Academic Achievement Audrey Draaisma, Instructional Program Leader, Special Education Services, HDSB	306	<p>Navigating the social world can pose a variety of challenges. For many people who identify as neurodiverse this struggle can be constant as well as demoralizing. This workshop will provide strategies to help address the following areas that are important when interacting in dynamic fluid situations:</p> <ul style="list-style-type: none"> ● Social problem solving skills: ● Attending ● Perspective taking ● Self-awareness ● Friendship and relationship development ● Adapting one's actions based on the contextual clues
4	Understanding ADHD's Big 5	212	<p>Anyone who has ADHD or has a person in their life who is learning to manage their ADHD likely has experienced 'big</p>

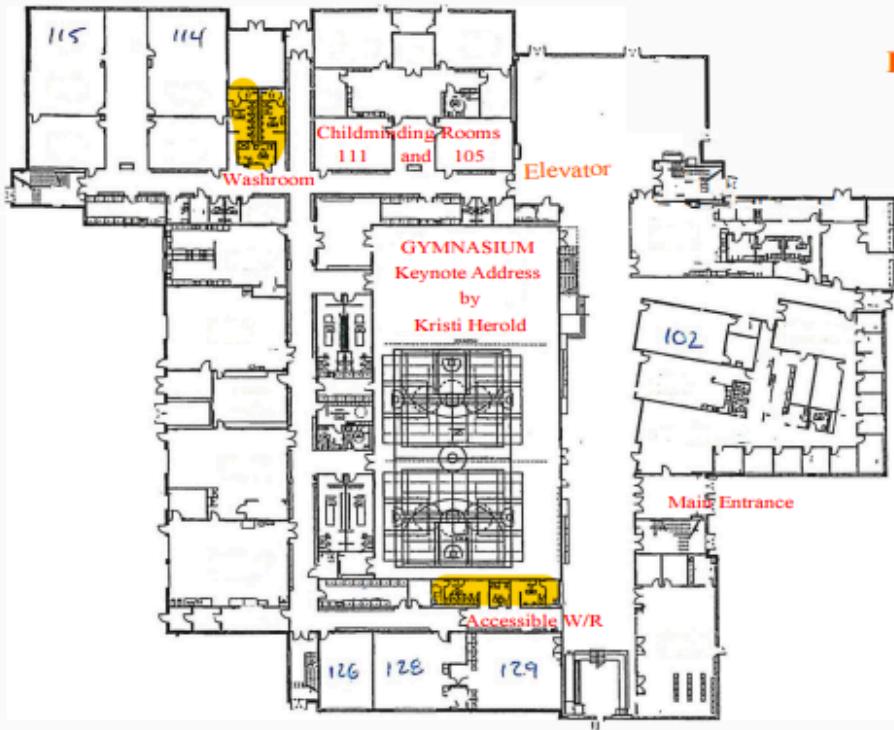
	Sarah Robertson, ADHD Life Coach - Squirrel Coaching		feelings' and emotions that can get in the way of doing 'the thing'. This session will introduce you to the 5 Big Emotions - the barriers that sit beneath them and strategies that can help you move forward.
5	Publishing Books on Amazon: Give Our Children an Authentic Writing Purpose Hamorn Chung (MEd, MCoun, GDipICL, BTeach)	223	Since 2019, Hamorn has been implementing "Child Author Project" for children in Canada, America, the United Kingdom, Australia, Hong Kong and Taiwan. In this project, children are inspired and guided to write for the publication of their first ebooks, which will be published on Amazon.com. The main purpose of publishing an ebook on Amazon (the largest bookstore in the world!) is not about earning loyalty fees (which we donate to charity organizations). Instead, it is about sharing our story ideas with real readers - not just school teachers (for homework purposes)! At the end of the project, the children will feel proud of their achievement as they've become authentic authors!
6	Motivating Children in Computer Programming Xin Yi Zhang, HDSB Trustee	318	Building a fun-and-learn environment for beginners. The workshop will discuss several paths that motivate children in computer coding, the solutions to the common challenges, and how parents can better support their children.
7	Mindfulness and Emotional Regulation Stephen Lister, Owner - Synapspark Consulting Mental Health Education	213	Mindful people do things differently. They work within a Growth Mindset, they understand how to respond rather than simply react when they are under stress, and they are skilled at controlling their inner dialogue to help control overwhelming emotions. Learn how your brain interprets sensory information, and how you can use your Emotional Intelligence to improve your anger management, decision making, time management, tolerance for change, assertiveness, empathy, communication and social skills. Learn Bilateral Bio Meridian and Awareness Based Calming Tools (BB-ABC) – exercises designed to help calm yourself and improve your mental health.
8	Unplug and Connect Sezgin Nalsök	222	Are you having trouble getting your child(ren) off of their devices? Could tech use be getting in the way of building healthy relationships? Are you wishing you had more quality time with your child(ren)? Join this workshop if your child(ren) are in grades K-8 and you want to learn ways your family can unplug to connect, with importance placed on raising children to live with joy, advocate for justice and build healthy and happy relationships.
9	Empowering Their Tomorrow; Supporting Financial Capability for Youth Kevin Maynard, Vice President, COO, Canadian Foundation for Economic Education	305	This workshop has been designed to provide a tool kit for parents and other family members to help build financial capability with their children. In this workshop, you will learn about: - Free, age-appropriate activity guides, discussion starters, and lesson plans you can easily use with kids to learn about the money decisions they will face in the next few years and beyond. - How to access free online resources about money management, planning for your future, and career exploration for high school students.

			<ul style="list-style-type: none"> - The money topics and learning strategies kids are most interested in. - Tips and tricks to help carry these decisions further as your children grow.
10	Literacy in the Primary Grades: Wilson Foundations in the classroom and fostering a love of literacy with your child Heather Sekine and Christine Caughill, Instructional Program Leaders, HDSB Laurie Reid, System Principal, Elementary Education, HDSB	315	In this session, we will describe some of the key components of the Wilson Foundations program which is being used in Kindergarten, Grade 1 and Grade 2 classrooms in the Halton District School Board. We will also have an opportunity to discuss how to foster a love of literacy with your child in the primary grades.
11	Fostering a Love of Literacy in the Junior and Intermediate Years Christine Caughill, Leanne Rust, Instructional Program Leaders, HDSB	307	In this session, we will have an opportunity to discuss how to foster a love of literacy with your child in the junior and intermediate grades.
12	Transforming Conflict into Connection: Conflict Coaching with Caregivers of Teens Alley McDonald, Caregiver Teen Service Coordinator at Community Justice Initiatives	314	Join this restorative justice workshop designed to walk alongside caregivers navigating conflict with their teens. We'll explore tools and frameworks to deepen your understanding of yourself and conflict dynamics, empowering you to manage conflict in new ways.
13	Anti-Sex Trafficking - Introduction and Awareness Jasminder Sekhon, GEquity- CEO	GYM	<p>This introductory session will engage families in learning about sex trafficking in the Halton region.</p> <p>Participants will come away with an understanding of how sex traffickers operate, as well as the signs to watch for.</p>
14	Anti-Sex Trafficking - Q and A Panel	GYM	This workshop is designed for families who have engaged in some pre-learning work related to Anti-Sex Trafficking. This pre-learning could have taken place at our February Anti-Sex Trafficking event and/or through the resources on the HDSB Anti-Sex Trafficking website.
15	Fun ways to support your child learning French Rosemary Sutherland and Meri Karakhanyan, Canadian Parents for French Ontario	219	Come learn about French resources, programs and activities to support your child's journey to bilingualism.
16	Energize and Focus: Energy Medicine and Brain Gym Techniques for Kids Julie Lafleur, Wellness Practitioner & Speaker, JulieLaf Optimal Energy	216	<p>"In today's fast-paced world, children are often bombarded with distractions that can hinder their ability to focus, learn, and thrive. As parents and educators, we have the opportunity to empower our children with tools that promote health, vitality, and mental clarity.</p> <p>In this engaging and interactive session, discover practical strategies to empower children with enhanced focus, vitality, and mental clarity. This session combines Energy Medicine techniques and Brain Gym exercises to promote:</p> <ul style="list-style-type: none"> - Improved focus and attention

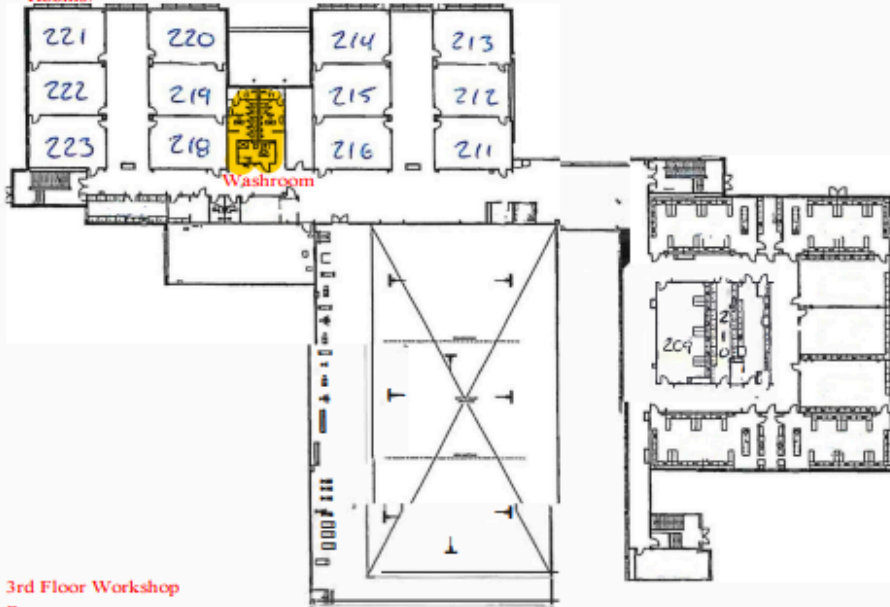
			<ul style="list-style-type: none"> - Boosted health and vitality - Clearing mental clutter and reducing stress - Cultivating mindfulness and emotional balance - Optimizing brain function for learning <p>Participants will experience these techniques firsthand and learn how to seamlessly integrate them into children's daily routines at home or school. Whether you're a parent, teacher, or caregiver, join us to explore how Energy Medicine and Brain Gym can equip children to thrive academically and emotionally."</p>
17	"Be The Boss "Own Your Life" Darlene Kranstz, Business Owner, Milton Jiu-Jitsu	215	<p>Be the Boss is an enlightening presentation that shingles a light on the importance of RESPONSIBILITY.</p> <p>This interactive workshop gives students a greater understanding of what it means to "Own It". They will begin to see that the road to success involves being prepared to climb the ladder of responsibility. Be the boss will be introduced as both a business and self-defence workshop.</p> <p>I will explain how being the boss of a business (our life) and being the boss of your body (Self-defence) have a lot in common. They learn that when you step up to be the BE THE BOSS you must take ownership of all decisions and choices that impact both your business and your body. Ownership is the result of recognition and acceptance. I help them to recognize what is required to achieve success and accept that they are the one to do it.</p> <p>Through verbal and visual presentation a clear message is delivered. To Be The BOSS you must be willing to take on the responsibility to Be Oh So Smart!"</p>
18	How can I support my child(ren) at home in STEM subjects during their junior/intermediate years Dania Wattar, Emmanuelle Le Pichon, Rosalia Cha, Kanza Tariq, Mai Naji, Mehdi Hassan, Ye Jia, Xiaoyue Chen, Selcuk Emre Ergut, Ontario Institute for Studies in Education at University of Toronto	309	<p>"I didn't understand anything in math today at school. I hate math!" How many of us have heard a variation on this sentence and felt helpless? As parents, and particularly as parents who have been educated in a different country, it is often difficult to know what our children are doing in school, what they are working on, how they are supposed to learn, what is expected from us, and most importantly, how we can help them.</p> <p>In this workshop, you will learn: What are the specifics of the Ontario STEM curriculum? How does this match or not match your home country's curriculum? How can you help your child based on what you have learned in your own country while giving them the opportunity to succeed in Ontario?</p> <p>We will provide you with resources from the ministry and from our own project that will allow you to access answers to these questions. The overall aim of the ESCAPE projects, supported by a SSHRC and a MITACS grant, is to support you in encouraging your children to continue their learning at home.</p>
19	Secondary Pathway Programs; Specialist High Skills Major (SHSM) and Ontario Youth Apprenticeship Program (OYAP)	308	<p>Pathways Programs such as the Specialist High Skilled Major Program and Ontario Youth Apprenticeship Programs are focussed programs of studies for grade 11 and 12 students in a variety of sectors/industries. These programs give students an opportunity to test drive a career, earn certifications, explore the</p>

	Tiffany Olmsted, Wade Richardson, HDSB		skilled trades and learn about the apprenticeship system before leaving high school.
20	Mental Health Supports: Meaningful Parent Collaboration Michelle Bates, Marija Glisic, Mental Health Lead, HDSB	310	Meaningful parent collaboration is essential for student well-being and learning. In May 2023, parents/guardians were invited to share their awareness of mental health supports, and their experiences and perceptions of meaningful collaboration when their child has a mental health problem. Results and recommendations from this survey, along with suggested actions for school staff and parents for effective collaboration will be shared.
21	Family Engagement in Outdoor Experiential Education in Schools Tanya Woods, Instructional Program Lead K-8 Health & Physical Education, Outdoor Experiential Education, Safety & Well-Being, HDSB	214	Information will be shared with parents regarding the importance of the purposeful integration of Outdoor Experiential Education in schools. The following questions will be addressed: What is Outdoor Experiential Education? Why is it important? What does OEE look like in a school day? How can I support as a parent?
22	Talking about loss and grief wasn't in the parenting handbook! Sharon O'Donnell, The Lighthouse for Grieving Children and Families	319	Helping children navigate feelings after a loss helps build their inner resilience and capacity to confront difficult situations in the future. This workshop will help equip parents to better support their child when a significant loss occurs. We will address: what loss and grief looks like at each developmental stage; finding the words to talk with children about death; activity ideas for helping children process their grief.
23	Mental Math and Number Talks Alyssa Dixon, elementary Instructional Program Leader (Math), HDSB	314	In this session will explore how mental math is embedded in the elementary (Grades 1-8) math curriculum and programming. We will also learn about Number Talks and how they can promote mental math confidence.
24	Inspired Parenting: Tools for a Thriving Family Andrea Markusich, Wellness Speaker & Designer: Inspirational Walls & Wellness	218	Do you feel on edge and wish you had more patience and energy with your family? This talk intends to connect you to your values and see how to prioritize self-care and connection for yourself and your family. We often have reactions and triggers that interfere with our ability to connect or access our needs. We will examine how our triggers towards others can give us access to our needs and learn to meet them to see our children and loved ones more clearly.
25	How Parents Can Help Their High Schooler(s) Achieve Success - A Student Perspective Sultan Alimzhanov & Shrena Sribalan, HDSB Student Trustees	219	Educate parents about the changing realities of education and how they can support their students
26	Trustee Role and Responsibilities Amy Collard, HDSB Trustee & Chair of the Board and Joanna Oliver, HDSB Trustee & Vice-Chair of the Board	220	An overview of trustee roles and responsibilities within the HDSB.

**Elsie MacGill S.S.
Floor Plan**



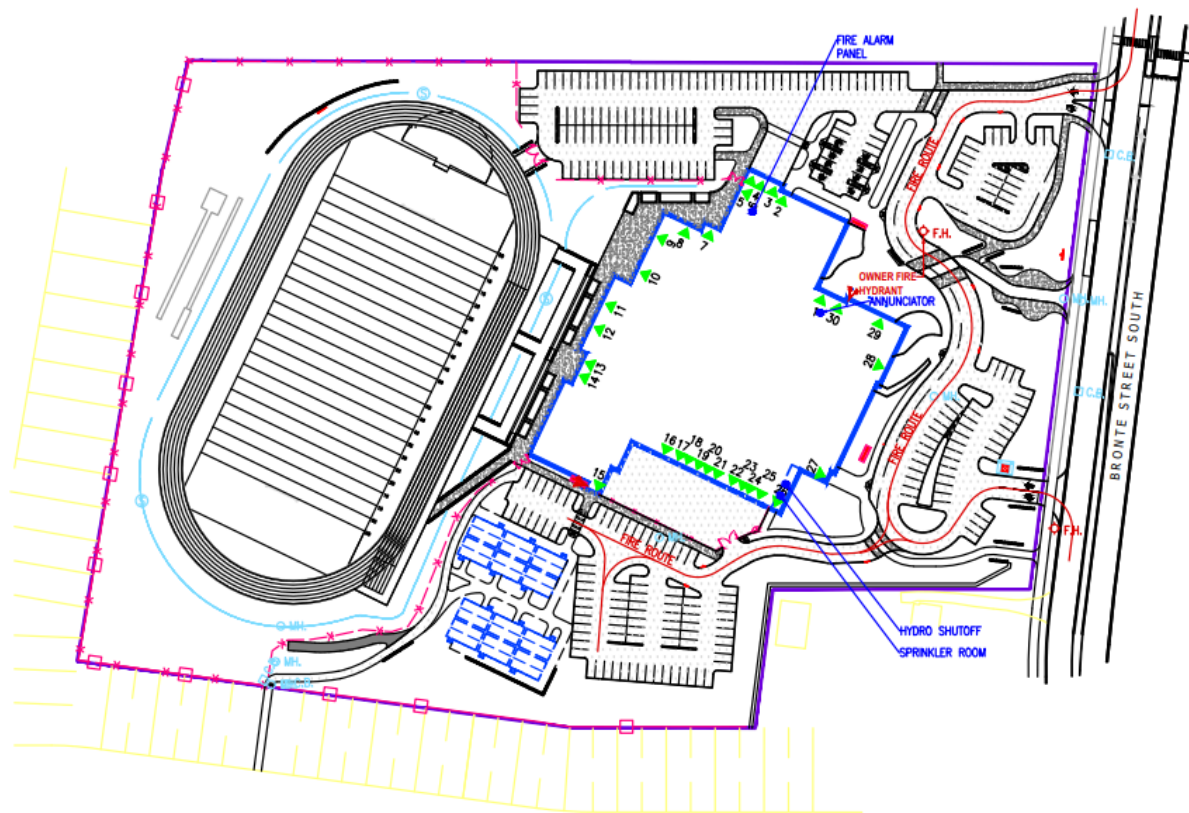
**2nd Floor Workshop
Rooms:**



**3rd Floor Workshop
Rooms:**



Parking Map



Catering Provided by...

