

SOCIAL EMOTIONAL LEARNING PRACTICES AND CREATING TRAUMA-SENSITIVE SCHOOLS

- SEL – Implementation Strategies & Practices
 - Trauma-Informed Care & Practices
 - Expanding SEL & Trauma-Informed Care & Practices in Indigenous Schools and Communities
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April 12 – 13, 2019

Heritage Inn Hotel & Convention Centre

Saskatoon, SK

Presented by:

W. Zarchikoff & Associates

and

Stratcom Consulting

About this Workshop

Social and emotional learning (SEL) and the creation of trauma-sensitive schools provide a foundation for **safe and positive learning**, and enhances students' ability to **succeed** in school, careers, and life.

Research shows that SEL and trauma-sensitive practices not only **improve achievement by an average of 11 percentile points**, but it also increases prosocial behaviors (such as **kindness, sharing, and empathy**), improves student **attitudes** toward school, and reduces depression and stress among students. Effective social and emotional learning programming involves coordinated classroom, schoolwide, family, and community practices that help students develop the following skills: **self-awareness, self-management, social awareness, relationship skills** and **responsible decision-making**.

This two-day workshop offers participants an engaging and interactive approach to incorporating social-emotional learning and trauma-informed practices into the lives of children and youth as well as into their own lives as adults and educators.

Workshop Agenda

Friday, April 12	
0830 – 0900	Registration Location: Jubilee A
0900 – 0915	Opening Remarks, Prayer and Introductions Facilitator: W.W. (Bill) Zarchikoff Location: Jubilee A
0915 – 1015	Session 1: An interactive exploration of ceremony and the use of SEL Practices This session explores ceremony through the making, giving, and the sharing of tea. The root of this exploration lays in the cross-cultural ceremony of tea. We will explore four aspects of tea: one, tea as a scientific art based on Indigenous plant knowledge, botany and science. Two, SEL tea time based on sharing stories and finding healing through our stories. Three, placed based healing and placing stories as medicine. Four, honouring the lifegivers/women through teas that help heal, here we focus on mental health and healing plants for the lifegivers. Facilitator: Meagan Innes, Aboriginal Enhancement Worker, Burnaby School District, Burnaby, British Columbia

1015 – 1030	HEALTH & NUTRITION BREAK
1030 – 1200	<p>Session 2: Understanding intergenerational trauma through SEL practices</p> <p>This session explores the deep holding of trauma and intergenerational trauma as well as the trickle-down effect. Understanding mental health through survival of colonization, assimilation and cultural genocide. We aim to understand the body through muscle memory and intergenerational trauma thereby altering behaviour patterns through SEL practices.</p> <p>Facilitator: Meagan Innes, Aboriginal Enhancement Worker, Burnaby School District, Burnaby, British Columbia</p>
1200 – 1315	NO-HOST LUNCH
1315 – 1415	<p>Session 3: BLINGjA: Social Emotional Learning & Mindfulness Made Easy - Part I</p> <p>Blingja is a multi-sensory social emotional learning/mindfulness curriculum that supports academic curriculums. The Blingja Lesson Plans are designed to help people feel calm in stressful situations. Blending mindfulness, storytelling, tactile and visual components, Blingja equally engages the learner and educator in a way that is powerful and long lasting. Blingja easily supports learners universally and individually encourages seamless engagement with family.</p> <p>Facilitator: Mara St. Onge, Founder of BLINGjA Concepts, Author, Curriculum Developer, Blingja Concepts, Vancouver, British Columbia</p>
1415 – 1430	HEALTH & NUTRITION BREAK
1430 – 1600	<p>Session 4: BLINGjA: Social Emotional Learning & Mindfulness Made Easy - Part II</p> <p>Continued from Session I above.</p> <p>Facilitator: Mara St. Onge, Founder of BLINGjA Concepts, Author, Curriculum Developer, BLINGjA Concepts, Vancouver, British Columbia</p>

Saturday, April 13

0845 – 1145	Adventures in Social-Emotional Learning: Social-Emotional Learning Toolbox – Part I Social-Emotional Learning is about building self and social-awareness to enable change and growth - the foundations of resiliency. This session will explore experiential and adventure-based games and activities that can be used to enhance social-emotional learning, well-being, and resiliency with all students. Increase the size and scope of your social and emotional learning activity toolbox by experiencing how to effectively use movement-based activities to engage students in learning about themselves and each other. These tools and resources can be used in your classrooms and schools immediately. Participants will learn how to promote self-awareness, self-regulation, social-awareness, relationship skill, and responsible decision making - the foundations for resiliency. Come ready to be active, participate, and engage in a variety of adventure and experiential based social-emotional learning and resiliency activities. Participants will leave the session with practical tools that they can take back to their schools and classrooms immediately, adaptable to meet the learning needs of any population. Sheldon Franken, Director/Owner, Inquiry Adventures and School Counsellor, Vancouver School Board, Vancouver, British Columbia
1145 – 1300	NO-HOST LUNCH
1300 – 1515	Adventures in Social-Emotional Learning: Social-Emotional Learning Toolbox – Part II Continued from Session I above. Sheldon Franken, Director/Owner, Inquiry Adventures and School Counsellor, Vancouver School Board, Vancouver, British Columbia
1515 – 1530	Evaluation & Closing

Facilitators

Meagan Innes

Meagan is an open-hearted learner, seeker of change, and student returning to the teachings. She has held various roles in the Burnaby School District as a classroom high school teacher for five years teaching humanities, as well as a specialized program for autistic students. Meagan is currently the Indigenous Enhancement Teacher for Burnaby SD41 K-12. Meagan is completing her Master's degree in Education exploring the possibility of reshaping classroom instruction to include a more holistic embodiment of what education can look like in relation to traditional ways of learning. More specifically traditional Squamish Nation ways of learning. Meagan is currently completing the First Nations Language Program at Simon Fraser University to become a fluent Skwxwu7mesh Snichim speaker which is the language of her ancestors.

Maria St. Onge

Founder of Blingja Concepts, Mara recognized the increased need for social emotional learning (SEL) curriculums to address behavioural breakdowns in classrooms. Utilizing her background as an educator in the school system for more than 20 years, she developed Blingja (Bling Out Your Inner Ninja), an SEL curriculum focused on mindfulness, helping children self-regulate their emotions in difficult situations. Unlike traditional SEL curriculums, Blingja is visually-focused and designed to be delivered in easy steps. Mara has created a unique social enterprise dedicated to supporting the local community, employing adults with barriers to employment and developmental disabilities to craft the therapeutic sensory tools that are used in the Blingja curriculum. Mara's vision is to support educators and students in regulating their own emotions powerfully in any situation.

Sheldon Franken

Sheldon Franken has a B.Ed. in Physical Education and a M.A. in Counselling Psychology. Sheldon is a school counsellor for the Vancouver School Board, the workshop facilitator and owner of Inquiry Adventures, and has been on the Association of Experiential Education North West Regional Council. Sheldon is known for his activity-based and hand-on learning style of facilitation. He has presented workshops and PlayNotes on active and experiential social-emotional learning to educational, psychological, and human resources organizations across North America

Management Information

Website: www.aboriginaltrainingandconsultingservices.com

W. Zarchikoff & Associates

Contact

Bill Zarchikoff, President

Email: wzarchikoff@yahoo.com

<http://aboriginaltrainingandconsultingservices.com>

Address

19899 - 55A
Avenue, # 112
Langley, BC
V3A 0C4

Phone

(604) 970-3419
or
Toll-Free 1(888)
683-7711

Fax

(604) 530-3841

Stratcom Consulting

Contact

Rebecca Marinos
Certified Leadership Coach & Communications
Consultant

Email: rebecca@rebeccamarinos.com

www.rebeccamarinos.com

Address

2781 Ridgeway
Ave, San Bruno,
CA 94066

Phone

(650) 888-2654

Fax

(650) 513-2020

Policies & Other Information

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Full time students (3+ classes per semester) must provide proof of enrolment

EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, a confirmation email will be sent.

REGISTRATION FEE INCLUDES

Training materials, certificate of completion, morning coffee, snacks and refreshment breaks. Lunches are not included.

CONTINUING EDUCATION CREDITS

Many accrediting organizations recognize these, and other, workshops. Upon completion of the workshop and receipt of a Certificate, you may approach any of the following, plus others, to request continuing education credits: Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA), Indigenous Certification Board of Canada (ICBOC). The number of course credits will vary for each event.

TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only. W. Zarchikoff & Associates reserves the right to cancel an event. Please make hotel & travel arrangements with this in mind. In the event of a cancelled workshop, we will issue a full refund for workshop fees only. The use of audio and video taping devices, beepers, and cell phones by workshop participants is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals. The contact information provided during registration will be added to our mailing list. We will not sell our mailing list or grant access to third parties; you can unsubscribe at any time. To unsubscribe please email us.

CANCELLATION POLICY: All cancellations for any workshop, forum, or conference must be submitted by email to wzarchikoff@gmail.com. Non-attendance at an event will not be grounds for any or partial refund /credit under any circumstances.

REFUND OPTIONS: 14 business days or more prior to the event: refund, minus a \$100 administration fee. Less than 14 business days prior to the event: credit to a future workshop, minus a \$100 administration fee. Less than one week prior to the event: no refund or credit under any circumstances will be available.

CERTIFICATES: Provided to attendees by email.

RECEIPTS: Sent by email once your registration has been processed.

CUSTOMIZED COURSES

We can offer this workshop in your community or customize a course that meets your specific needs. Contact us for further information. Check out our website for a full listing of events.