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TIE- BC President's Report

by Sarah Brooks
June 1, 2021

Hello Members!

While the weather is beginning to look more spring-like, teachers are hard at work. In these unprecedented times, we find ourselves struggling in many different ways. One of these struggles, stemming from COVID-19, is around vaccinations. While the BCTF was finally able to push teachers into the line of vaccinations for frontline workers, many of us have yet to be vaccinated. For some, this is leading to feelings of frustration, despair and added stress, especially as the COVID numbers continue to rise in schools. The TIE-BC executive has been in constant communication with the BCTF Steering Committee throughout the pandemic, helping to give a picture of the struggles for BC teachers and students on what COVID looks and feels like within the classroom. One of the ways we have been doing this is through the COVID-19 survey that was recently put out to members. A huge thank you to Debra Swain, past president, Matt Laur, membership and chapters coordinator, and the BCTF research team for putting that together. As I write this email, they are compiling the data and we will be getting the information out to members and the BCTF Steering Committee as soon as the team is able.

In saying all of this, my most important message, and a lesson that I have learned during this time, is to take care of yourselves. Ensure that you are making time for yourself. Spend time with friends, be it outdoors for a walk, over the phone or even through video conferencing. The feeling of disconnectedness is huge right now and everyone is really trying their best to keep their head from sinking below the waterline. Be kind to yourself and be kind to others- you never know what is going on for them beneath the surface! Always remember that EFAP and Starling Minds are available to all members if you need to reach out to someone.





Teachers of Inclusive Education BC are committed to supporting teachers and students in inclusive settings and one of the ways we support them both is by advocating for them through letters to the Ministry of Education. This year, we have written a couple of letters to the Minister of Education in an attempt to have both FSAs and Secondary Assessments cancelled for this year due to the considerable amount of trauma and stress our students have encountered throughout this pandemic. In this newsletter, you will find the letter we have written to Minister Whiteside along with her response to the cancellation of Secondary Assessments. Unfortunately, our plea to have these assessments cancelled was not met with any support from the Ministry of Education, but we will continue to advocate for the needs of our students in the future.

As you probably know, the Ministry of Education has been working on a number of projects over the years with regard to the Special Education Manual. We have heard that a draft of this manual was to come out this spring, but at this point, no one has seen it just yet. This information came to us through the Superintendents, not from the Ministry staff themselves. TIE-BC has committed to taking a close look at the draft manual once it is released and providing feedback to the Ministry of Education. As a member who was a part of the working group involved in taking a look at the Special Education Policy Manual a few years back, I am very interested in seeing how much it has changed since the working group was abruptly dismissed after a few meetings. We will keep you informed as we become aware of any more information.

The Ministry of Education has a few more projects going on. They are working on the Proficiency Standards in K-5 and 6-12 teams. This was being done through the districts, not through the BCTF. Please do check in with your Local Presidents to determine if your district is participating in this. The Ministry of Education is also looking at updating the Performance Standards, in order to catch them up to the revised curriculum. At this time, stakeholders are asking the Ministry to slow down and really give the Performance Standards the attention they deserve. “Rome wasn’t built in a day” and neither should be the Performance Standards. Another project being undertaken is an update of the K-12 Reporting Order. A draft version of this should be coming out for viewing before the end of the 2020-2021 school year. The proposed idea is that the updated Reporting Order would be available for the 2021-2022 school year, but would be fully implemented for the 2022-2023 school year. This Order has gone through 4 reviews and revisions, with the Ministry staff largely listening to feedback being given. Please watch for this to come out in the next little while. One thing that can be said, is that Minister Whiteside is really taking her time and getting a good grasp on what needs to be done. Although this is holding up the timelines of some of these projects, Minister Whiteside is making sure that all of these projects are getting the attention they deserve.



Another exciting project being undertaken this year is the BCTF's website. Having had a sneak peek of the website renewal, I can honestly say that the new website seems to be much more intuitive. The new website will be launched in June. I strongly encourage you to take a look! I hope you find it as amazing as I did!

As this school year comes to a close, it is important to think about your professional development plans over the summer. TIE-BC is putting on a book study! We will be taking a closer look at the book "Relationship, Responsibility and Regulation- Trauma-Invested Practices for Fostering Resilient Learners" by Kristin Van Marter Souers with Pete Hall. Join Regan Rankin and other members of the TIE-BC Executive for some engaging conversations over Zoom!

Speaking of Kristin Souers, did I mention that she is going to be the keynote speaker at Crosscurrents Online on October 22, 2021? We are working on another amazing line-up of speakers, including Dan Duncan, Kerry Isham, Lisa Bayliss, Kristin and Bethany Wiens and so many more! Watch for registration opening soon!

Wishing you all the very best as we move into the last few weeks of school. Remember to take time for yourselves, especially at this very busy time of year. Have a wonderful summer and if I don't see you at the book study, I hope to see you at Crosscurrents in October!

~Sarah Brooks, President



Inspirational Quote

By doing
what you
LOVE, you
INSPIRE
and awaken
the hearts
of others.



Teachers of Inclusive Education BC - Chapters 2020-21:

tiebcmembers@gmail.com

Local 61 Greater Victoria Teachers of Inclusive Education Local Specialist Association

The 2020-21 Goals for TIE LSA were:

- Providing support to members related to teaching and learning support during the time of COVID 19
- Continuing to investigate student assessment including students with low incidence designations
- Investigating ways to support teachers in addressing challenging behaviours
- Investigating strategies to support students remotely as a LST

TIE LSA executive held planning meetings in October and April. On the November PD day, TIE LSA hosted the BCTF workshop “Staying Well at Teaching”. It was well received with about 40 teachers attending. In January, TIE LSA hosted a zoom meeting with Bernardus Larryant from POPARD on “Assessment and Planning for Students with Low Incidence designations”.

Members of TIE LSA executive were part of the planning committee for the Tapestry Conference. There were several workshop options for Inclusive Educators at Tapestry.

TIE LSA is also associated with TIE-BC PSA. Members of the TIE LSA attended the TIE- BC PSA Crosscurrents conference and the TIE- BC AGM.

For 2020-21, TIE LSA did not collect any dues from LSA members. There were limited expenses for our meetings as they were held remotely.

Chapter Report April 2021

SD60

Matthew Laur

Our local chapter has been keeping busy this year, and we have successfully met a number of times to discuss the needs of our members, and we are glad to report that we secured training for our members on the subject of Dialectical Behaviour Therapy from CTRI. This training will be taking place in May 2021, and thanks to funding we are able to support 30 teachers and other staff to attend. We are looking forward to this training opportunity, as it is very relevant during the current pandemic.

SD46**Chapter report****Paula Stroshein-Martinez****President**

Accessing LSA funds:

- All money has been lumped into the coffers
- Each group has access to \$300 from SCTA
- Additional \$ can be requested
 - Up to \$3000 can be requested
- TIE -BC money should be available via the PSA grant application
 - This money should be separate from SCTA funds

How to spend \$:

- Possibly doing a Zoom guest workshop
- Costs may be less as a result of the travel restrictions
- As a group we will need to bounce around names of possible presenters

TIE- BC:

- Currently looking for 2 members at large
- Roles “may” be based on skill set or what you bring to the table that would benefit TIE- BC
- Goals this year
 - Quality growth
 - Quality Pro D offerings
 - Connectivity in the community (eg: partnerships)
 - Maintaining and growing memberships
 - How to develop a stronger voice for the members (eg: advocacy)

Plans for upcoming Pro D:

- Friday February 12 (District Day)
- Monday April 12
- May 21

Provincial Update:

- TIE- BC: AGM March 4, 2021
- Annual Crosscurrents Online Conference: October 22, 2021 → Provincial PSA
 - Keynote: Kristin Van Marter Souers
- Check out the website: www.tiebc.com
- Follow us on Twitter: twitter.com/tie_bc
- Like us on Facebook: www.facebook.com/TIEBC/

CCTIE
SD27 Cariboo Chilcotin Chapter
2020-2021
Jacqueline (Jacqui) Ferguson

Good day to all from the Cariboo Chilcotin TIE-BC chapter. We have a great group of ladies within our chapter ranging from School Psychologists, Speech Language Pathologists, Special Education Teachers and classroom teachers. We started off this year debating on what we would like to do and discussed our direction in September. We met through Teams but found that many of us were weary of video chats so we took the opportunity to just take a break from this. We chose to take on a book review as our goal for this the 2020-21 year. We used our monies from TIE-BC and our Pro D Grant to buy books for the group (11 in total).

The book we chose was **How We Learn** by Stanislas Dehaene (which looks at the research of the brain and why brains learn better than machines). Marianne Okrainetz (teacher) and Charlotte Lundeen (SLP) are still working on Sound Walls at Marie Sharpe School in Williams Lake. They are working together to trial whether the use of sound walls and Guided Reading assists the learning and understanding of the reading process and how it is learned and processed by a K/1 class.

Our goal is to hopefully meet in April outside on a field to have a great face to face chat. Fatigue and Covid-19 has put a damper on this year's fun group get togethers.

Thank you for the monies to continue on this important pathway.

Saanich school district
Fiona Mosher
SEAS President

Our meetings have taken place on MS Teams this year and we are able to get people 'out' who wouldn't normally be able to come to an in-person meeting. During COVID we decided that when we could return to in-person meetings, we would keep most of our meetings to a virtual format to allow more people to come. Our membership is at 13 and we consider that to be a good number based on the pressure that this year has brought our members. At our monthly meetings we also have 5 draws and everyone loves those. There's always chocolate!

This year we have had a presentation by the Vice President, Sarah Birrell, on Social Competency. This was based on Michelle Garcia Winner's work on Social Thinking. We also have many of our members attending the Competency Based IEP workshops that Shelley Moore is holding on EventBrite. The sessions take place on Saturdays from 10-12 and they cost around \$25/session. There are about 8 sessions in the workshop. We've had wonderful discussions on assessments and shared some information on using the Jerry Johns. After the Pro-D in February, we made sure we had time to share information and resources that we learned about.

In March, after Spring Break, we will be hosting Dan Duncan who will do a Zoom presentation on ADHD. We have been able to open up this workshop to our entire school district.

This year has been about supporting each other and sharing resources to make our job easier. We appreciate that the TIE-BC meetings have been on Zoom so that we can be more involved and agree that it would be best to continue in this way as much as possible.

Book/ Resource Share:



Kids These Days by Dr. Jody Carrington

Sarah Brooks

Have you been introduced to Dr. Jody Carrington? Dr. Jody is the child psychologist from Olds, Alberta, who wrote the book “kids these days- A Game Plan for (Re)Connecting with Those we Teach, Lead and Love.” With this book, “her mission has become to shift the way educators think and feel about the holy work they do, and to refocus is on supporting them in that work.” Dr Jody asks us to remember what our purpose is, our “Why.” Why did we choose the profession we did and are we living up to that reason? She reminds us about the lid-flippers and what they might need, how that is complicated by trauma and grief, and goes

on to remind us of some ways to support those flippers. But most of all, she reminds us that if we are not okay, we cannot give others what they need to be okay. Dr. Jody Carrington not only helps us to reconnect with our students, but gives us some ways to remain connected to ourselves and our purpose for being. Her message is inspiring and really hits home.

If you are looking for ways to be lifted up and feel supported through all the craziness that is this pandemic, I also encourage you to check Dr. Jody out on Facebook. She does a live session every morning. She has also created some mini-conferences that are being done online at the moment. If you are looking for an excellent keynote speaker for your district conferences, I sincerely recommend looking at having her speak. Although she does use some explicit language that some find offensive, if you can get past that and listen to her message, you might just find yourself tearing up. If you are interested in learning more about Dr. Jody or her book- she has a new one coming out in the not-too-distant future “Teachers These Days” check out her website www.drjodycarrington.com or find her on social media.

Asante Center

Fiona James

If you are looking for a resource about FASD go to the Asante Centre. The Asante Center's motto is "A family helping families". It is a great resource for parents and educators to help support people with neurodevelopmental conditions, like FASD. The resource section is amazing and highlights invisible disabilities. They have a great poster series called Reframe and Reconsider. Each one page poster has three sections that looks at how certain behaviours are misinterpreted, how they might be interpreted and strategies.

<https://www.asantecentre.org>

Anxiety Canada

Laurie MacHale

<https://www.anxietycanada.com>

Now more than ever anxiety is on the rise. Living in a pandemic is not an easy experience and for many of us anxiety is something that we are also experiencing. “Whether you are struggling with self-isolation, financial hardship, are working on the frontlines, or are simply feeling scared about the future, it’s more important than ever to stay informed about how to take care of your mental health.”

Anxiety Canada provides some assistance and lets you know that you’re not alone.

“Anxiety is one of the most common mental health concerns for children and adults, affecting upwards of 20% of children and adolescents over the lifespan. Anxious youth are often quiet and well behaved, and thus frequently go unnoticed by their parents, teachers, and coaches. Alternatively others can be disruptive and act out, being labeled as having attention deficit disorder or being a “bad” kid. Both scenarios result in youth failing to receive the help they desperately need.



Sadly, untreated anxiety can lead to depression, missed opportunities in career and relationships, increased substance use, and a decreased quality of life.”

“For years, Anxiety Canada has been working to develop free digital resources based on Cognitive Behavioural Therapy (CBT) that teach people about anxiety and how to cope. “

They have relevant resources that can help inform you how to support yourself, family and students.

They also have an article with some great strategies for teachers on how to deal with COVID in schools.

<https://www.anxietycanada.com/articles/back-in-the-classroom-strategies-for-teachers>

They also have an app called MindShift CBT Mobile App. You can download the free mobile app, [MindShift CBT](#), for [iOS](#) and [Android](#).

The app helps you work through activities based on Cognitive Behavioural Therapy (CBT), track your progress, and you can listen to relaxing audio.

I hope you can check out this website if not for yourself then for your students. I have also shared this website with any families.

***“No need to hurry.
No need to sparkle.
No need to be anybody but oneself.” Virginia Wolfe***



Teacher Joke Corner:

It's the last day of school -

No running in the hall, No
throwing books , No
lighting trash cans on fire.

At least until after
the students leave.

someecards
user card



**Teacher at the beginning
of the school year**



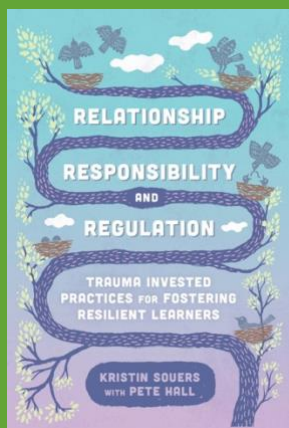
**Teacher at the end
of the school year**



TIE-BC Online

CROSSCURRENTS CONFERENCE

Oct 22, 2021

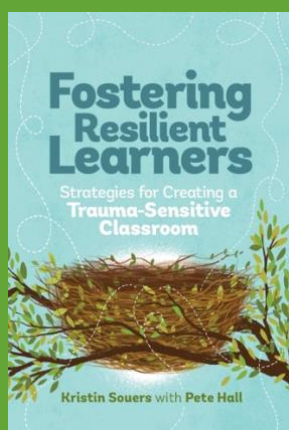


Registration opens in June 2021!

(Provincial PSA Day) <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 and with the lens of trauma-invested practice that will help to guide you through this challenging time.

We are incredibly lucky and proud to have Kristin Van Marter Souers as our Keynote speaker at this year's TIE-BC conference.



Kristin Souers, MA LMHC is an award-winning author of *Fostering Resilient Learners: Strategies for creating a trauma-sensitive classroom environment* (ASCD, 2016) and *Relationship, Responsibility and Regulation* and many other publications /articles. She provides critical professional development, consultation, education, and training services to schools, school districts, and organizations throughout the country. She has presented to thousands of audiences, facilitated group learning, supervised internships, directed programs, been an adjunct professor at Gonzaga University in their Masters in Counseling Program, and supported the learning and growth of countless educators, caregiving professionals, and other individuals.

We have another amazing group of presenters at this year's conference. Here is our exciting line up:

Breanne Glover and Paul Pantaleo – Reading Recovery



Breanne Glover (BEd, Post Degree Diploma and MA) and Paul Pantaleo (BED, MA) are currently Inclusive Education, Learning Support and ELL teachers in Victoria. They have also worked as Classroom Teachers, Teacher Leaders, District Mentors, School Administrators and Sessional University Instructors, at the elementary and middle school level.

Dan Duncan ADHD Inside Out



Dan Duncan is associated with the BC Interior ADHD Clinic in Kelowna, and is an Academic Strategist for students with ADHD at UBCO. He privately coaches individuals with ADHD, as well as their parents, spouses, and educators. Dan lives successfully with ADHD, and helped raise two sons: one with ADHD, and one without. Dan's presentations reflect his unique understanding of ADHD from the Inside Out.

<https://bcinterioradhdclinic.com/coach/adhdinsideout>

Kerri Isham- Power up education



Sexual Health Education for Children in K-7 with Special Needs

Sexual Health Education for Youth with Special Needs (Grade 8+)

Kerri Isham is a knowledgeable, experienced and passionate educator, coach and facilitator dedicated to excellence and committed to the empowerment of people of all ages. Her primary goal is to make exploring sexual health fun and meaningful, and to alleviate the shame and embarrassment sometimes associated with this topic.

Currently, she runs her own company called **Power Up Education** specializing in sexual health education for preschool to Grade 12. Her three main areas of focus are sexual abuse prevention, special needs education and the impact of pornography viewing on children and youth. Kerri completed the Sexual Health Educator's Certification program in June 2011 with Options for Sexual Health in Vancouver.

<https://www.powerupeducation.com/meet-the-team>

Matt Christie

Developing Self-regulation Strategies and Behavior Management in Elementary School (For Teachers)

Matt is currently a grade 3/4 teacher at Vic West Elementary. He has his Masters in Special Education with a focus in social-emotional regulation. Matt worked for 3 years in learning support at McKenzie Elementary with a special focus on self-regulation and social-emotional learning. Matt incorporates trauma-informed, healing center and social justice perspectives into his work with students. He strives to foster a strong sense of leadership, personal agency and social responsibility in his students while helping them develop the skills to regulate in the classroom.

Lisa Bayliss: The AWE Method: Mindfulness and Self-Compassion for Educators



Lisa Baylis, MEd, has been sharing well-being strategies for the last 20 years. A natural-born connector with an innate ability to make people feel valued and heard, she is a teacher, school counselor, facilitator, and mother. Lisa is also the creator of the AWE Method—Awakening the Well-Being of Educators—which merges sustainable self-care, mindfulness, and self-compassion. Lisa has a master’s degree in counseling psychology and a bachelor’s degree in physical education. Currently, she is a high school counselor in Victoria.

Trained by mindful self-compassion pioneers Chris Germer and Kristin Neff, Lisa is also a certified mindful self-compassion (MSC) teacher. Her accessible and inclusive presentations have built her a reputation as one of the most trustworthy mindful self-compassion experts for teachers in North America.

<https://lisabaylis.com>


Bernardus Larryant: Functional Living Skills: From Assessment to Programming



Bernardus Larryant has worked as an Education and Behaviour Consultant with POPARD since 2016. In his role as a POPARD consultant, he collaborates with various school teams across the province in supporting students with autism. Prior to his work at POPARD, Bernardus worked as a private Board-Certified Behaviour Consultant (BCBA), supporting families with autism.

https://autismoutreach.ca/pp_team/bernardus-larryant

From: **ADHD & Anger**



"Men and women who have that impulsive anger, there's no escalation. Or the escalation is like a light switch...and they are exploding before they have any time to stop that process."

Dr. Candice Murray
Director, ADHD Program
B.C. Children's Hospital

Learn more at TotallyADHD.com

Dr. Candace Murray

Understanding and Teaching Children and Youth with ADHD

Dr. Candice Murray is a registered psychologist who has been practicing in the area of ADHD for over 20 years. Dr. Murray works in the Provincial ADHD Program at B.C Children's Hospital (former Director), is a clinical instructor in the Department of Psychiatry at UBC, and works in private practice. Dr. Murray was a creator of the "Rolling with ADHD" program and has published numerous peer-reviewed research articles on pediatric ADHD.

<http://www.drcandicemurray.com>



Kristin Wiens and Bethany Wiens: Reframing Behaviours

Kristin Wiens (@kwiens62) is an Inclusion Coach for the Sooke School District (#62) located on Southern Vancouver Island. She supports Integration Support teachers and classroom teachers from Kindergarten to grade 12. Kristin creates educational graphics and videos.

Bethany Wiens is an elementary school Integration Support Teacher in the Sooke School District. Along with Kristin she created and teaches a year long Education Assistant program. She has previously worked as a Middle School Behaviour Support Teacher and at an Alternative High School.

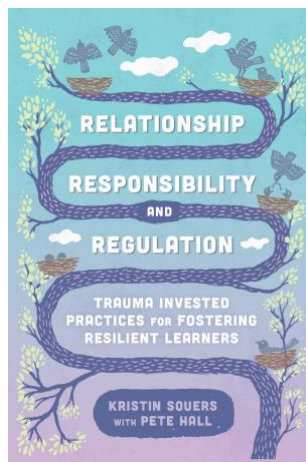
Shelly Niemi: Indigenous Education- A Hiker's Guide to Cultural Safety



Shelly Niemi is the District Administrator of Indigenous Education with the Greater Victoria School District. Shelly is Cree/Metis and has held a leadership role within Indigenous Education in the B.C. Public Education System for the last 14 years.

This session will feature a conversation about creating culturally safe space in public education. It begins at the individual level and starts with a map, a goal, and a commitment to training. Cultural Safety is an outcome, it requires new pathways in thinking that challenge our understanding of history, standards, norms and privileges.

Summer Book Study



Relationship, Responsibility and Regulation: Trauma-Invested Practices for Fostering Resilient Learners by Kristin Souers

This book has been revolutionary to my teaching practice! It is full of strategies and supports that can be easily implemented and have immediate and lasting positive impact on your classroom and students. I have gained a better understanding of my students' needs and how to create a safe environment for all to thrive in.

We will meet via ZOOM from

6:30pm –8pm on the following dates

Tuesday July 6 -intro, ch. 1 and 2

Tuesday July 20 –ch. 3

Tuesday August 3 -part 2 intro and ch. 4

Tuesday August 17 –ch. 5

Tuesday August 31 –ch. 6 and conclusion

Join TIE-BC Vice-President Regan Rankin for a closer look at the newest book by Kristin Souers and Pete Hall; Relationship, Responsibility and Regulation: Trauma-Invested Practices for Fostering Resilient Learners.

Want to join? Easy! Send a message to me at tiebcregistrar@gmail.com

In the last week of June I will send out the zoom link and book study question guide to help us facilitate the discussion and conversation. Can't wait to dive in!

We at TIE-BC wish you wellness and a healthy restful summer!



TEACHERS of
Inclusive Education
British Columbia



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