

**Susan Hopkins,
ED.D, Executive
Director, TMC**

As a one-time, at-risk youth, Susan has deep personal experience of the importance of self-regulation for the well-being and learning of today's young people. She is a highly experienced educator with four university degrees including a master's in educational technology and a doctorate in educational leadership. Over the course of her career, Susan has been a teacher, school administrator, inclusive schooling coordinator, curriculum developer, educational researcher, and educational leader. She has worked in every area of education from the early years to post-secondary, from remote Northern schools to the Department of Education, and across contexts that include Italy and the Northwest Territories.



**Eunice Lee, Self-
Reg Consultant,
TMC Parent Self-
Reg Portal
Moderator**

Eunice is a native Torontonion who finds big city living tremendously regulation. As a Registered Social Worker with a background in special education, she works with children, adolescents, and parents in classrooms, schools, home and community services agencies. In addition to being a Self-Reg consultant at TMC, she is a DIR Floortime training leader and provides training and consultation in Canada, United States, and Colombia. Eunice is excited to continue learning about Self-Reg and helping parents and professional integrate its principles into their daily lives.



Who Should Attend

Classroom Teachers
Resource Teachers
Guidance Counsellors
Clinicians
Principals/Vice-Principals
Family Service Workers
Daycare Staff

Parking is limited

Lunch is not provided

Refreshment breaks included

Scent Free Environment

Please send registration to:
Susan Schneider
Superintendent's Department
Winnipeg School Division
1577 Wall Street East
Winnipeg, MB R3E 2S5
Phone: 204-789-0487
Fax: 204-772-6464
Email: sschneider@wsd1.org



WINNIPEG SCHOOL DIVISION



Presents:
**Reframing Behaviour
through Self-
Regulation to Create
Safe and Caring
Schools**

Susan Hopkins and Eunice Lee
from



Based on Dr. Stuart Shanker's Self-Reg TM
model and from his book
"CALM, ALERT AND LEARNING"

**Monday, November 28th and
Tuesday, November 29th, 2016**

**Viscount Gort Hotel
1670 Portage Ave.
Winnipeg MB**

Day 1: November 28th, 2016

Whole Group Session: The Importance of Self-Regulation

The speakers will cover Dr. Stuart Shanker's Five-Domain Model of Self-Reg.

1. Biological domain
2. Emotional domain
3. Cognitive domain
4. Social domain
5. Prosocial domain

Help staff and students to recognize:

- ◆ Feel calm and alert and know what it feels like
- ◆ Know the signs of stress and what causes it
- ◆ Have a desire to deal with those stressors
- ◆ Recognize stressors both inside and outside of the classroom
- ◆ Develop strategies to deal with stressors
- ◆ Be able to recover efficiently and effectively from stressors

Day 2: November 29th, 2016

Morning Sessions:

A: The Brain, Empathy and Self-Regulation: Self-Reg is a process, not a program. There are no "quick fixes" but reframing "mis" behavior to "stress" behavior and learning some practical strategies for applying the 5 steps of Self-Reg with students who are not demonstrating empathy.

OR

B: Four Key Practices to Enhance Children's Self-Regulation: Dr. Shanker maintains that Canadian kids do not know what it is to feel calm anymore because there is too much stimulation in their lives. He concludes that children are dealing with an overwhelming amount of stress, defined as anything that makes the brain burn excess energy. What is new is the neuroscience supporting it. Learn about the 4 key practices to enhance children's self-regulation.

Afternoon Sessions:

C: Self-Regulation and the Learning Environment: Create safe and caring learning environments that turn off a student's alarm. These environments create a shift from what neuroscientists call the "survival brain" to the "learning brain". Gather some practical strategies from the field that can be applied in any classroom to begin creating a more self-regulation promoting learning environment.

OR

D: Self-Reg and Anxiety through the Research Lens: Dr. Shanker has spoken to the growing "anxiety epidemic". Before we can research the efficacy of self-regulation as a paradigm and practice in schools specifically to support children who experience anxiety, we first need to create working definitions of what anxiety looks like in our students as defined through a Self-Reg lens. In this session, we will explore how Dr. Shanker's Self-Reg emotional domain theory is informing our work with children.

Day 2 Selections: please check

AM: 1st Choice A Or B

PM: 1st Choice C Or D

First Choices are not guaranteed

Indicate Payment Option:

Cheque e-transfer
Make cheque payable to Winnipeg School Division
No post dated cheques accepted
e-transfer to Iranda@wsd1.org

Please **make sure to use the question below:**

Security question: What is the name of the venue?

Answer: Viscount

In comments of e-transfer, please indicate name of registrant, school and phone number

Confirmation will be emailed

Reframing Behaviour Registration

Through Self-Regulation to Create Safe and Caring Schools

Monday, November 28th and
Tuesday, November 29th, 2016
Viscount Gort Hotel

Early Bird Registration Deadline:

Before October 15th, 2016 \$200.00

After October 15th, 2016 \$250.00

Name: _____

School: _____

Position: _____

Address: _____

Email: _____

Registrations will not be accepted after November 18th, 2016
Receipts will be emailed AFTER the conference.



WINNIPEG SCHOOL DIVISION