

## Workshops Session A:

10:45 am to 12:00 pm

### A1: A Health Approach- eating at home

Cooking and eating at home has been linked to healthier diets and this special family time is a great way to teach our kids important life skills. During family gatherings and parties, the kitchen is often the place where people come together. Why not make cooking delicious and healthy meals an everyday affair and head back into the kitchen? Cooking with kids is a great way to inspire everyone!

### Presenter: Peel Public Health

Peel Public Health Nurse and Registered Dietician

### A2: Being a Catholic Parent in a Digital World

This workshop will provide parents with an overview of Catholic Church teachings on social communication and strategies on how to guide their children in harnessing social media tools to create their own ethical digital footprint, one grounded in Catholic social justice values.

### Presenter: Michael Redfearn

A husband, father of five children, high school teacher for twenty-one years and school district K-12 technology coordinator and e-Learning contact for the past seven - Michael is currently a digital literacy consultant. Michael is passionate about showing students, teachers, and administrators and parents how to ethically and responsibly navigate the new digital technologies and to proactively manage their digital footprint.

### A3: Kids, The Brain and Stress

Young children are stressed too!! This informative workshop will provide insight as to what the child's body looks and behaves like when under stress. Help your child's body stay out of stress with fun, easy and interactive body movements. A combination of self-awareness, body treatments and Brain Gym will allow an increase in focus, calmness and self-esteem. Self-management in the 21st century is essential for overcoming the high stress levels of today's society.

### Presenter: Ms. Leah Dilley RMT

Presenter Leah is a registered massage therapist and certified acupuncturist with over 13 years of experience in the health and wellness field. Throughout the years Leah has educated and treated many adults and children in her community who have suffered with stress, a condition which can affect your body, mood and behavior.

#### **A4: Building an Effective School Council**

Parent Councils play a pivotal role in the education of our children. Building a Council that is inclusive, positive, collaborative, and effective can be challenging. Council members from All Saints Catholic School in Mississauga discuss how they have built on a history of strong parent involvement; recruited new members and parent volunteers; and learned to communicate more effectively with parents in the community.

#### **Presenters: Chairs All Saints Catholic School Council**

Susan Baird – Chair of All Saints Catholic School Council  
This is my 8th year on the School Council and my 5th year as Chair. As my daughter started grade one and my little guy was in JK, I had a desire to get more involved as a volunteer in the school, and get to know the teachers and staff that would educate my two children. By joining the Council, I felt I would have a better understanding of the education system and be able to positively impact my children's education. Now with a daughter in grade 8 and a son in grade 6, my time at All Saints is winding down. It has been an amazing experience working with this team and I am excited to see what the next chapter brings! As a family, most of our free time is spent in hockey arenas, curling clubs or baseball diamonds. When not in the stands cheering on my kids, I enjoy curling and coaching.

Carolyn Simpson – Vice-Chair of All Saints Catholic School Council. I jumped in feet first to the council by accepting the position of Fundraising Chair five years ago, a position that I still hold today. The opportunity to be involved at this level has been such a positive in my life. I have gotten back so much more from my work with council than I have contributed. It is such a pleasure to work with this dynamic group of educators and fellow council members. I look forward to sharing my experiences with you! My son will be graduating from All Saints next year and my daughter will be in Grade 12. I feel so fortunate to have been able to become a part of their school community.

#### **A5: Developing Young Leaders through Mission Trip Experiences**

Mission Trip Experiences can be a power tool in developing young leaders. A new environment, with a particular and inspiring focus provides an opportunity for youth to take on new responsibilities, and step into roles of leadership which they've never experienced before. This workshop will describe best practices in creating a powerful and impactful mission experience, including the important aspects of preparation, programming and follow up.

#### **Presenter: Randy Hendriks**

Randy Hendriks. With a Doctoral Thesis currently being completed in the area of developing volunteer leaders, Randy has worked with and mentored High-school and University student leaders in a variety of settings. In his current role as Community Development Coordinator with Wells of Hope, he facilitates the preparation, implementation and follow-up of mission trip experiences in Guatemala.

#### **A6: Empowering Youth to be Leaders**

This workshop is about "Speaking Their Language." This workshop does not aim to perfect you, but rather to give you insight into your loved one's mind. This workshop will enable you to understand and communicate better with your youth. Results will be based on your effort and diligence in applying the knowledge and techniques you learn. Miguel will teach you the power of music and movement and how you can harness that power in order to understand and connect with the young people in your lives.

#### **Presenter: Miguel Martinez**

Miguel Martinez is a youth mentor who has worked with various youth groups and organizations across Canada. His company (MTClife) promotes character building, business & finance, and health & fitness. Miguel says that Zumba is a wonderful medium to promote health & fitness, and it gets both youth and adults excited about life.

Miguel has held many presentations in a variety of Dufferin Peel Schools, for Dufferin-Peels CCCSC as well as the Dufferin Peel Association for Catholic Parents in Ontario. His presentations are upbeat and positive and always well attended

#### **A7: Information for Parents-Understanding EQAO Assessments**

Every year, Ontario students in Grades 3, 6, 9 and 10 write province-wide tests. These assessments provide an objective indication of how well students are developing the reading, writing and math skills defined in the Ontario Curriculum. Since results are available for every student, provincial test data have become a key ingredient in helping schools, school boards and the province identify students' strengths and target areas where attention and resources are needed. Parents are given an indication of how well their child is learning in relation to the provincial standard. This presentation delivered by a principal from EQAO's School Support and Outreach team will give parents an opportunity to gain an understanding of the EQAO assessments.

#### **Presenter: Margaret Fler**

Margaret Fler is a Principal with the EQAO School Support and Outreach Team. As a member of this team Margaret works with school boards, schools, principals, teachers, faculties of education and parents. She also organizes learning seminars, conducts research with Ontario universities and provides consultation at the school level. Before joining EQAO, Margaret was a teacher and principal with the Kawartha Pine Ridge District School Board. Margaret also has experience as a teacher in Germany and as a principal of an international school in Shanghai and Beijing.

#### **A8: F.A.C.E. Advocates for Catholic Education**

A presentation to help Parents and Guardians recognize opportunities to better support Catholic Education. Discover a deeper appreciation for our distinct system by learning how Catholic Education partners work together. This workshop will provide proven fact and separate them from urban myths.

#### **Presenter: Roger Lawler, Project Manager, Friends and Advocates of Catholic Education**

Roger was appointed as the Project manager for FACE, Friends & Advocates of Catholic Education in March 2012. He began his long career in Catholic Education as a History teacher and later was the founding principal of St. Thomas Aquinas Catholic Secondary school in the Simcoe-Muskoka Catholic District School board. Later Roger was the Director of Education for the Waterloo Catholic District School Board for 15 years; before finally joining the Face project. Roger is the past president of OCSEA and past chair of CODE and ECODE. He has also served on many Ministry of Education committees and served as the vice Chair for the Audit Committee in the City of Waterloo. He has received numerous prestigious awards for his work in Catholic

	<p>Education both locally and provincially. He and his wife Cecilia have five children and recently became first time grandparents.</p>
<p><b>A9: Fostering Great Relationships; Home School Parish Triad</b></p> <p>This workshop is about fostering great relationships based on the Home-School-Parish Triad; to help parents and students currently navigating Catholic Education in Ontario. As parents we always hear from the school and home but rarely are given opportunities to hear from the Parish (Church) perspective. Father Jim will engage parents about fostering those positive relationships and also the importance of those relationships towards enriching your child's journey as a Catholic School graduate.</p>	<p><b>Presenter: Father Jim Roth</b></p> <p>Father Jim Roth, OSFS, an avid hockey fan, is a Catholic Priest, an employee of the Dufferin-Peel Catholic School Board and The Catholic Principals Council of Ontario. He is currently serving his 6th year as the DPCDSB "priest-in-residence" at the CEC; He served 9 years as the weekend associate at St. Francis of Assisi Parish (Mississauga), and is currently serving and resides at St. Patrick's Parish (Mississauga).</p> <p>Father Jim is known around the region as warm and loving often using humour to deliver his message. He is very knowledgeable in the Catholic Education System and how Parents, Teachers and Administrators as well as clergy work together to support student success. Father Jim actively participates representing Dufferin-Peel in many of the Ministry of Educations initiatives including the "Great to Excellence" consultation that took place late in 2013.</p>
<p><b>A10: Homework Help for Math – an overview for parents</b></p> <p>Homework Help is a free online math help resource for students in Grades 7-10. Homework Help provides free, live one-on-one tutoring from Ontario teachers Sunday to Thursday from 5:30pm – 9:30pm ET. It is funded by the Ontario government and administered by TVO's Independent Learning Centre.</p> <p>This workshop is designed to give parents an overview of the resources available to students as well as give them a detailed tour of the site. Tools such as "Tutor Chat", "Best Sessions", "Interactive Tutorials", and the "Locker" will be discussed as well as the importance and value of having students access this resource.</p>	<p><b>Presenters:</b>  <b>Andy Kwiecien-Academic Co-Ordinator for Technology Based Learning</b>  <b>and Nuno de Castro, E-Learning Contact</b></p> <p>Andy Kwiecien and Nuno de Castro are employees of the Dufferin-Peel Catholic District School Board.</p> <p>Nuno de Castro has been an educator with Dufferin Peel Catholic District School Board since 2002. Prior to that, Nuno was a Teaching Assistant with the Toronto Catholic District School Board at Mary Ward Catholic Secondary School. Nuno began his career with Dufferin Peel teaching Grade 6 at Mary Fix Catholic Elementary School and while there, taught grades 6, 7, and 8. He then moved to Iona Catholic Secondary School where he taught music and was instrumental in starting the SHSM program. Nuno is now the e-Learning Contact for DPCDSB where he helps support students and schools promoting Math Homework help as well as all of the eLearning/Blended learning courses offered by the school board.</p>

**A11: Helping councils navigate submitting a Parent Reaching Out (PRO) grant applications**

*Research shows a positive link between parent engagement and student achievement and well-being. When parents are involved in their children's education everyone benefits: students, teachers, schools and communities.*

Ontario's parent engagement policy recognizes and supports parents as both valued partners and active participants in their children's education. Participants in this session will be given ideas and strategies on how to involve more parents in their children's learning in a variety of meaningful ways, and be provided with links to resources to support parent engagement, including Ontario's award-winning Parents Reaching Out (PRO) grant program.

Parents Reaching Out (PRO) grants has received international recognition as a successful, innovative program by helping parents identify barriers and find local solutions to help more parents get involved in their children's learning at home and at school. Participants in this workshop will be provided with an overview of the ministry's PRO grants program, its linkage to the ministry's key priorities, and will explore of some promising practices of innovative projects undertaken by parents in their local communities.

**Presenters: Glenn Court and Patricia Patrician**

**Glenn Court** is the Lead Policy/Program Coordinator with the Parent Engagement Office of the Ministry of Education. While contributing to the promotion and development of key ministry parent engagement initiatives, Glenn plays a leadership role in the coordination and delivery of the ministry's internationally recognized Parents Reaching Out (PRO) Grant program which supports parents in identifying barriers to parent engagement in their own community, and finding local solutions to help more parents get involved in their children's learning.

Prior to his work in the Parent Engagement Office, Glenn was involved in the area of Safe Schools and has held positions in a variety of ministries across the Ontario Public Service over his 31 years of public service in the ministries of Health, Community and Social Services, Management Board Secretariat, Culture and Recreation, and Citizenship.

**Penny Patrician** is an Education Officer in the Parent Engagement Office of the Ministry of Education, where she takes a leadership role in the development of policy as well as evidence-informed, leading edge tools and resources to support parent engagement in their children's learning. She has brought to her role in the Ministry of Education a wide range of experience and expertise gained through a career in a large urban school board in positions ranging from teacher to executive superintendent – and a passion and commitment to partnerships and shared high expectations for our children and youth.

**A12: Special Education: a Ministry Perspective, sponsored by the Dufferin-Peel District School Board's SEAC**

Staff from Ontario Ministry of Education's Regional Office, along with Dufferin-Peel Catholic District School Board staff, will bring updates on special education and support services in the province of Ontario. Some questions which may be considered include: What are the Ministry regulations in support of students with special needs and what can you expect throughout the years your child attends school? What is the latest direction in support of students with diverse learning needs including special education needs? What are the current issues (e.g., Learning for All, Transitions, Mental Health Strategy etc.) This session is provided for parents/guardians of students with diverse learning needs including special education needs in Ontario Catholic District School Boards. C. Anco, Ministry of Education Regional Officer and Dufferin-Peel Catholic District School Board staff

**Presenter Carolyn Anco, Education Officer, Ontario Ministry of Education**

Carolyn is the Toronto and Area Region, Ministry of Education lead in supporting students including students with diverse learning needs that can include special education needs. Carolyn is joining Dufferin-Peel for another year to share Special Education data and Ministry of Education policy. Her previous school and board experience enables her to be responsive to supporting safe, caring, inclusive and healthy school communities that embrace learning for all. Board staff will also be present to share successful practice alignments in Ministry of Education direction and Dufferin-Peel schools.

**A13: Mental Well Being: Supports for Students Facing Challenges with Anxiety**

On behalf of the Dufferin-Peel Special Education Advisory Committee (SEAC) and in response to the Ministry of Education Mental Health and Addiction Strategy aligned to the Catholic Board Learning Plan, Dufferin-Peel is committed to creating safe, caring, inclusive and healthy school communities. Through a multi-disciplinary approach, a team including an administrator, as well as psychology and social work staff, will facilitate a workshop on the needs of the student presenting with anxiety. This session will provide an overview of anxiety and the team process educators/parents/guardians may use to support students facing challenges related to anxiety in our school communities.

**Presenters:**

**Presenters J. Golla, Principal, C. Jennings and S. Sweet, and S. Wessler**

Joanne Golla is the Principal at Bishop Scalabrini School in Mississauga. She has been an administrator in Dufferin-Peel Catholic District School Board for 11 years. Joanne is a member of the Board Mental Health Leadership team.

Cecily Jennings is a psychologist for the Dufferin-Peel Catholic District School Board. She has practiced for nearly 20 years in the areas of mental health, rehabilitation and education. This is her 4th year with Dufferin-Peel.

Susan Sweet is a clinical child psychologist and the Mental Health Liaison for the Dufferin-Peel Catholic District School Board. She has been practicing for over 16 years in the areas of education, health, and community and social services. This is her fifth year with Dufferin-Peel.

Sally Wessler is a social worker with the Dufferin-Peel Catholic District School Board. She has practiced in the areas of child protection, mental health and education. This is her fourth year with the board.

**A14: RAISING RESILIENT CHILDREN**

Resilient children are strong and confident and able to deal with the struggles and disappointments of life. Resilient children know what to do when there is no one there to tell them what to do. They are pro-active, not victims of circumstances or other people. Resilience is the best bully-proofing. In this workshop we will learn what makes some children resilient and others not and what we can do on a very practical level to raise resilient children.

**Presenter: Michael Reist**

Michael Reist is a nationally-recognized authority on the needs of children. He is the author of the Canadian bestseller Raising Boys In A New Kind Of World and The Dysfunctional School: Uncomfortable Truths and Awkward Insights on School, Learning and Teaching. His most recent book is entitled What Every Parent Should Know About School. He has published over 90 articles on topics ranging from education, spirituality and parenting to movies, books and popular culture.

## A15: CENT\$IBLE STUDENTS

This workshop will explain and explore how this program can help students become "Cent\$ible \$tudents" with fun and informative financial literacy workshops for students from Kindergarten to Grade 8. Our goal is to enhance classroom learning around money management related issues. To help educators meet Ontario curriculum expectations, Cent\$ible Students explores the concepts of saving, sensible spending and sharing through a combination of cross-curricular strategies. These strategies include the use of stories, online tools, activities and games.

Cent\$ible Students provides all materials as well as post-workshop resources to support teachers in continuing to build the foundation for financial learning

## Presenter: Jenni Bolton

Jenni Bolton is a self-employed "money mom", and the co-founder of Cent\$ible Students. She is passionate about teaching children to Save, Spend (Sensibly!) and to Share. As the Co-founder of Cent\$ible Students, She will provide information on her in-class financial literacy workshops to students from kindergarten to Grade 8. She has two wonderful children and she lives with her Husband in the Toronto Area.