

CUPE STAFF DEVELOPMENT SESSIONS

October 20, 2006

Full Day9 A.M to 4 P.M

(Lunch 12-1 pm)

- 101 BASIC COMPUTER MAINTENANCE**
Resource Person: Paul Vanderzee
Maximum number of Participants: 30

Learn how to keep your computer running at its best! Learn how to remove spyware, work with a virus scanner, setup a firewall and keep windows up-to-date. This is a hands-on computer course.

- 103 Food Safe**
Resource Person: Cina Opel
Maximum number of Participants: 20

Food Safe is a food safety course designed for everyone who prepares food. The top ten improper food handling practices that lead to food borne illnesses are introduced. The course topics are designed to help prevent food borne illness and include temperature control, receiving and storing food safely, cooking, cooling, reheating, personal hygiene and dishwashing and cleaning. A certificate will be awarded to successful completion.

This course starts at 8:30.

Full Day Sessions....9 am to 4 pm

- 104 Beginners – American Sign Language**
Resource Person: Sandi Bonde-Thorpe
Maximum number of Participants: 30

Learn basic signs for working with deaf / hard of hearing and / or non verbal children.

- 105 Getting Started on Guitar**
Resource Person: Mike Vaira
Maximum number of Participants: 20

If you ever thought playing guitar was difficult you are wrong. Bring a guitar and get started!

- 117 Xmas Goodies and Yummy Appetizers**
Resource Person: Travis Graham
Maximum number of Participants: 20

This session will include hands-on cooking of some Xmas favorites and will cover a wide scope of party appetizers and dips. Learn some healthy alternatives for Xmas entertaining. Treat your guests to a taste sensation.

- 118 Living With Vitality**
Resource Person: Dr. Norm Detillieux
Maximum number of Participants: 100

This session includes: principles and foundations for living with vitality; information and practical tools for you and your students; stress management, breathing exercises and visualizations.

- 119 Education Assistant – Education Essentials**
Resource Person: TBA (CUPE Sponsored)
Maximum number of Participants: 25

Through interactive discussions, this workshop will help to clarify the role of EAs and teachers as part of the education team. The distinct roles and overlapping responsibilities of education partners will also be reviewed as well as legal issues and ethical concerns as they pertain to the classroom. Participants will have the opportunity to share their experiences and concerns and will receive relevant resource materials for future reference.

AFTERNOON SESSIONS (1 – 4 pm)

- 120 The Ball Does It All**
Resource Person: Graham Walton
Maximum number of Participants: 20

Graham is a qualified personal trainer. You will learn how to use the Swiss Ball as a complete, full body workout. Postural retraining, strength, endurance and core training are all included in this hands-on session.

**If you have your own Swiss ball please bring it*

** Wear appropriate clothing*

**Swiss balls and mats will be provided if you do not have them.*

- 121 Card Making**
Resource Person: Susan Stone
Maximum number of Participants: 20

Participants will make 3 or 4 Xmas cards using a variety of techniques. No previous stamping experience is necessary.

