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<http://www.tiebc.com>

TIEBC Proudly presents  
**CROSSCURRENTS Online**  
Oct 23, 2020

<https://tiebc.ourconference.ca/>

As educators, we find ourselves in uncharted territory teaching through a pandemic. We at TIE-BC hope to provide you with a conference full of information through incredible presenters with the lens of trauma invested practice that will help to guide you through this challenging time.

**Kim Barthel**



**Keynote Speaker:** We are incredibly lucky and proud to bring back Kim Barthel as our Keynote speaker at this year's conference. Kim Barthel is a sought-after speaker and award-winning occupational therapist, best-selling author and internationally recognized clinician in the areas of childhood trauma, attachment theory, sensory processing and developmental disability. Through engaging storytelling, Kim provides cutting-edge insights into neuroscience and trans-disciplinary practice, with a passionate mission to support the conscious evolution of the human spirit. For more info see [ww.kimbarthel.ca](http://ww.kimbarthel.ca).

## *Coming SOON to a Zoom Room Near You!*

### Provincial PSA Day - October 23, 2020

**Registration is now open!**

This year's conference although in a different format will bring you once again some great inspiration, better knowledge and tools to help you be a better educator. We have many interesting speakers ranging from a variety of topics.

**Christa Campsal** will be speaking on *Understanding Resilience for Maximizing Teacher & Student Well-being*. This workshop introduces a state-of-the-art definition of natural resilience as well as the principles of how we operate to tap this resilience.

**Dan Duncan, *ADHD Inside Out***

This workshop will help us better understand ADHD. It will shift the mindsets of each participant away from the outside-in perspective.

**Suzanne Harwood, *An Overview of Microsoft Inclusive Education Tools***

This session will give us some tools to help us better support our student's learning with reading and writing.

**Michael Jacques, *Can't Read, Can't Write, Here's My Book***, told through the eyes of Michael Jacques, a compassionate and determined young adult with autism and an intellectual disability. Michael shares his story in hopes of creating a more inclusive, diverse and compassionate world.

**Linda O'Neill, *Am I Safe Here and Do You Like Me?***

This session will focus on how we can implement better support for children and youth who have experienced adversity.

**Regan Rankin, *Behaviour: Expect the Unexpected***

There will be many strategies and resources presented in this workshop to address challenging behaviour, mental health and self-regulation strategies.

**Terry Small, *The Healthy Brain Webinar - An All Ages Guide to a Calmer, Happier, Sharper You***

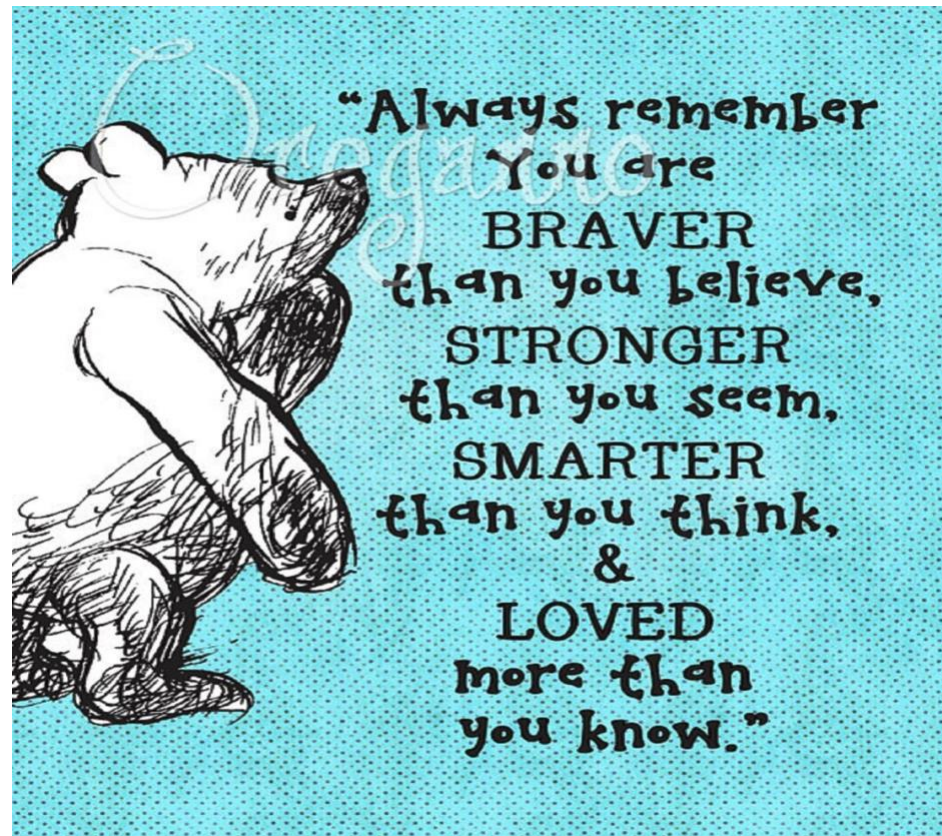
This session will give you the tools and strategies to respond to current life challenges, and prepare for an ever-changing future.

**For more information about each speaker and how to register go to our website. <http://www.tiebc.com/crosscurrents.html>**

**See you October 23, 2020 for the Crosscurrents conference!**

By Laurie MacHale

**Positive corner:**



## TIE-BC President's Report

by Sarah Brooks

Fall 2020

Dear Members of TIE-BC,

I hope that this letter finds you all rested and refreshed as we move into a new school year. We find ourselves in very uncertain times amid this pandemic, and I am sure there are many anxieties surrounding going back to school in September. Please know that the BCTF and TIE-BC, along with other PSAs, have been working behind the scenes throughout the summer on your behalf taking part in Ministry Planning Groups assisting with planning for back to school. I would like to thank everyone for their hard work in these areas especially Regan Rankin, TIE-BC Vice President, who interrupted her personal holidays to participate in meetings with the Ministry throughout the summer.

Change has been a huge theme in 2020 and TIE-BC has gone through some changes over the past year. With the pandemic in full swing, we have decided to participate in the Online Conference on the October 23<sup>rd</sup> PSA Day. Our team has been hard at work all summer setting up and figuring out excellent professional development opportunities. We have also decided that we will move our future Crosscurrents Conferences to the October PSA day. This was a difficult decision, but ultimately came down to access for our members. We know that it is becoming more and more difficult to secure TTOCs, which makes it more difficult to attend conferences that are not on scheduled Professional Development days. We have also decided to move away from the hotel as a conference venue. We have loved working with the staff at the Sheraton Vancouver Airport Hotel, but the cost of upholding this venue has become more than we can support and we would prefer to put those funds back to members through various professional development opportunities.

Another change at TIE-BC has been a shuffle of our executive. As I, Sarah Brooks, move into the role of president, I would like to thank Debra Swain, our past president, for all her hard work and dedication over the past few years. I have very big shoes to fill but know that I have a great mentor. Welcome to Fiona James, our new treasurer. Welcome back to the following executive members:



Photos by Laurie MacHale



Regan Rankin- Vice President and Registrar

Rae Perry- Secretary, Web Manager and Social Media Coordinator

Ida von Schuckmann-Conference Chair

Laurie Robinson- Speakers Coordinator

Laurie MacHale- Publications and Professional Learning

Gail Wolanski- Exhibitors Coordinator

Matthew Laur- Memberships and Chapters

Liz Postle- Hospitality

I am excited to be working with such an amazing team again this year! Stay tuned for the upcoming events being planned for this year.

As we move in to the 2020-2021 school year, we need to ensure we are taking care of ourselves. One of the most important pieces of a trauma-informed practice is self-care. We cannot be available for our students if we are not well ourselves. Finding ways to relax throughout the day is very important. Exercise, meditation and working on hobbies are some great options. Please also remember that Starling Minds and our Employee and Family Assistance Plan (EFAP) are great resources to support our mental health. These are very difficult and uncertain times, so it is extremely important that you take care of your needs. Do what is best for you!

Please watch your email and upcoming newsletters from TIE-BC for more exciting information for the coming year! I really look forward to working with you all!

Best wishes for the school year!

Sarah Brooks

TIE-BC President



Photos by Laurie  
Machale

[www.tiebc.com](http://www.tiebc.com)



## TIE-BC Book Study Corner:

Laurie MacHale TIE-BC Publications and Professional Learning

This year, as the Professional learning executive member, I thought we could try something new and have a book share to start the year. A few executive members will share a book they have read recently.

If you are interested in a book study or book /resource share via Zoom or Blog please let me know. I know we are all busy these days but it can be fun to share, connect and support one another.

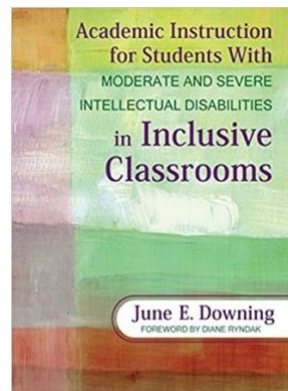
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### Book Share

Rae Perry's book share:



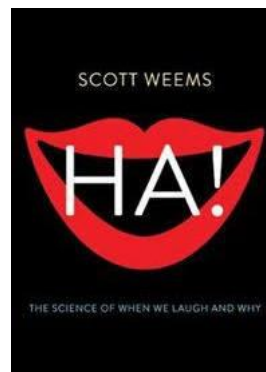
While most resources for inclusive education focus on teaching students with mild to moderate disabilities, teachers of students with more severe disabilities need specific methods to provide the individualized and systematic instruction necessary to support students in inclusive environments. This unique book meets that need with approaches, information, and ideas for teachers of students with moderate to severe disabilities in general education classrooms.

June E. Downing draws from a strong research base to provide practical instructional strategies, plus suggestions based on personal experience. Featuring tables and figures, chapter summaries, photographs, multiple examples, and strategies that address the how-to of instruction, this resource helps general and special education teachers:

- Adapt their curriculum to meet both individual student needs and state standards for core curriculum
- Work collaboratively with other teachers
- Develop assessments that accurately determine student needs
- Keep track of student progress through data collection

Essential for today's inclusive classrooms, this guide covers everything teachers need to know to provide individualized instruction and assessment for their students with significant intellectual disabilities.

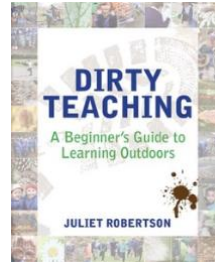
**Regan Rankin's book share:**



Neuroscientist Scott Weems takes you inside the brain to uncover what happens when we laugh, why we laugh and how it affects our body. It is a fascinating book about humour and why it is so important, now more than ever!

I am a teacher who strongly believes in incorporating humour and laughter into my practice. I have been doing it as long as I have been a teacher. I began getting increasingly curious about why it seemed to work so well to promote retention of knowledge, to calm and regulate students and to relax the room. This book had all the answers I needed! A highly recommended book - especially in these uncertain times!

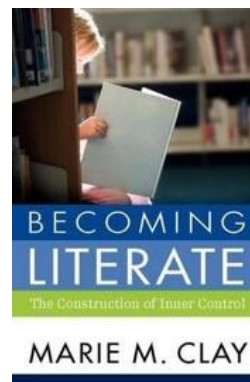
### Laurie MacHale's book share:



Juliet Robertson offers tips and tricks to help teachers in elementary school kick-start or further develop their outdoor practice. She integrates academic research, and explains why learning outdoors is so beneficial to everyone. She gives plenty of tips on how to get started, and activities to help you to integrate outdoor learning into your teaching practice.

I choose this book because of personal experiences in outdoor education and the school I work at has an outdoor program. I would recommend this book as it is very easy to read and you will find many activities to easily incorporate in your practise and to the curriculum. One idea that I liked in chapter three, was The biography of an object. The students find an object in nature and then write five sentences of the biography or life history of the object. Then you can display the object and stories in the class for all to read. Simple but meaningful and creative. If outdoor education is something you want to incorporate this book is a great resource. Happy dirty teaching! (Love the title of the book too.)

### Debra Swain's book share:



Recently, I read *Becoming Literate* by Marie Clay for the second time. The respect for young learners is the key message I get from the book. Some young learners need a different approach to literacy instruction that taps into their strengths. The case studies in this book demonstrate suggested strategies to try with students. The other take-away for me from this book is the importance of caring teachers who have the training to use the strategies.





**DRINK  
WATER**  
LIKE ITS  
GOING OUT OF  
**STYLE**



### GOOD BEDTIME HABITS

1.  
Set A Bedtime
2.  
Switch Off Electronics
3.  
Plan Your Morning
4.  
Pamper Yourself
5.  
Stretch Your Body
6.  
Journal Your Thoughts
7.  
Read A Book

ThosePositiveThoughts.com

## Be Healthy or Try:

By Laurie MacHale

There are many stresses right now with Covid 19 Pandemic and school start up. We are all concerned for our students, loved ones, our community, country and the world. We are learning everyday new things about this new reality we are living and what it means to our future. That being said we all must try to be healthy by staying home as much as we can, wearing a mask, social distancing and washing our hands. If you are struggling with stress and anxiety we have benefits and tools that are there for us to use. One tool available to us is Starling Minds. It is an online mental health and wellness tool that is designed specifically for teachers. As a member of BC Teachers' Federation, it is available to you and your family members to use anywhere and anytime you want, for free. It is a confidential program. I believe it can help many of us to deal with all we have to deal with these days as being in a pandemic is nothing we have ever experienced. We are all living under some strange circumstances so please do access supports and tools to help you be as healthy as possible, you deserve it.

<https://bctf.ca/wellness/> and <https://www.starlingminds.com>

### A Few Tips to health as we start a new school year:

- Drink water
- Walk
- Get sleep
- Talk and laugh with friends
- Drink a cup of tea
- Read a book for fun
- Get a massage
- Plan something fun to do
- Stretch or do yoga
- Do exercise that makes you feel good after it is done. (even 10 minutes )
- Watch a funny show or video
- Give or get a hug
- Eat chocolate
- Take a nap
- Listen to music
- Be creative
- Be kind

## TIEBC Executive for 2020-21

Sarah Brooks, Regan Rankin, Rae Perry, Fiona James, Laurie Robinson, Gail Wolanski, Laurie MacHale, Liz Postle, Ida Von Schuckmann, Mathew Laur, and Debra Swain



### **Sarah Brooks**

President

Executive for 6 years

SD85 Vancouver Island North

Learning Services Teacher

13 years of teaching experience

Interested in biking, camping, scrapbooking, fishing, hunting, karate, kayaking



### **Regan Rankin**

Registrar and Vice president

Executive 3 years

SD 44 North Vancouver

Learning Services Teacher

Interested in Improvising with the group The Atoms, playing with her two kids, or spending time with her husband at craft beer places around Vancouver



### **Rae Perry**

Secretary and Web manager

Executive for 10 years

SD 27 Cariboo- Chilcotin

Learning Support Teacher/ Reading Recovery Teacher

Interested in travelling, reading, Toast Masters, and scrapbooking



**Fiona James**

Treasurer

Executive first year

SD 46 Sunshine Coast

Inclusion Support Teacher

20 years of teaching experience

Interested in hiking, boating, paddle boarding, gardening, playing soccer, reading and crafts



**Laurie Robinson**

Speakers Coordinator

Executive for 5 years

SD 22 Vernon

Retired teacher

Over 25 years of teaching experience

Interested in painting, golfing and singing

**Gail Wolanski**

Exhibitors

4 years on the executive

SD22 Vernon

Resource teacher

22 years of teaching

Interested in gardening, swimming



**Laurie MacHale**

Publication and Professional learning

4 years on the executive

SD46- Sunshine Coast

Inclusion Support Teacher,

Over 20 years of teaching experience

Interested in travelling, gardening, outdoor activities, arts/crafts, cooking and reading



**Ida Von Shuckmann**

Conference Chair

3 years on Executive

Teacher in School District 63 (Saanich)

Gr. 2/3 classroom teacher and Learning Support K-5.

Interested in hiking, photography, dog walks with my son's Golden Doodle, and amateur astronomy



**Liz Postle**

Hospitality/ Treasurer support

3 years on the Executive

Happy Valley Elementary for ten years

Reading Recovery teacher for 6 years

Interested in golf, beaches and snorkeling



**Matthew Laur**

Members/ Chapters Coordinator

2 Years on executive

Learning Assistance Teacher, Math Teacher (Foundations of Mathematics 11)

Interested in squash, badminton, reading, hiking, exploring Canada, and learning

**Debra Swain**

Past President

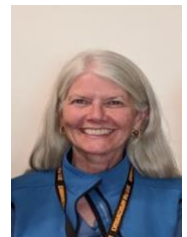
7 years on Executive

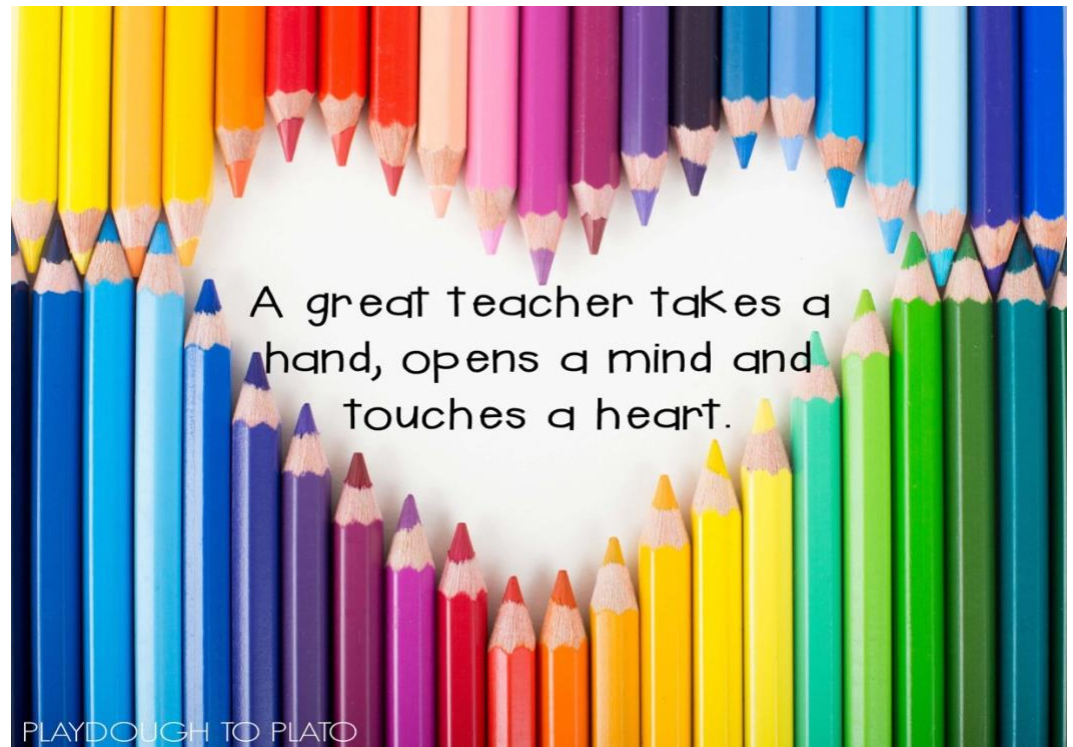
SD61- Greater Victoria

Reading Recovery and Learning Support Teacher

30 years of teaching experience

Interested in swimming, gardening





**TEACHERS** of  
Inclusive Education  
British Columbia



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- <http://www.tiebc.com>

