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# Convention Update

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Theme: **You make a difference, every day!**

Where: **Centennial High School**  
55 Sun Valley Blvd. SE

When: Thursday, February 14<sup>th</sup> & Friday, February 15<sup>th</sup>, 2013

We're just over a week away from our 2013 Convention!

Convention is the major event that Staff Association puts on for you as a member, and our Convention Committee has been hard at work over the past few months putting together an amazing conference for our members!

On-line registration has been an overwhelming success. Forty-six sessions are full and 1,200 members are registered in sessions with an average of two sessions per person.

## Convention Feedback

Visit our Website ([www.staffassociation.ca](http://www.staffassociation.ca)) and log-in to our 'Member Log-in' to complete your Convention Feedback which will be available on Thursday February 14<sup>th</sup>, 2013 at 9:00 a.m.

Your feedback is very important as it helps the Committee with selecting sessions for next year's event.

## Busing Reminder

Just a reminder as on-site parking spots are at a premium, Staff Association is once again offering shuttle service to and from Centennial High School as follows:

**James Fowler High School (4004 - 4th Street NW)**  
**Lester B. Pearson High School (3020 - 52nd Street NE)**  
**Parking is available at these two pick-up locations**

Bus departure times are as follows:

- 7:15 a.m. buses leave for Centennial from both locations
- 1:00 p.m. buses leave Centennial and return to original destinations
- 12:00 p.m. buses leave for Centennial from both locations
- 4:40 p.m. buses leave Centennial and return to original destinations

**EACH BUS HOLDS 55 PASSENGERS AND SEATING IS ON A FIRST COME, FIRST SERVED BASIS**

**PLEASE POST IN STAFFROOMS**

**[www.staffassociation.ca](http://www.staffassociation.ca)**

# Fire Regulations

Due to fire regulations we are not permitted to have more than 40 people in each classroom under any circumstances. We also ask that you do not move furniture from one room to another.

We thank you for your co-operation.

## Article 10 - Attending SA's Convention

### Article 10 - Staff Association Convention

*10.1 Continuous employees will be allowed at least one (1) day, with pay, to attend the annual Staff Association Convention. Employees not required to work either of the days of the Staff Association Convention shall not be entitled to receive additional compensation for time spent at the Staff Association Convention.*

**Please note:** Continuous employees - If you are not at work you are expected to attend Convention. If you are not at Convention you need to have made alternate arrangements with your immediate supervisor as you are paid for the two days during Convention.

## Non-Registered Sessions

Please see below the list of sessions offered at this year's Convention which do not require registration:

Change, Challenge & Humour (Thursday pm)
Creating the Ties that Bind (Thursday am & pm)
Creative Communicating & the Power of Intention (Thursday am & pm)
Cultivating Intuition & The Heart of Healthy & Productive Decision Making (Friday am)
Gag Your Nagging: How to Better Communicate and Invite Cooperation (Thursday pm)
Immunize Yourself Against the Depression Epidemic (Thursday pm & Friday pm)
Not Down for the Count - Drug Free Ways of Taming Stress & Depression (Thursday am)
Remembering to Play - Inspiring Joy, Freedom & Self-Care (Friday pm)
Stress Management: Tools for Creating Calm in a Stressful World (Friday am & pm)
The Gluten Factor: Cereal Grains & Your Health (Thursday am)
Woe to WOW: Resilience to Cope & Succeed (Thursday am)
Write Now! (Friday am & pm)
Your Handwriting & What it Reveals About You! (Friday am & pm)
Being Heavy Weighing You Down? Re-pattern & Release! (Thursday pm)
Building Resiliency (Friday am)
Everything I Need to Know in Life, I Learned in Las Vegas (Friday am)
Humour in the Workplace (Friday am & pm)
One Small Step to Solve One Small Problem (Thursday am)
Stepping into Who you Really Are (Thursday am)
Stewards of Children - Preventing, Recognizing & Reacting Responsibly to Child Sexual Abuse (Thursday am & Friday am)

The atmosphere is electric! Our Convention has grown bigger and better every year and we hope to see all of you there!

If you have any Convention questions please contact Sue Wenaas at 403.242.7555 ext. 3 or via e-mail to [sue@staffassociation.ca](mailto:sue@staffassociation.ca).