

# TLC CONFERENCE

Teach

Learn

Care

## April 25, 2025

### Sardis Secondary School

## *Keynote: Shane Koyczan*

#### Agenda

8:00 - 8:30am	Coffee Connections
8:30 - 9:30am	Welcome/Keynote
9:30 - 11:00am	Session A
11:00 - 11:30am	Light Snack Break - Check out the vendors!
11:30am - 1:00pm	Session B
9:30am - 1:00pm	Session C

Participants are encouraged to meet with colleagues for lunch after 1pm and claim the cost on the "Lunches Only" Request form in June!

To register please email your first and second choices to:  
[office@chilliwackteachers.com](mailto:office@chilliwackteachers.com)



- TLC Conference is free for SD33 teachers
- Some sessions have limited space so register early!

# Our Keynote



## Links:

[To This Day - YouTube](#)

[Shane Koyczan - Shoulders](#)

[TED Talk: To This Day](#)

[Blue Dot Tour](#)

[Shane on YouTube](#)

[Performance Video](#)

[Interview Clip](#)

## More Links:

[A Bruise On Light – Kickstarter](#)

[A Bruise On Light – Apple Books](#)

[Silence Is A Song – Blog Post](#)

[Performance Video](#)

[Merch Store](#)

[Inconvenient Skin – Theytus Books](#)

## Shane Koyczan

There are some artists who happen to be in the right place at the right time... that moment when the door is still slightly open and there's just enough space to sneak through.

Then there are those artists who find themselves standing in front of a closed door, but instead of waiting for it to open they kick it in to go through. In the rise of Spoken Word's popularity, that open door cannot be discussed without saying the name Shane Koyczan.

In 2010, the world caught a glimpse of Koyczan's prodigious talent with his presentation at the opening ceremonies of the Winter Olympics in Vancouver. This stand-out performance helped shine a light on this street poet from Vancouver's downtown east side.

Shane had been an artist, inches away from living on the street, who even in those troubled times was putting out work like *To This Day*, a video that's garnered 24 million views and is used worldwide in classrooms as a teaching tool, as well in speech and forensic competitions. His second book, *Stickboy*, was adapted into an opera by Vancouver Opera. His voice has been sought after by luminaries like George Miller, who worked with Shane on *Mad Max: Fury Road*. Koyczan also created the piece, *Shoulders*, which he toured with David Suzuki as part of The Blue Dot Tour, a movement to enshrine environmental rights in the constitution.

A collaborator with artists such as Ani DiFranco, Dan Mangan, Tanya Tagaq, and others, Koyczan has elevated the art form of Spoken Word from its humble beginnings in after-hour cafes to stages both grand and distant. Shane brings an authenticity to his work that connects with audiences, as evidenced by his fiercely honest TED Talk, which highlights the kind of humanity he brings to each performance.

In 2017 Shane invited us deep into family trauma with the documentary "*Shut Up And Say Something*", an emotional trip through his past as he comes to terms with his estranged father. The film went on to win Most Popular Documentary at Vancouver International Film Festival, moving audiences with its bravery and vulnerability.

After a number of critical successes in the book world, Shane chose to depart from convention and carve out his own path as an independent artist. Koyczan launched his own publishing house, Stickboy Press, whose first collection was brought to life by a crowd funding campaign in which 1,688 backers pledged \$91,154 to make *A Bruise On Light*, a Guinness record holder as the most money raised through crowdfunding for a book of poetry. Shane followed this success by publishing two graphic novels, *Silence Is A Song I Know All The Words To* and *Turn On A Light*.

A self-motivating machine, Shane also recently released a new collection of poems called *The Basement In My Attic*, and worked with Theytus Books to publish *Inconvenient Skin*, a journey into Canada's own troubled history with residential schools and the treatment of indigenous people.

It feels safe to say that there seems no territory beyond the reach of Koyczan's pen or of his heart. An artist whose work has transgressed genres and given breath to a new generation of voices, Shane Koyczan wears the mantle of human and dares others to discover what that means.

## A Sessions At A Glance

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You will receive registration confirmation by return email.

## B Sessions At A Glance

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## C Sessions At A Glance

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***Be sure to visit the Vendors Tables at the break!***

***Discovery Toys***  
***Great Blue Heron Reserve***  
***Savoir Books***  
***Project AIM***  
***Agassiz Earthwise Society***  
***FV Regional Library***  
***EF Educational Tours***  
***PITA***  
***BCSCTA (Science Educators)***  
***.....and more!***



## Session A 9:30 - 11:00am

### A.1 Nurture Starts With You

**Presenter: Julianne Harvey, Ruby Finch Books**

As a teacher you offer daily nurture and care to your students but how skilled are you at nurturing yourself? We cannot pour from an empty cup so it's essential that we prioritize our own self-care to replenish energy so we don't burn out. In this gentle session learn why it's not selfish to nurture yourself first. You will leave with practical strategies for improved rhythm, rest, sustainable creative practices, and a strong sense of your core identity for building resilience.

**Target Audience: All**

### A.2 Calm Classrooms: Yoga for Emotional Regulation

**Presenter: Britt Zurowski, Valley Bee Yoga**

Learn simple, trauma informed yoga movements and breath work techniques to support students' nervous systems and foster a calm, focussed classroom. This workshop equips teachers with tools to build resilience, regulate emotions, and create a safe and grounded learning environment. No yoga experience required!

**Target Audience: All**

### A.3 Implementing Archery into your School

**Presenter: A Garsson/C Lim, BC Wildlife Federation**

Our introduction to archery course will give an overview of the National Archery in School Program and the benefits of teaching archery. You will have an overview of techniques learned in an official Basic Archery Instructor course.

**Target Audience: Grades 4 - 12**

### A.4 Sardis Secondary Agriculture Program

**Presenter: Joe Massie, SD33**

Teachers taking this workshop will get a tour of the SSS farm and learn about opportunities for involvement. We will also discuss strategies for outside-the-box education, including off-campus teaching, applying learning to real-life situations, and what goes into running a large program like the SSS Farm. Dress for the weather, gardening gloves are optional.

*(B.4 Repeat Session)*

**Target Audience: All**

### A.5 Writing Modern Monsters: Creatures, Mythology and Folklore

**Presenter: Andrew Buckley, Author**

From sparkly vampire to teenage werewolves and witches, modern monsters come in all shapes and sizes. This interactive workshop examines the origins of famous creature stories, exploring things that go bump in the night, and how to look at old myths with a modern edge. *(Warning: Many monsters have been created in this workshop)*

**Target Audience: Grades 6 - 12**

### A.6 Queering the Classroom: Teaching Trans & Non-Binary Through Storytelling

**Presenter: Finnian Burnett, Author**

How can we engage students in meaningful discussions about gender and identity while also navigating evolving language with confidence? The answer: storytelling. In this hand-on generative workshop you'll explore LGBTQ+ narratives as a powerful tool for understanding identity, representation, and language in the classroom. You will read and analyze short fiction by LGBTQ+ authors, write your own narratives and tackle common challenges like using they/them as a singular pronoun and incorporating neo-pronouns in a way that feels natural. Through guided writing prompts, interactive discussions and practical classroom strategies, you will leave with new tools to confidently bring LGBTQ+ voices into your curriculum without fear of "getting it wrong".

**Target Audience: Grades 6 - 12**

### A.7 Supporting 2SLGBTQIA Students and Staff

**Presenter: Marianna Robitaille/Christina Billingham, BCTF**

Participants will have the opportunity to develop their knowledge of the experiences of queer staff and students and their unique needs and challenges within the context of regressive political movements and ideologies organizing against SOGI education. We will touch on tangible steps to take to ensure queer folks in your schools feel safe, seen and supported.

**Target Audience: All**

**Session A 9:30 - 11:00am****A.8 Hitchhiker's Guide to Writing Rubrics****Presenter: Stephen Wilhite, SD33**

Rubrics are a powerful learning and assessment tool, however, finding the right rubric can be a pain and making one can be difficult and time consuming. And what if it doesn't even work? This workshop is going to be your helpful guide through a difficult process - making rubrics that work.

**Target Audience: All****A.9 Coding Robotics in the Classroom****Presenter: Dereck Dirom, Gearbots STEM Program**

This hands-on workshop introduces educators to the dynamic world of coding and robotics, merging STEM education with real-worlds career exploration. Participants will delve into computational thinking and ADST curriculum while fostering creative, collaborative and critical thinking. The workshop emphasizes cultivating a maker mindset, building confidence, and promoting resilience and determination, all while mastering the order of operations in a robotic project. By integrating these essential skills, your students will gain a deeper understanding of STEM opportunities, empowering them to pursue future careers in technology and engineering. Participants need to bring their own laptops.

**Target Audience: Grades 4 - 8****A.10 Mild, Medium or Spicy Math?****Presenter: Stephanie Baird, SD33**

Using Peter Liledahl's spice levels, learn how to simplify your math groups and rotations in a fun and focussed way. Utilizing past and current skill partake in heats with levelled questions can simplify your planning and make your group and instruction planning data driven. Discuss how consistent short hand notes can streamline the process to creating numeracy instruction and running records. Exemplars and a unit overview will be provided to showcase successful implementation.

**Target Audience: Grades 3 - 8****A.11 Smarter Science Steps to Inquiry****Presenter: Jessica Hohner, SD33**

Whether you're a Grade 1 teachers with students exploring light for the first time, or a grade 12 physics teacher looking to support your student to design their own experiments, this resource is for you! It provides levelled scaffolding for all students to be able to make observations, ask their own questions, and select variables to design experiments. We will explore how to use these steps to support students at any level to think deeply about science.

**Target Audience: All****A.12 Improv in the Classroom****Presenter: Kevin Sigaty, SD33**

Theatre Sports and Improv is fun to watch and even more fun to do. It is an opportunity to be in the moment, learn how to support others and develop confidence while engaging in structured silliness. Participants will experience what it is like to do theatre sports and explore ways of incorporating improv into the classroom. Whether doing academics, problem-solving, or simply having fun, theatre sports can liven up any classroom. Come prepared to move.

**Target Audience: All****A.13 One Drive - Tips and Tricks****Presenters: Clayton Willms/Scott Gregory, SD33**

This workshop will demonstrate some tips and tricks with One-Drive. Most of the session will be allocated to helping solve any problems or questions you may have about One-Drive. Participants are encouraged to bring their own devices but this is not required. Please feel free to email us with question ahead of time to help us prep solutions.

**Target Audience: All****A.14 Electric Circuit Holiday Cards****Presenters: Korissa Heibner/Bev Hagerman, SD33**

This workshop is specifically linked to Science 9 and Physics 11 curriculums. You will build a paper circuit electronics holiday card which is perfect for your circuit/electricity units. Participants will create their own cord, gain templates and learn construction tips.

**Target Audience: Grades 9 - 12**

**Session A 9:30 - 11:00am****A.15 Attendance Counts! Supporting Attendance of First Nation's Students****Presenters: Marianne Beveridge/Kim Hancock/Adam Graham, SD33**

Utilizing the First Nations Education Steering Committee's teacher toolkit, we will present the current data from the How We Are Doing Reports, identify the importance of and barriers to attending school, and explore FNESC-recommended strategies for supporting strong attendance. All participants will receive a copy of the toolkit.

**Target Audience: All****A.16 Carve Your Hearts Out!****Presenter: Erin Larsen, Care2Carve**

In just 4 simple steps carvers will create and wear a beautiful heart-shaped pendant. We will learn about soapstone (where it comes from, unique qualities), proper tool usage, maintenance/storage and safety do's/don'ts. This will be followed by techniques in carving, sanding and polishing and at the end of class we will share our work and get ideas for next time!  
(B.16 Repeat Session)

**Target Audience: All****A.17 AI & I: Empowering Student Creativity****Presenter: Miranda Krogstad, YYSpeak**

Inspired by Krogstad's experience writing with the Wilder Institute and Calgary Zoo, try some cross-curricular activities to capture wildlife and the larger conservation messages that they're a part of. Applying creative writing skills and literary devices, we will learn how to observe and describe different animals and their environments. By exposing the strengths and unique qualities of each species and individual, describing tangible behaviours, and finding a relatable message that we can all connect to, we'll sharpen writing tools that we can also apply to other writing & genres. While this is a cross-curricular workshop for Language Arts and Biology, we welcome teachers from other subjects who would like to try out a case study of applying writing skills to other subjects.

**Target Audience: Grades 4-12****A.18 Eco-Anxiety****Presenter: Shelia Joshi, FSEAP**

Climate change is a top global priority among people of all age groups and backgrounds who are experiencing some level of eco-anxiety. This workshop will discuss the psychological impacts of environmental problems as well as the various emotions that are linked with economic and world event anxiety. Attendees will explore how to ease their eco-anxiety and be equipped with tools to effectively deal with feeling overwhelmed and helpless and then manage the unknown personally and professionally.

**Target Audience: All****A.19 Chilliwack through Time: Mapping Change and Reconciliation****Presenter: Steve Clegg, SAY Lands**

Using Sto:lo and Ts'elxwéyeqw maps and knowledge, we will look back in time at pre-contact river alignments and landscapes. Using modern aerial photography and digital mapping we will watch how the landscape of Chilliwack has changed over time through urban development and agriculture. Teachers can use this information to help students understand their surroundings, contemplate environmental and cultural impacts, and consider acts of reconciliation and restoration.

**Target Audience: All****A.20 Building Emotional Resilience in Kids****Presenter: Rashda Munawar, SD35**

This workshop will emphasize strategies for teaching emotional resilience and regulation in the classroom. Teachers will discover creative ways to introduce positive mindset, using engaging activities to help students understand and manage their emotions through the principle of growth mindset. We will engage in scenario analysis to explore real life classroom situation and effective strategies to build resilience in kids. (Repeat session B.20)

**Target Audience: Grades K - 5**



## Session B 11:30am - 1:00pm

### B.1 How to Say No

**Presenter: Julianne Harvey, Ruby Finch Books**

Teachers give a lot of themselves, so preserving energy is an important skill with increased demands on our time and resources. Decisions must be made to manage stress and avoid burn out. In this session, we'll examine why it can be so hard to say no. We'll cover handling the disappointment of others, strategy for setting and maintaining strong relationship boundaries, and creating more space to enjoy life instead of feeling 'crazy busy'. Prioritize your own mental health by learning how to say no with kindness and without guilt so your students can see how it's done.

**Target Audience: All**

### B.2 Making Sense of Your Teachers Pension Plan

**Presenter: Elizabeth MacKenzie, BCRTA**

This workshop will help you understand the Teachers Pension Plan (TPP) and government pensions (CPP, OAS). Government health benefits (BC Medical, Pharma Care) and voluntary group benefits (Extended Health, Dental and Travel Insurance) and your Salary Indemnity premiums will also be covered.

**Target Audience: All**

### B.3 Teaching Outdoor Safety and Navigation

**Presenters: A Garsson/C Lim, BC Wildlife Federation**

This workshop will teach shelter building and orienteering with a compass to give your students basic survival skills.

**Target Audience: Grades 4 - 12**

### B.4 Sardis Secondary Agriculture Program

**Presenter: Joe Massie, SD33**

Teachers taking this workshop will get a tour of the SSS farm and learn about opportunities for involvement. We will also discuss strategies for outside-the-box education, including off-campus teaching, applying learning to real-life situations and what goes into running a large program like the SSS Farm. *(A.4 Repeat Session)*

**Target Audience: All**

### B.5 The Deadly Dinner Party: Writing a Murder Mystery 101

**Presenter: Andrew Buckley, Author**

Fair warning, someone is about to meet an unfortunate fate in this immersive writing workshop experience. This interactive workshop will guide you through the process of creating a captivating storyline, developing intriguing characters and constructing clever clues. Explore the art of suspense and unravel the secrets behind a thrilling whodunnit murder mystery.

**Target Audience: Grades 6 - 12**

### B.6 Come Alive! Developing Characters through Role Play and Storytelling

**Presenter: Finnian Burnett**

What do Sherlock Holmes, Hermione Granger and Captain Kirk have in common? They leap off the page and in this interactive workshop, your characters (and your students' characters) will too! Everything great comes from characters first: setting, plotting, point of view, conflict. They all rely on character to come alive. Using role-playing techniques (prepare to act, my friends!), verbal storytelling and deep-dive character investigation, you will bring characters to life in a way that feels real, not just written. You'll create detailed character worksheets, uncover hidden motivations and practice storytelling exercises that you can take straight into the classroom. Lessons in this class can be applied to new characters for creative writing exercises and existing characters for deep dives into literature analysis.

**Target Audience: Grades 6 - 12**

### B.7 CANVA in the Classroom

**Presenter: Robyn Page, SD33**

Ready to bring creativity into your classroom? In this workshop, we'll dive into the world of Canva and explore how to use its versatile tools to design graphs, organizers, create engaging slides, and empower students to create their own projects. This session will provide you with the skills to navigate Canva's features with ease, helping you make learning more interactive and visually engaging. Please bring your laptop so you can follow along and start creating right away!

**Target Audience: All**

## Session B 11:30 - 1:00pm

### B.8 Anti-Indigenous Racism

**Presenter: Denise Hendry, BCTF**

Anti-indigenous racism is the issue of our time. The history of colonization in Canada was based on stealing the land and developing social-political attitudes that justified theft and abuse. COVID-19 has given us the opportunity to look squarely at the racism responsible for marginalizing First Nations, Metis and Inuit, residential schools, impoverished reserves, the Sixties-Millennial Scoops, boil-water advisories, Murdered and Missing Indigenous Women and Girls, environmental degradation, and more. The outrage we feel over the recent police killings of innocent young men and women are not new, but people everywhere are paying close attention and demanding justice. This workshop will explore this history and energize the movement to end the ongoing genocide.

**Target Audience: All**

### B.9 Book Clubs, Literature Circles, Groups Reads...Whatever you call it, let's just do it!

**Presenter: Jacqueline Higginbottom, SD33**

Join Jacqueline as she takes you through the journey of... whatever you call them...beginning with how to facilitate the selection of materials, then how to gently lead the student meetings and discussions surrounding the chosen stories. She will also share a variety of assessment strategies and project ideas. You will learn strategies to engage students, to help build their literacy skills and inspire a love of reading. You will leave the session eager to get started with your groups on Monday... whether you call them Book Clubs, Lit Circles or....

**Target Audience: All**

### B.10 Proficiency Scale in Mathematics

**Presenter: Maria Gorelova, SD33**

What does being proficient at a math concept look like in your classroom? Explore how to communicate to students what they should be able to 'do' to demonstrate an emerging, developing, proficient, or extending understanding in math. We will work together to unpack math concepts into learning outcomes using the proficiency scale language and create rubrics!

**Target Audience: Grades 6 - 9**

### B.11 Harvesting Stories: Exploring BC's Food and Farming Through Storybooks

**Presenter: Baireet Mandair, BC Agriculture in the Classroom**

Do you love local produce? Do you like growing your own fruits and vegetables? Are you looking for simple ways to share this enthusiasm with your students? This storybook-focussed workshop will provide you with titles, lesson plans and active ties. We will share the narrative of BC's food and farming with free resources offering current information about where our food comes from and the growing programs teachers can apply for. Inspire your students about BC food and gardening!

**Target Audience: All**

### B.12 Out in Schools Presenters: Gavin Somers, Danny Lybeck, Faly Meymanana, Out In Schools Program

Join out in Schools for an informative and engaging workshop on supporting 2SLGBTQIA+ inclusion in the classroom and beyond. This workshop will help grow the knowledge of educators towards moving beyond the basics of allyship and inclusion. Using an inquiry-based learning approach, you will explore the value of diverse 2SLGBTQIA+ representations using film and personal narrative. Participants will gain access to tools and resources for the classroom to create a learning environment that is supportive and celebratory for students of all sexual orientation and gender identities.

**Target Audience: All**

### B.13 Intro to Ultimate Frisbee

**Presenter: Iain Gardner, SD33**

Ultimate Frisbee truly is the ultimate sport for school and for life. This non-contact, self-officiated sport is an ideal option for student of any age. It can be easily modified based on age, skill level, number of participants and field space available. It's also an excellent outlet for adults. Did you know Chilliwack has an adult drop-in league?

**Target Audience: All**

**Session B 11:30 - 1:00pm****B.14 Teaching Astronomy in the Classroom****Presenter: Bill Burnyeat, Canadian Planetariums**

Many teachers wish to introduce their students to astronomy but find it difficult to find "a way in". This workshop will give hints on practical strategies and activities that can be done in the school without special equipment. The lesson will move inside the portable planetarium where the night sky is seen and the lessons made clear by watching the night sky.

**Target Audience: All****B.15 Engage, Inspire, Teach: Core French Strategies****Presenter: Tanya Campbell, BCATML, SD36**

Teaching Core French can be fun and rewarding! In this workshop you will learn how to create a joyful learning environment using games, music and activities that keep students engaged while using the French language. Tanya will share practical strategies you can use immediately. Discover engaging games, curated YouTube videos and techniques for creating authentic learning experiences. You'll also explore simple digital tools that support French learning. Walk away with ideas and ready-to-use activities to make French lessons fun for you and your students.

**Target Audience: Grades 5 - 7****B.16 Carve Your Hearts Out!****Presenter: Erin Larsen, Care2Carve**

In just 4 simple steps carvers will create and wear a beautiful heart-shaped pendant. We will learn about soapstone (where it comes from, unique qualities), proper tool usage, maintenance/storage and safety do's/don'ts. This will be followed by techniques in carving, sanding and polishing and at the end of class we will share our work and get ideas for next time!

*(A.16 Repeat Session)***Target Audience: All****B.17 Wild At Heart: Cross-disciplinary Writing Techniques****Presenter: Miranda Krogstad, YYSpeak**

Unlock the future of writing in your classroom with this innovative workshop. Imagine a space where AI isn't just a tool but a trusted writing partner, enhancing your students' creative processes without overshadowing their unique voices. In this session, you'll dive into cutting-edge activities that harness the power of AI resources like Chat GPT and AI imagery services. Together, we'll explore how these tools can sharpen descriptive language, generate rich literary devices, and expand our students' knowledge and capabilities. Join in on a journey that combines technology and creativity, ensuring your students emerge as confident writers and thinkers in this technological era!

**Target Age: Grades 7-12 (could be modified down to grade 4 or 5)****B.18 Burnout Prevention Techniques****Presenter: Shelia Joshi, FSEAP**

This workshop will set out the medical description of burnout, the difference between burnout and stress, and the various warning signs of burnout. Poor habits are identified, which can more easily lead to burnout, as well as practical tools and techniques to prevent burnout which can be applied both personally and professionally.

**Target Audience: All****B.19 Beginner Watercolours****Presenter: Jessica Cordeiro, SD33**

Watercolour is a versatile and beginner-friendly medium that brings a fresh, fluid feel to painting. Its unique qualities, soft transparencies, vibrant blends, and natural textures, make it a favourite for artists of all skill levels. Learn basic watercolour techniques to create beautiful pieces of art while practicing mindfulness and promoting relaxation.

**Target Audience: All****B.20 Building Emotional Resilience in Kids****Presenter: Rashda Munawar, SD35**

This workshop will emphasize strategies for teaching emotional resilience and regulation in the classroom. Teachers will discover creative ways to introduce positive mindset, using engaging activities to help students understand and manage their emotions through the principle of growth mindset. We will engage in scenario analysis to explore real life classroom situations and effective strategies to build resilience in kids. *(Repeat session A.20)*

**Target Audience: Grades K - 5**

**Session C 9:30am - 1:00pm****C.1 Balance & Flow: The Art of Slacklining****Presenter: Dustin de Jong, SD33**

Join Dustin in this introduction to the world of slacklining, where we will explore concepts of balance and flow and discover the benefits of incorporating slacklining into your classroom and school. The session kicks off with fun team-building activities to warm up, followed by a brief yoga session featuring carefully selected poses designed to relax, stretch and strengthen your body, enhancing your spatial awareness and balance. After delving into a brief history and theory of the sport we will take a safe step beyond your comfort zone and experience the thrill of defying gravity!

**Target Audience: Grades 4 - 12****C.2 Intro to Hand Building with Clay****Presenter: Khaila Piorecky/Daalim Kee, SD33**

Participants will learn the basics of hand building techniques with clay. Pinch, slab, coil and sculpting techniques will be explored. Methods for creating will be easily integrated into your curriculum. Participants will create a clay vessel they will be able to keep after it's been fired.

**You will meet in the GW Graham Secondary Art Room B112 at 9:30am.****Target Audience: All****C.3 Make Your Own School Merch!****Presenter: Kendall James, SD33**

This workshop will take you through how to design, print and press your own T-shirt! Utilizing our Direct to Film (DTF) printer, making T-shirts has never been easier. Learn a new skill that you can bring into your school/classroom and leave the workshop with some new school swag.

**You will meet in the GW Graham Secondary Art Room C183 at 9:30am.****Target Audience: Grades 9 - 12****C.4 Bully Back Off!****Presenter: Steve Andrews, Bully Back Off**

This is an interactive and fun workshop (yes, despite the topic!). It will allow participants to learn the methods and skills necessary to put an end to bullying. Included in this program are ways in which participants can personally end any bullying they encounter, teach anti-bullying skills to other professionals, encourage students to be 'up standers' not just 'by-standers' and provide emotional support to their peers. Participants will also learn strategies to work with those prone to bullying.

**Target Audience: All****C.5 Just Keep Singing!****Presenter: Frances Roberts**

The focus of this workshop is healthy, happy singing for all ages. Keeping the fun and joy in group singing with SOLFA, rounds, body percussion and song games. Learn to teach listening skills, ear training, voice and an age appropriate repertoire (Kodaly Solfege approach). We will address conducting a choir and engaging in current concerns in the choral classroom.

**Target Audience: Grades 4 - 12****C.6 Violence in the Workplace****Presenter: Darren Companion, BCTF**

Workplace violence is becoming an increasing concern in the education sector. Every year an increasing number of workers in schools are victims of threats and violence in the performance of their jobs. This workshop explores the definition of violence, types of violence and what is required to assess and plan to eliminate or reduce risks. The workshop discussion includes risk assessment, safety plans, privacy issues and the right to know, all with a focus on keeping workers safe.

**Target Audience: All**

## Session C 9:30am - 1:00pm

### C.7 Wild Food Foraging Tour Walk

**Presenter: Raeanna Layfield, Foraging with You**

Enjoy a three hour foraging tour, walk-through the lush forest of Chilliwack guided by our red seal chef and foraging guide. You will learn how to properly identify wild edible plants and fungi, along with how to cook or preserve them in your kitchen. The tour includes a wild food snack and herbal tea refreshment to connect you to nature and elevate your food cultures experience. Please dress for the weather and wear walking/hiking shoes, baseball hat, long pants and long sleeve shirt. Bring water and, if possible, a safe foraging knife and foraging bag.

**Please meet in the SSS lobby at 9:30am.**

**Target Audience: Grades K - 9**

### ~~C.8 What's New with the WIAT4CDN - Cancelled~~

### C.9 Witnessing Ts'elxwéyeqw: Journeying through Stories Bus Tour

**Presenters: Mariam Rehman/Stephan Biela, SD33**

This hop-on, hop-off bus trip introduces participants to four significant places in Ts'elxwéyeqw history (l'óythel, Támiyehó:y Stitó:s and Swí:lcha). This trip was piloted with sixty English First Peoples Grade 11 students and two yellow school buses on a crisp autumn morning. At each stop you will hear stories, walk in the footsteps of the first inhabitants of this place and gain insights into Stó:lō ways of knowing. You will stand in a circle in a 4800 year -old village site, sit above the mysterious waters of a supernatural being's home and contemplate the significance of a public art piece. As you journey through these places and become witnesses to these stories, your understanding of our school district's land acknowledgement will deepen. This trip visits remote recreation sites with rugged terrain. Please dress for the weather, slippery logs, muddy paths and cool forest temperatures. Please bring water (*food will be provided*).

**Please meet in the Vedder Middle School parking lot before bus departure time of 8:30am.**

**Target Audience: All**

