



Convention 2026

Tools for Today, Impact for Tomorrow

We are so excited to present this amazing line-up of options for our teachers to choose from. There are a variety of choices, whether you're looking to ease your feeling of overwhelm, learn a bit more about the profession, or brush up on how to best support your students.

Registration will be conducted using Eventbrite, an online registration website, which can be accessed on desktop and mobile devices. **Registration** will be open from **8:00 am** on **Wednesday, March 4, 2026**, to **9:00 pm** on **Friday, March 6, 2026**. When you register, please ensure you choose either one full afternoon session, **OR** two one-hour sessions (one 1:00 session and one 2:15 session).

FULL AFTERNOON SESSION OPTIONS

1:00 to 3:15 PM

PRESENTER	SESSION NAME	Description	Location	Max Participants
Ashton Milligan & Ben Myo	Introduction to Rugby	Learn the skills, techniques, and progressions required to successfully lead students to be able to participate in a flag/touch game of Rugby.	St. Mary Small Gym	25
Brian Linn	PAA opportunity for drafting and welding	In this session, we will be learning the basics of the Torchmate drafting software, which is the drafting program used to cut out parts on the CNC plasma table. This program is free for SRPSD schools and can be added to your school's computers. This is an opportunity for your grade 8-12 PAA students to cover drafting and welding outcomes. For high school students, they would be able to draft signs, fire pits, ect then send the files to Carlton to be cut on the plasma table. The parts will then be sent back to the home school to be assembled. For grade 8 students, they can learning drafting and then could have their project (sign, tea light, coat hook) cut out. There	Carlton Drafting Lab	15

		<p>would also be field trip options for grade 8 classes to come see their projects cut out.</p> <p>For rural high schools with a few welding booths, this is a great way to elevate your students' projects with CNC-accurate cuts of images and text to make personalized fire pits, signs, and parts. With the professional cuts from the plasma table, making signs and fire pits is a great fundraising opportunity. Please contact Brian Linn at blinn@srsd119.ca with any questions.</p>		
Jocelyn Laewetz	<p>Beginner Felting for Educators: Poke Things Until Art Happens</p>	<p>Ever wanted a creative outlet that requires stabbing something repeatedly while calling it “professional development”?</p> <p>Welcome to Beginner Felting, the workshop where wool meets needle, stress meets its match, and educators rediscover the joy of making something that isn’t graded, assessed, or aligned to curriculum outcomes.</p> <p>Designed especially for educators who are tired, under-caffeinated, and wildly creative beneath it all, this beginner-friendly felting workshop will walk you through the basics of needle felting. You will learn how to transform loose, fluffy wool into adorable (or abstract, we don’t judge) creations using a very sharp needle and questionable confidence.</p> <p>No prior art skills required. If you can follow simple instructions and resist the urge to overachieve, you’re already ahead. Expect:</p> <p>Hands-on guidance (and reassurance that yes, it does look right)</p> <p>A brief explanation of why stabbing wool is calming</p> <p>Plenty of sarcasm, laughter, and</p>	<p>Room B18 (Basement)</p>	<p>20</p>

		<p>mutual validation</p> <p>A finished felted project you can proudly display on your desk as proof you are more than a lesson-planning machine.</p> <p>Warning: Participants may experience joy, relaxation, and the sudden realization that they, too, deserve hobbies.</p> <p>All materials provided. Grades not included.</p>		
Jodie Tait	Somatic Exercise	<p>Welcome to Somatic Exercise by Jodie Tait. I have been doing Soma for the last 2.5 years and I must credit Soma for my return back to a functional lifestyle. In 2022-2023, a lot of events occurred in my life, both positive and negative, but my recovery was not quite the same as in the past. My stage in life was different, and nobody could figure out anything. So a great massage therapist suggested Somatic Exercise, and I have not stopped since I started. Soma is always there for me, and the best part is I am not in pain doing it; my feelings and comfort level are always number 1, and if I listen and do my best, I always sleep better.</p> <p>The first part will be some helpful hints and what to expect during our session, and the last 60 min will be a full somatic exercise experience. If you want to learn more and open your mind up to the opposite of what we always thought we should be doing to succeed in life, then come join me in an afternoon of enlightenment. Please bring two pillows and wear comfortable clothing. The max amount is 20</p>	Room B27 (Basement)	20

		people, so please register early.	
	Teacher Time	Take the opportunity to work on the things you need to work on, whether it be collaboration with others, setting up materials in your classroom, or diving into the things you never quite get to. Teachers within Prince Albert can work in their classrooms; rural teachers can work in the library at St. Mary. Please advise your principal if you are collaborating with someone in a location other than your school.	St. Mary Library or Classroom

SESSION 1 OPTIONS

1:00 to 2:00 PM

PRESENTER	SESSION NAME	Description	Max Registrants	Location
Meghan Lawson	The Power of 1%	Inside each of us is the human being and educator we always wanted to be. With small moves and intentionality, we can live great lives while making a lasting impact on learners. Join Meghan Lawson for a breakout session inspired by the morning keynote. Spend time engaging with practical, manageable strategies for making a positive impact on yourself and others.	25	Room 212
STF - Amy Sturgeon	In Hindsight... Pension and Benefit Insights You Should Have Now!	Hindsight is 20/20. Especially when it comes to pension and benefit decisions. Don't wait until it's too late! Get some tips now to make the most of your STF pension and benefits programs. Outcomes: Members will walk away with actionable knowledge to make more informed decisions about their pension and benefits.	25	Room 210
STF - Meredith Rhinas	How Was I Supposed to Know That? Avoiding Missteps and Misunderstandings in the Teaching Profession	It is important for educators to be aware of the potential pitfalls and challenges that can arise in their profession and to have strategies in place to navigate them. By taking proactive measures, educators can protect themselves and focus on their primary goal of helping their students succeed. In this session, participants will learn about the appropriate policies, procedures and legislation that can assist them in avoiding or responding to misunderstandings and potential problems that may arise in their workplace. Outcomes: <ul style="list-style-type: none"> • Identify potential pitfalls and challenges in the profession. • Strategies to navigate challenging situations. • Proactive strategies for success in the workplace. 	25	Room 209
STF - Grayson Beaudin	What's In It For Me? The	The "What's in It for Me?" presentation is a concise, 60-minute overview of the key	25	Room B22

	Value Of An STF Membership	benefits, programs, and supports available to STF members. Participants will learn about the Saskatchewan Teachers' Retirement Plan (STRP), health benefits, group and optional life insurance (Portaplan), professional supports and learning opportunities, and other services that help members throughout their careers. This presentation is targeted to support new members but is beneficial to anyone looking to better understand the immense value of their membership. It offers an efficient yet informative way to ensure members understand the full range of supports offered by the Federation.		
STF President - Samantha Becotte	Expect the Unexpected with STF President	Join STF President Samantha Becotte for a forward-looking update on the Federation's latest initiatives, including preparations for the upcoming round of Provincial Collective Bargaining. Participants will hear about opportunities to get involved in Federation activities and learn strategies for communicating and advocating with friends, family and the public. There will also be time for attendees to ask questions and engage in conversation around other topics of interest.	25	Room 246
Kelsa Henry Remy, Nicole Parenteau, Carol Martens	Land-based Learning for Urban Classrooms	Discover practical strategies for integrating Land-based learning into urban classrooms, even when access to forested areas, elders, or traditional knowledge keepers is limited. This session will share concrete, adaptable ideas that help educators connect students with the land and its teachings—right where they are.	25	Room 207
Candace Longjohn-Constant	Let's Make Bannock	Let's make bannock! This is a hands on activity learning via oral tradition how to make fried bannock; We will sit and have tea, snack on our bannock and discuss ways to make community connections for Indigenous inclusion in our classrooms.	15	Room B9
Troy Semenchuk	From Prime Minister's Park to the CFL- My Officiating Journey	This session will outline how I got my start in football officiating & my progression to working in the CFL.	25	Room 206
Lake Scriver	LGBTQ+ Teachers Discussion	It's so important to be supporting our queer and trans students -- but how are we taking care of ourselves? Come and enjoy a	25	Room 204

	Group	social and support space meant for LGBTQ+ teachers! We will have a semi-structured conversation with discussion questions and sharing opportunities. Let's connect by chatting about our unique perspectives on our profession, our curricula, and the culture of today. Allies welcome!		
Ryan Hughes	Theatre in the Classroom	Drama games and improv are a wonderful way to build energy, confidence, and passion for the Arts within your class. Whether it be building leadership skills or just public speaking skills, theatre can create great working environments in the classroom. A Drama games handout will be provided and teachers will learn where to gather plays or monologues for their students! Also, ideas for morning meeting, ELA outcomes, or just fun relationship building activities for your classroom will be delivered in this session!	30	Theatre
Elder Liz Settee	Medicine Wheel & Self-Care	Join Elder Liz Settee as she shares the teachings of the Medicine Wheel and its four quadrants. Through traditional wisdom, she will guide us in understanding how balance within ourselves fosters healthier relationships. This session offers insight into maintaining harmony in daily life, nurturing well-being, and strengthening our connections with others.	25	Room B26
Jodi Honch	Vinyasa Yoga	A gentle Vinyasa class where we will align our movement to the breath. We will explore a variety of asanas (poses) that will both lengthen and strengthen. This class is suitable for all levels.	25	Room B14
Adie Schenk	Safeguarding Our Schools	The kids are alright...but just alright. We need to make sure they're good, if not great. Come and chat about what you are currently doing and what more you can do in your schools to support our gender and sexually diverse students from K-12. Also, come and hear about some research that has happened and is currently happening in the province surrounding queer students and teachers.	30	Room 236
Lorelei Clifford	Creating nature-based classroom experiences	This hands-on session will be based on the book called "Bringing the outside in". Stop waiting for perfect weather to explore nature with your class. We will create and explore with nature items inside the	25	Room 227

		classroom even when it is pouring rain or -35 outside.		
Carla Penner-Henry	The Teacher's Goldmine	Join us at the Teacher's Resource Centre to discover, explore, and be inspired by a wide range of curricular resources designed to support and enrich your teaching.	15	SRPSD TRC (PACI)
Teacher Work-Time	Teacher Work-Time	Take the opportunity to work on the things you need to work on, whether it be collaboration with others, setting up materials in your classroom, or diving into the things you never quite get to. Teachers within Prince Albert can work in their classrooms; rural teachers can work in the library at St. Mary. Please advise your principal if you are collaborating with someone in a location other than your school.		Classrooms or St. Mary Library

SESSION 2 OPTIONS

2:15 to 3:15 PM

PRESENTER	SESSION NAME	Description	Maximum Participants	Location
Meghan Lawson	The Power of 1%	Inside each of us is the human being and educator we always wanted to be. With small moves and intentionality, we can live great lives while making a lasting impact on learners. Join Meghan Lawson for a breakout session inspired by the morning keynote. Spend time engaging with practical, manageable strategies for making a positive impact on yourself and others.	25	Room 212
Candace Longjohn-Constant	Let's Make Bannock	Let's make bannock! This is a hands-on activity learning via oral tradition how to make fried bannock. We will sit and have tea, snack on our bannock and discuss ways to make community connections for Indigenous inclusion in our classrooms.	15	Room B9
STF - Amy Sturgeon	In Hindsight... Pension and Benefit Insights You Should Have Now!	Hindsight is 20/20. Especially when it comes to pension and benefit decisions. Don't wait until it's too late! Get some tips now to make the most of your STF pension and benefits programs. Outcomes Members will walk away with actionable knowledge to make more informed decisions about their pension and benefits.	25	Room 210
STF - Meredith Rhinas	How Was I Supposed to Know That? Avoiding Missteps and Misunderstandings in the Teaching Profession	It is important for educators to be aware of the potential pitfalls and challenges that can arise in their profession and to have strategies in place to navigate them. By taking proactive measures, educators can protect themselves and focus on their primary goal of helping their students succeed. In this session, participants will learn about the appropriate policies, procedures and legislation that can assist them in avoiding or responding	25	Room 209

		<p>to misunderstandings and potential problems that may arise in their workplace.</p> <p>Outcomes</p> <ul style="list-style-type: none"> • Identify potential pitfalls and challenges in the profession. • Strategies to navigate challenging situations. • Proactive strategies for success in the workplace. 		
Elder Liz Settee	Medicine Wheel and Self-Care	<p>Join Elder Liz Settee as she shares the teachings of the Medicine Wheel and its four quadrants. Through traditional wisdom, she will guide us in understanding how balance within ourselves fosters healthier relationships. This session offers insight into maintaining harmony in daily life, nurturing well-being, and strengthening our connections with others.</p>	25	Room B26
Lake Scriver	LGBTQ+ Teachers Discussion Group	<p>It's so important to be supporting our queer and trans students -- but how are we taking care of ourselves? Come and enjoy a social and support space meant for LGBTQ+ teachers! We will have a semi-structured conversation with discussion questions and sharing opportunities. Let's connect by chatting about our unique perspectives on our profession, our curricula, and the culture of today. Allies welcome!</p>	25	Room 204
Ryan Hughes	Theatre in the Classroom	<p>Drama games and improv are a wonderful way to build energy, confidence, and passion for the Arts within your class. Whether it be building leadership skills or just public speaking skills, theatre can create great working environments in the classroom. A Drama games handout will be provided and teachers will learn where to gather plays or monologues for their students! Also, ideas for morning meeting, ELA outcomes, or just fun relationship building activities for your classroom will be delivered in this session!</p>	30	Theatre

Rémi Joncas	Livestreaming basics	Learn the basics of livestreaming, what you need, the software, and how to manage it using YouTube. Ideal for coaches and performers.	25	Room 238
Adie Schenk	Safeguarding Our Schools	The kids are alright...but just alright. We need to make sure they're good, if not great. Come and chat about what you are currently doing and what more you can do in your schools to support our gender and sexually diverse students from K-12. Also, come and hear about some research that has happened and is currently happening in the province surrounding queer students and teachers.	30	Room 236
Hannah Nicholson	Class Complexity Connection	Are you a Class Complexity Teacher? Then this session is for you, no matter what your school division calls your role! This session will allow CCTs to connect, exchange resources, and share how we have managed this new role so far. I will start with a short presentation about how I have organized my schedule thus far, how I have connected with staff, and resources I have found useful in my context. We will then have time to for discussions and brainstorming!	25	Room 138
Arsho Melidonian	Le TDAH	This course, presented in French, will offer an overview of ADHD based on recent scientific literature, enabling teachers to better understand its symptoms and manifestations. It explores various intervention approaches and strategies that can help educational staff better support their students' development and learning at school.	25	Room 142
Carla Penner-Henry	The Teacher's Goldmine	Join us at the Teacher's Resource Centre to discover, explore, and be inspired by a wide range of curricular resources designed to support and enrich your teaching.	15	SRPSD TRC (PACI)
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