

#83 Newsline

North Okanagan-Shuswap School District #83

March 14, 2018



Tobias (left) and Austin (right) consider their options and strategies during a match up at the district elementary tourney. Tobias went on to capture second place in the Grade 3 competition.

Elementary chess tourney

Some 68 students from Highland Park, Bastion, South Broadview, Hillcrest and Parkview took part in the district annual elementary chess tournament on March 7 at South Broadview Elementary.

One of the participants in the tourney, Owen, said his interest in chess started at home as his mom and dad both play. He said he joined the chess club at his school and plays at lunch time. "I'm having fun and I like playing chess," he says with a smile.

After many hours of chess, at the Grade 5 level, Ryan Greenhough of Bastion won with second place going to Jayden Babisky (South Broadview). Third place went to Taylor Watson (South Broadview) and fourth to Connor Scott (Highland Park).

Chay Hutchinson (Bastion) topped the division for Grade 4 students with second going to Rylan Siegel (Bastion). Third spot was claimed by Andre Groenewald (South Broadview) and fourth to Brendan Hughes (Bastion).

Grade 3 Division Ari Hutchinson (Bastion) claimed first with second going to Tobias Ryder (Hillcrest). Keira Cadden (Bastion) was third with Marshall Luttmending (Highland Park) taking fourth.

Elementary schools with chess clubs take part in the annual tourney. This year the clubs were led by Neil Caves, Tony Benge, Geoff Styles, Matt Purdon and Shawn Weeks, who coach the students in the strategies of chess!

Five trustees

When elections for a new School District No. 83 Board of Education are held in October, the North Okanagan-Shuswap area will be electing five trustees.

Minister of Education Rob Fleming notified the district on Thursday that he had signed a Ministerial Order changing the composition of the board to five trustees from the former nine. The decision is in keeping with Official Trustee Mike McKay's recommendations. The order also outlines each of the areas that trustees will represent:

- North Shuswap/Sorrento/Carlin - one trustee
- Salmon Arm - two trustees
- Sicamous/Malakwa/Enderby/Grindrod - one trustee
- Armstrong/Spallumcheen/Falkland/Silver Creek/Ranchero - one trustee

"I'm pleased with the Minister's decision. The school district's communities now know what the structure of the board will be, and individuals interested in standing for office can begin planning and moving forward," stated McKay.

McKay added he has directed district staff to develop sessions for people considering running for trustee. Information will be shared through the website and media when details are finalized.

"With the work that has been done to meet the recommendations of the Watson Report, I am confident that the district will be in a good place for the incoming board to take on its governance role."

To arrive at his original recommendation, McKay held discussions with local area government agencies, First Nations Band representatives, and considered options at the Partner Group Table through a Working Group sub-committee. Face-to-face meetings were held and feedback was also invited from the general community on-line.

"Throughout the feedback process, it became clear that there wasn't a single option that was universally supported," said McKay. "But after much consideration, I felt this option would best serve the communities of our district."

CONGRATS ALF BAND . . .



Congratulations to the A.L. Fortune Secondary Grade 8 Concert Band and teacher/director Michelle Reed, for the just-received invitation to MusicFest Canada.

The band recently participated in the Okanagan Concert Band festival and did so well that they were presented with an invitation to attend the Nationals, which is an invite only, Canada-wide festival. Only three bands from the festival were given invites and A.L. Fortune one of them!

Unfortunately, Nationals are in Toronto this year so the band will not be able to go but the invite is good for two years so, in the event that it comes west again, they would be eligible to attend in 2019.

STEW AND BANNOCK



Recently students in the Indigenous cooking club at Jackson Campus of Salmon Arm Secondary made moose stew and bannock, reports Support Worker Melanie Jansen. "I'm so proud of them."



Another successful Elementary art fair . . . as well as the amazing displays, over 300 students had the opportunity to work with local artisans on March 7 at Piccadilly Mall taking part in 10 different workshops, such as acrylic painting, loom beadmaking, two different types of pottery, Japanese calligraphy, pen and ink drawing and more. This event, which is in its 24th year, is organized by Corrinne Langston and Jeff Abbott with elementary schools from throughout the district taking part.



Close to 250 people attended workshops presented by Kim Barthel on February 23-24 at the DESC

Full house for Kim Barthel

Internationally known and respected mental health occupational therapist Kim Barthel led two workshops at the District Education Support Centre (DESC) on Feb. 23-24.

The first day was for SD83 staff and focussed on Classroom Strategies for Students with Complex Behaviours.

The second was open to staff and community and focussed on Trauma Informed Practices.

Both days were a huge success in regards to the number of participants attending as well as the impact Barthel had on the participants and their learning, reports Laura Paiement, who was part of the organizing committee.

Paiement reports Barthel, who teaches internationally on such specialties as attachment, trauma, addiction, sensory processing, movement, and learning, shared many touching stories on the struggles of students and adults who she has worked with, and their growth through the connections they made with teachers and therapists in their lives.

Paiement noted some key learnings for participants of the workshops are:

- *Having one key adult in students lives* who are able to listen, show com-

passion, and are there for that student, has a huge impact on helping that student develop resiliency towards life's struggles.

- *Even though students don't fully develop* the awareness and ability to self-regulate until their cortex is fully developed (age 25-30) we need to start teaching and practicing these skills early and throughout our lives. (awareness and positive coping strategies)

- *To attend, concentrate, and perform tasks* in a manner suitable to the situation, one's nervous system must be in an optimal state or arousal (alertness). Arousal is the foundation of behaviour and is impacted by cognition (language, thinking), sensation (movement, sensory) and emotion (feelings).

- *The non verbal communication* (face, body language) we use with our students is the tool that provides the fastest path to change alert levels for our students. Language (telling students what to do) is the slowest path to change. Also, the number one trigger of challenging behaviour is us, our non verbal communication. Therefore, our self-regulation is so important. We must be kind to ourselves and look after our

own needs so we can be AWARE of how we use non-verbal communication. And use it in a way that helps to calm students, build trust with students, and helps to develop relationship that is vital in adults helping students to regulate, grow, and learn.

- *Behaviour is communication.* Knowing that there is a reason for the behaviour allows us to have more compassion for the student which improves the relationship but also helps to lowers our own stress. (Both get oxytocin hit)

- *There is only one person you can change – YOU.*

- *Currently one in 38 births have autism spectrum disorder* world wide. One epidemiologist believes this statistic will be one in two births by 2025.

- *One in two people have a history of trauma*

- *Strategies – relationship, curriculum, and environment*

She discussed the importance of diverse movement environments is growing (including research which shows our brains are 80% more competent when we are standing and discussed the mobile work environments in many corporations).

More info at: www.kimbarthel.ca