

Workshops Session B:

1:00 pm to 2:15 pm

B1: 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.

B2: Kids, The Brain and Stress

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.

B3: 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.

B4: 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.

B5: Healthy Eating for School Success

Healthy Lunches and Snack ideas. We will look at using tools like Canada's Food Guide, Label reading and the School Food & Beverage Policy.

This workshop will be presented by public health nurses on the School Health Team who have extensive experience promoting health and working with various health issues in the school community.

Presenters: Peel Public Health

Peel Public Health Nurse and a Registered Dietician

B6: It's an Election Year- So What

IT'S AN ELECTION YEAR - SO WHAT?

Every four years we, as engaged parents, have the opportunity to influence the future of Catholic Education in our communities. In this interactive workshop, participants will have the opportunity to understand more deeply the role of a Catholic School Trustee and explore their own possible "calling" to this valuable ministry.

Presenter: Michelle Griepsma, Turstee Peterborough Victoria Northumberland and Clarington CDSB.

Michelle Griepsma has been a long-time advocate for Catholic education. As Chairperson for the Peterborough Victoria Northumberland and Clarington Catholic District School Board, Michelle recognizes that parental engagement is one of the most significant factors contributing to a child's success in school and she is committed to supporting, encouraging, and enhancing meaningful parent involvement within schools and across the District. Prior to her role as a Trustee, she served as a Regional Director for the Ontario Association of Parents in Catholic Education for four years, was a member of the Board's Catholic Parent Engagement Committee, and member of her local Catholic School Councils at both the elementary and secondary school levels. In 2012, Michelle was awarded the prestigious OAPCE Father Mazzerolle Award for her support of the goals and aims of OAPCE and her substantial contribution to the Catholic school system. Michelle is currently employed as the Bereavement Client Care Co-ordinator for Hospice Services in the City of Kawartha Lakes. She is the mother of four children and resides in Lindsay with her husband, Jim and youngest son, Michael.

B7: OECTA- Our Inclusive Schools; Reaching Every Student

Reaching Every Student: LGBTQ Students in Catholic Schools Human Dignity, inclusion and acceptance are hallmarks of our Catholic faith. Canadian research shows that high school students agree that LGBTQ students are at risk and the target of homo/bi/transphobia. This workshop will take an in-depth look at what is needed in our Catholic schools to specifically address and meet the needs of all students, but especially those most invisible and silenced.

Presenter: Kevin Welbes Godin - O E C T A

Kevin Welbes is an employee of the Ontario English Catholic Teachers Association

B8: OCT : Keeping Students Safe

What is the Ontario College of Teachers and what does it do to protect students? In this session, learn what the regulator of Ontario's teaching profession does to license new teachers, ensure that initial and ongoing teacher education follows Ontario's high standards, and how the profession deals with complaints about its members. It's all about protecting the public – your – interest!

Presenters: From the Ontario College of Teachers (OCT)

T.B.A

B9: Specialist High Skills Major Programs (SHSM)

Specialist High Skills Major programs have been part of the Ministry of Education's growing list of pathways and transitions to College, Universities and the world of work for six years. Why were they implemented, who are they for and how are they adding innovation to the OSSD in our Catholic high schools? These and many other questions will be entertained at this workshop led by Paul Schmidt, Principal at Philip Pocock CSS. Mr. Schmidt has introduced six different SHSM programs in two different high schools and wishes to share his experience with parents. And Irene Mota has been an educator with the Dufferin-Peel Catholic District School Board since 1998.

Presenters: Paul Schmidt and Irene Mota

Paul Schmidt has been a Principal in the Dufferin-Peel CDSB since 2006. He attended St. Michaels College in Toronto, York University and Dalhousie University in Halifax where he earned his Graduate degree in Social Work. He has served as a classroom Religious education teacher, AQ Religion Instructor and special Assistant to the Minister of Education in 1994-95. He has served as an Association President in 1989-91 and on several Board committees in his career. He is married to his spouse Sherry for 35 years and has one son, Daniel. Mr. Schmidt initiated 5 SHSM programs at St. Paul SS in ICT (Broadcasting), Construction, Non-Profit, Energy and Environment as well as Arts and Culture (Instrumental music) at Philip Pocock CSS.

Irene Mota has been an educator with the Dufferin-Peel Catholic District School Board since 1998. Prior to that, Irene was a teacher with the former Etobicoke Board of Education. Having spent many years as a Business and Computer Studies Teacher at Loyola Catholic S.S. and St. Aloysius Gonzaga S.S., and later as Department Head, Irene now helps support students and schools in her current role as Pathways and Transitions Consultant for DPCDSB. With a focus on student transitions from secondary to vocation, Irene supports many Ministry student success initiatives including Dual Credit and Specialist High Skills Major programs. She has written curriculum at both the school board and Ministry level and is enthusiastic to help students navigate their way through 21st century learning!

Yonas Lijiam has been teaching at Philip Pocock Catholic Secondary School in Dufferin-Peel since 2006. He attended Technical School of Asmara in Eritrea where he earned his Auto-mechanics qualification and Addis Ababa University in Ethiopia where he earned his under graduate degree in Mechanical Engineering. He migrated to Canada in 1992 and worked as an auto-mechanic for 14 years including 10 years where he owned and operated an auto repair business. After teaching night school at Centennial College for a few years, in 2005 he attended the Teacher Education Program at University of Toronto and started his full time teaching career. Mr. Lijiam is the Transportation Technology SHSM lead teacher at Philip Pocock.

B10: 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.

B11: Teens and the Cyber Age, A Peel Police Perspective

What are teens doing today on the net? We will look at privacy issues on the internet, cyber-bullying, sexting and addiction; how much is too much? Join us for this informative session on what you need to know as a parent of a teen on the net, as presented by the experts at Peel Regional Police.

Presenter: Police Constable Chris Christidis

Constable Chris Christidis is a thirty four year veteran of the Peel Regional Police and has served in the Special Victims Unit (CASA) investigating crimes against adults and children, and the internet. He is presently assigned to Crime Prevention Services dedicated to internet related issues.

B12: The Catholic Home School Parish Triad

We constantly hear of the Triad in Catholic Education, Family, Church and School. What does this mean? What issues need to be resolved within each of these entities? In light of the new evangelization, this workshop will offer concrete examples to continue to strengthen the bond between each three.

Presenter: Shayne Byrne and Danielle Howett

Shane Byrne has been a Chaplaincy Leader for fifteen years. A natural motivator fueled by the Holy Spirit, his Chaplaincy team boasts over a hundred and fifty students who are involved in serving the poor in the Guatemala, organizing dinners for refugees as well as countless Catholic Leadership projects. He graduated from St. Mary University with a Master Degree in Pastoral Ministries as well as St. Augustine seminary with a Masters Degree in Religious Education from St. Augustine seminary. He is currently working at St. Marcellinus High School in Mississauga and lives in Etobicoke with his wife and three children.

Danielle Howett in the head of Theology at St. Marcellinus Secondary School and has been teaching for fifteen years. She is actively involved in pro-life programs as well as many social justice projects. She affectively is able to embrace and encourage the bond of Family, School and Church. Danielle graduated from St. Michael's college with a Masters degree in Religious Education. She currently lives in Brampton with her husband and daughter.

B13: 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.

B14: 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.

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.

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

B15: Transforming Vision into Action: Supporting Early Years in Ontario

Our vision for the early years is one where Ontario's children and families are well-supported by a system of responsive, high-quality, accessible, and increasingly integrated early years programs and services that contribute to healthy child development today a stronger future tomorrow. This session will provide participants with an overview of the Ontario Early Years Policy Framework and the work currently underway to transform this vision into action.

Presenter:

Isilda Kucherenko, Child Care Advisor for the Toronto and area region,
Ministry of Education

Dolores Cascone, Education Officer for the Toronto and area region,
Ministry of Education