

**OCDSB FAMILY STUDIES
PROFESSIONAL DEVELOPMENT DAY**

February 12, 2010

A. Y. Jackson Secondary School

7:45 – 8:15	<i>Welcome & Sign-In</i> Continental Breakfast catered by Annie Pottle of Kanata.
8:15 – 9:15	<i>Session # 1 - Healthier for Me, Healthier for the Planet</i> Damien Martin from Tucker House will present us with five ways to choose food that is healthier for us and better for the environment.
9:15 – 10:15	<i>Session # 2 - Preparing Your Home for Sale</i> KIM ZIDY (Zidichouski) of Coldwell Banker First Ottawa Realty will present a seminar full of creative and proven ideas on how to prepare your home for sale to bring you your best sales dollar. She will also touch on the real estate market, interest rates and investment properties.
10:15 – 10:30	<i>Coffee Break</i>
10:30 – 11:30	<i>Session # 3 - Life After...The City</i> William Kelly from Earl of March SS will provide each participant with a FREE resource binder of materials entitled <i>The City</i> that will help us teach financial skills to our students. His workshop will focus on best practices and differentiated instruction for our classrooms.
11:30 – 12:15	<i>Lunch</i> Assorted Gourmet Sandwiches and Salads with Valentine Treats for Dessert catered by Thyme and Again.
12:15 – 1:15	<i>Session # 4 - Fetal Alcohol Spectrum Disorder(FASD)</i> Elspeth Ross will represent FASD Group of Ottawa and will share her expertise on teaching strategies for FASD affected students and preventing FASD.
1:15 – 2:15	<i>Session # 5 - Sushi-Making</i> Marlene Comeau, a Family Studies teacher in our Board, will lead us through a hands-on workshop on the art of Sushi-Making. Each person will take home their own sushi roll and bamboo mat.
2:15 – 2:30	<i>Wrap-Up and Debrief</i> Feedback Form and designation of organizers for our future PD Days.

Registration Form

Please register by Wednesday, February 3rd, 2010 by sending this form to Nancy Wright at Merivale High School along with a cheque made payable to Family Studies Subject Council for \$15.00 for Lunch. If you are not joining us for lunch, please send only the registration form.

Name: _____ *School:* _____

e-mail address: _____ *Lunch* *YES/NO*

Dietary Concerns: _____