



North Peace Regional Family Conference

# Families R.O.C.K.



This package  
includes:

Schedule  
Presenters' bios  
Registration forms  
Child Minding or  
Fun Fair forms

Attend alone or with your children.

Saturday, March 9<sup>th</sup>, 2013

Register  
online!

Register for 1, 2 or all 3 sessions at [www.prn.bc.ca](http://www.prn.bc.ca)  
or complete this package. Take it to your neighbourhood  
school to be faxed to 785-6123 attention Pat Lang.

# *You have OPTIONS!*

Adults can attend ANY of the sessions with or without children.  
Parent and Child sessions marked in GREEN are open to adults and children.  
Adult oriented sessions are marked in RED.

## **Saturday, March 9<sup>th</sup>, 2013 Schedule Overview**

|   |   |   |   |
|---|---|---|---|
| <b>Saturday Morning 8:00 - 9:00<br/>Registration</b>  |   |   |   |
| <b>Saturday Morning 9:00 - 9:30</b>   |   |   |   |
| <b>Start Your Day By Growing Your Brain</b><br>Interactive Sessions for Parents and/or Parents and Children in the Gym:<br>• Family Photos • Energizers • Making A Fabulous Lunch • Sand Box Thoughts |   |   |   |
| <b>Saturday Morning 9:45 -12:00</b>   |   |   |   |
| <b>1.A</b><br><i>Teresa Bouchard</i><br><b>Understanding and Dealing with Challenging Behavior</b><br>(Parents only of children 0-12 years of age)  | <b>1.B</b><br><i>Barb Daley</i><br><b>Art Journaling</b><br>(Parents and children 11+ years of age)<br><br><b>All Day Session</b> | <b>1.C</b><br><i>Joel Kline</i><br><b>Outdoor Recreation</b><br>(Parents and children 11+ years of age) | <b>1.D</b><br><i>Jennifer Gibson</i><br><b>Active Kids – Physical Literacy for Parents and Kids</b><br>(Parents and children 5-12 years of age) |
| <b>Saturday 12:00-1:00<br/>Free Lunch with children - Cafeteria</b>   |   |   |   |

## Saturday Afternoon 1:00 - 2:15

|   |  |  |  |
|---|--|--|--|
| <p><b>E.</b><br/> <i>Tim Ylagan</i><br/> <u><b>Bullying Prevention, What Parents Should Know and 5 Ways Parents and Schools Can Work Together</b></u><br/> <i>(Parents only of school age children)</i></p> | <p><b>F.</b><br/> <i>Cpl. Jodi Shelkie</i><br/> <u><b>Drug Awareness for Parents and Children</b></u><br/> <i>(Parents and children 11 years of age and older)</i></p> | <p><b>G.</b><br/> <i>Carolle Norris</i><br/> <u><b>Numbers, Numbers, Everywhere!</b></u><br/> <i>(Parents only of Primary grade students)</i></p>                                  | <p><b>H.</b><br/> <i>Jaimelia Turner</i><br/> <u><b>How play shapes the brain, motivates the imagination and invigorates the soul.</b></u><br/> <i>(Parents only of children 0-8 years of age)</i></p> |
| <p><b>K.</b><br/> <i>Early Learning Panel</i><br/> <u><b>Kindergarten Readiness Begins at Birth (0-5 year olds)</b></u><br/> <i>(Parents only children 0-5 years of age)</i></p>                            | <p><b>L.</b><br/> <i>Jarrold Bell</i><br/> <u><b>Online Safety</b></u><br/> <i>(Parents only – all ages)</i></p>   | <p><b>2.Z</b><br/> <i>Teresa Bouchard</i><br/> <u><b>Investigating Misbehavior</b></u><br/> <i>(Parents only of children 0-18 years of age)</i><br/><br/> <b>ALL Afternoon</b></p> |  |

## Saturday Afternoon 2:30 - 3:50

|   |  |   |  |
|---|--|---|--|
| <p><b>N.</b><br/> <i>Cpl. Jodi Shelkie</i><br/> <u><b>Cyber Bullying and Internet Safety</b></u><br/> <i>(Parents and children 11+ years of age)</i></p>  | <p><b>O.</b><br/> <i>Sabrina Trobak</i><br/> <u><b>Empowering our Children</b></u><br/> <i>(Parents only of children 5-16 years of age)</i></p>                  | <p><b>P.</b><br/> <i>Barb Cook, Nathan Biller, Jeff Mayer</i><br/> <u><b>Secondary School Career Programs</b></u><br/> <i>(Parents and children 14+ years of age)</i></p>   | <p><b>Q.</b><br/> <i>Jaimelia Turner</i><br/> <u><b>How oral language shapes the brain</b></u><br/> <i>(Parents only of children 0-8 years of age)</i></p> |
| <p><b>R.</b><br/> <i>Panel of Specialist for Children with Special Needs</i><br/> <u><b>Assessment and/or Diagnosis – Round Table Discussion</b></u><br/> <i>(Parents only of children 0-19 years of age)</i></p> | <p><b>S.</b><br/> <i>Carolle Norris</i><br/> <u><b>Understanding Math in the Intermediate Years</b></u><br/> <i>(Parents only of children in grades 4-7)</i></p> | <p><b>T.</b><br/> <i>Ayza Fontaine and Crystal Anielwicz</i><br/> <u><b>Talking with your child, not at them. The difference inclusion and choice make in communication.</b></u><br/> <i>(Parents only of children 6-12 years of age)</i></p> | <p><b>U</b><br/> <i>Lynn Kitt</i><br/> <u><b>Creating Family Memories</b></u><br/> <i>(Parents and children 6+ years of age)</i></p>                       |

## Morning/All Day Sessions: 9:45-12:00

### **Teresa Bouchard, Reg. OT.BC**

*Teresa is an Occupational Therapist, Educator, Parent Coach, wife and mother of 2 young boys, empowering parents to create the family life they want and giving parents, teachers, and child care providers positive, and effective tools and strategies they need in “**Raising Respectful, Resourceful and Responsible Children.**”*

### **1.A Understanding and Dealing with Challenging Behaviors**

*(Parents only of children 0-12 years of age)*

*“A misbehaving child is a discouraged child trying to find his place; He is acting on the faulty logic that his behavior will give him the social acceptance he desires” R- Dreikurs.*

All children have a desire to belong and feel important. In an attempt to get their needs met they can act in negative ways. Learn how to identify the underlying needs and mistaken goals of children and help re-direct them in ways that embrace involvement, empowerment, fairness and capability.

### **Barb Daley (All Day Session)**

*Barbara is a mixed media artist, working from her home studio “7 Bangles Art & Design”, also an Urban Sketcher who draws on-site, and she makes a daily practice of keeping an art journal. She has facilitated art journaling workshops for a very diverse range of students, from children to adults, preferring the intimacy of smaller groups. Visit [www.barbarajdaley.com](http://www.barbarajdaley.com)*

### **1.B Art Journaling (Parents and Children 11+ years of age)**

Enter the adolescent years with a unique practice for daily reflection, self-expression, positive affirmation, and personal insight gathering. Keeping a journal opens avenues for communication, understanding, and appreciation of each other’s perspectives during the challenging journey through the teen years. Each participant will keep their own journal, learning awesome ways to work with words and images to shed light on the road ahead!

### **Joel Kline**

*Joel has lived in the Peace Area for four years and has worked as Conservation Officer. He has also spent five years in the Cariboo as a B.C. Park Ranger.*

### **1.C Outdoor Recreation (Parents and children 11+ years of age)**

Participants will learn about wilderness safety, bear awareness, animal identification, backpacking, camping, ATV/Snowmobile safety.

## **Jennifer Gibson**

*Jennifer is the Sport Development Coordinator for PacificSport Northern BC in Fort St. John. She has a background in exercise physiology and strength and conditioning. Jennifer works with kids of all ages in a variety of sport development and physical literacy programs. She is a former national level athlete and a busy mom.*

### **1.D Active Kids – Physical Literacy for parents and kids** *(Parents and children 5-12 years of age)*

It's fun, it's simple and kids love it! Running, jumping and throwing skills are the key to all land-based sports and can benefit all children. Come and explore a variety of body movements and games in a fun, dynamic and active setting with the family.

## **Afternoon Sessions 1:00-2:15**

### **Tim Ylagan**

*Tim works as a counselor and educator for School District #60. He has had the privilege to work with many students and families across the community. He has been a key resource for school teams as together they create proactive educational plans for our students with social/emotional and behavioral needs. Tim is also involved with School Wide Positive Behavior Supports (SWPBS) and the ERASE Bullying initiatives in our school district. He works as one of the educational coaches to help schools build sustainable systems and cultures that actively model and teaches social responsibility to the whole school community.*

### **E. Bullying Prevention, What Parents Should Know and 5 Ways Parents and Schools Can Work Together**

#### *(Parents Only School Age Children)*

This session will discuss a variety of topics from traditional bullying prevention approaches to current trends in bullying behavior and what the plan is now for schools and parents. This session will narrow its discussion to 5 ways parents can work with schools to provide the best support for our kids that may be involved in bullying situations.

## **Cpl. Jodi Shelkie**

*Cpl. Jodi Shelkie is in charge of the Fort St. John RCMP Crime Prevention Unit. She works with all sectors of the community delivering programs and initiatives that address safety. Cpl. Shelkie speaks to youth and adults about drugs, personal and road safety, bullying, protecting your identity, Internet safety and senior's safety.*

## **F. Drug Awareness for Parents and Children**

*(Parents and children 11+ years of age)*

Has the drug *Bath Salts* hit Fort St. John? What do you know about teenagers smoking incense? How do you know if your child is doing drugs? How do you talk to your child about the consequences of doing drugs without them tuning you out? What are protective factors you can incorporate into your family to help your children resist drugs?

## **Carollee Norris**

*Carollee is the Numeracy Support Teacher for School District #60 and is passionate about mathematics! She believes that all learners, including parents learn best when actively engaged, so her sessions will have hands on learning.*

## **G. Numbers, Numbers, Everywhere!**

*(Parents only -Primary Grades)*

This session offers visual tools and strategies geared towards a new way of thinking about mathematics! Come join us as we explore early number concepts and ways to support your child's learning in math.

## **Jaimelia Turner**

*Jaimelia has been a teacher in School District #60 for 15 years and has been the Early Learning Coordinator for 3 years. She is passionate about play, physical activity and understanding the brain.*

## **H. How play shapes the brain, motivates the imagination and invigorates the soul**

*(Parents only of children 0-8 years of age)*

This session will answer the following questions for parents of pre-school and primary children:

Why all this talk about play?

What does play-based learning look like at school?

Will my kids learn anything if they play all the time?



## **Early Learning Panel – Heather Reese, Doug Ouellette, Stephanie Soderquist**

*Heather Reese is an experienced early childhood educator who works at the Child Development Centre.*

*Doug Ouellette is a knowledgeable kindergarten teacher with School District #60.*

*Stephanie Soderquist is a speech and language pathologist working with elementary aged children in SD #60.*

## **K. Kindergarten Readiness Begins at Birth**

*(Parents only of children 0-5 years of age)*

This panel brings early childhood educators, a speech pathologist and a kindergarten teacher together to share strategies for a successful start to learning. This panel will address the most important skills young children need to thrive in and outside of school.

## **Jarrold Bell**

*Jarrold is the Principal of Technology for School District #60 and has been part of the School District family for 10 years.*

## **L. Online Safety (Parents Only - all age groups)**

“It’s only virtual reality” – if this is what you think about your child’s use of on-line tools whether that be Facebook or Xbox live you need to realize that there is nothing virtual about it. For many of our kids this is a tremendous part of their reality and they are learning all kinds of things from it. If you are not an active participant in it, you may be missing out on an important part of your child’s life.

## **Teresa Bouchard ALL AFTERNOON**

## **2. Z Investigating Misbehavior: Choices, Consequences and Solutions (Parents Only of children 0-18 years of age)**

The true meaning of discipline is to “teach” or “learn”. Dispel the myth: “children need to feel bad and suffer to learn right from wrong.” Learn practical strategies for dealing with misbehaviors that are positive, respectful, and teach responsibility and self-discipline. Learn how to use “positive time out” to effectively regain self-control and positive behaviors.

## Afternoon Sessions 2:30-3:40

**Cpl. Jodi Shelkie**

### **N. Cyber Bullying and Internet Safety**

*(Parents and children 11+ years of age)*

Cyber bullying is when a youth is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child or teen using the Internet or mobile phones. This type of bullying can be devastating to the victim and have long lasting effects on their lives. Learn what parents should look for and do if their child is being cyber bullied and what a parent can tell their child if they witness others being bullied.

Every parent wants their child to be safe including while they are on-line. Common parenting skills apply when keeping children safe on the Internet including encouraging young people to act safely and respectfully towards themselves and others. Understanding the law as it applies to on-line harassment, threats, and sexting.

### **Sabrina Trobak B.Ed, M.A.C.P., R.C.C.**

*Sabrina grew up in Fort St John and moved away after graduating from high school. Sabrina worked in the school system for almost 20 years, working in academic and behavioral support, as a vice principal and school counselor. She then moved back to Fort St John and started her own private practice as a clinical counselor. Sabrina has completed her master's degree in counseling psychology and has extensive training in family violence and unresolved past trauma using a holistic therapeutic approach. Sabrina is also a published author of various psychology-based papers.*

### **O. Empowering our Children.**

*(Parents Only of children 5-16 years of age)*

Examining parenting practices and how they impact children. Understanding the messages behind parenting practices and learning to parent in ways that empower children to be self confident, independent, adults who are able and comfortable to make decisions, problem solve, be accountable, and respect themselves and others.



## **Secondary Career Panel - Barb Cook, Nathan Biller, and Jeff Mayer**

*Barb is the Dual Credit Coordinator and AVID 12 teacher at North Peace Senior Secondary School.*

*Nathan Biller is the Secondary School Apprenticeship Coordinator, Trade Work Experience and AVID 11 Teacher at North Peace Senior Secondary School.*

*Jeff Mayer is a work experience and English teacher at North Peace Senior Secondary School.*

## **P. Secondary School Career Programs**

*(Parents and children 14+ year of age)*

Learn about the career opportunities available for students. Each presenter will discuss their programs and how to prepare students to achieve success in Work Experience, SSA, and Dual Credit.

**Jaimelia Turner (see H. for presenter details)**

## **Q. How oral language shapes the brain**

*(Parents only of children 0-8 years of age)*

You can expand your child's brain just by talking, singing, and rhyming with them. Come discover why language development is a key indicator of overall academic and social success. You will learn simple, effective techniques to help your child be successful.

## **Panel of Community Specialists for Children with Special Needs**

*Susan Cross is a CDBC Intake Keyworker*

*Jade Mah is a Child and Youth Special Needs Social Worker*

*Candice James is District Vice Principal of Student Support Services*

*Crystal Roberts is psychologist for School District # 60*

## **R. Assessment and/or Diagnosis – Round Table Discussion**

*(Parents Only of children 0-19 years of age)*

An introduction and discussion with community and School District personnel involved in assessment and diagnosis of children with Learning, Behavioral and Medical concerns. Discussion will include pre-assessment, assessment and follow up after the assessment. This is an interactive session for questions and answers for parents.

**Carollee Norris (see G. for presenter details)**

## **S. Understanding Math in the Intermediate Years**

*(Parents only of Grades 4-7 students)*

Does your child's math look different from the math you did in school? This session offers visual tools and strategies geared towards a new way of thinking about mathematics! Come join us as we explore mathematical operations (addition, subtraction, multiplication, and division) and mathematical concepts (place value fractions) in ways that help students make sense of the math!

### **Ayza Fontaine and Crystal Anielwicz**

*Ayza has a background in psychology and is currently continuing her studies in the area of social work. Currently, she is a counselor at North Peace Community Resource in the Children Who Witness Violence Program.*

*Crystal's background is in education, both as a teacher and in a counseling setting. She works as the coordinator for the Baby's Best Chance Program in Fort St. John.*

### **T. Talking with your child, not at them. The difference inclusion and choice make in communication.**

*(Parents only of children ages 6-12 years of age)*

Parenting is the one job that doesn't come with a training manual yet it is the toughest and most important job out there. This interactive session will demonstrate the possibility of shared communication between a parent and child through inclusion, choice and play. Have fun while adding to your parental toolbox.

### **Lynette Kitt**

*Lynette has been involved in creating scrapbook memories with North Peace families for over 20 years. She has been the owner of Unforgettable Memories, a photofinishing, scrapbooking and cake supply store for 11 ½ years. She hopes to support families in Fort St. John through preserving family memories through art.*

### **U. Creating Family Memories**

*(Parents and children 6+ years of age)*

Using colours and textures to create a work of art, you will create a family scrapbook page in this session. Photos not required. All supplies are provided to create this scrapbook page together. At home, you can add your photos then frame it for the wall or slip it into an album.

## Registration Form

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Work #: \_\_\_\_\_

Email Address: \_\_\_\_\_

School/Preschool Your Child Attends: \_\_\_\_\_

Child minding by **Baby Bear Daycare** will be available for children 3-5 years of age during all sessions.

A **Fun Fair** will be available for all children 5-11 years of age during all sessions.

**If you require this service, please fill in the Child Care Registration Form that follows the registration form.** Some sessions are available for parent/child to attend together.

### Conference Session Selection

#### 9:00-9:30 **Start Your Day By Growing Your Brain**

Interactive Sessions for Parents or Parents and Children in the Gym:

- Photos
- Energizers
- Making A Fabulous Lunch
- Sand Box Thoughts

9:30-9:45 Coffee, snack and go to your first session.

### MORNING SESSIONS - 9:45-12:00

Please Choose from 1A, 1B, 1C, 1D

- 1.A **Discover What Kids Need to Succeed and be Resilient**  
*(Parents only of children 0-18 years of age)*
- 1.B **Art Journaling** *(Parents and children 11+ years of age)*  
**All Day Session**
- 1.C **Outdoor Recreation for parent/child**  
*(Parents and children 11+ years of age)*
- 1.D **Active Kids – Physical Literacy for Parents and Kids**  
*(Parents and children 5-12 years of age)*

\_\_\_\_\_ 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice

Are you bringing your child to this session? \_\_\_\_\_

## 12:00-1:00 FREE LUNCH AND NETWORKING

## FIRST AFTERNOON SESSIONS FROM 1:00-2:15PM

Please choose from E, F, G, H, J, K, L, 2.Z

- E. **Bullying Prevention, What Parents Should Know and 5 Ways Parents and Schools Can Work Together**  
*Parents only of school age children*
- F. **Drug Awareness For Parents and Children**  
*Parents and children 11+ years of age*
- G. **Numbers, Numbers Everywhere (grades K-3)**  
*Parents only of primary grade students*
- H. **How play shapes the brain, motivates the imagination and invigorates the soul**  
*Parents only of children 0-8 years of age*
- K. **Kindergarten Readiness Begins at Birth**  
*Parents only of children 0-5 years of age*
- L. **Online Safety**  
*Parents only (all age groups)*
- 2.Z **Investigating Misbehavior ALL AFTERNOON**  
*Parents only of children 0-18 years of age*

\_\_\_\_\_ 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice

Are you bringing your child to this session? \_\_\_\_\_

## SECOND AFTERNOON SESSIONS FROM 2:30-3:50PM

Please choose from N, O, P, Q, R, S, T, and U

- N. **Cyber Bullying and Internet Safety**  
*Parents and children 11+ years of age*
- O. **Empowering our Children**  
*Parents only of children 5-16 years of age*
- P. **Secondary School Career Programs**  
*Parents and children 14+ years of age*
- Q. **How Oral Language Shapes the Brain**  
*Parents only of children 0-8 years of age*
- R. **Assessment and/or Diagnosis – Round Table Discussion**  
*Parents only of children 0-19 years of age*
- S. **Understanding Math in the Intermediate Years**  
*Parents only of students in grades 4 - 7*
- T. **Talking with your Child, not at them.**  
**The difference inclusion and choice make in communication**  
*Parents only of children 6- 12 years of age*
- U. **Creating Family Memories**  
*Parents and child 6+ years of age*

\_\_\_1<sup>st</sup> Choice    \_\_\_2<sup>nd</sup> Choice    \_\_\_3<sup>rd</sup> Choice

Are you bringing your child to this session? \_\_\_\_\_

Please complete on-line or drop this form off at any school to be faxed to Pat Lang at 250 785-6123.

\* If you require an attendance certificate for ECE renewal please indicate:

\_\_\_ Yes

\*\* If you require Child Minding or the Fun Fair please continue to the next page.

Conference March 9<sup>th</sup>, 2012  
[www.prn.bc.ca](http://www.prn.bc.ca) and [www.earlylearning.prn.bc.ca](http://www.earlylearning.prn.bc.ca)

**Child Minding** at Baby Bear Daycare for 3-5 year olds from 8:30-12:00 and 1:00- 4:00. **You are required to pick up your child at lunchtime at the Daycare because it will be closed from 12:00-1:00.**

**Fun Fair** for 5-11 year olds from 8:30 -12:00 and 1:00- 4:00. **You are required to pick up your child at lunchtime because it will be closed from 12:00-1:00. Children may attend the Fun Fair part time.**

Child's Name: \_\_\_\_\_ Age: \_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_

Parent's Name: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Does your child have any allergies? Yes/No

Please specify if "yes" \_\_\_\_\_

**PLEASE:**

- All snacks must be **NUT FREE!!** We have severe nut allergies in our school; even granola bars etc. **must be** made in a peanut free facility!
- **All personal items must be labeled with your child's name:** your children's clothing, shoes, outside clothing, snacks, milk cups and any containers that may belong to you.
- Bring extra clothing in a **labeled bag** in case of spills, or accidents.
- We will require a cell phone # in case of emergencies
- ***Due to a shortage of staff, Baby Bear Daycare or the Fun Fair are unable to provide care for children with special needs or children under 3 years of age***