



PALAIS DES CONGRÈS
DE MONTRÉAL

NOVEMBER 24-25, 2016

AVOID DISAPPOINTMENT AND DON'T DELAY.

**Register now as sessions risk being full
or cancelled due to insufficient registrations.**

These pre-convention workshops will take place on Thursday, November 24, 2016 from 9:00 to 15:00. The cost for a pre-convention activity is \$100. There are facilities for lunch at the Palais des Congrès and the cost is included in the registration fee.

Pre-Convention Workshop Registration

The number of participants is limited for each workshop. Priority will be given to registrations in order of receipt. Please complete the registration form and send your cheque payable to QPAT at 17035 Brunswick Blvd., Kirkland (Québec) H9H 5G6. In order to guarantee your registration it is important that you send your payment as soon as possible. Once your payment has been received, a confirmation for your workshop registration will be sent to the email address you have provided. Registrations received by fax will not be processed. No on-site registrations will be accepted.

Professional Improvement Grants

Any teacher wishing to participate in a pre-convention workshop may make a request to the Professional Improvement Committee in his/her school or his/her school board to cover the following costs:

- registration fee;
- substitution costs;
- travel expenses.

Convention Hotel

The official Convention Hotel is the Embassy Suites (opposite the Palais des Congrès). For reservations, please call 1-800-362-2779 or 514-288-8886 and mention the QPAT Teachers' Convention to obtain a preferential rate.

Palais des Congrès de Montréal

The main entrance is located at 201 Viger Avenue West, between de Bleury and St-Urbain Streets. Access by Metro Place d'Armes.

NE TARDEZ PAS À VOUS INSCRIRE POUR AVOIR UNE PLACE.

**Les ateliers risquent d'être complets,
ou annulés en raison du manque d'inscriptions.**

Les ateliers précongrès auront lieu le jeudi 24 novembre 2016 de 9 h à 15 h. Le coût d'un atelier précongrès est 100\$. Le repas sera servi à la cafétéria du Palais des Congrès et le coût de celui-ci est inclus dans les frais d'inscription.

Inscription aux ateliers précongrès

Le nombre de participantes et participants est limité pour chaque atelier. La priorité sera accordée aux inscriptions dans l'ordre de réception. Veuillez remplir le formulaire d'inscription et envoyer votre chèque payable à l'ordre de l'APEQ, au 17035, boulevard Brunswick, Kirkland (Québec) H9H 5G6. Afin de garantir votre inscription, il est important que vous envoyiez votre paiement le plus tôt possible. Une fois que votre paiement sera reçu, vous recevrez confirmation de votre inscription à l'atelier à l'adresse de courriel que vous aurez fournie. Les inscriptions reçues par télécopieur ne seront pas traitées. Aucune inscription sur place ne sera acceptée.

Comité de perfectionnement

Chaque personne qui désire participer à une de ces ateliers pourrait faire une demande au comité de perfectionnement de son école ou de sa commission scolaire le plus tôt possible afin de se faire rembourser les frais suivants :

- les frais d'inscription;
- la suppléance;
- les frais de voyage et de séjour.

Hôtel du Congrès

L'hôtel officiel est Le Embassy Suites (en face du Palais des Congrès). Pour faire votre réservation, svp appeler au 1-800-362-2779 ou 514-288-8886 et mentionner le Congrès des enseignantes et enseignants de l'APEQ afin d'obtenir un tarif préférentiel.

Palais des Congrès de Montréal

L'entrée principale est située au 201, avenue Viger Ouest, entre les rues de Bleury et Saint-Urbain. Accès par le métro Places d'Armes.

A COMPREHENSIVE OVERVIEW OF MENTAL HEALTH AND TEACHERS

SPEAKER	Dr. Andrew Miki , R. Psych, Founder & CEO Starling Minds Inc.
WORKSHOP DESCRIPTION	1. What Makes Teachers Vulnerable to Mental Health Issues: We will identify the major stressors that teachers face, create a personality profile of a typical teacher, and learn how these factors can contribute to teachers learning to become more anxious and depressed over time. 2. Strategies to Improve Teachers' Resiliency to Stress: This workshop will cover fundamental strategies based on Cognitive Behaviour Therapy to increase your ability to detect early signs of stress, regulate your emotions, and resolve the stressful issue. 3. Improving Teachers' Assertiveness Skills: We will discuss the interpersonal style of a typical teacher, the reasons for it, and how to learn to become more assertive. This is a more advanced Starling workshop because assertiveness requires an ability to manage negative moods.
TARGET AUDIENCE	All

THE QUINTESSENTIAL EDUCATOR

SPEAKER	Nancy Kozik , Director, Keynote Speaker and Business Trainer, Certified Etiquette Expert, Media Personality and Author
WORKSHOP DESCRIPTION	The behaviour, attitude, and relationship perspective between students, in school when relating to adults is forever changing, and new challenges are presented each day. Teachers are faced with the challenge of maintaining their professionalism while working in a very social setting. The Quintessential Educator, will help academic staff acquire the skills that will help them attain their goals, while having a direct effect on student behaviour. Knowledge of etiquette skills will enable you to feel at ease with the details of etiquette on a day to day basis, and will enable you to focus on the matters at hand, thus making you more productive.
TARGET AUDIENCE	All

GIVING A SHIFT: SHARING OUR CLASSROOM PRACTICE AROUND CHANGE

SPEAKERS	Tracy Rosen , RECIT Pedagogical Consultant, CSSMI Kish Gué , RECIT Pedagogical Consultant, EMSB Avi Spector , RECIT Pedagogical Consultant,RSB
WORKSHOP DESCRIPTION	Let's shift towards a culture of sharing, a recognition of teachers as experts, and the implicit use of technology in the classroom! This workshop is all about teachers sharing with teachers. You will have the opportunity to share practices, get feedback on what you do, and to inspire each other to keep moving forward in times of change. Everyone is welcome.
TARGET AUDIENCE	All

MENTORING FOR ALL

SPEAKER	Jim Strathcan , Education Officer, Ontario Ministry of Education
WORKSHOP DESCRIPTION	The QPAT New Teachers' Committee invites you to this practical workshop. Participants will have the opportunity to reflect on their current mentoring experiences and refine their mentorship skills via learning focused conversations. Participants in this interactive learning workshop will construct understanding of building relational trust, facilitating learning focused conversations, providing meaningful and growth oriented feedback and utilizing powerful mentoring designs. Leave with an ebook of practical tools to support mentorship of colleagues and students!
TARGET AUDIENCE	All

THE GROOVE: A MOVEMENT-BASED APPROACH TO TEACHING WHICH ENGAGES THE BODY, BRAIN AND BEING

SPEAKER	Michelle Hillier , Educator, The Groove EDGEducation
WORKSHOP DESCRIPTION	Reach the 21st century learner by engaging the BODY, BRAIN, and BEING with an innovative, student-centered and inclusive approach to movement. Celebrate unity and individuality while experiencing our GROOVE program, then make connections to the physical, cognitive, social and emotional benefits and draw curriculum links to take back to the classroom. This is for the everyday teacher who is interested in incorporating movement and creativity into their practice. See you on the GROOVEfloor!
TARGET AUDIENCE	All

ART! WHAT TO DO AND HOW TO MARK IT!

SPEAKER	Louise Standjofski , Drama and Art Consultant, Faites des arts!
WORKSHOP DESCRIPTION	Each artist has their own vision, each student a potential artist. Find your appreciation for visual art and color while learning to mark the hands-on projects in this art for the classroom workshop with Louise Standjofski. Why a whole day? Because we need to do art, talk art and mark with an objective eye. Affordable and creative ideas to try and share. Let's create!
TARGET AUDIENCE	Primary

OH THE MATH THAT THEY'LL KNOW!

SPEAKER	Jane Felling , Consultant Box Cars and One-Eyed Jacks
WORKSHOP DESCRIPTION	Finally a tailored made workshop for kindergarten – grade 2 levels. Come prepared to play math games that incorporate the use of cards, dice, multi-sided dice that teach the following early childhood numeracy concepts: counting 5, 10, 20 and beyond, comparing numbers, counting on and back from given numbers, patterns, early operation strategies including double 10 frames and more. Ideas for developing MATH TALK, JOURNALS and response activities, assessment ideas will be shared throughout the day. Participants will learn how to create math solutions. Bring chart paper, felt pens, sticky notes and get ready to play.
TARGET AUDIENCE	Kindergarten to Grade 2

BRINGING DIGITAL STORYTELLING INTO THE CLASSROOM

SPEAKER	Jessie Curell , Media Educator, Hands on Media Education
WORKSHOP DESCRIPTION	In this hands-on professional development workshop, educators are introduced to the Digital Story format of media creation and iMovie editing program to create powerful personal narratives with their students. Customized to any classroom theme or subject, this workshop is a great opportunity for educators to develop their own media literacy and technological know-how, while learning and practicing their own media creation and digital literacy skills.
TARGET AUDIENCE	Secondary, Adult Ed. and Tech-Voc.

SELF-REGULATION IN THE CLASSROOM: A DIFFERENT PERSPECTIVE

SPEAKER	Caroline Hui , Occupational Therapist, Choose to Learn
WORKSHOP DESCRIPTION	Learn why Johnny is constantly rocking in his chair, why Marie hums while she works or why Rick has to touch the wall as he walks down the hall. Every day you hear yourself repeating: "Stop moving, keep your hands to yourself, be quiet, pay attention, or take that out of your mouth." You are tired and your job is not getting any easier. See behaviours differently and learn strategies for self-regulation in the classroom.
TARGET AUDIENCE	Kindergarten and Primary



PRECONVENTION WORKSHOP REGISTRATION FORM

(please print clearly)

Workshop Title (1st choice)

Workshop Title (2nd choice)

First Name

Last Name

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School Telephone Number

Email Address

School Name

Local Union

Please make your \$100.00 cheque payable to:

QPAT (one cheque per registration)

17035 Brunswick Blvd.

Kirkland, Qc H9H 5G6