

May 23, 2008

To Elaine Greschner and N.A.T.A. members,

This past May I recently attended the annual Saskatchewan Physical Education Association (SPEA) conference titled "Learning to Move; Moving to Learn" in Saskatoon. It ran from May 7-9.

I have been a SPEA member for eight years now and have just completed my fifth year as a Regional Director (RD) for SPEA in the north. One of the obligations I have as an RD is presenting a Local Initiative Award to a physical education teacher in my region who is a SPEA member that demonstrates hard work, good examples, quality daily physical education, and leadership in his/her school. This year the award winner was Guy Morrison from Keethanow Elementary School in Stanley Mission. Guy does a remarkable job with the children in that school, especially with the extra-curricular activities. He is very deserving of this award. Congratulations to Guy for his great work and time into the job!

This year at the conference, I was very fortunate to win an award presented by CAHPERD (Canadian Association of Health, Physical Education, Recreation, and Dance). It was the Dr. Andy Anderson Young Professional Award. This award is presented to one person from each province and territory in Canada who has made a significant contribution to physical education, health, and recreation in his/her community. It was a great honour to be the recipient in Saskatchewan.

Also at the conference, I was selected and promoted to the Executive of SPEA. I was very excited and proud for this opportunity.

The annual SPEA conference has a reputation of being one of the best subject area association conferences' in the province. I truly value my opportunity to attend each year and it shows in the physical education program here at Churchill Community High School. Thank you for the support, it is greatly appreciated.

Yours in physical education,

Christopher Abtosway  
Churchill Community High School  
Physical Education Teacher  
Athletic Director

Lindsay Bell  
Hector Thiboutot Community School  
Box 150  
Sandy Bay, SK S0P 0G0

June 11, 2008

N.A.T.A. (Northern Area Teacher's Association)

To Whom It May Concern:

For professional development I attended a workshop sponsored by the Bureau of Education & Research. As a second year teacher I was interested in six trait writing and how to teach these traits to my students. Pamela Haack offered a full day session on "Using Six Trait Writing to Maximize Your Students' Writing Achievement (Grades 3-6)". Haack provided teachers with effective writing lessons and picture book titles to help students learn characteristics of good writing. She gave participants a resource handbook which outlines examples of each trait, ideas for teaching writing traits, student writing samples and rubrics, graphic organizers, and scoring charts.

I would highly recommend this workshop to anyone interested in writing strategies and techniques. Haack was enthusiastic and passionate about using writing traits in the classroom. It was one of the best professional development workshops I've attended. I feel confident about teaching writing traits to my students and now have an abundance of resources to use in my classroom. I believe my students will be inspired to write and look forward to sharing picture books with them that focus on good writing.

Sincerely,

Lindsay Bell

Summer Address

4801 Castle Road  
Regina, SK  
S4S 2X4

Rising Above Conference June 12-13-14<sup>th</sup>, 2008

I went to this conference in Regina this month because of the interest I have in the topics and issues that were presented in the workshop. The workshops included topics such as Grief, Parenting, Depression, Sexual abuse, and Residential School Experience.

The speakers urged the participants to deal with issues they may have faced regarding the workshop they presented, many people spoke openly about their life experiences. Particularly the Residential school survivors broke my heart as they shared their pain of being raised away from their families, culture, language and how it has damaged their lives. Coming to this conference, the people were given tools to help them overcome their abuse. This conference's name, "Rising Above" is just that. It is the hope that people that come to these workshops are given resource tools and counseling to help themselves stop the cycle of abuse and overcome the hold of past abuse on their lives.

I enjoyed the workshop on "Parenting". I was reminded once again of the strong message, "when we as parents don't meet our children's needs, they will hurt and seek to fill the void with so many destructive things." Ken Canfield in his book, *The Heart of a Father*, says that "Our Heart needs to beat for our children". Parents need to wake up and spend time with their children.

I also went to a workshop, *How to Counsel An Abused Person*, it also gave me a lot of information that I found to be very valuable and helpful. I find it to be helpful to gain information such as these workshop I went to since I work with families that have various problems that affect our schools. I am hopeful that I can help someone.

From the observations of those who have attended this conference, it has raised awareness of the harmful effects of abuse issues among people. It not only raises awareness of abuse, but it directs people to counseling by qualified counselors.

I would go again.

Bev Cheechoo

## N.A.T.A. Professional Development Report

On May 8<sup>th</sup> and 9<sup>th</sup> I attended the Sask. Physical Education Conference in Saskatoon. The keynote speaker was Dr. Martin Collis. He used stories and music to inspire, inform and entertain the audience. The 6 elements of M.E.L.L.O.W. (Magic of the Mind, Exercise, Laughter, Love, Optimal Nutrition and Wonder) are used to achieve high-level personal and person performance

On May 8<sup>th</sup> I attended the following sessions:

Internet in PE Classes, the presenter has the attendees tell how they use the internet in their PE classes. The presenter said he has developed a site specific aimed at helping any one to reduce their search time in finding sites that are relevant to physical education and he welcomes site contribution and feedbacks.

Classroom Action K-7 the presenter related a program in British Columbia that is similar to the Saskatchewan in Motion. The presenter showed many of the activities that used in the program and provided the attendees valuable posters and resource manual to support the program. This was an excellent and useful session.

Teaching Games Understanding the presenter used the teaching games for understanding model to show how you can use games to teach skills, rules and strategies. If the game got too easy or one side is way ahead, the game is stopped the teams then are asked to modify or change the skills, rules or strategies so the game is more competitive.

On May 9<sup>th</sup> I attended the following sessions:

Aboriginal Games, the presenter introduced the Double Ball games to the participants. He explained about the history and the rules of the game and then he made up to two teams so the participants get a hands-on feeling how the game is played.

Getting Girls Active, the presenters show how she set-up her all girls P.E. program in Grade 11 and 12, so all students are participating and doing their best. It's nice to see how she modifies the PE program and allowing the students input to what they want to do.

Core Strength, the presenter talked about popular this type of training is and how most people are not using the proper techniques. This type of training is working on your abdominal muscles and your back muscles.

Overall the conference was very helpful and informative.

Saskatchewan Physical Education Association  
May 7-9<sup>th</sup> 2008 Conference  
Teacher: Patrick Fewer

## **Introduction**

Professional Development conferences such as the SPEA allow educators to continue to learn and develop life long learning skills. I recognize that the government of Saskatchewan in association with Saskatchewan Physical Education Association (SPEA) and Saskatchewan Health Educators Association (SHEA) is now shifting to a more proactive approach to improving the overall health of Canadian citizens and Education within the school system is an integral component. My goal is to be apart of this as an educator, and an individual who can become a leader and an innovator by promoting and educating healthy life styles.

I, Patrick Fewer as a member of Northern Lights School Division, La Loche Community School have just attended the 2008 SPEA Conference in Saskatoon. During this conference I attended four professional development sessions; Nutritional supplements, Exercise Science and Healthy Active Living, and Eating well with Canada's Food Guide.

### **Session # 1 Nutritional Supplements, Presented by Heather Hynes**

This professional development session was on May 8<sup>th</sup> 2008 and was of particular interest to me as a Food Studies teacher. The main reason why I attended this session was in reflection to particular questions that my students ask me on a regular basis and due to the heavy involvement of supplementing among high school students. I have a background in nutrition and nutritional supplements; however this was an enlightening presentation which focused on Protein, Caffeine, Ephedrine, and Creatine supplements.

The presentation provided general overview and introduction of each supplement, its effects on the body, regulation and testing procedures, dosage regulation and guidelines for students (Male and Female) and in general the pros and cons of each supplement. Heather also made some very relevant references to scientific literature and provided some websites for further education in this area. In reflection my students will benefit greatly from this session as it will aid me in my future planning and teaching of nutritional supplements.

**Session # 2 Exercise Science and Healthy Active Living, Presented by; Greg Huber and Rob Cherpuschak.**

This professional development session was held on May 8<sup>th</sup> 2008 and was presented by Rob Cherpuschak, who focused on Healthy Active Living and Greg Huber, who focused on Exercise Science.

My goal was to gain knowledge in the area of healthy active living as it relates to making healthy nutritional food choices. I was successful in attaining my goal through Rob and Greg's presentation, where their focus was to introduced and develop the wellness 10 curriculum by plugging a wonderful Canadian book called, Exercise Science: An Introduction to Health and Physical Education. This promises to be a wonderful resource for the Food Studies program highlighting health food choices, nutritional theory, healthy recipes and nutritional workbook/daily journals.

**Session # 3 Eating well with Canada's Food Guide, Presented by; Carolyn Chu**

This professional development session was held on May 9<sup>th</sup> 2008 and was presented by Carolyn Chu. The focus of this presentation was on the education and

understanding of Canada's Food Guide with specific interest in healthy nutritional choices, an introduction to an interactive website for students and food/menu analysis programs.

This was an informative session on educating teachers on how to deliver Canada's Food Guide as it relates to students of all ages and learning styles. My goal in this presentation was to enquire about the new aboriginal food guide and to gain pedagogical knowledge related to making healthier choices as aboriginals.

The interactive website, to me, has potential to help students visually discover and analyze their particular diet and compare it to the suggested diet outlines by Canada's Aboriginal Food Guide.

### **Conclusion**

Over all, SPEA was a successful professional development conference for promoting life long learning in the pedagogical and educational areas of health and physical education. It is always a healthy environment when educators can get together and collaborate ideas and theories for the sole purpose of providing the best education for today's youth. The presentations on nutritional supplements, exercise science and Canada's Food Guide were very educational as it provided me with valuable knowledge in such areas and also gave me the opportunity to develop professional relationships with other educators in a similar field. My only regret is that I could not go to all the sessions that I would have liked to, due to time conflictions.

Thank you,

Patrick Fewer

On May 7 to 9 I attended the Saskatchewan Physical Education Association conference and professional development workshops in Saskatoon.

On Thursday I attended a workshop called Nutritional Supplements. This workshop talked about high school students supplementing their diet with products such as protein, amino acids, creatine, ephedrine and caffeine. I found this session to be very informative. It gave me the information I need to educate my students who are considering supplementing their diet with nutritional supplements.

Also on Thursday I attended a presentation about Healthy Active Living and Exercise Science. Healthy Active Living is the name given to what I would call a pre-made resource kit for the grade 10 wellness course. Healthy Active Living comes with text book, work book, powerpoint presentations and online resources to aid you in delivering this course. I was extremely impressed with Healthy Active Living resources and have already discussed the possibility of implementing this in our school next year.

Exercise Science is also a text book and work book package that is taught as a 30 elective course in Ontario and in a school. Regina (Two teachers from Regina did the presentation) It is basically a continuation of the Healthy Active Living but deals with more of the science aspect of training for sports and exercise in general.

Another PD session which I found very interesting was One Arrow At A Time. This was an archery session which focused on very positive feedback and used a very structured archery program in schools. The program comes as a package with bows, stands, targets and the written program itself which allows teachers to use this for their archery program either in gym class or as an after school activity.

All in all i found the SPEA conference very beneficial to me as a Physical Educator in Northern Saskatchewan and would appreciate the approval of my PD Assistance Application From.

Yours Truly,  
Dean Hardern

## Professional Development Assistance Summary

Conference: SPEA- Saskatchewan Physical Education Association

Dates: May 7,8,9

Place: Saskatoon

This years annual conference theme was Learning to Move, Moving to Learn, reflecting how important health and physical education are to our students. Research shows that applying skills and knowledge learned in our classes, creates an environment where the brain is ready, willing and able to learn.

Highlights for me at this years conference were:

- Adventure Based Learning
- Kinball
- Dynamic Stretching
- Fitness Circuits

Adventure based learning involved activities that promote leadership, cooperation and team effort. At the session we had a group from Nutana that was taking this class and they demonstrated and involved themselves in our activities. All of the games promoted team effort in order to accomplish a goal. Our goal was to move a marble across the gym using only small pieces of plastic pipe that allowed each of us to make a continous bridge to roll the marble on. If the marble dropped, you had to start again. One of the important aspects brought forward was learning to deal with failure and how to cope with failure as an important part of learning.

Kinball I am going add to my curriculum next year as I liked the fun aspect and team building. Kinball involves activities using a super oversized ball in a variety of hitting, catching and throwing motions using small groups.

Dynamic stretching differs from static in that you do not hold the stretch for a long period of time. You stretch a muscle to a point of light irritation, then intensify it slightly for 1-2 seconds and release the muscle back to its starting point. Repeat this 6-10 times. We used ropes to help intensify the stretch easily and control the irritation level.

Fitness circuits was presented by a canadian company and they have created circuit cards which are specifically designed for elementary schools. They call their material Canadian Active Living Fitness Circuit Charts. Teachers can select the muscles to focus on, take the students through the exercises sep by step, set the repetitions and then add the music. All charts are easy to read and use pictures of children to demonstrate. Their website for ordering is [www.thompsonbooks.com](http://www.thompsonbooks.com)

Gordon Laxdal  
Pre Cam Community School

La Ronge, Sk.

## **SPEA/SHEA Conference 2008 – Saskatoon**

### **“Learning to Move, Moving to Learn”**

The conference took place at the University of Saskatchewan. There were many excellent workshops to choose from. The workshop that I was most excited about, “Geocaching for Fun and Fitness,” was cancelled, but there were several other workshops to choose from. We were able to sit in on a workshop called “Be the Change.” This workshop was interesting and provided some good ideas for getting students involved with anti-bullying activities. The orienteering workshop was great and provided me with some excellent ideas for outdoor pursuits. I also went to a session that introduced and explained the new Canada Food Guide. This was excellent! The information and the resources that I received during this session will be useful for teaching health. I also attended a workshop about using the Internet to teach physical activity. We were introduced to some useful online resources on the following website; <http://fusion.uleth.ca/crdc/physedlinks/>. The creator of this website has organized over 450 websites from the categories of dance, games, gymnastics, outdoor pursuits etc. It could be a very useful resource for anyone teaching physical education or for any classroom teacher wishing to incorporate physical activity into the classroom.

Overall this is an excellent conference to attend. There were many activities and workshops to choose from and I learned many new things about physical activity and health.

Lisa Larson  
Pre Cam Community School  
La Ronge

## AWASIS Conference 2008

Hosted by Oskayak High School Saskatoon Inn "let us work together" April 30, May 1, 2.

Thursday 10:15 - 11:30

Elders: The Vital Role They Play

Fred Nulamoak

Fred Nulamoak is an Inuit he talked about how we involve Elders in the classroom . Most importantly why. He talked about the knowledge they possess and how we gather the information Interviews, involvement in cultural programs, student discipline how the elders presence can remove the inappropriate language and behavior. Respect is the highlight of the workshop. I learned by attending this conference that Elders in the Scholl can eliminate disrespect and the students can create an awareness about the importance of language and culture (retain)

Thursday 1:00 - 2:15

Why Am I so Tired?

Faith Wood

STRESS and the key strategies to letting go. AWESOME very relaxing.

It talks us how we prepare for the day?year?life. Being prepared as a teacher reduces stress. Beind prepared is not only the lesson plan and the materials, but the discipline the inputs and the outputs. Communication relieves Stress. Bottom line I learned that being prepared for the DAY< WEEK< MONTH etc reduces STRESS COMMUNICATION is always effective to relief.

Thursday 2:45 - 4:00

Change your handwriting, Change your life.

Faith Wood

This workshop was about how your handwriting can describe the person you are. Example your signature can explain your character traits. So if students scribble doesn't mean they are scribbling they are actually describing themselves if analyzed by the graphologist.

Friday morning KEYNOTE SPEAKER Dakota House.  
He talked about growing up in inner city Edmonton. He learned many of life's lessons the hard way and he commits his time to educate youth on motivation, self-esteem and making positive choices. Would be great to bring him to La Loche Community School.

Friday 10:15 - 11:30

The significance and teachings of the Tipi

Mary Lee

We learned about the significance of the tipi and what each pole represented and we also pitched a tipi which was excellent .

Ida Lemaigre

LLCS Ducharme

## **TIT Technology Summit**

Here is a quick write up from the conference that I attended last week.

The TIT technology summit is a conference aimed at giving educators, ministry officials, computer technicians and other technological consultants a chance to learn about some of the new advancements in technology.

The conference provides the opportunity for networking and exploring some of the best methods for intergrating technology into teaching and the classrooms.

Please let me know if you need anything else.

Thanks,

Rob Liggett  
Pre Cam Community School

## Education Research

I participated in a one day seminar at the University of Saskatchewan on the 3rd of May, 2008. In the seminar, we learned a variety of ways to research, write and investigate topics in the field of education. We were given instruction by people who are experts in the formatting style of APA. The library staff guided us through all of the different types of literature that is available and useful for the purposes of academic writing in the field of education. This seminar provided me with valuable tools to investigate topics of interest.

Jeff Lobb  
LLCS Ducharme

## AWASIS Conference

Day 1: May 1st, 2008 am

Thursday morning I attended the workshop given by Susan Aglukark on self esteem building. She spoke of herself and her life struggles, coming from a small community in the North West Territories. Therefore, listening to Susan can inspire others to be able to tell stories of their own cultures and struggles through music.

May 1st, pm

Thursday afternoon I attended the Elders Forum given by Tyrone Tootoosis. The workshop consisted of four women, who shared stories on their life experiences. They spoke of residential schools and the emotions ran high at this time. The people who attended were encouraged to make use of the elders in our communities, to invite them into our schools to initiate a relationship with students. Overall, this was a workshop on the roles and importance of elders.

Day 2: May 2nd, 2008 Full Day

On Friday the workshop I attended was on self expression and self esteem given by Dakota House. I was greatly impressed by the way he spoke of his life experiences, struggles and focus in life. Dakota's focus is to help the youth improve their confidence, self expression and self esteem. The humour he used can be used to inspire and help the youth in our communities.

Adele Morin  
HTCS  
Sandy Bay

On May 09, 2008, I attended the workshop, *The Explosive Child: The Collaborative Problem-Solving Approach*. This workshop was led by Dr. Ross Greene who is the author of *The Explosive Child and Treating Explosive Kids*.

Dr. Greene provided an alternative conceptualization of the difficulties encountered by the children and by their caregivers and/or teachers. He feels (strongly) that their difficulties are a byproduct of lacking the cognitive skills in the domains of flexibility and adaptability, frustration, tolerance and problem-solving. He showed us why conventional reward and punishment methods may not be effective for these children.

He provided an overview of his treatment model called Collaborative Problem Solving. He maintains that it is useful in helping adults teach the skills which are lacking and in reducing the frequency and intensity of explosive and noncompliant episodes.

As an overview, the workshop was useful, but I would need more than one day of training to be able to effectively implement the program with my students. I would have appreciated more case studies and less “jargon” as Dr. Greene was completely focused on his method being the best one out there.

Janet Morris  
Gordon Denny Community School

## **AWASIS Conference**

I attended four workshops the sessions are as follows: Designing Life-Balance Commitment it's about learning what is putting out of balance. The second one is Incorporating First Nations & Metis Women's Wisdom in the classroom: Moss Bag Teachings-traditional parenting and motherhood in First Nations, Metis and Inuit cultures. I learned how to make a moss bag I enjoyed this workshop and I'll be getting the unit in the mail. Third Eye movement Desensitization and Reprocessing (EMDR) Psychotherapy effective for a wide range of emotional and personal problems. Last session-Honouring Our Environment. I usually share my experiences to staff members who are interested and I also use it in teaching. I hope this will help.

Florence Rediron  
Pre Cam Community School

## Learning in a Digital World:

Keynote speaker highlights:

Alan November talked about teaching the grammar and syntax of the Internet to children. Kids are using sites like Facebook and My Space and they need to know how to use these sites responsibly. They also need to understand how the Internet is constructed in order to find useful and reliable information. He also talked about redefining the role of the student and the teacher. Technology needs to be used to tap into student potential - giving students REAL work to do. He talked about how children's vast knowledge of technology should be applied, even if the teacher doesn't know everything there is to know about it.

Break out sessions:

I learned about some new websites that can be used in teaching a variety of subjects and topics. Here are some:

[www.jing.com](http://www.jing.com) - Screencasting - record voice and screen actions together  
[www.google.com](http://www.google.com) - use google docs to collaborate on documents and track who is doing what  
- also create a custom search engine using google.com  
[www.kiva.org](http://www.kiva.org) - lend money to business people in third world countries and watch how their businesses grow as they are able to expand (social justice)  
[www.wikipedia.com](http://www.wikipedia.com) - publishing forum  
[www.skype.com](http://www.skype.com) - use web cams to talk to other people around the world  
[www.archive.org](http://www.archive.org) - see how websites have changed over time  
[www.classblogmeister.com](http://www.classblogmeister.com) - set up blogging accounts for specific classrooms - for schools only - no ads and teachers can monitor it very closely  
[www.wikispaces.com](http://www.wikispaces.com) - set up wikis to use in any number of ways  
[www.flickr.com](http://www.flickr.com) - photography and images  
[www.voicethreads.com](http://www.voicethreads.com) - set up digital stories in any number of ways  
[www.bubbleshare.com](http://www.bubbleshare.com) - take photos of real life events and create stories about them  
[www.gliffy.com](http://www.gliffy.com) - create concept maps in a variety of ways  
[www.comiqs.com](http://www.comiqs.com) and [www.toondoo.com](http://www.toondoo.com) - create comic stories

I also was challenged to think about the way we as teachers approach online safety and the use of blocking websites in the school. Some suggestions made for protecting online privacy were:

- use "nicknames"
- never associate names and faces together
- teach the ethics of the Internet - these are real-life opportunities to teach children about being safe online

Hope this summary is useful. Please let me know if you need more information.

Thanks  
Janelle Senga  
Pre Cam Community School

Saskatchewan Reading Conference – Regina, SK

I attended an excellent conference, “Unlock the Mystery – Find the Treasure – Read” sponsored by the Saskatchewan Reading Council in Regina from April 10 - 12, 2008. Presentations I found particularly interesting included those by Faye Brownlie, Lori Jamison, Paul Kropp, Les Asseltine and Paulette Bourgeois.

Faye Brownlie spoke about Literature Circles and demonstrated how to market various books to your class. She stressed the importance of knowing the interests of your class in selecting material that will motivate them to read. She also gave examples of how to promote thoughtful responses in double entry journal writing from students about their reading. Examples were given for use with emergent to fluent readers. For example, an emergent reader would write the title of the text on the left side of the journal entry and then either copy a sentence they could read on the right side or write their own sentence following the pattern in the book. A more skilled reader might write a summary statement on the left side and then write their response using the sentence starter – “My thinking about what happened is...” A fluent reader would write a quotation from the text on the left side and write their interpretation of the meaning of the text or quotation on the right. Ms. Brownlie also modeled a strategy called “Say Something” that I found interesting. After reading a specific piece of text, students would take turns saying something about it. After everyone has had a turn, then it was open for anyone to jump in with more conversation. This ensures that everyone has an opportunity to respond orally to the text.

Lori Jamison spoke on a timely topic – “Using the ‘Writing Buddies’ to Teach the Traits of Effective Writing. Handouts and colour posters of the characters she has developed to teach these traits were made available. She spoke about the components of good writing which include: ideas, organization, word choice, sentence fluency, voice and conventions. These were explained in terms of ‘writing buddies’ that children in the early grades could identify with. The characters were Detective- Donna Details, Construction worker- Charlie Conventions, Artist- Willie Word Choice, Singer – Vickie Voice, Traffic Cop- Ollie Order, and Saxophone Player – Sammy Sounds Good. Lori is also the author of “Marvelous Minilessons for Teaching Beginning Writing K-3” which would be a good resource for teachers to invest in.

Paul Kropp spoke on “Bombs, Barf and Bloodshed; Engaging our Boys in Reading and Writing.” He demonstrated that some books are written primarily in a style that boys gravitate to and others are more suited to girls. For example, “Mortimer” by Robert Munsch, has a frantic pace, is more aggressive and is noisy and chaotic. “Franklin Fibs” by Paulette Bourgeois has full book plot development, Franklin talks out his problems and is more social rather than physical. Boys tend to prefer non fiction text and stories with episodic plot, action and rebellions or anti social behaviour by the hero and others. A list of books of interest to boys is available on [www.hip-books.com/resources](http://www.hip-books.com/resources) .

Les Asseltine spoke on motivating students to read by linking language instruction to science and social studies. He demonstrated that by using a model such as a pendulum or rocket , students could be motivated to read or write about these topics. Various types of texts such as procedural, explanatory, persuasion, report, or recount could be used to

explore topics once their interest has been piqued by a demonstration using a hands on experiment.

Paulette Bourgeois concluded the conference speaking about her career in writing. She spoke at length about the conception and evolution of the Franklin series and her current projects.

An excellent conference!

Faye Tam  
Gordon Denny Community School