W.R.D.S.B. EDUCATIONAL ASSISTANTS ASSOCIATION

eUpdate

The Latest Information to Keep YOU Informed



September 2, 2020
EAA Professional Development

We hope that everyone had an enjoyable summer. We are happy to welcome you back for the start of the 2020-21 school year. Our start up may look a little unlike other years; this may be different times, but we will work together for the best solutions for our students.

The PD Committee is excited to be offering Members the opportunity to participate from the comfort of their home or from their school. Please note: Members who work from schools that are currently under construction should reach out to their Administrators to see if they can access their school on our PD Day. Members will be able to access virtual online resources for this year's Professional Development. Many of the resources will be available for future use after the PD day. Please feel free to participate in any of the listed resources that are of interest to you: Ted Talks, YouTube videos, and a couple of registered Zoom Meets, which will be on a first come first serve pre-registered sign-up. There will be a survey that will be sent out to the Members to gather information and feedback in the following weeks. This survey will be used to account for Member participation for our Union PD Day.

Supply EAs/CYWs are welcome to participate but will not be paid. A select

few Members who have only Extended Day hours will not be paid but are welcome to participate.

The EAA PD Committee would like to take this opportunity to say thank you for your patience and support.

EAA PD DAY - PRE-REGISTERED ZOOM MEETS

Support to EA/CYW - Return Work

Nancy Gowan, B.H.Sc. (O.T.), O.T. Reg. (Ont.), CDMP (Facilitator)

The past several months have been challenging and certainly unprecedented please join Gowan Consulting for an informative 60 minute session covering topics such as……

Understanding your mental health during a crisis,

Creating a Resiliency plan,

Tips to keep safe and mentally healthy,

Setting boundaries,

Safety and security,

Having a voice regarding challenges

Celebrating successes

Please register for either session 1 or 2 by clicking the link below. If there is a need for additional sessions, they may be added at a later date (max. participants per session, 200)

Available Times:

1st Session 9:15 - 10:15 am
https://www.gowantraining.com/returning-to-workplace-safely_

2nd Session 10:30 - 11:30 am
https://www.gowantraining.com/eaa-and-cyw-returning-to-the-workplace-safely-1

Being the Calm

Carla Waites (Facilitator)

Discover how to be a centre of calm in the midst of uncertainty and storm, for yourself and for others.

Explore practices that will enhance your capacity " to be with" and to manage the unpleasant while also deepening your capacity "to take in" and savour the pleasant. Learn how to lessen anxiety, worries and manage stressors.

All of these above practices and strategies are built upon the current neuroscience and mindfulness research as presented by Dr. Kristin.Neff, Dr. S. Shapiro, Dr. Rick Hanson, and John Kabat-Zinn and others.

Please register for your session via email to jennengeleaa@gmail.com

(Max. participants per session, 24)

Available Times: Session 1- 9:15 - 10:15 am

Session 2- 10:30 - 11:30 am

Session 3- 1:30 - 2:30 pm



ONLINE RESOURCES

Self-Directed: No Registration Required

Light Humour

1. **Aspie Comic Ted talk - 8 minutes, funny, about living with Aspergers**
   https://www.youtube.com/watch?v=jBVpgyIXIlw

2. **Improve Your Mental and Physical Health With The Power of Laughter - Jack Canfield**

(includes youtube videos)
https://www.jackcanfield.com/blog/benefits-of-laughter/

3. **How to Humor Your Stress - Loretta LaRoche**
   Larosehttps://www.youtube.com/watch?v=bZMJdhe4xhQ

Self…

1. **The Skin We're In - Desmond Cole, a Canadian journalist 45 minutes BLM in Canada (has ads)**

   https://www.cbc.ca/firsthand/episodes/the-skin-were-in

2. **The Power of Vulnerability Ted Talk - Brene Brown 20 minutes How to be vulnerable and how it affects humans**
   https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?la_nguage=en

3. **We Are All Different - and THAT'S AWESOME! | Cole Blakeway |**

   TEDxWestVancouverED

   https://youtu.be/sQuM5e0QGLg

4. **The world needs all kinds of minds - Temple Grandin**

   https://youtu.be/UKhg68QJlo0

5. **Learn to Shine your Brightest**
   https://www.ted.com/talks/kelly_hopkinson_learn_to_shine_your_brightest_the_importance_of_self_care_for_teachers_and_everyone

6. **Augmentative and Alternative Communication Webinar**
   https://autismineducation.ca/webinars-presentations/webinar-series/aac.html

7. **Automatically Reinforced Behaviour**
   https://autismineducation.ca/webinars-presentations/webinar-series/when-problem-behaviour-is-nobodys-fault.html

8. **Louise Evans - Own Your Own Behaviours**
   https://www.youtube.com/watch?v=4BZuWrdC-9Q

9. **Rita Pierson - Every Kid Needs a Champion**
   https://www.ted.com/talks/rita_pierson_every_kid_needs_a_champion?language=en

10. **Angela Lee Duckworth - Grit**
    https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en

11. **Anxiety Canada - Resources for youth, parents and educators. Several Town Hall videos and resources**

    https://www.anxietycanada.com/

12. **Dan Harris - Hack your Brain**

    https://www.youtube.com/watch?v=FAcTIrA2Qhk Hack Your Brain

Supporting Students

1. **Share to Learn - Have to create an account**

   https://sharetolearn.com/our-courses/

2. **Failing at Normal: An ADHD Success Story | Jessica McCabe | TEDxBratislava**

   https://youtu.be/JiwZQNYlGQI

3. **Rethinking Challenging Kids-Where There's a Skill There's a Way | J. Stuart Ablon**

   https://youtu.be/zuoPZkFcLVs

4. **Oppositional Defiant Disorder**

   https://youtu.be/uoXBFOZml80

5. **Olympia Della Flora - Creative Ways to get Kids to Thrive in School**

   https://www.youtube.com/watch?v=hxnHdLQIX3o

Health and Safety

1. **Why we all need to practice emotional first aid- Guy Winch**
   https://www.ted.com/talks/guy_winch_why_we_all_need_to_practice_emotional_first_aid?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare

2. **edWeb.net Webinar "Navigating a Socially Distanced Classroom for Students with Autism" (must have an edWeb free account)** https://home.edweb.net/webinar/autism20200818/

Understanding asymptomatic spread and necessary precautions

RESPIRATORY and EYE PROTECTION at work

Laundering WorkWear

Use of Masks and Respirators for Worker Protection

Find all the info you need!

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