

| | |
|---|--|
| 1B | MATH LITERACY – ELEMENTARY LEVEL |
| <p>Presented by: Tracy Joyce Program Coordinator (RCCDSB)</p> | <p>A belief in our children's ability to learn math is essential. Today, critical thinking, problem solving, reasoning ability and the ability to communicate mathematically are essential skills. These processes are the foundation of mathematics instruction in Ontario schools. When you find ways to engage your child in thinking and talking about mathematics, you are providing an important key for unlocking his or her future success. In this workshop we will examine strategies to help build strong, positive attitudes about math. This session will provide an opportunity for parents or caretakers to learn about the types of mathematics that their children are learning in the classroom, provide activities that can be used at home to support their child and develop their own mathematical thinking and increase their knowledge of general math skills.</p> |
| 1C | THE TEEN BRAIN: UNDER CONSTRUCTION, HANDLE WITH CAUTION |
| <p>Presented by: Teresa Hartnett Director of Family Ministry for the Diocese of Hamilton. She has degrees from McMaster and Brock Universities and a Masters in Religious Education from St. Augustine's Seminary through the University of Toronto. She is also certified in a variety of family and marriage</p> | <p>Contrary to what many believe, the teenage brain is a work in progress and is not yet an adult brain. This workshop will look at some of the physiological aspects of the brain of a teen, as well as provide practical advice on how to assist your teen with their behavior and decision making skills as they navigate these most important years. Nurturing the teenage brain is essential to their healthy development.</p> |

Workshops Round 1

10:45am – 12noon

| | |
|--|--|
| programs. Her experience with numerous agencies and committees gives her extensive knowledge in faith, school, family, communication and parenting issues. | |
| 1D | ALL CHILDREN DESERVE TO REACH THEIR FULL POTENTIAL IN LIFE |
| Presented by: Lyn Smith Children's Poverty Action Network Coordinator | In this workshop Lyn will explain how CPAN along with partners and our community in general, work together to give every child the opportunity to reach their full potential, despite their socioeconomic status. CPAN believes that by eliminating the effects that child poverty has on our children that we can break the cycle of poverty. She will talk about their practical assistance programs, education (of why families end up in poverty) and the advocacy that they do at governmental and local levels. |
| 1E | BULLYING – SAFE SCHOOLS |
| Presented by: Sandy Brannan Safe Schools Coordinator (RCCDSB) | This presentation will explore Safe Schools' Legislation in Ontario. Key topics will include positive school climates, leadership and the role of healthy relationships in combatting bullying. Special emphasis will be given to cyber bullying and being secure online. Parents can expect to receive tips on internet usage, security and helping their children be safe. Participants will be introduced to research-based programs that are available to schools and will be given practical ideas that can be taken back to their own parent and school communities. |

| | |
|--|--|
| 1G | UNDERSTANDING MY TEENAGER IN CRISIS |
| <p>Presented by: Tom Sidney is a Youth Expert with over 20 year's experience working with youth and families in crisis. Tom is a Mental Health Life Coach, the Clinical Director of the Robbie Dean Crisis Centre, a reg. Youth Counsellor and a certified Suicide Prevention Specialist.</p> | <p><i>Finding hope when feeling too tired to climb anymore.</i></p> <p>Teenagers can be a complexity of emotions and behaviours that can send a family into a spiral that feels never ending. This presentation will provide you with a better understanding of your child as well as ways you can work as a team for a happy, healthy family. The presentation will focus on the following topics:</p> <p>A.) How did my child become “this” teenager, B.) Family dynamics during a family crisis C.) How did the adult couple become “only parents”? <i>That sometimes don't like each other! lol.</i></p> <p>This fun, interactive and dynamic presentation can leave you with hope and happiness for a positive, healthy future.</p> |
| 1H | PARENTS, CHILDREN AND TECHNOLOGY |
| <p>Presented by: Natalie McPhedran was a stay-at-home mom for six years and saw firsthand the joys and pitfalls of modern parenthood. She is a sociology graduate from the University of Ottawa. She also has had training in life coaching from Erickson College. She received a diploma from the college three years ago and has provided life-coaching workshops to Canada Post, businesses and schools.</p> | <p>This presentation is ideal for parents and caregivers who want an easy-to-follow guide through the Apps their children are using. Natalia also shares insightful information attained from students she has presented to and coached, so that parents are enlightened to the fact that their children are technological masterminds.</p> |

Workshops Round 1

10:45am – 12noon

| | |
|---|---|
| 1M | EMPOWERING YOUTH TO CHANGE THE WORLD |
| Presented by: Jessica Wilson Educational Programming Manager, Free the Children | This workshop will walk through Free the Children's empowerment model to help you Educate, Engage and Empower youth, no matter what their age. You will leave this workshop feeling inspired and equipped with the tools to help your children build empathy and make a positive impact in their local and global communities. |
| 1N | UNDERSTANDING MY CHILD'S/TEEN'S TEMPERAMENT |
| Presented by: Kate Jones B.A. (Psych/English) M.Ed. specializing in temperament, co- authorized an assessment tool and training guide based on temperament. For over a decade Kate has led numerous workshops in many schools and educational conferences. | This workshop guides parents through an exploration of the four behavioural types, including a discovery of their own type as well as their parenting type. They will then learn how to work more effectively with their respective offspring's temperament pattern, while promoting positive self-esteem in each child/teen. |
| 1Q | SUPER HEROES FOR RESPECT (ELEMENTARY LEVEL) |
| Presented by: Sara Westbrook is a motivational speaker, singer and songwriter - creator of UPowerconcerts. Sara has performed her UPower concerts on Resilience and Respect to over 100,000 students across Ontario. | Through personal stories and songs, Sara Westbrook shares a Choice Making Formula that guides young people to think and act beyond their feelings so that they can choose to be Resilient, Confident and Respectful to themselves and others. When young people don't know how to release their feelings in a healthy way, it's easier for them to hurt themselves and others and to make rash decisions from their feelings. |

| | |
|---|---|
| <p>Through her songs and personal stories she teaches youth to think and act beyond their feelings. Sara wants young people to know that they are not alone and that it is possible to bounce back from challenging times, as long as they have a set of life skills in their back pocket.</p> | |
| <p>1U</p> | <p>UNIQUELY INDIVIDUAL, DISTINCTIVELY DIFFERENT: THE CONUNDRUM OF PARENT-CHILD RELATIONSHIPS</p> |
| <p>Presented by: Dr. Ashleigh Molloy is an energized and motivated leader with a Ph. D in Education with a focus on Diversity, Disability and Special Needs. He is currently the Director of the TransEd Institute where he consults and presents at international conferences on varied current topics that empower. He is a respected Keynote speaker, professor, author and an internationally renowned workshop presenter who has</p> | <p>This session will describe the variety of different worldview perspectives between parents and children. Generational, cultural and gender differences will be explored and affirmed for their uniqueness and value in shaping modern family dynamics. The format will be engaging and multisensory in its delivery, and provide participants with evidence-based strategies and knowledge to support them as they navigate the labyrinth/conundrum of 21st century parenting.”</p> <p><u>Objectives:</u></p> <ol style="list-style-type: none"> 1) Provide a learner centered session that engages and informs. 2) Create a sense of social connectedness. 3) Understand the benefits of divergent thinking in enhancing relationships within a Catholic community. |

Workshops Round 1

10:45am – 12noon

| | |
|---|--|
| <p>appeared on both radio and television. He has devoted himself to the public good through education focused on equity and the building of a school community that includes ALL.</p> | |
| 1X | OUR INCLUSIVE SCHOOLS: REACHING EVERY STUDENT |
| <p>Presented by: Kevin Welbes Godin Ontario English Catholic Teachers Association Special Project Coordinator: Equity and Inclusion</p> | <p>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.</p> |
| 1Y | UNDERSTANDING EQAO ASSESSMENTS |
| <p>Presented by: Mike Young Principal, School Support and Outreach, EQAO Office</p> | <p>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 student's 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.</p> |

| | |
|---|--|
| 1Z | COMPLACENCY – THE GREATEST THREAT TO CATHOLIC EDUCATION |
| Presented by: Carole Allen Project Manager – Friends and Advocates of Catholic Education | The FACE Project was started to: Boost confidence in Catholic Education within the Catholic community, Raise awareness of the good work of Catholic schools among policy decision-makers, Protect public funding and Inoculate Catholic Education against detractors. Participate in this workshop, and find out more of what you can do to protect our Catholic Education System. |