

REGISTRATION

Parent Conference 2017

At the Conference, you will be attending two workshops. One will be “Ready, Set, Go!” and the second will be of your choice. To ensure registration in a workshop, please select first and second choice. Workshops may fill quickly.

Name:

Home Address:

Home Phone #:

Email Address:

Home School:

City:

1st Choice

2nd Choice. (In case 1st Choice is full)

Shuttle Request: ___ Yes ___ No

Please detach and return this registration form by October 23rd, 2017 to your home school Principal.

Directions to: Bishop Ryan Catholic Secondary School

Option #1:

From Stoney Creek St. Francis Church

- Take highway 8 west
- Turn left on Centennial Parkway
- Turn right on Rymal
- Pass Walmart
- 1824 Rymal road east in on the left

Estimated Time: 20 minutes

Option #2:

From Ancaster Meadowlands

- Take the Linc
- Go east on the Linc
- Take Upper RedHill Valley Pkwy Exit
- Left on Rymal Road East
- 1824 Rymal Road East is on the right

Estimated Time: 20 minutes

Option #3:

Shuttle Bus Service:

There will be a shuttle bus service to take parents to Bishop Ryan Catholic Secondary School in the morning and back in the afternoon. Departure time will be at **7:45am** and return at **2:15pm** from the designated location.

The Shuttle location will be:

*Our Lady of Lourdes Catholic Elementary School. 416 Mohawk Rd E, Hamilton, ON L8V 2H7

*Cathedral High School, 30 Wentworth St. N., Hamilton, ON L8L 8H5

GUEST SPEAKER

Topic: Play Like A Champion
Location: Auditorium
Presenter: Kristen Sheehan

Crafted by leaders in the fields of sports psychology, coaching education, Catholic theology, and moral development, *Play Like a Champion Today* is:

- Designed using the best athlete-centered practices supported by research into character development and faith formation through sports
- Originated at the University of Notre Dame and collaborating with concerned faculty and coaches throughout the country

Play Like a Champion provides a *Parent Like a Champion* workshop and accompanying handbook for parents of student-athletes that focus on appropriate roles and responsibilities in the youth sport culture.

The Parent Like a Champion Workshop curriculum and the Handbook aim to:

- Identify what to look for in a positive sports program and what parents can expect from a coach-minister.
- Emphasize the “play” aspect of sports and help athletes have ownership over their whole health.
- Alert parents to behaviours that contribute to toxic sports climates and provide alternative behaviours.
- Emphasize character development and faith formation in sports, and provide strategies for ensuring a positive sporting experience.
- Provide parents with advice on nutrition, exercise, and motivation that can help their children develop wellness habits to last a lifetime.

AGENDA FOR THE DAY

7:45-8:30am	Registration/Exhibit/Breakfast
8:45-9:00am	Welcome
9:00-10:00am	Eucharistic Celebration -Bishop Crosby
10:00-10:30am	Break/Exhibits
10:30-11:30am	Keynote
11:30-12:15pm	GROUP A—Ready, Set, Go! GROUP B—Workshop Choice
12:30-1:15pm	GROUP A—Workshop Choice GROUP B—Ready, Set, Go!
1:15-2:15pm	Lunch & Closing



Hamilton-Wentworth Catholic Schools

Parent Conference 2017



FREE ADMISSION

Saturday November 4th, 2017
7:45 AM - 2:15 PM
Registration 7:45 AM— 8:30 AM
Bishop Ryan Catholic Secondary School

As a member of the Catholic Faith Community you are invited to attend this year's 25th, Annual Parent Conference. Come and share in a Eucharistic Celebration with Bishop Crosby, exhibits, guest speaker, workshops and lunch.

In light of the role you play in your child's faith development, you are encouraged to build on the partnerships of community, parish and school. Come gather together to live the Eucharist.

"SHARE THE WELLNESS"

This year's Parent Conference will focus on personal well-being and the effects it may have on your family. All participants will be given the opportunity to attend the following workshop "Ready, Set, Go!" as well as a workshop of your choice.

"READY, SET, GO!"

Lynn Campanella, Play & Physical Literacy Advocate, Playocracy

Global Physical Literacy is made up of many components and being active is one part. Remember back to your own childhood and recess time, you played games that were taught to you by siblings and friends or you made up your own games. You were active, creative and you had fun! Come and spend some time to recall your favourite childhood games and play some new ones with student LEADers from our schools in the Board. These are games you will be able to play with your own children at home. All games are suitable for all ages and abilities.

"DRESS COMFORTABLE FOR MOVEMENT"

WORKSHOPS

1. CONNECTING THE DOTS

**Dr. John Cairney, PhD, Professor,
Faculty of Kinesiology and Physical Education,
University of Toronto**

Physical activity is essential for healthy child development. While we have long known about its physical health benefits, increasingly, scientists are documenting the brain, learning and mental health benefits of physical activity. Despite this, physical inactivity is a major concern in our population—only 9% of Canadian children and youth meet current recommended guidelines for physical activity. Part of the problem is our children lack the fundamental tools and conditions to be physically active. Increasing physical literacy, therefore, should be a priority for educators, parents and policy makers. In this talk, Dr. Cairney presents evidence to connect these dots in a way that is informative, fun and engaging.

2. KITCHEN SESSION

**Charlene Talwin, Red Seal Chef and OCT Teacher,
HWCD SB**

Calling all Parents! Are you wondering how to make healthy yet simple meals for your family? Do you ever wonder how you can involve your child/(ren) in the daily kitchen activities, but do not know where to begin? Are you looking for easy tips and skills to make cooking at home simple? Join Chef Charlene Talwin, Red Seal Chef and OCT Teacher and finally

get some answers to your questions! Learn skills to help your time management in the kitchen, quick meal ideas, and the importance of involving your child/(ren) in the kitchen from the age of 0+. There is a role for every family member in the kitchen! Join us and learn more!

3. CHRISTIAN MEDITATION

**Andy Burns, Religion Consultant,
HWCD SB**

Christian meditation is an ancient form of prayer practiced by the early Christian Desert fathers and Mothers. In recent years this practice of making ourselves still and silent in order to listen to God in our hearts has been recovered. In a world as busy and distracted as ours, this 'Prayer of the Heart' is a great blessing. We would love to share the story of Christian Meditation with Children within the HWCD SB with you.

4. LAUGHTER YOGA

**Laura McLean, Recreation Therapist,
St. Joseph's Healthcare**

Laughter Yoga started in the early 90's by medical doctor, Dr. Madan Kataria. In his scholarly work he became interested in the growing body of scientific evidence showing that laughter is extremely beneficial to mental and physical health. He decided that more laughter was needed to improve health and cope with the stress of modern living and started a quest to find ways that laughter could be prescribed to patients and people who needed it. As Yoga practitioners, Dr. Kataria and his wife Madhuri, Co-Founder of Laughter Yoga, saw the similarities between Laughter and Pranayama exercises, and incorporated elements from this ancient form of Yoga into Laughter Yoga, including the deep breathing exercises now used between laughter exercises, to deepen the impact. Laughter Yoga has many benefits including decreasing stress, improving socialization, improves concentration, increased physical fitness, and promotes positive emotion and skills. Laughter Yoga is currently run in over 55 countries, and there are over 5000 Laughter Clubs, even in Hamilton!

5. CAN PLAY PREVENT ANXIETY and DEPRESSION IN CHILDREN?

**Courtney Fuciarelli, Social Worker,
HWCD SB**

This workshop will provide some thought-provoking information regarding the benefits of free, unstructured play time in child development. The presentation will examine links between play and positive mental health and social development for children and youth. The workshop will provide a discussion about how parents and educators can help children develop resilience by bringing back play, with the goal of preventing some common mental health issues.

6. HEALTHY IN MIND, BODY and SPIRIT

**Teresa Hartnett, Director, Family Ministry,
Diocese of Hamilton**

Our Children are our hope and future, born in exciting times, but times that are changing rapidly. What does this mean for our children and their well-being? As parents we want them to be healthy in mind, body and spirit. To be sure our children are healthy for life, we need to strengthen them in all three areas. This workshop will offer practical and fun ways every family can ensure wellness for all!