



15th Annual Conference
Saturday March 3, 2012
West Boundary Elementary School
Rock Creek

Keynote:
Gary Anaka

“How to Grow a Child’s Brain”

Author of
[Your Magical Brain: How It Learns Best](#)

Gary is a dynamic public speaker, famous for his audience engagement, energetic and lively sessions. His presentations are always filled with humour and optimism to support everyone, from babies to seniors.

Is it possible to grow a child's brain? Definitely, YES! With the right conditions and appropriate support, the brain can grow to its fullest potential. However, it takes years of well chosen experiences interacting with parents, teachers and caregivers to wire the billions of complex neural circuits needed for language, emotions, math, creativity, logic, etc.

Discover:

- How movement grows the child's brain
- How to grow dendrites
- The basic needs of the child's brain
- How to brain smart your children early
- 10 strategies to build a brain for lifetime optimal performance

Early childhood is the most critical time for the human brain. Abilities and talents are hard wired in early childhood building the brain reserve that is needed for an entire life.

braincoach.ca

A) Caring For The Caregiver's Brain 1:30 – 3:30

Gary Anaka

How can you care for others if you don't have a brain to take care of yourself? Are you experiencing brain fatigue? Memory going? Are you living and working in a multi-tasking environment? If so, you may be experiencing accelerated brain aging. Your brain may be burning out early. The exciting new field of Applied Educational Neuroscience has meaningful answers for everyone. This practical presentation provides information and techniques to make your life and job easier. Find out what a healthy brain needs, what brain killers to avoid, how to make plasticity work for you every day and how to maintain brain wellness as you age. Gain the secrets of brain longevity to give you workable strategies for life long brain wellness. This energetic and lively session is filled with hope and optimism for your future. Find out how to use it before you lose it!

Gary Anaka is one of the top Brain-Based Learning facilitators in BC today. He is a Learning Assistance specialist with over 30 quality years of classroom teaching experience. He has presented professional development workshops to thousands of teachers, care givers, parents and children all over BC since 1997. His energetic and lively sessions model meaningful and practical support for helping children to reach their potential. Gary's sessions are always filled with humour to grow the brain and optimism to support teachers, caregivers and parents to help children to become life long learners. He is a motivational teacher whose engaging sessions have been called, both professionally and personally, life changing.

*Gary is the author of two books: *Your Magical Brain: How It Learns Best*, a resource book for teachers and parents, and *Brain Wellness; The Secrets For Longevity*. The scope of his work can be viewed at www.braincoach.ca.*

B) Early HeartSmarts 1:30 – 3:30

Michelle Dean

Give young children a strong foundation for future learning

What young children learn before their formal education profoundly affects their performance in school and the rest of their lives. Research shows acquiring social and emotional skills early is essential for success in today's classrooms. Early HeartSmarts is fun and engaging and was scientifically developed for children ages 3-6 so they could learn fun, simple, but powerful skills that build a strong foundation for their future years of learning. Children learn about working together in small groups, problem-solving, creativity, emotion self-regulation and the importance of the heart.

Piloted and reviewed by preschool teachers, administrators and early childhood experts, Early HeartSmarts guides young children through several key goals:

- Recognizing and understanding basic emotional states
- Regulating emotions
- Skills for strengthening expression of positive feelings
- Skills for improving peer relations
- Skills for developing problem-solving skills

Michele will run an Early Heart Smarts circle time for a hands on experience of the Early Heart Smarts program, and will provide caregivers and parents with ideas on how to include key themes from the Early Heart Smarts program in the home or daycare setting to support emotional and social development of children

Michele Dean is mother to 5 children, and a grandmother to one, with another grandchild due in May.

Michele is the owner of Granby Dance Studio where she teaches dance to all ages, and is The Family Literacy Coordinator with The Columbia Basin Alliance for Literacy in Grand Forks.

Michele recently completed Myrna Martins Foundation Training in Pre and Perinatal Psychology, and is currently enrolled at The Kootenai Institute of Integral Studies in Nelson, BC, studying Biodynamic Craniosacral Therapy and Somatic Trauma Resolution.

Michele is passionate about learning, literacy, emotional health and well being, and creativity for all ages.

C) Food Security with our Children 1:30 – 3:30

Michael Hollihn

Healthy children are happy children. Sound nutrition is a key element in maintaining children's optimal mental and physical well being. Healthy food can be expensive and even hard to find, but growing a family garden is an inexpensive solution to this problem while it also helps us all reconnect with nature.

We will learn a bit about the vital importance of food security and how to involve our children in being a part of the shift in how we see food. Explore the role of enzymes, mycorrhizal fungi, hugel kultur and terra preta; relatively new discoveries in agriculture that will help us thrive in the arid landscape of the Boundary and Okanogan regions. Join us for a slide show, discussion, and a demonstration preparing one of the high-tech beds at the West Boundary Elementary school's new garden space.

Save all those bits of charred wood from your wood stove before you light your fire in the morning and the rest will fall into place for an exciting growing season with our children!

Michael Hollihn studied food security, top-soil erosion and the philosophy of technology at the University of Victoria. He also studied with the Eco-Forestry Institute. He practices value-added forestry and food security with his wife and children building a forest farm on the outskirts of the village of Midway. Michael played a key role in the construction and documentation of the West Boundary Elementary School's new Outdoor Classroom.

www.pranatimberframes.com

www.michaelhollihn.wordpress.com

building food and shelter security in the Kettle River watershed

Prana Food and Shelter Farm is on Facebook

D) Art of Balance 1:30 – 3:30

Sage Berrett

IMPROVES: **READING SPEED VISION COORDINATION MEMORY IQ LEVEL**
ACADEMIC ABILITIES SPORT PERFORMANCE
FINE MOTOR SKILLS FOCUS

The Art of Balance has a wide range of application from education to therapy, from home to work place. The increased ability to concentrate, to have greater mental clarity and achieve lasting personal gains, all while having fun makes this program accessible to adults and children. This program is being used in colleges for increasing learning skills, in various kinds of elementary and secondary schools and in Recreational Centres in classes for physical and mental fitness and anti-aging benefits.

This presentation will be of interest to adults who are educators, those that work with others in self-improvement areas, people looking for ways to reduce stress and computer fatigue, and any one who wants to increase their capacity for living with greater mastery. Sage will introduce the use and history of balance boards and other movement-related activities that unlock greater potential for anyone over the age of eight. Participants will measure their own improvement in vision, reading speed and balance using balance boards. This presentation is a pre-requisite for all levels of Art of Balance Home and Professional Training. Come dressed for movement. There will be equipment for sale.

Sage Berrett has developed the Art of Balance program from her years of experience as a Waldorf teacher and consultant, and a Learning Enhancement Practitioner. She has trained with Dr. Frank Belgau, who spent over 30 years developing balance board activities, and Eva Reyecraft who has the ESI balance program in many settings in Canada.

**USING BALANCE BOARDS FOR EVEN ONE HOUR A WEEK
WILL PRODUCE LASTING BENEFITS**

E) Cultural Awareness ~ Let's begin with them! 1:30 – 3:30

Nandini Menon

Our children should grow up in a world free from bias and discrimination. They should feel loved and included. How can we best prepare children to meet the challenges and reap the benefits of an increasingly diverse world that they inherit? How can we engage them in celebrating both similarities and differences that exist in the world?

Let us explore the ways that we can teach children to respect and value people irrespective of skin colour, physical abilities, language and life-style. We have to begin with them!

Nandini Menon is the Co-coordinator of Community Action Program for Children at Boundary Family and Services Society in Grand Forks. Born and raised in India, she has a Master's degree in International Education from Oxford Brookes University. Nandini has travelled widely in Africa, teaching in international schools. Experiencing cultural diversity and learning about the richness of the world led her to consciously seek strategies to teach children celebrate the reality of differences- to acknowledge, respect and appreciate the fact that humanity is diverse and richer because of diversity. Her philosophy of life-long learning makes her a proud student of new cultures and lives. She is here to share with you her thoughts, ideas and aspirations about teaching children to celebrate and value culture.



Partners in Parenting 2012

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Bring your refillable coffee mug
and/or water bottle and receive
a free raffle ticket!**