



B.Ed. students showing off their orange shirts in support of Orange Shirt Day

School of Education Terrace Campus Newsletter October 2017

Trauma Informed Education

Our B.Ed. cohort participated in a Trauma Informed Education workshop with UNBC’s Dr. Linda O’Neill on September 29th. This workshop was one of two that the students will partake in this semester.

Trauma informed practice is different from trauma specific practice, which requires specialized training. Rather, trauma informed practice uses a wide lens to focus on employing safe practices and building healthy relationships with all youth and adolescents – it does not require the specific disclosure of trauma. Trauma informed education teaches school employees to meet student needs of safety, connection, and assurance of well-being, thereby creating an environment that is more conducive to academic engagement. Dr. O’Neill has been spearheading the development of trauma informed practice in the northwest.

In their first Trauma Informed Education workshop, Dr. O’Neill shared some

of her experiences, from her time spent working with youth in the far northwest corner of BC to some of her more recent experiences in Prince George. She discussed the common expressions of trauma in youth and adolescents, while also touching on language and tools that our B.Ed. students can use to respond to these expressions.

Part two of the Trauma Informed Education workshop will be taking place at the end of October. In the second part, Dr. O’Neill will be teaching our B.Ed. cohort trauma informed strategies that they will be able to use throughout their teaching careers when they work with youth and adolescents.



Come Join Us on Campus!

October 3 – November 21
Practicum Observations

October 9
Thanksgiving Day, University Closed

October 25
Public Presentation: “Northern Voices of the Great War”
Presenter: Maureen Atkinson
12:00 pm – 1:00 pm

October 26
Last day to withdraw from September Semester courses without academic penalty, 50% tuition refund

October 31
Happy Halloween

A Letter from China: Update from Alyssa Carson

(2017 UNBC B.Ed. Graduate)



Ni hao Everyone!

I can't believe I've been living in China for over a month now! Sorry it took me so long to send an update; this month has been incredibly busy, but amazing on every level!

The flights over here were pretty decent. Long, but decent. I lucked out and sat next to a Chinese university student on the longest flight, so I was able to make a friend and learn some Mandarin (which I promptly forgot) before I even landed. Once I landed in Chongqing, I met up with our BC secretary (Ellen) and most of the other new teachers.

Our first week was dedicated to getting us set up in our new homes, doing the mandatory medical checkups, submitting paperwork, going shopping, and getting over the jet lag. My apartment felt like home immediately after our trip to Ikea and I had a proper set of sheets on my bed, haha. It's a one-bedroom place with a bright red kitchen and some real Chinese charm. I love it! The only thing I'm not loving is China gut; the food in the Chongqing area is so tasty and so spicy, my western stomach is not equipped to handle it! On a positive note, I've lost 10lbs since arriving, so that's cool! I've almost adjusted to the crazy hot temperatures and humidity, although "adjust" could be a stretch... It's more of an acceptance of the fact that I'm always going to be sweaty. Always. All of us westerners are!

The following week was dedicated to professional development with all the staff at Maple Leaf International School - Chongqing. We were given the grand tour of the school, which is enormous. My gymnasium is HUGE and has a weight room, two dance rooms, a martial arts room, an outdoor field, and a newly constructed ball hockey court! We're currently sharing facilities with the intermediate school, but they will be moving out once construction finishes on the new school next door. The constant construction reminds me of my time at UBC. Beyond the buildings, we have a great team of dedicated educators here. Everyone has been very helpful and encouraging, and they even took me out to celebrate my birthday!

The last three weeks have been busy with teaching. I'm currently teaching Planning 10, two blocks of Physical Education 10, and I have two TOC blocks. The students here are fantastic. They are very smart and have a wicked sense of humour. On top of that, they work hard. The work ethic here is mind boggling, to be honest. Our days are long (7:30-4:30 minimum), but very rewarding. So far I have filled out the most accident reports and have even had to send one student to the hospital (he's ok - I just wanted to play it safe with a possible concussion). As a result, I suggested getting an "X Days without an Accident" sign put up in our PE office; it's being considered. Interim report cards go out this Friday, so it will be another busy week, but I'm used to it now!

Cheers,

Alyssa



Linda's Links:

<https://www.edutopia.org/>

The George Lucas Educational Foundation (yes, that George Lucas of Star Wars) is the driving force behind Edutopia - a website and online community for K-12 education emphasizing project-based learning, comprehensive assessment, integrated studies, social and emotional learning, educational leadership and teacher development, and technology integration. Really, a huge amount of very useful information.

<https://www.edcan.ca/>

A leading research and action centre to influence educational transformation in Canada. Education Canada Magazine is found in this website. It provides informed research and opinion on some of the biggest challenges facing educators today, with a focus on Canada.