



CUPE 1099 PROFESSIONAL DEVELOPMENT CONFERENCE

February 6-7, 2025

Paul Kane High School
12 Cunningham Road, St. Albert

Registration and event site:

www.cupe1099.ca/pd2025

[Registration closes January 24th at 11:00 PM](#)

Welcome to CUPE Local 1099's annual professional development conference! We are very excited to welcome you this year to Paul Kane High School for our annual PD conference!

On Friday Morning we have some sessions that run 1 hour long, and some that are 2.5 hours. Please read the sign ups carefully to make sure your morning is filled.

You can use the schedule on the next page to help plan your day!

We will be hosting a food drive for the St. Albert Food Bank. Donations will be collected both mornings. Please bring non-perishable items to donate if you are able to. Our 50/50 draw will also benefit the St. Albert Food Bank. 50/50 tickets are \$2 (cash only please) and will be sold on Thursday and Friday morning, with the draw taking place Friday at lunch time!

Remember to bring your water bottle with you! Doors open on Thursday at 8:30, and Friday at 8:00.

On Friday, we will be providing a catered lunch from Donna's Catering. Please indicate when registering if you will be staying for lunch on Friday.

The PD Committee has been working hard for the last few months to bring you a variety of quality workshops. The committee will be sending you confirmation of the sessions you have registered for in the week prior to the conference.

If you are taking time in lieu, working at the school, or taking days without pay, please print and complete the permission to not attend form, have your principal or designate sign off, and send to Craig Arnold at District Office in the school mail. If you will be absent, you are required to enter your absence in Atrieve.

Please note! All registrations are final.

Due to classrooms having limited space, we are unable to accommodate members changing sessions. Please make your selections carefully.

We would like to extend a special thank you to the members of the PD Day organizing committee. They have done an incredible job gathering information and booking sessions over the last several months. Thank you to Heidi Hovis (WDC), Heather Hansen (ESG), Erik Hornung (JMD), Thuy Arbour (LN), Amanda Ansah (RH), Autumn Maronik (ESG), and Craig Arnold (DO).

Thank you and have a great conference!

THURSDAY MORNING KEYNOTE

SESSION	START	END	PRESENTER	DESCRIPTION
Meet & Greet and Refreshments	8:30	9:00		<i>Doors open at 8:30. Spend some time catching up with your colleagues! Coffee, tea, and pastries will be available.</i>
CUPE Remarks and Prize Draws	9:00	9:20	Heidi Hovis Craig Arnold	<i>Heidi and Craig will draw names for door prizes!</i>
Incident Reporting Information	9:30	9:50	Madison Kine-Donahue – HR Manager Heidi Hovis	<i>Madison and Heidi will speak about the school division's incident reporting procedures</i>
Keynote Speaker	10:00	11:00	Candice Rockwell	<i>TBA</i>

2025 PD Conference – Your Schedule

THURSDAY		
SESSION	START	END
MORNING		
<i>Refreshments, Welcome & Keynote</i>	<i>8:30</i>	<i>11:00</i>
<i>Lunch on your own</i>	<i>11:00</i>	<i>12:30</i>
AFTERNOON		
	<i>12:30</i>	<i>3:00</i>

FRIDAY		
SESSION	START	END
MORNING		
<i>Session 1</i>	<i>8:30</i>	<i>9:30</i>
<i>Session 2</i>	<i>10:00</i>	<i>11:00</i>
<i>Lunch provided</i>	<i>11:00</i>	<i>12:00</i>
AFTERNOON		
	<i>12:00</i>	<i>2:30</i>

CUPE 1099
FOOD DRIVE
IN SUPPORT OF THE ST. ALBERT FOOD BANK



FEB 6 & 7, 2025 - AT OUR TWO DAY CONFERENCE

WE WILL COLLECT DONATIONS DURING BOTH MORNINGS OF OUR CONFERENCE. LOOK FOR THE ST ALBERT FOOD BANK BOXES ON SITE!

WHAT CAN YOU DONATE? HERE ARE SOME EXAMPLES...

- BOXED MILK FOR ALL THE CEREAL AND MEAL KITS
- CANNED FOOD IS GREAT BUT CAN OPENERS WOULD HELP TOO!
- OILS ARE AN INGREDIENT MEAL KITS OFTEN NEED (VEGETABLE, CANOLA, COCONUT)
- A REAL GIFT: SPICES, SALT AND PEPPER
- COMFORT DRINKS: TEA BAGS, COFFEE
- BAKING ESSENTIALS: SUGAR, FLOUR, BAKING SODA, BAKING POWDER, ETC.
- CAKE MIX AND FROSTING MAKES A BIRTHDAY STAND OUT
- CLEANING PRODUCTS: DISHWASHING DETERGENT
- HYGIENE PRODUCTS: TP, TISSUE, PADS AND TAMPONS

BOTH-DAY SESSIONS

BOTH-DAY SESSIONS

SESSION	START	END	PRESENTER	DESCRIPTION
First Aid Training with CPR	Thurs 8:30	Thurs 3:00	Danny Rose	<i>MAXIMUM of 18 People Canadian Red Cross Intermediate First Aid with CPR Level C. Note: this session will incur a cost to your school/site. Your attendance will not be confirmed until the online registration AND payment form are received.</i>
	Fri 8:30	Fri 2:30		
Mental Health First Aid	Thurs 12:30	Thurs 3:00	Catalyst Training Services	<i>MAXIMUM 25. Minimum 8 participants are required for this session to proceed. A 1-2 hour self-directed module must be finished prior to Jan. 31st in order to attend the sessions.</i>
	Fri 8:30	Fri 2:30		

INTERMEDIATE FIRST AID WITH CPR LEVEL C PAYMENT AUTHORIZATION

_____ (print name)

has been given permission to attend the First Aid Training with CPR Level C with costs to be expensed to the school/site.

Cost to school/site: Approximately \$30 - 40 (depending on total number of registrants)

CUPE Member Signature: X _____

Principal/Designate Signature: X _____

School/Site: _____

CHECK to confirm	
I have completed the Eventbrite registration:	

Please submit this form in the school mail to Craig Arnold @ District Office.

THURSDAY AFTERNOON SESSIONS

12:30 – 3:00 PM

SESSION	PRESENTER	DESCRIPTION
<p>MMIW Art</p> <p>Connections to Land</p>	<p>Amy Watson</p>	<p>MMIW Art We will delve into the conversation about how Indigenous people, particularly women and girls, are portrayed in the media and the resulting impact on societal perceptions and stereotypes. This discussion will set the stage for a creative exploration where you will create two art pieces: one reflecting the stereotypes you face and another showcasing the qualities and truths you believe should define you. This project not only fosters artistic expression but also encourages critical thinking about media representation and personal identity.</p> <p>Connections to Land Explore the profound relationship between Indigenous peoples and the land in this insightful session. We will discuss the deep connections that Indigenous cultures have with their environment, emphasizing why these bonds are crucial and how they can benefit both you and your students. The session includes an introduction to local medicinal plants, offering a unique opportunity for you to see and touch plants still used today for their healing properties. By highlighting how the land supports and sustains us, this session fosters a greater appreciation for the natural world and its role in our well-being.</p>
<p>Autism Spectrum Disorder: Characteristics, Challenges, and Strategies for Educational Assistants</p>	<p>Shawn Reynolds, Ph.D, R.Psych</p>	<p>This presentation will focus on the characteristics of Autism, with strategies to work with students diagnosed with Autism as well as those who aren't formally diagnosed, but who show challenges that are similar. This is designed as an interactive presentation, with opportunities for discussion as well as a Q & A for the final half hour.</p>

THURSDAY AFTERNOON SESSIONS

12:30 – 3:00 PM

<p>Flow Yoga & Intro to Meditation (bring a Yoga Mat)</p>	<p>Timmie Horvath Sacred Wellness School of Healing Arts</p>	<p>Flow Yoga In this Flow Yoga class, you will be taken through a series of graceful, flowing movements, linking body and breath. Aimed at stretching your body, relieving tension, and fostering a moment of peace, this gentle yet rejuvenating yoga practice provides an ideal opportunity to rejuvenate your mind and body. Intro to Meditation Learn how to meditate with our 60-minute Intro to Meditation class! Designed for people new to meditation or those looking to deepen their practice, this session introduces the core principles of mindfulness meditation. This class focuses on being present, observing thoughts without judgment, and incorporating mindfulness into daily life.</p>
<p>Classroom Mental Health</p>	<p>Teresa Brown Institute of Child Psychology</p>	<p>This workshop will help you to decode behaviours, understand the signs of common psychological issues, and empower you with the tools to help bring your students to a place of connection and safety. Educators will gain a toolbox of strategies to help children who are struggling with relationships in the classroom, anxiety, emotional regulation, depression and attention- based issues. Connection, co-regulation, respectful communication and resilience are central themes in helping you to create a classroom that is inclusive, safe, and deeply accepting of all students.</p>
<p>Autism 101</p>	<p>Douglas Parsons Autism Society of Edmonton Area</p>	<p>Autism 101 - An Introduction -Overview of Autism -Characteristics of Autism -How sensory processing works. -Sensory Toolbox -Introduction to visual supports -How to support(basic)</p>

THURSDAY AFTERNOON SESSIONS

12:30 – 3:00 PM

Vision Board Quest 202	Jody Crawford Attract Energy	In this hands-on session, we'll explore five key areas of wellness—physical, emotional, mental, social, and spiritual. You'll reflect on what you desire most in these areas, gain clarity on your goals, and bring them to life by creating a vision board that visually represents your future.
Supporting our 2SLGBTQIA Students During These Uncertain Times	Star Oldring Fyrefly Institute	TBA

FRIDAY MORNING SESSIONS

8:30 – 9:30, 10:00 – 11:00, or 8:30 – 11:00 AM

SESSION	TIME SLOT	PRESENTER	DESCRIPTION
Flow Yoga	8:30 – 9:30	Timmie Horvath Sacred Wellness School of Healing Arts	Flow Yoga (60 minutes) In this Flow Yoga class, you will be taken through a series of graceful, flowing movements, linking body and breath. Aimed at stretching your body, relieving tension, and fostering a moment of peace, this gentle yet rejuvenating yoga practice provides an ideal opportunity to rejuvenate your mind and body.
Tai Chi	8:45 – 9:45	Sensei Brad Abundant Peace	Tai Chi is an ancient mind/body art known for its healing and rejuvenating effects. You will learn a simple, gentle and flowing mini-set of Tai Chi that you will be able to practice on your own
Admin Assistants – PowerSchool Q&A	8:30 – 9:30	Faye Haskins	Bring your questions and experiences to share with others! Topics covered will depend on the questions you ask, and can include things such as PowerSchool SIS, PowerSchool Enrollment, Dossier, a walk through of PowerTeacher and the PowerSchool sub portal, advanced searches, and making sections for athletic teams or clubs, just to name a few.
Getting Ready to Start Your LAPP Pension	8:30 – 10:00	LAPP	LAPP will be on site to present
	Second-half of morning		
Supporting Wellness – ASEBP	10:00 – 11:00	Megan Pharo ASEBP	Presentation about the Employee & Family Assistance Plan available through Inkblot Wellness

FRIDAY MORNING SESSIONS

8:30 – 9:30, 10:00 – 11:00, or 8:30 – 11:00 AM

<p>Intro to Meditation</p>	<p>10:00 – 11:00</p>	<p>Timmie Horvarth Sacred Wellness School of Healing Arts</p>	<p>Learn how to meditate with our 60-minute Intro to Meditation class! Designed for people new to meditation or those looking to deepen their practice, this session introduces the core principles of mindfulness meditation. This class focuses on being present, observing thoughts without judgment, and incorporating mindfulness into daily life.</p>
<p>Chi Gong</p>	<p>10:00 – 11:00</p>	<p>Sensei Brad Abundant Peace</p>	<p>The 5-Pieces leaves you feeling energized, refreshed and ready to go. This very popular Chi Gong routine is tremendous for dissolving tension and releasing stress from the body while building strength and vitality!</p>
<p>Educational Assistants – Covering the School Office</p>	<p>10:00 – 11:00</p>	<p>Faye Haskins</p>	<p>Educational Assistants are sometimes asked to work in the school office for a short period of time. If this is you, or if you want it to be you, this session can help build your knowledge of what tasks you may be asked to complete in the office. We will look at PowerSchool duties such as submitting attendance, searching for students and finding parent contact information. General office duties and procedures will also be discussed.</p>

FRIDAY MORNING SESSIONS

8:30 – 9:30, 10:00 – 11:00, or 8:30 – 11:00 AM

	Full morning		
Childhood Anxiety	8:30 – 11:00	Teresa Brown Institute of Child Psychology	Do the children you work with struggle with anxiety: panic attacks, separation anxiety, stomach aches, headaches, tantrums, obsessions/compulsions, avoidance of activities, racing thoughts, or troubles with sleep? Anxiety has many faces, and you will learn about the psychological and physiological roots of anxiety, why it is on the rise in our children, and what to do to help children better manage.
Working Effectively with Students who have ADHD	8:30 – 11:00	Rachel Rogers ADHD Association of Greater Edmonton	It is estimated that ADHD occurs in approximately 5-10% of children and youth. This means in a regular classroom of 25 students, there will be 1 to 2 or more with ADHD, diagnosed and treated, or not. This presentation will provide you with a better understanding of ADHD plus tips, strategies and accommodations that enhance academic success. Come prepared to share your best strategies.
Introduction to CUPE	8:30 – 11:00	Lee-Ann Kalen CUPE National Representative	Lee-Ann Kalen, former president of CUPE Local 1099 will provide an introduction to what it means to be a member of Canada's largest trade union.
Caretaker Session	8:30 – 11:00	Bunzl	TBA
28 Day Challenge through the book "Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor"	8:30 – 11:00	Kim Barker-Kay Northwest Regional Learning Consortium	Addressing racism and other forms of oppression are critical parts of this work. Kim will share some recent "aha" moments and experiences that led her to the anti-racism work of

FRIDAY MORNING SESSIONS

8:30 – 9:30, 10:00 – 11:00, or 8:30 – 11:00 AM

			Layla F. Saad and her 28 day challenge through the book Me and White Supremacy
Self-Care Energy Audit	8:30 – 11:00	Jody Crawford Attract Energy	Feeling constantly drained, overwhelmed, or wondering why you have no energy left at the end of the day? It's time for a self-care energy audit! In this interactive and eye-opening class, you'll discover how your energy is absorbed, siphoned, consumed—and most importantly—how it can be replenished.
The Changing Face of the Canadian Student: Immigration, Settlement, and Impacts on K-12 Schools	8:30 – 11:00	Lisa DeGara Action for Healthy Communities	By 2035, half of all Canada's children under age 15 will be immigrants and children of immigrants. Even more than now, schools throughout the country will become a singularly important hub for supporting Canada's diverse linguistic and cultural communities. How can schools adapt to support these new families and their unique needs-- and understand how best to connect with them?
	Full-Day Friday		
CUPE Introduction to Stewarding	8:30 – 3:00 (ALL DAY Friday)	Aiden Zaretski CUPE National Representative	CUPE Steward Learning Series: This course will be open to Facility Reps, anyone on the Executive, Stewards from other Bargaining Units, and will also be open to other Locals
Destiny Programming: Librarians	8:30 – 2:30 (ALL DAY Friday)	Follett Software	Destiny Discover Intro and Set up, Inventory Basics, Advance Cataloguing Techniques, Catalog Clean up, Q&A session


FRIDAY AFTERNOON SESSIONS

12:00 – 2:30 PM

SESSION	PRESENTER	DESCRIPTION
<p>Bookbinding Basics</p>	<p>Vicki Cooke Creative Connections</p>	<p>In this fun and engaging session participants will learn simple bookbinding techniques that they can use with students or for personal enjoyment. Participants will use the skills learned to complete three handmade books that they can take with them at the end of the session.</p>
<p>Language Acquisition in Mixed Classes</p>	<p>Lisa DeGara Action for Healthy Communities</p>	<p>With more children in K-12 speaking languages other than English at home, and limited availability of EAL/ESL exclusive classes, we anticipate that all classrooms and teachers will have some students acquiring language. How can we understand their needs and best support them?</p>
<p>Classroom Mental Health (Same as Thurs. Afternoon)</p>	<p>Teresa Brown Institute of Child Psychology</p>	<p>This workshop will help you to decode behaviours, understand the signs of common psychological issues, and empower you with the tools to help bring your students to a place of connection and safety. Educators will gain a toolbox of strategies to help children who are struggling with relationships in the classroom, anxiety, emotional regulation, depression and attention- based issues. Connection, co-regulation, respectful communication and resilience are central themes in helping you to create a classroom that is inclusive, safe, and deeply accepting of all students.</p>
<p>Autism 201</p>	<p>Douglas Parsons Autism Society of Edmonton Area</p>	<p>Autism 201 - Digging Deeper -Expand your understanding of Autism -Common Characteristics and how you can support. -Impact of Sensory Differences and Responding to sensory needs. -Explore Environmental Accommodations -Learn About Co-Existing Disabilities -All behavior is communications</p>

FRIDAY AFTERNOON SESSIONS

12:00 – 2:30 PM

<p>Working Effectively with Students who have ADHD (same session as Friday Morning)</p>	<p>Rachel Rogers ADHD Association of Greater Edmonton</p>	<p>It is estimated that ADHD occurs in approximately 5-10% of children and youth. This means in a regular classroom of 25 students, there will be 1 to 2 or more with ADHD, diagnosed and treated, or not. This presentation will provide you with a better understanding of ADHD plus tips, strategies and accommodations that enhance academic success. Come prepared to share your best strategies.</p>
<p>Understanding your Collective Agreement</p>	<p>Lee-Ann Kalen CUPE National Representative</p>	<p>Lee-Ann will review the collective agreement and answer any questions that you may have</p>
<p>Paint with Ms. Penny</p>	<p>Alexandra Tkachyk</p>	<p>Painting Session Ms. Penny is a self taught artist with a couple tricks up her sleeve from years of painting. She tends to paint with one set palette of colors, and see where it takes her. In this afternoon you will make two paintings!</p> 
<p>Emotional De-escalation through Emotion Coaching</p>	<p>Sue Huff</p>	<p>This is a skills-based workshop which will teach you how to help someone quickly de-escalate an overwhelming emotion to return to a more rational, flexible and receptive state of mind. This workshop is especially useful for teachers, parents, administrators, and front line workers who are confronted with the emotional dysregulation of others and aren't sure what to say or do to help the situation.</p>
<p>Bowling</p>	<p>St. Albert Bowling Centre</p>	<p>OFF SITE at St. Albert Bowling Centre 14 Inglewood Drive, St. Albert AB</p>
<p>Introduction to Indigenous Culture Based Learning in Alberta Curriculum</p>	<p>Kim Barker-Kay Northwest Regional Learning Consortium</p>	<p>Join Kim to learn how this website can be used to deepen your knowledge and understanding of Nēhiyaw (Cree) ways of knowing and being. Learn about the</p>

FRIDAY AFTERNOON SESSIONS

12:00 – 2:30 PM

		Foundations of Cree Ways of Knowing and Being that serve as a starting point in planning.
Relax, Reset, Recharge: Stress Management & Nervous System Harmony	Jody Crawford Attract Energy	Feeling stressed, anxious, or constantly on edge? In today's fast-paced world, learning how to calm your mind and regulate your nervous system is essential for maintaining overall well-being. This interactive class will introduce you to simple yet effective stress reduction techniques and practices designed to help you restore balance, build resilience, and feel more in control of your emotional state.