Families, become what you are...intimate communities of life and love.

Defining "what really matters" in family life helps us stay focused on the big reasons we teach our own. Parents are primarily concerned with what kind of people they will raise. People of integrity, faith, honesty, empathy, diligence. Busyness, chaos, and distractions can cause us to lose sight of the big picture. The "tyranny of the urgent" should not be the state in which our families run. This talk is about recognizing and avoiding the pitfalls that create discord and disorder in our day and provides practical advice about actively changing clutter and chaos (emotional, spiritual, and temporal) into a more joyful, ordered environment.

Friday, Block B. 10:30-11:30

B Block: Raising Holy Children: What does that even mean? - Bonnie Landry

It's easy to think obedient, cooperative, and well behaved mean the same thing as holy. Lord knows - I’m not well behaved - but I am striving for holiness! Holy and perfect? NOT the same thing.

B Block: Cultivating Political Awareness in Your Homeschool: Megan Zelinka

Cultivating political awareness in your homeschool is not only achievable, but it's also a critical part of your child's development. Find out how you can play a vital role in engaging your children in politics and help them to make a positive difference. Discover how to build upon your family values while helping your children understand the importance of the political process.

B Block: A Goodie Bag of Cool Websites and Other Online Resources: Karen Roeck

Today's students and educators have the world at their fingertips—but all this information can be overwhelming at times! Join me to explore and learn more about new websites, developments, tools, and ways to integrate online resources in your home education journey.

B Block: New to Homeschooling - Natalie Sing

A review of relevant information for those just beginning their homeschool journey. Learn about the many different ways to homeschool in BC. Learn how to support yourself as a new homeschooling family. Learning about ages and stages of homeschoolers, and how to best meet the needs of those stages. This will be practical advice from a veteran homeschooler for the start of your journey.

B Block: Intermediate Math. Grades 4-7...and beyond - Laurie Beesting.

How we ensure our children are ready and prepared with the necessary fundamental skills and concepts; how we can ensure that when the "harder stuff" in Grade 8 begins, we have a sound and solid confidence in the core essentials- the foundation needed to cope in this next
journey of math. An opportunity to talk about how parents can step in to use SHORT, bite-sized, simple tested methods to address the most important bits... including nailing Times Tables; we will discuss which skills from 'number/geometry/decimals and fractions' are the 'golden keys' to feeling better about the next stage in our math learning.

**B Block: Navigating the Learning Services and Special Education Grad Program - Allison Miles**

Navigating LS and SE in Grad--Homeschooling children who require extra support can be very challenging at times, especially with the demands of the grad program. Join us to learn how to navigate the grad program and how we are improving our grad classes to support our students with diverse needs. Topics discussed will include course options, the new modernized curriculum (grades 11/12) and provincial assessments as well as different grad path options. You will also learn about LS supports and services provided to our SE students. This workshop is suitable for families who have children between grade 8-12.

**Friday, Block C: 1:30-2:30**

**C Block: How to Read a Book so it Becomes the Curriculum. Bonnie Landry**

Literature can be the backbone for so many subjects. History, geography, culture, sciences, art, music...and other subjects, can be studied through literature. When we read aloud well to our children, that beautiful family study that we all imagined homeschooling to be, comes to life. This talk discusses ideas for family study through literature and vital resources.

**C Block: Technology, the Internet, Privacy, and Your Safety - Chris English.**

We are constantly connected to a world network which presents a significant risk to our families which requires scrutiny and discernment. With over 4.1 million apps available for smartphones, what should parents be looking out for? In a society where nearly every child has access to a smartphone or tablet, how can they secure the device and the home network against inappropriate material? What is the Dark Web, how is it accessed, and why should a parent be concerned with it? You plug your smartphone into your car to charge its battery and listen to your music but are you aware what information your car now stores about you and how it may now be available to someone else? With more frequency we are purchasing appliances for our homes which are connected to the internet all for the sake of simplicity but did you know you are now exponentially more vulnerable to a cyber attack? The goal of this presentation is to inform and educate parents on the realities of some of the newest emerging technologies while providing practical tools to secure their family's safety in a digital world.

**C Block: Inspiring projects for Homeschoolers - Natalie Sing**

How do we ride the wave of a great project that our children are interested in? How do we get them interested to begin with? I will share some project based learning ideas that will inspire your students to expand their learning and apply what they have learned. I love projects that are impactful and allow students a voice in their ideas of solutions to challenging problems.
C Block: How to pick the best curriculum for your family - Hadassah Styles & Rene Ammundsen.

If you find walking into the tradeshow and seeing all the choices overwhelming, then this workshop is for you! As homeschool parents we are all trying to find “the best” curriculum for our children. This parent-led workshop will lead you through the process of choosing curriculum that is a comfortable fit for both you as a home educator and for your child as a learner. Without any vendor bias we hope to show you how to identify your teaching style, and your child’s unique learning style, and how to apply that information to help you choose curriculum that is the best fit for your family.

C Block: Preparing Wandering Hearts for Apologetics - Jake Weins

Our apologetics seem to us to be so powerful. We are convinced that God has literally done everything he could to help us believe. (given the nature of faith and relationship goal of love). Why can’t our children and our friends see it!? What pre-apologetics facts / universal truths about our humanity need to be embraced so as to create a readiness to engage with apologetics?

C Block: Ross Greene - Collaborative & Proactive Solutions (CPS) approach - Phillipa Moir

Ross W. Greene is an American child psychologist, professor and the author of various books, such as Lost and Found. Greene developed the evidence-based model of intervention called “Collaborative & Proactive Solutions.” The philosophy behind Collaborative and Proactive Solutions is that you reap what you sow. If we handle children with power and control, that’s what we get back. What happens if we collaborate with them -- as partners -- instead? Lives in the Balance is devoted to moving things in that very direction. This talk will give strategies of how to find out your child’s side of the story, and how to develop a solution that will suit both the parent and child.

Friday, Block D. 3:00-4:00

D Block: 1000 Little Conversations - Darlene Unrau

Your children are looking to you for guidance on how to navigate the confusing and ever-changing landscape of sex and relationships. No matter what signals your children are sending, studies show year after year that teens and young adults deeply desire more input from their parents in the area of sexuality and healthy romantic relationships. If we don’t join in the conversation, and early on, others will fill in the gap. Join Darlene Unrau for some practical ideas on effectively engaging your children in life-giving conversations to provide Big Ideas to carry with them throughout life.

D Block: Homeschooling Through High School and Beyond - Megan Zelinka.

Homeschooling through high school is a daunting proposition for many families. How do we know we’ve done enough? How do we know if we’ve covered the right things? Will the subjects we’ve studied be recognized by postsecondary institutions so our child can get the further education and vocation they desire? All of these are valid questions, but they should not paralyze the homeschool parent or scare the family away from trying. Bonnie Getty and
Laurie Pruim have both successfully graduated high school students from home and are going to share their varied experiences of what they did and how well it worked. Come ready with questions and come ready to be encouraged. You can do this!

**D Block: Discipleship in the area of money, stewardship, and attitudes. – Linda Queiros**

Learning about money and its role in our everyday lives till the day we die is a crucial skill. Having a Biblical attitude towards money is another layer of thinking we need to incorporate. How do we teach these principles to our children? What are the real life lessons that are all around us that we might be missing? Our days are full and we have lists of the things we need to do for many school subjects. How do we make sure we do not miss the crucial lessons our kids need to prepare them for a lifetime of handling money? Come join us for lively discussion on thinking about: -the idea of an allowance and at what age to start and how much to give -a part-time job -teaching about saving and spending -chores and if we should pay for this service Let's learn some practical ways to teach our children about the rewards of managing money well and the consequences of using money thoughtlessly. Participants will receive notes on all the ideas discussed as well as have an opportunity to ask questions and share personal experiences.

**D Block: The Power of Organization - Danielle Spurgeon**

Learn how the power of organization can reduce your stress and transform your week. Being organized is an intentional act that saves you time and grey hair too! This workshop will highlight how to be intentional with your time, how to organize your week and how to choose what works for YOU and your family. Between homeschooling, tending to the house, and weekly commitments, you can strive to organize your life and succeed while you are doing it! We will also discuss the value of meal planning and time management. Analyze what works and what doesn’t work for your family, month by month. How saying “no” to chaos can help you feel more in control of your life. This workshop will teach you how to implement being organized with schedules, meal planning, life planning and being intentional with your time. Encouraging your children to participate in organizing can add a sense of unity in your house. And how everyone has different systems, the key is to finding out which system will work for your family and your lifestyle. Remembering to give yourself grace as every season of life is filled with different colors. If you fail to plan, you plan to fail — Benjamin Franklin

**D Block: Storytelling: Why it's important to read to your kids! - Sherri Funk.**

Reading aloud to children is the beginning of literacy. Kids are smarter than we sometimes give them credit for. They enjoy great storytelling with big words they don’t know, and can discern the meaning from a story without being told. Even older kids, (even teens!), enjoy having a good book read aloud! Come and learn how to infuse your reading time with wonder and joy, and discuss what makes a good book “good”! Sherri will have examples of books with intelligent, humorous writing that will captivate children of all ages!
**D Block: Discovering the Hidden SE Resources in the HCOS Learning Common - Pippa Davies & Cynthia Duncaife**

In this workshop, we’ll explore the hidden digital and physical resources in the HCOS Learning Commons for special education students and educators. This workshop is for HCOS newbies and veterans alike and is suitable for parents, teachers, and administrators. Participants will learn where to find and how to use  
- SE Resources in the OverDrive eLibrary & New Sora App  
- Hidden SE Resources in Subscriptions  
- SE Print Resources Available Through the New HCOS Search Portal  

Time will be left at the end of the workshop for Q & A.

**Saturday, Block E. 9:00-10:00**

**E Block: Homeschooling through the Challenging Times. Bonnie Landry**

Our vocation should be joyful and love should be what defines our families. But it isn’t always so. Emotional strife, a difficult child, financial hardship, or physical illness can tarnish joy. We can ease the impact of difficulties by preparing and developing contingency plans for when things go awry.

**E Block: Connected Parenting - Darlene Unrau**

The greatest concern of parents today is to be able to pass on their values to their children. Without meaningful connection our children will not be in a position to hear what we are communicating. This workshop provides encouragement and practical ideas on how to build, maintain and rebuild lines of connection with your children and teens.

**E Block: Helping our Young People Respond to Moral Relativism: Right for me but not for you. -Paul Chamberlain**

Many voices in our culture tell us that what is wrong for you may be right for somebody else. These voices tell us that you may have your values but others have theirs, and you have no right to call their moral judgments wrong, or yours right. Morality is personal, subjective, and relative to each person. This type of moral relativism pervades our culture and it affects the way our children think about morality, faith, and even God. In this session we will examine moral relativism and set out responses to it which we can all use in helping ourselves, and our young people, respond to this critically important cultural.

**E Block: Using Movies for Learning. - Natalie Sing.**

Find out more about incorporating movies into your homeschool experience. Having led a Movies for Learning Class for grades 9-12 in the past and currently running classes for grades 6-8, I will address the aspects of Literature, Social/Emotional Learning, History and Geography as well as the skills of collaboration, ability to formulate personal opinions and many aspects of critical thinking. I will share specific movies and how they have inspired students, and others that have not, and why. This has been a 6 year passion of mine and because it meets the needs of students all students including SE or LS, it continues to be something I use each week.
E Block: An Innovative Approach to Choosing Curriculum - Cynthia Duncalfe

How to Blend Home Education Print Curriculum with HCOS Digital Learning Commons Resources. (for Parents and Teachers of Students in K - 9)

In this workshop, HCOS Curriculum Consultant Cynthia Duncalfe will explore various ways to blend home education print curriculum with HCOS digital Learning Commons resources. This workshop is for HCOS newbies and veterans alike, both parents and teachers.

Participants will learn where to find and how to use: Recommended Resource Lists; Print Curriculum Packages; and Top Print Curriculum Options. Additionally, attendees will gain confidence in where to find, and how to use the following Learning Commons digital resources: K - 9 Index of Digital Resources on the New Learning Commons Website; OverDrive curriculum eBooks and the new SORA app; and Unit Study Kits.

E Block: How can we support students with Executive Functioning challenges? - Michelle Nimchuk

Executive Functioning (EF) skills are essential skills that enable us to function in our daily lives and work. Students who have low EF skills struggle with initiating and completing tasks, doing chores, organizing materials and projects, time management, impulse control and running errands. This workshop will primarily provide insights into what EF skills are and how the lack of appropriate EF skills affect our students ability to experience success in their school work and lives.

Saturday, Block F. 10:30-11:30

F Block: Porn-Proofing Our Kids - Darlene Unrau

In our sex saturated society, it’s not a matter of IF our children will be exposed to pornography, but when. Favourite resources and practical ideas will be provided in this workshop on how to communicate, with compassionate conviction, the effects of pornography on our brains, relationships and society, to our children, from elementary to college age. Fear and guilt are short term motivators and shame is our enemy in this crucial conversation. Communicating with hope in the mix invites our children to pursue what they really want in relationships - healthy connection.

F Block: Homeschooling Solo - Erika Rauguth-Treleaven.

In my time as a single, homeschooling parent, I have worked with several families where one parent is solely responsible for most/all care-giving and home educating responsibilities for extended periods of time. This workshop will include tips, strategies and supports for the parent who is alone in the homeschooling journey, whether due to single parenting or experiencing separation from their spouse due to work situations. Information covered will include: Time and priority management, Finding your community and support network, Self-care and positive mental health.
F Block: Guidelines for Responding to Challenges to Your Faith. -Paul Chamberlain

Challenges to our faith come in many forms and they come from both harsh sceptics as well as sincere questioners. Can anyone be prepared for them all? In this session, we will set forth seven guidelines that anyone can learn which can help us interact with our friends and neighbours on any challenge to faith, and have positive conversations with them.

F Block: Entitlement Busters - Marie Filion

We are raising our children in a world where entitlement is taught to them on a daily basis. This can cause children that are very dissatisfied with life and expect things on a silver platter. We will also discuss basic rights, but also add in responsibilities. This presentation will provide you with practical solutions to help balance out what the world is telling our children.

F Block: Discover amazing, FREE resources in the Learning Commons! - Shandra Wiebe & Pippa Davies

Are you new to HCOS or wanting to find out more how our learning commons works? Shandra Wiebe, (Learning Commons Administrator), and Pippa Davies, (Learning Commons Director), will walk you through some amazing resources we have in our new learning commons search portal, and digital library on OverDrive. We will also explore a sample of engaging subscriptions and databases, which will take your students to the next level in critical thinking! Come with your questions as we explore together!

F Block: Google Tools for Struggling Students - Shannon Beglaw

There are many Google tools, apps, extensions, and features available to assist struggling learners and students with special needs. Customize Google Chrome with apps and extensions, including text-to-speech, speech-to-text, readability, reading comprehension, organization, focus, and more. Learn what tools are available and how to use them with students of all abilities, developing 21st century competencies, highlighting student strengths, and bridging gaps/challenges in the learning environment.

Saturday, Block G. 1:30-2:30

G Block: Revolution of Mercy. - Bonnie Landry

Parents are primarily concerned with what kind of people they will raise. People of integrity, faith, honesty, empathy, diligence. It’s hard to picture the outcome of a mature adult with our little people. They are so childish! Teaching appropriate behaviour is a skill set that we pass on to our kids, like all the other things we teach them. And teaching (discipleship) is most successful in an environment of love and mercy. Walking with kids with kindness in their misbehaviour in their daily distresses fosters our relationships. Keeping our relationships intact is how we can maintain the greatest influence over our children and the choices they make.

G Block: Collaborating in your Homeschool Experience- Natalie Sing

Having your students collaborate with others can be achieved through Co-ops and classes together. This might be a few families gathering together or something more formal. I will
explore ways that your students can collaborate with others. Some of the great experiences we have had over our homeschool years and some of the challenges that can occur. After 20 years of having my children learn with others, I am excited to share with you some highlights!

G Block: Tolerance: Cultural Idol or Worthy Goal. -Paul Chamberlain

Our culture has elevated the notion of tolerance to the level of supreme moral virtue. Being found intolerant is the cardinal sin in the Western world today. Is there a way for us to express and live out our moral values without being perceived as intolerant? Is intolerance something we should be trying to avoid at all cost? What is true tolerance in the first place? This lecture will explore these questions and arrive at conclusions which can help us and our young people navigate their way through this issue.

G Block: Our Three Brains and How They Affect Mental Health and Identity - Marie Filion

There are neurons in our brains, stomachs and heart. The three areas work together to make sense of our world. What happens when they are out of tune with each other? How this can affect mood disorders, anxiety disorders, mood swings, bipolar disorder, food cravings and ADHD. Lastly we will explore how to restore our three brains, mental calmness and identity.

G Block: Morning Basket: Routines and Riches - Hester VanBraeden

Morning time is an age old tradition that isn't specific to any philosophy of education. We will looking at some ideas of how to implement a routine of gathering and reading to our children of all ages. One of the biggest challenges is keeping the focus when little ones want to be included too. And how can we keep the content rich without boring our children?

G Block: Dive Into Google: Differentiation and Adaptations with G Suite Apps and Extensions - Karen Roeck

Jump into the Google pool! This interactive session will give parents and teachers practical ways to to use G Suite Apps in a variety of contexts. We will include tips for differentiation and assessment for use with LS and SE learners that will also meet the learning needs of neurotypical students. Bring a device and all your Google questions.

Saturday, Block H. Closing Keynote: Main Auditorium. 3:00-4:15

H Block: Shortcuts to Joy: Homeschooling the way you thought it would be.

We all learn best in an environment of joy. Joy is a means to reach our full potential. How do we find joy and keep joy? By employing these two tools: simplicity and surrender. Finding the simplest ways run our lives frees up more time…but more importantly, frees up more space in our brains. Surrendering graciously to that which we cannot change also frees us spiritually. There are so many burdens we carry….we must work to remove the unnecessary ones so that we can achieve that cozy family life we imagined.