



MIGHTY PEACE TEACHERS' CONVENTION

Online • March 4-5, 2021



The Alberta Teachers' Association

Mighty Peace Teachers' Convention is going virtual for 2021!

My name is Jodie Dell and I am the MPTCs president. Thanks to our amazing program committee, chaired by Melissa Putman, we have a fantastic list of speakers this year. We have 3 different keynote speakers for our line up

Dr. James Makokis and Anthony Johnson (Canada's Amazing Race winners): First nations two-spirit couple, will be speaking about their experiences growing up in a first nations community, speaking about diversity, racism and resiliency.

Dr. Phil McRae: ATA researcher - will be speaking about impacts of COVID on Alberta Schools and forecasting the future and the changes in society that might/are coming

Dr. Jody Carrington: - will be speaking about staying brave and connected in these difficult times. Reconnecting is more important than ever with our students during this pandemic to support them and ourselves.

View a full list of presenters at <http://mptca2021.sched.com>.

There are over 90 live sessions and 65+ pre-recorded sessions to choose from. Our ATA staff executives and officers are also hosting presentations. The majority of our speakers have also agreed for us to leave their presentations online for 2 weeks post convention.

The session times have had to be staggered so some start at 9 and others at 9:15. Again please look on Sched for the times for the sessions you choose.

Instead of coffee and donuts this year our social director has devised 4 different ways for us to gather, socialize and win some prizes. Information about these activities can be found on page 4 and 5 of this newsletter.

A big thank you needs to go out to Morgex Insurance as a sponsor for they support all the conventions in Alberta in many ways.

Vendors will be available in the Exhibitor section on Sched this year. Please take the time during Convention to check out the services and products they are offering as well.

We have created some help videos to assist attendees with [sorting through sessions](#) and [creating their virtual schedule](#). We will also be posting about opportunities to test your technology to make sure you can be connected for the two days of convention.

So let's embrace this new way of experiencing teachers' convention for 2021 and continue to learn something even when we are apart. We look forward to seeing you virtually for MPTC 2021 on March 4th and 5th!

Inside this issue

Message from the President	1
2021 Board Top Picks	2
Zoom Session Moderators	2
Did You Know?	3
Tech Tips	3
Who Can Attend Convention?.....	3
Professionalism through Connection-Building	4

Connect with MPTCA

Email: mptconvention@gmail.com
Twitter: @mptconvention #mptc2021
Facebook Group:



[Mighty Peace Teachers' Convention](#)

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Committed to Teachers in Alberta

MPTC Board Top Picks!

There are 170 sessions in this year's program. Here are some of the Mighty Peace Teachers' Convention Association recommendations and top picks! The program, and all session links, are only available online through Sched. Teachers will need to visit <https://mptca2021.sched.com/> and create an account to register for virtual sessions. Some sessions will be live and others will be a pre-recorded presentation. In all cases, the link to the virtual presentation will be available ten minutes before the session time begins.

Welcome to the first-ever Mighty Peace Teachers' Virtual Convention. Check out sessions by Christina Marlett and Julianne Harvey if you need strategies to help with your mental health and stress levels. If you are looking for a good laugh check out Devin Siebold's sessions. We have a number of sessions that should provide you with some COVID-19 friendly activities you can do with your students. Back by popular demand, we have Dr. Jody Carrington closing out the Convention with sessions to recharge us for the rest of the year on Friday afternoon. Do not worry if you miss a session you really want to see. We will have access to the majority of sessions, both pre-recorded and live sessions in video format for the 2 weeks after the convention. Enjoy Convention and Take Care of yourselves.

- Melissa Putman

I teach junior high Science and see the effects of math anxiety in my classes and I want to address gender stereotypes in STEM. Math Guru, Vanessa Vakharia, had such amazing reviews after she presented at MPTCA 2020, that I am definitely going to be attending her Zoom sessions this year!

- Debbie Harris

In a year where mental stress is affecting our physical health and when jobs have turned more virtual and computer-based Tori Smith with Adventure Physiotherapy and The Pilates Barre GP is offering an online Pilates class to help you move and get healthy. Never taken a Pilates class? No problem let Tori teach you. Don't have the right outfit? It's from your own home this year! I'm looking forward to taking this opportunity to move.

- Jeanne Lawrence

I am very excited by the session selection this year. I am particularly excited to participate in pre-recorded sessions led by Denise Gagne. Denise is an inspirational leader for music teachers in the province. This is my second year teaching music to my homeroom students, so I am very much looking forward to learning creative and engaging music activities to fearlessly share with my students.

- Annie Forney

Live Zoom Session Moderators

We will be looking for assistance from teachers to moderate live sessions. Once teachers have created their virtual schedule, we will send out requests for volunteers who are attending the live sessions to introduce the speaker and help the presenter to manage questions from teachers. There will be training opportunities and resources for attendees who would like to moderate. You can also email the president, Jodie Dell, at mptcpresident@gmail.com, if you'd like to volunteer to moderate.

DID YOU KNOW?

- You are encouraged to attend convention from home or from a location where you can access stable internet connection. While some employers may allow you to use the school for convention, it's your choice to go to the school or not.
- The Code of Professional Conduct applies while attending convention. Please help us ensure that all convention attendees, including presenters, guests and delegates, are treated with dignity and respect.
- We are always looking for new board members. Please contact your local if you would like to help us with MPTC 2022. Email mptconvention@gmail.com if you would like more information.
- In the fall of 2020, the MPTCA Board voted to move Convention to the Community Knowledge Campus, which includes Charles Spencer and St. Joe's High Schools, when in person Conventions resume.

TECH TIPS

- If possible, download convention materials, such as session handouts, in advance to minimize bandwidth requirements during convention.
- You will need to have the latest version of Zoom installed (available via zoom.us/download). You can do a self-test of your connection at zoom.us/test. The ATA will also be offering some opportunities for live Zoom testing so you can iron out any tech issues before the big event—please keep an eye your convention website and social media.

WHO CAN ATTEND CONVENTION?

Eligibility to attend the Mighty Peace Teachers' Convention includes ATA members who hold the highest membership available to them under the school act in these locals:

- Greater Peace No. 13 (except High Prairie RCSS and McLennan RCSS)
- Northern Spirit No. 6
- Trumpeter No. 26
- Northern Gateway No. 43 (East Smoky)
- Grande Prairie District Catholic Teachers No. 42

Eligibility can also be extended to invited guests, such as teachers of charter, federal or private schools, and teachers from other provinces and/or territories. These teachers must provide proof of membership to their professional organization and pay a fee. Registration information for guests is on our website mptca.teachers.ab.ca.

If you are a teacher on leave of absence you may attend our convention!

Be sure that you have paid your ATA dues for a teacher on leave.

If you are a substitute teacher you may attend our convention!

As soon as you teach for one day in any of our member locals you are an Associate Member of the ATA and are eligible to attend Convention at no cost.

If you are a student teacher in your last year of your program, you may attend our convention!

You need to be a member of the Education Students' Association, Education Undergraduate Society or other education student organization at your university or faculty of education. Joining one of these groups automatically makes you a student member of the ATA.



Professionalism through Connection-Building

Opportunities to **CONNECT** and **COLLABORATE** during Online Convention
March 4th – March 5th

Welcome teachers to MPTCA Online Teachers Convention. While teachers are meeting in various locations across the Peace Region, MPTCA wants to ensure that we remain connected. MPTCA values a focus on teacher well-being and wellness throughout our Professional Development experience. Please participate in one or all of the CONNECTION OPTIONS below. Be Well Teachers!

Wellness: **SELF CARE**

Participate in the **SELF-CARE Bingo**. The challenge will run from Monday March 1 - Saturday March 6th @ noon. Complete the **GOOGLE FORM** using the QR Code below. The first **300 teachers** to submit the form will be mailed at **\$5 Coffee/Beverage Card!**

[CLICK HERE for PDF](#)

[CLICK HERE for submission form](#)

Wellness: **COLLABORATION**

What is one **NEW TEACHING Practice/Strategy** that you are going to attempt because of a session you attended through MPTCA?

OR

What is a **QUOTE** you heard from a MPTCA presenter that resonated with you during the 2021 Convention?

[CLICK HERE](#)

OR tweet @mptconvention

Submit your Responses on our MPTCA PADLET for a chance to win 1 of 30 'I survived Teaching 2020' MUGS (@Harpsons) and a Coffee Card!

Include your email!

Wellness: **PHYSICAL HEALTH**

With so much **VIRTUAL Learning** and **VIRTUAL Professional Development** it is important for us to **KEEP ACTIVE** and give ourselves a digital break.

Sign Up to Participate in a Leg of the MPTCA Virtual Run/Walk Challenge. The Challenge will run from Monday March 1 - Friday March 5th @ 3 pm. Completers of the challenge will be entered into 1 of 12 free months on **AUDIBLE** and/or other **GREAT prizes!**

RUN/ WALK/ SKIP/ HIKE/ JOG as far as you can in **5 days**. Join the challenge and track your progress.

[CLICK HERE](#)

Prizes will be awarded for a variety of different accomplishments

Wellness: **CONNECTION**

Join us for One of **TWO Virtual Connection Events** hosted by the MPTCA Board.

Virtual BYO "Wine and Cheese"
Thursday March 4th @ 3:30 - 4:45 pm
(Check Sched for join code)

Virtual Connection Social Break
Friday March 5th @ lunch break
(Check Sched for join code)



“Self-Care Is Not Selfish, Self-Care Is Professional Development”

Danna Thomas Happy Teacher Revolution

The MPTC Board wants to Thank-You for taking on the challenges of meeting the complex needs of students this last year. Thank-You for again rising to the challenge of engaging in Online Convention. PD is more than simply attending Virtual Sessions; attempt to BINGO below to participate in self-care between March 1-6th. Use the QR code on the bottom of the page to fill in a corresponding Google Form that will enter you into **1 of 300** coffee / beverage Gift Cards. **Thank-you Teachers and Be Well!**

Wellness: SELF CARE:

Complete the **BINGO** Activity Challenge from Monday March 1st – Friday March 5th. Click on the Link below to submit your BINGO form for PRIZES!

Drink between 6-8 glasses of water in a single day.	Blast some Music. Play your favorite song on repeat!	Call (no texts) a Family Member or Life-long Friend	Write a note of appreciation to a fellow colleague or admin	Work on something Creative that makes you happy
Stock your classroom desk with snacks/treats. <small>They aren't everyday snacks but treats for moments when you're feeling especially stressed and need to take a quick break.</small>	Take a walk outside. Even better, go with a colleague and discuss a MPTC online session.	Send an email saying “hello” to a colleague from a previous school you worked at.	Practice desk Yoga between one of your MPTC online sessions (search youtube)	Login to the MPTC Virtual “Wine & Cheese” <small>Thursday 3:30-5 or Friday @ Lunch to connect with new people</small>
Read a good book (just for yourself)	<small>As per Jody Carrington's Recommendation:</small> Start a Personal Wicked Playlist <small>Heinrich Heine said “where words leave off, music begins”</small>	Leave any and all work at school for a night or a weekend.	Set a goal for a length of time and complete a Gratitude Journal <small>(one week, one month)</small>	Focus your breathing in a mindful moment. <small>Deep belly breaths in through the nose and out through the mouth.</small>
Write in a Journal	Cook supper for yourself - be risky - try a new recipe	Take 24 hours off Social Media	Turn off your phone as you engage in one of your chosen MPTC sessions	Treat yourself to Breakfast
Perform a random act of kindness	Unplug from all technology for an hour	Ask a fellow teacher for some advice. Collaborate :)	Browse through a seed catalogue and dream of spring	Buy some flowers for the desk where you will be attending MPTC sessions

[Click HERE to SUBMIT](#)