

**1<sup>st</sup> Annual Parent Conference**  
**Working Together for Student Success**  
**May 3, 2008, North Peace Secondary School**



Please join us at the 1<sup>st</sup> Annual Parent Conference, Working Together for Student Success! This conference is being held Saturday, May 3, 2008 at North Peace Secondary School. All community members are welcome to attend. You will have the opportunity to attend multiple workshops that will explore ways to support your child's growth! Check in will begin at 8:30am, followed by a brief presentation by Larry Espe, Superintendent of School District No.60. Each participant will choose one workshop per session and lunch will be provided. The last session will be completed by 2:50pm followed by fantastic door prizes and closing remarks! We hope you will join us in making this conference a success!

Session details are as follows:

**Session 1: 9:45 - 10:45**

**A. Healthy Eating for Preschoolers and Children**

**Presenter: Jocelyne Jones, Community Nutritionist, Fort St. John Health Unit**

During this conference/presentation parents and/or caregivers will have the opportunity to learn about some of the general recommendations when it comes to feeding your preschooler and/or child. Jocelyne will be talking about Canada's Food Guide, the division of responsibility and the importance of snacking. There will also be tips given in regards to preparing healthier lunches and snacks for your preschooler and/or child. At the end of the session, there will be a question period.

**B. Building Bigger Understandings in Numeracy**

**Presenter: Nancy Maxfield, Learning Assistance Teacher, School District #60**

This session will focus on the importance of children learning 'number sense'. Parents will be presented with opportunities to think of numbers in different ways. Parents will work on improving their number sense and learn fun ways to help their children with math at home.

**C. Supporting Children Who Have Challenging Behaviors**

**Presenter: Tim Ylagen, Counselor, School District 60**

This session will discuss the Continuum of Supports available in schools for students that show challenging behaviors. Information will be presented on different types and levels of intervention based on the individual student needs. An overview of School Behavior Intervention Planning process will be discussed with a focus on the importance of the parents' role in each level of the support process.

**D. Preventing Problem Substance Use: What Every Parent Needs to Know**

**Presenters: Chris Wagner, Counselor, Mental Health and Addiction Services; Kathleen Hume, North Peace Community Resource Services; and Dacia Douhaibi, NENAS/Rising Spirit Youth Centre**

The focus will be on what parents and communities can do to help children avoid problem substance use, and the resources available in Fort St. John to help them with this. Each participant will walk away with information about risk factors for substance abuse, and some practical steps they can take now to ensure their children remain addiction-free.

**E. Career Programs at NPSS**

**Presenters: Brian Campbell, Vice Principal, NPSS; Brian Moore, Teacher, NPSS**

The presenters will discuss some of the Career programs that are offered through NPSS. Topics to be covered: 30 Hour Work Experience; 100 - 120 Hour Work Experience; Green Certification; Secondary School Apprenticeship; Dual - Credit Opportunities; Project Heavy Duty; Residential Construction; Culinary Arts; Transition to Trades and Hairdressing. The presenters will be available to answer questions.

**F. Local Aboriginal History and Culture**

**Presenter: Pat Jansen, Aboriginal Counselor, School District #60**

Pat is passionate about learning and understanding local Aboriginal history. She is of Cree descent. Her formal education includes a History minor, but traditional history has been her main source of knowledge for this presentation.

**G. The Internet and Your Child**

**Presenter: David Vandergugten, Director of Instruction/Technology, School District #60**

This session is an Internet safety and education program for parents. In this session parents will pick up cyber-safety tools to better understand what their kids are doing online and how to protect them from potential dangers.

**H. Speech Impacts Learning: What Parents Can Do to Help**

**Presenter: Paddy-Jo Gill, Speech/Language Pathology Coordinator, School District #60**

Your child has been identified as having difficulty producing sounds and words. Find out the role of the speech/language pathologist and what you can do to help.

**I. AVID Program**

**Presenters: Carleen Andrews, AVID Coordinator, School District #60 & Theresa Hipkiss, AVID Teacher, School District #60**

Come and learn about AVID, a program designed to increase school wide learning and performance. The mission of AVID is to ensure that all students, and most especially students in the middle with academic potential capable of completing an university preparatory path: will succeed in rigorous curriculum; will enter mainstream activities in the school; will increase their enrollment in post secondary education; will become responsible and educated; and will become active participants and leaders in a democratic society. AVID is an academic, regularly scheduled elective class (offered at NPSS and Dr. Kearney Schools) based on writing as a

tool of learning, inquiry method, and collaborative grouping. The three main components of AVID are: academic instruction, tutorial support, and motivational activities.

### **Session 2: 11:00 – 12:00**

#### **A. Building Bigger Understandings in Numeracy**

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#### **B. Promoting and Fostering Healthy Relationships with Your Children**

**Presenter: Donna Grosseth, Counselor, School District #60**

Donna will discuss the following topics:

- cultivating a context of connection and attachment
- understanding and increasing the maturity of children to improve readiness for learning
- putting peer group relationships into perspective
- why a commitment is needed for spending quality time in relationship with the family / with the children
- brainstorming ideas for putting this into practice

#### **C. Preventing Problem Substance Use: What Every Parent Needs to Know**

**Presenter: Chris Wagner, Mental Health and Addictions**

The focus will be on what parents and communities can do to help children avoid problem substance use, and the resources available in Fort St. John to help them with this. Each participant will walk away with information about risk factors for substance abuse, and some practical steps they can take now to ensure their children remain addiction-free. This is a repeat from session 1.

#### **D. Healthy Eating for Teenagers**

**Presenter: Jocelyne Jones, Community Nutritionist, Fort St. John Health Unit**

During this conference presentation, we will be looking at the growing rate of obesity and the impact it has on the health of our future generation. We will also be discussing the recommendations given in Canada's Food Guide and how you as a parent and/or caregiver can help your teenager make healthier food choices. At the end of the session, there will be a question period.

#### **E. Autism Spectrum Disorder - The Invisible Syndrome**

**Presenters: LaRae Stephenson and Barb Fletcher, Inclusion Support Teachers, School District #60**

This presentation will provide a brief introduction to Autism Spectrum Disorders (ASD); the impacts of having autism and some strategies we use to support the child with autism.

#### **F. Children, Parents and Teachers Working Together: Building Strong Partnerships in Literacy Learning**

**Presenter: Tracey Sawchuk, Reading Recovery Teacher Leader, School District #60**

How do children learn to read and write? The most important thing you can do for your child is to encourage a love of reading, writing and learning. Ideas to support literacy development at home are provided. What can the school provide for your child and how does Reading Recovery fit in? The benefits of strong partnerships can be seen when we all work towards the same goal.

#### **G. Anxiety in Children**

**Presenter: Bev Baker, Counselor, School District #60**

Parents play a significant role in supporting their children through anxious times throughout their school years. This session will focus on learning what anxiety is, how to work through anxious times and where to access outside support if needed. Suitable for all parents with kids of any age.

#### **H. Parenting Matters: The Early Years, Precious Years**

**Presenter: Pam Lillico, Program Coordinator for The Family Place at NPCRS**

"Key learning takes place in a child's first six years. This learning sets the stage for success in school and life." Come and explore how you can make a difference in the life of your child. A look at practical parenting and everyday interactions between you and your child that will help prepare your child to succeed in school and life. The focus will be on parenting children birth to six years.

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### **Session 3: 1:00 – 1:50**

#### **A. Emotional Freedom Technique (This is a one hour and forty minute presentation which will run during both session 3 and 4, it will take all afternoon.)**

**Presenter: David Rattray, Counselor, School District #60**

Emotional Freedom Technique - Come and learn a very simple technique that is extremely effective in dealing with various issues such as: extreme anger/rage...sadness...violence...frustration...emotional pain. We will learn the technique, why it works so easily, how to apply it in different situations, and have time to practice it. We will explore ways to use it with younger children as well as teenagers and adults. I like this technique because it is easy to learn, anyone can use it immediately, it works quickly (often in two minutes or less), it is not religious/spiritual, it is non-evasive, and works for all ages. I have been using it for about three years and have yet to find any negative effects.

#### **B. The Power of Ten: How Can I Help My Child Develop an Understanding of Numeracy**

**Presenters: Dawn Gladysz & Jan Waldorf, Classroom Teachers, School District #60**

Has math really changed, or is the teaching focus that is changing? The Power of Ten is a method of teaching numeracy, which puts a major focus on building understanding for students. Children are encouraged to develop an understanding of math concepts rather than simply memorizing. The presenters have worked extensively with the Power of Ten philosophy of Trevor Calkins. They will be sharing some of their strategies and ideas on how to help your child develop numeracy skills at home.

#### **C. Drugs in the Media**

**Presenter: Constable Jeff Jackson, RCMP**

How do our present attitudes towards the "anything goes" lifestyle affect our children, or does it? Do you really know what your children are reading, seeing or believing in their media filled lives? Come and see an informative presentation on some of the real truths behind the advertising that your kids are exposed to. Cst. Jeff Jackson will present a short piece on Targeted: How Tobacco & Alcohol Companies Try to Get You Hooked.

**D. Learning Disabilities**

**Presenter: Kim Boettcher, Learning Disabilities Resource Teacher, School District #60**

Every student has a gift, some just open them sooner than others! In this session, you will learn what the diagnosis of a learning disability means, strategies to help your child learn and ways to keep self-esteem intact as students navigate the education system.

**E. Hold On To Your Kids: Why Parents Need to Matter More Than Peers**

**Presenter: Karl Peterson, Teacher, School District #60**

This workshop is an overview of some of the major causes for the breakdown of parental influence. It will also address some compassionate and common sense solutions for maintaining and if necessary, rebuilding the emotional connections parents need to be successful. The workshop is taken from Gordon Neufeld's, "Hold On To Your Kids: Why Parents Need to Matter More Than Peers." Karl has been certified to teach Gordon Neufeld's courses.

**F. Making the Transition from Pre-School to Kindergarten**

**Presenter: Wanda Forster, Kindergarten Teacher, School District #60**

This session will provide an opportunity to look at how to best transition your child from preschool into Kindergarten. You will receive ideas on how you can spend 'fun time' playing with your child. We'll look at "Things Kindergarten Teachers Want Parents to Know"

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**Session 4: 2:00 – 2:50**

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**B. What is this new “Spelling” and how does it work?**

**Presenter: Louise Neuls, Itinerant Literacy Teacher, School District #60**

We will be looking at what spelling looks like in many classrooms today where students are using *Word Their Way* or *Making Words* programs. By exploring and experiencing the hands-on activities that children experience in the classroom, we will be developing a better understanding of the reasons why students study words differently than we did when we went to school.

**C. BC Guidelines for Food and Beverage Sales in BC Schools, what is it all about?**

**Presenter: Jocelyne Jones, Community Nutritionist, Fort St. John Health Unit**

During this conference/presentation you will be given a general background of the Guidelines for Food and Beverage Sales in BC schools. Basically, I will be talking about their definition, why they were created, where did they come from and what exactly do they apply to. There will also be some examples given of foods that meet the guidelines. At the end of the session, there will be a question period.

**D. The Grad Program**

**Presenter: Griff Peet, Coordinator for Graduation Standards, NPSS**

The graduation standards are intended to prepare students for a successful transition to life after secondary school. In order to meet this goal, Graduation Standards encourage students to:

- take ownership of their own health and learning
- examine and demonstrate connections between their learning and their future
- create a plan for their growth and development as skilled, healthy, knowledgeable, participating citizens
- exhibit attributes of a BC graduate

Griff will discuss how the standards apply to students and how they can work to achieve these standards.

**E. The Early Years**

**Presenter: Michelle Laboucane, North Peace Community Resource Services**

Understanding the Early Years is a national initiative funded by Human Resources and Social Development Canada. The project helps parents, teachers, community organizations and others understand how our young children are doing and how we can work together to help them do better. The session will discuss the “Understanding the Early Years” project and provide participants with information on community resources for parents of preschoolers. For more information about Understanding the Early Years: North Peace, Northern Rockies initiative visit our website [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca).

**F. Making Sense of Adolescence****Presenter: Karl Peterson**

This workshop will give an overview of Neufeld's work around understanding what adolescents go through in their journey to adulthood. This course is designed for anyone who desires to make sense of adolescence. It is based on Gordon Neufeld's "Making Sense of Adolescence." Karl is a certified instructor for Gordon Neufeld's courses.

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This document and additional registration forms are available at [www.prn.bc.ca](http://www.prn.bc.ca).

**Registration forms can be dropped off at any school or you can fax them to 785-6123 on or before April 29, 2008.  
For more information, please contact Lilly Frey at (250) 785-6125 or [lfrey@prn.bc.ca](mailto:lfrey@prn.bc.ca).**