



Parent • Involvement • Committee



2017

Workshop selections
and session details

"A" SESSION 10:40-11:40	Rm TBD	"B" SESSION 12:25-1:25	Rm TBD	"C" SESSION 1:40-2:40	Rm TBD
Dr. Meg Popovic - Stillness in the Storm: A Conversation about Anxiety, Emotional Health, and our Kids		Dr. Meg Popovic - Stillness in the Storm: A Conversation about Anxiety, Emotional Health, and our Kids		Kyle Smith - Me, My Selfie, and I	
Kate Jones, M.Ed. - GPS to Navigate Your Kid's Personality		Kate Jones, M.Ed. - GPS to Navigate Your Kid's Personality		Wayne Jones - Surviving the Teen Years!	
Tamara Jurkin - Electronics and Their Impact on Teenage Sleep		Tamara Jurkin - Healthy Sleep for School Age Children		Donna Hunter - Understanding Executive Functioning to set your children up for success academically, personally and socially	
Chris Alexiou - Stop Arguing With Your kids - Collaborative Problem Solving at Home		Scott Graham - COURAGE - Leadership & Anti bullying Strategies		Mary Tabak - Families Matter	
Tammy Hardwick - Indigenous Education; the 'Truth' in Truth & Reconciliation		Tanya Woods, Rebecca Richardson, Tali Aikenhead - Healthy Relationships in the 21st Century		Stephanie Clark & Andrea Chan - Parents as Partners: Where do parents fit in at school?	
Erin Walsh - Let's Talk: Gender & Gender Identity		Ryan Henderson and Richard Parker - Digital Citizenship in schools		Ryan Henderson and Richard Parker - Technology Help Desk	
Janet Stewart - The Crooked Line of Post-Secondary Education: College to University or University to College?		Maralyn Ellis - Follow Your Passion, Ruin A Great Hobby: Why There's More To Picking A Career Direction Than Just "Do What You Love!"		Christine Luchies – TVO Homework Help	
Kathleen Ross - Personal Branding in an Age of Positive Uncertainty: Helping your student create a positive profile in our rapidly changing educational and economic environment		Dave Spragge - How to be your own Guidance Counsellor		Leah McCann, Leanne Rust - Education and Career Planning with myBlueprint	
Sandra Lynch and Paige Bennett - The Special Education Problem Solving Pathway		Karena de Souza - The Future of Work – How to prepare your child to thrive in an uncertain future		Karena de Souza - Career success techniques to teach your teen	
Luisa Botelho and Sharon Lauzon - Transitioning to High School – Are you ready?		Jesslin Tan, Andreea Stoica - Math Pathways !! What are your options?		Brent Duguid - Help! My t(w)een is Dating!	
Tanya Williamson, Laura McKay - eLearning in Halton		Ian McLain and Lisa Pilgrim - Technology Enhanced Learning in HDSB		Lisa Pilgrim & Ian McLain - DreamBox Learning to Support Students, Parents/Guardians and Teachers	
Kate Sienna & Kristin Marshall - Growth Mindset and Math		Melanie Goncalves & Kate Sienna - Mental Math and Number Talks		Jesslin Tan, Andreea Stoica - Jump into High School Math	
Sarah Baylor and Tracy Wheatley-Romano - Using Google hangouts to connect ELLs across Halton		Karamjit Sangha-Bosland, Joanne Pattison-Meek - Exploring VR technology to support equity learning		Sarah Cronin - Using Technology to Bridge the Gap for the LD Learner	
Ian Brandon - Supporting Students with a Learning Disability		Rachelle MacLeod, Pam Gill, Monica Churchill - ESL, ELL, ELD? An overview of programming for English Language Learners		Elizabeth Mitchell, Julie Fuentes - Becoming Fluent in Special Education Talk	
Gillian Stafford and Tricia Nelson - Resourceful Readers		Terena Jacques - FSL Programs in HDSB		Heather Lang & Tara Neate - Shifting Our Language to Develop "I Can Do This" Mindsets	
Yvonne Messenger, Jennifer Chamberland - Reading with your Kindergarten and Grade 1 Child		Yvonne Messenger, Jennifer Chamberland - Reading With Your Older Child		Phil Davison - Reading and Writing Tips for Parents of Adolescents	
Kevin Maynard, Susan Lennox - Making Financial Decisions...Wisely: A Resource Toolkit for Parents of Secondary Students		Kevin Maynard, Susan Lennox - Holding A "Money Fair" At Your School		Tanya Ferro - Coding 101	
Constable Susan Hatanaka - Overview of the B.R.A.V.O. Program		Claire Langridge - Substance use in our Community		Jennifer Brighton, MSW, RSW, PH.D. (C) - Reducing Stress & Anxiety with Mindfulness	
Jeff Catania & Cate Mistruzzi - Mindfulness for Well-Being		Andrea Falcone - Movement and Mental Health		Andrea Falcone - Food, Nutrition, Wellness and Mental Health	
Lisa Crapsi & Amanda McKeown - Choose to boost veggies and fruit		Carlo Crechiola - Electrical Program		Matt Rippon - Trade - HVAC	
Legend:					
Tailored to Elementary			Some identical workshops have been offered at both sessions for your convenience.		
Tailored to Secondary					
Tailored to both Elementary & Secondary					

Legend:		
Tailored to Elementary	Tailored to Secondary	Tailored to both Elementary & Secondary
Workshop Title & Presenters	Room # TBD	
Session "A" - 10:40-11:40		Description
Stillness in the Storm: A Conversation about Anxiety, Emotional Health, and our Kids Presenter: Dr. Meg Popovic		UNDERSTANDING: Cultivate your awareness of how the child's emotional state impacts him/her, the parent, and the family unit. APPLICATION: Make connections between anxiety and emotional stress with resiliency, communication, and self-awareness. TOOLS: Develop strategies to strengthen your ability to support your children in their times of need.
GPS to Navigate Your Kid's Personality Presenter: Kate Jones, M.Ed.		We have a GPS to navigate in traffic. Why not a GPS to navigate our kid's personality? Based on our book and numerous parent workshops, this session helps you become more understanding of the basic needs of your offspring's personality -- which may very well be different than yours! Have fun in this interactive session as you learn how you can strengthen your families through encouraging your offspring's innate personality strengths, and so build even better relationships.
Electronics and Their Impact on Teenage Sleep Presenter: Tamara Jurkin		How electronics such as lap tops, cell phones and tablets affect teenage sleep and what can be done about it.
Stop Arguing With Your Kids Presenter: Chris Alexiou		The philosophy of Collaborative Problem Solving The 3 Plans for responding to challenging behaviour How CPS can help solve problems, teach cognitive skills, build a helping relationship and support mental health.
Indigenous Education; the 'Truth' in Truth & Reconciliation Presenter: Tammy Hardwick		The 2015 Truth and Reconciliation Commission Calls to Action have asked that all Canadians learn about the culture, perspectives, traditions, histories, and realities of First Nations, Métis, and Inuit. In this workshop participants will take part in learning the truth of the impact of colonization and government policies on First Nations, Métis, Inuit people and what reconciliation means. Participants will gain an understanding of perspectives, stereotypes, and will engage in dialogue in a move towards reconciliation.
Let's Talk About Gender & Gender Identity Presenter: Erin Walsh		Through the lens of the Ontario Health Curriculum, participants will engage in an interactive activity, mini-lesson, and open discussion about topics including gender, biological sex, gender identity, gender expression, transgender, cisgender, LGBTQ, and more. A safe space to ask questions.
The Crooked Line of Post-Secondary Education: College to University or University to College? Presenter: Janet Stewart		Many high school students are not sure if they should go to college first or to university. If they choose college first, is there really an opportunity to get into a university later? Articulation agreements between colleges and universities work but learn what you need to know first!
Personal Branding in an Age of Positive Uncertainty: Helping your student create a positive profile in our rapidly changing educational and economic environment Presenter: Kathleen Ross		Did you know that today's youth are predicted to change jobs and careers more than any previous generation? In this session, Kathleen Ross from EduKate Consulting will share tips to help motivate, encourage and support your child to create their "personal brand", the secret to moving forward on their career journey with a positive attitude and willingness to embrace change.

<p>The Special Education Problem Solving Pathway Presenters: Sandra Lynch and Paige Bennett</p>		<p>Parents/guardians attending this workshop will learn about the steps on the Problem Solving Pathway that classroom teachers, special education teachers, administrators and other school board staff follow when they recognize that a student is experiencing difficulties at school. Parents/guardians are key partners with school board staff as they work together to support a child or youth to achieve success.</p>
<p>Transitioning to High School – Are you ready? Presenters: Luisa Botelho and Sharon Lauzon</p>		<p>This session will, explore the social aspects and emotions related to the transition to high school. It will allow families to experience some activities that our students participate in during the welcome week and beyond. Participants will gain knowledge of the Ontario Secondary School Diploma requirements and to explore the students' Individual Pathway Plan (IPP), the primary tool of education and career/life planning.</p>
<p>eLearning in Halton Presenters: Tanya Williamson, Laura McKay</p>		<p>eLearning in Halton is growing! In this workshop, participants will learn more about fully online courses that are offered in Halton. You will also have an opportunity to view a course as a student and work through an eLearning orientation activity.</p>
<p>Growth Mindset and Math Presenters: Kate Sienna & Kristin Marshall</p>		<p>Do your children see themselves as capable mathematicians? What does it mean to be “good at math”? This session will discuss current research in mathematics education and how you can support your child(ren) in further developing positive attitudes toward mathematics.</p>
<p>Using Google hangouts to connect ELLs across Halton Presenters: Sarah Baylor and Tracy Wheatley-Romano</p>		<p>In this session you will learn how Halton is connecting students across Halton using Google hangouts. You will learn the value of students using their first language to connect with other students who speak the same first language. You will discover how the Welcome Centre connects newcomer students and families to their receiving schools to ensure that all students feel valued and respected.</p>
<p>Supporting Students with a Learning Disability Presenter: Ian Brandon</p>		<p>Strategies that can be used to support the learner with a Learning Disability both at home and at school.</p>
<p>Resourceful Readers Presenters: Gillian Stafford and Tricia Nelson</p>		<p>Specific strategies to support their early and emergent reader. The session will provide parents with an opportunity to interact with a variety of literacy activities including technology that will be easily transferable to any environment (including a take home package).</p>
<p>Reading with your Kindergarten and Grade 1 Child Presenters: Yvonne Messenger, Jennifer Chamberland</p>		<p>How do children learn to read? How can I help my child with reading at home? What can I say when my child gets stuck on a word? If you would like answers to these questions, join us! We will share what to look and listen for when your child is reading to you, what to say to help your child solve unknown words and how to make home reading time fun. Practical tips will have you racing home to read with your child! This session will focus on beginning readers in Kindergarten, and Grade 1.</p>
<p>Making Financial Decisions...Wisely: A Resource Toolkit for Parents of Secondary School Students Presenter: Kevin Maynard</p>		<p>This session will explore a range of strategies and resources designed to assist parents in helping their children make informed decisions about money matters. Attendees will explore a host of financial challenges that occur as young people experience life events and receive free resources to assist their kids in that journey. The Canadian Foundation for Economic Education is a non-profit dedicated to helping Canadians make wise financial decisions with confidence and competence. Visit our site at www.cfee.org.</p>

Overview of the B.R.A.V.O. Program Presenter: Constable Susan Hatanaka		The Halton Regional Police Service delivers the B.R.A.V.O. program to Grade 6 students. The workshop will give an overview of this 9 week program that covers a variety of topics including internet safety and social media, substance abuse, bullying, youth and the law and the STAR decision making model (to name a few).
Mindfulness for Well-Being Presenters: Jeff Catania & Cate Mistruzzi		The world is waking up to the importance of well-being, not just for students but everyone. Come explore how to awake--with kind acceptance--to both the world without and the world within. Share ideas and practice strategies for mindful well-being, whatever your situation or whomever you are.
Choose to boost veggies and fruit Presenters: Lisa Crapsi & Amanda McKeown		Veggies and fruit are a great and natural way to help your kids hit their daily dose of essential vitamins, minerals and fibre. This workshop will help educate parents on the community initiatives that they can get involved with, with regards to the Healthy Kids Challenge.
Session "B" - 12:25-1:25		
Stillness in the Storm: A Conversation about Anxiety, Emotional Health, and our Kids Presenter: Dr. Meg Popovic		UNDERSTANDING: Cultivate your awareness of how the child's emotional state impacts him/her, the parent, and the family unit. APPLICATION: Make connections between anxiety and emotional stress with resiliency, communication, and self-awareness. TOOLS: Develop strategies to strengthen your ability to support your children in their times of need.
GPS to Navigate Your Kid's Personality Presenter: Kate Jones, M.Ed.		We have a GPS to navigate in traffic. Why not a GPS to navigate our kid's personality? Based on our book and numerous parent workshops, this session helps you become more understanding of the basic needs of your offspring's personality -- which may very well be different than yours! Have fun in this interactive session as you learn how you can strengthen your families through encouraging your offspring's innate personality strengths, and so build even better relationships.
Healthy Sleep for School Age Children Presenter: Tamara Jurkin		How to instill and encourage healthy sleep habits for school age children. The benefits of healthy sleep cognitively, emotionally and physically.
COURAGE - Leadership & Anti bullying Strategies Presenter: Scott Graham		Leadership for school age child & anti bullying strategies.
Healthy Relationships in the 21st Century Presenters: Tanya Woods, Rebecca Richardson, Tali Aikenhead		How the digital domain is changing and how students perceive, interact with, and respond to the world. How to respond to ongoing conversations around technology, safe student use and the impact on relationships and sense of community.
Digital Citizenship in the Schools Presenters: Richard Parker; Ryan Henderson		Parents will learn what teachers are seeing used by students in the elementary school; how to find out what apps/games etc. are appropriate, and ways to help reinforce Digital Citizenship at home.

Follow Your Passion, Ruin A Great Hobby: Why There's More To Picking A Career Direction Than Just "Do What You Love!" Presenter: Maralyn Ellis		Maralyn Ellis of FuturesFound.ca explains why the dominant career advice today - "do what you love" - does not always lead to a satisfying career... or a paycheque! Parents will be given decision-making tools they can hand to their sons and daughters to enable them to be more confident in their pathways and choices for high school... and beyond!
How to be your own Guidance Counsellor Presenter: Dave Spragge		"Tools, tips, and Things to Think About" when planning for High School Course Selection, and Post-Secondary Planning. Also - Strategic-Thinking re. University & College preparation.
The Future of Work – How to prepare your child to thrive in an uncertain future Presenter: Karena de Souza		Today's student has to be alert, adaptable and resilient. Learn how the workplace is changing, and what fundamental survival skills parents can teach our young adults.
Math Pathways!! What are your options? Presenters: Jesslin Tan, Andreea Stoica		What to expect in grade 9-10 math and what resources are available to me to support my child? Parents will receive an overview of the transition expected for students into grade 9 and 10 math and the supports available to them, from classroom materials to alternative resources.
Technology Enhanced Learning in HDSB Presenters: Ian McLain and Lisa Pilgrim		During this hands on workshop, participants will understand how we leverage Technology to Enhance learning classrooms across HDSB. Participants will have the opportunity to work with our Google Suite for Education products while learning the power these tools have on teaching and learning.
Mental Math and Number Talks Presenters: Melanie Goncalves & Kate Sienna		What is a number talk? Join us to explore how Number Talks help students develop mental math skills including conceptual understanding and flexibility with numbers and operations. This session will give parents an opportunity to experience Number Talks for themselves as we share and discuss a variety of mental math strategies to help support students at home.
Exploring VR technology to support equity learning Presenters: Karamjit Sangha-Bosland & Joanne Pattison-Meek		In this session, you will have an opportunity to explore google cardboard and interactive Virtual Reality (VR) technology to support students' equity learning. VR is a tool which can help support students make empathic connections to the world. Participants will be led through a series of classroom-ready activities that invite critical, authentic dialogue in response global events.
ESL, ELL, ELD? An overview of programming for English Language Learners Presenters: Rachelle MacLeod, Pam Gill, Monica Churchill		What an English as a Second Language Teacher can provide for students who are acquiring English and how assessments on the STEP continuum can help English Language Learners. Also included will be information about inclusive school communities based on the Irma Coulson Student Ambassador program.
FSL Programs in HDSB Presenter: Terena Jacques		Parents will have the opportunity to learn about the Vision and Goals for FSL. Information will be shared about the various programs offered in Halton including: French Immersion, Extended French and Core French as well as transitions from elementary to secondary.
Reading With Your Older Child Presenters: Jennifer Chamberland, Yvonne Messenger		How can I help my child with reading at home? What can I say when my child gets stuck on a word? If you would like answers to these questions, join us! We will share what to look and listen for when your child is reading to you, what to say to help your child solve unknown words and how to make home reading time fun. Practical tips will have you racing home to read with your child! This session will focus on children who are already reading and are in Grades 2 to 5.

<p>Holding A “Money Fair” At Your School Presenters: Kevin Maynard, Susan Lennox</p>		<p>Most of us are familiar with the concept of a Science Fair, and most of us likely took part in them as kids. This workshop will demonstrate using a similar event to showcase financial literacy and learning can be demonstrated through this “capstone” event at your children’s school. Parents and teachers will explore how to arrange and hold an event, and be provided with a “how to” guide to hold their own event!</p>
<p>Substance use in our Community Presenter: Claire Langridge</p>		<p>Trends in Ontario and Halton Learn how Developmental Assets Protect your child Signs of Use What parents can do.</p>
<p>Movement and Mental Health Presenter: Andrea Falcone</p>		<p>Do you live to move, or find it difficult to add daily physical activity into your lifestyle? Andrea Falcone will share the importance of how daily movement improves mental health, clarity, and focus, and how this translates to more productive and confident individuals. With each one of us living busier lifestyles with each day, learn how to carve out that time for You and Your Family so that positive healthy habits are built and continually developed each year.</p>
<p>Electrical Program Presenter: Carlo Crechiola</p>		<p>How the electrical program can help students get meaningful careers.</p>
<p>Session "C" - 1:40-2:40</p>		
<p>Me, My Selfie, and I Presenter: Kyle Smith</p>		<p>Sexting, Sextortion, what is it and what do I need to know? Teaching your child to be safe online. Digital identity and internet safety.</p>
<p>Surviving the Teen Years! Presenter: Wayne Jones</p>		<p>In this interactive workshop, participants will learn how to deal with “The Snub”, teens and risky behaviour, and establishing “house rules”. Parents can increase their own well-being by better understanding how teens think and act, and how to positively re-frame challenging issues. With a deeper knowledge of the adolescent way of thinking and acting, parents and caregivers can understand and develop their new "job description" while enjoying life with their teen(s).</p>
<p>Understanding Executive Functioning to set your children up for success academically, personally and socially Presenter: Donna Hunter</p>		<p>What Executive Functioning is. 8 key Executive Functions How to Problem Solve by Identifying EF challenge How to strengthen your child's Executive Functions so they achieve success in all areas of their life.</p>
<p>Families Matter Presenter: Mary Tabak</p>		<p>Parents and families need to hear more about what they are doing right. The fact is, most parents do a lot right, even though they more likely to hear about what they are doing wrong. The good news is that all types of families have strengths, and all families can be more intentional about using their strengths to nurture their children.</p> <p>This presentation will explore:</p> <ul style="list-style-type: none"> • your family strengths • the 5 things that make families strong • the 20 things that you can do today

Parents as Partners: Where do parents fit in at school? Presenters: Stephanie Clark, Andrea Chan		Studies show that parent involvement has a positive impact on student achievement; but as parents, how can we contribute to fostering and building meaningful home-school relationships? This workshop explores the types of activities which can make a difference in our child's learning experience, and shifts our thinking beyond the traditional perception of what it means to be an involved parent. This session is valuable to all, and School Council Chairs and PIC reps are highly encouraged to attend.
Technology Help Desk Presenters: Ryan Henderson and Richard Parker		Parents will explore the various tools and strategies they can use to better understand technology's role in the classroom. Parents will unpack the various ways they can explore technology with their children and be better prepared to support them with technology enhanced learning at home.
TVO Homework Help Presenter: Christine Luchies		TVO Homework Help is offered to Ontario Students in grades 7-10. It is a FREE online service that provides 1-on-1 Math Help with Ontario Certified Teachers. Learn how to register and discover the many resources available.
Education and Career Planning with myBlueprint Presenters: Leah McCann, Leanne Rust		All grade 7-12 students in HDSB have accounts with myBlueprint. myBlueprint provides students with the opportunities to learn about themselves through online quizzes, plan high school courses, learn about regional Halton programs, explore post-secondary programs, research occupations, and so much more. In this workshop, you will create a parent account and explore these tools. Access to personal technology through Wi-Fi will be beneficial (phone, tablet, laptop).
Career success techniques to teach your teen Presenter: Karena de Souza		Teach your teen how to enjoy networking and communications, and the secret to getting on with your co-workers, friends and Managers.
Help! My t(w)een is Dating! Presenter: Brent Duguid		Talking to your teen/tween about dating relationships & teen dating violence, sexual consent vs coercion, healthy, unhealthy and abusive behaviours.
DreamBox Learning to Support Students, Parents/Guardians and Teachers Presenters: Lisa Pilgrim & Ian McLain		What is Dreambox? Come and find out for yourself. Experience it, ask questions and learn how to support your child's mathematical development with this digital tool.
Jump into High School Math Presenters: Jesslin Tan, Andreea Stoica		What to expect in grade 9-10 math and what resources are available to me to support my child? Parents will receive an overview of the transition expected for students into grade 9 and 10 math and the supports available to them, from classroom materials to alternative resources.
Using Technology to Bridge the Gap for the LD Learner Presenter: Sarah Cronin		<ol style="list-style-type: none"> 1. How selecting the right technology can enhance learning for all students. 2. Some theoretical knowledge behind using technology as a tool for, of, and as learning. 3. Experiencing what it is like to have a learning disability and having to do an academic task.
Becoming Fluent in Special Education Talk Presenters: Elizabeth Mitchell, Julie Fuentes		Avenues, Advocacy, and Acronyms! Whether parents are beginning their special education journey, or are currently navigating a tricky path, this workshop will help them understand the ways in which the school makes decisions, provides services, and supports students with exceptional learning needs. The two presenters are experienced special education resource teachers, and one of the presenters has also experienced the system from the parent perspective.

<p>Shifting Our Language to Develop “I Can Do This” Mindsets Presenters: Heather Lang & Tara Neate</p>		<p>Explore how our simple shifts in language can help children to develop resiliency, a positive identity and growth mindsets. Rethink how to use praise, incentives and rewards to help children develop as individuals who feel empowered to meet life’s challenges.</p>
<p>Reading and Writing Tips for Parents of Adolescents Presenter: Phil Davison</p>		<p>In grades 6 and up the book bag may stop coming home every night, but reading and writing skills can still be supported at home. We’ll explore a variety of techniques to develop your adolescent child’s literacy skills.</p>
<p>Coding 101 Presenter: Tanya Ferro</p>		<p>How coding fits into their child’s school program, practical applications of coding in and out of the classroom, jobs in the future that will require coding. Parents will try a coding activity. Suggestions of activities and sites will also be provided.</p>
<p>Reducing Stress & Anxiety with Mindfulness Presenter: Jennifer Brighton, MSW, RSW, PH.D. (C)</p>		<p>Learn practical ways to help your children manage stress effectively, reduce anxiety and improve overall mental well-being.</p>
<p>Food, Nutrition, Wellness and Mental Health Presenter: Andrea Falcone</p>		<p>Our nutrition world is changing, but what does that have to do with your overall mental health? Do you fuel your day with the right nutrients to have energy and power over your things-to-do list? What about your children? With so much ease and convenience available, coupled with nutrition mis-information streaming daily headlines, it is so important to gain the sound knowledge about how to fuel yourself, your children, and families, and support a healthy mindset. Learn first-hand how to prepare the easiest meals and make the right choices. This session is backed by evidence-based research, and presented by Andrea Falcone, who has overcome her own battle with mental health and an eating disorder.</p>
<p>Trade - HVAC Presenter: Matt Rippon</p>		<p>Trade opportunities in heating /refrigeration. Information on the current hvac program at MM Robinson H.S.</p>