

PROFESSIONAL ACTIVITY DAY

Friday, April 24, 2026

AGENDA

All CDSBEO Elementary and Secondary School staff will participate in both morning and afternoon sessions: [School Directory – Catholic District School Board of Eastern Ontario – CDSBEO](#)

MORNING

- Topic:** Welcome, Land Acknowledgement and Liturgy
Time: 15 minutes
Format: Slide Presentation to Whole Group
Entity Hosting: CDSBEO Religious Education & Family Life Department
Presenters: Principal, Vice-Principal, Chaplain/Faith Ambassador
Method of Learning: Slide show
Description: Staff will participate in a Land Acknowledgement and Liturgy Service as a school or board office community to start the Faith Day in a thoughtful manner.
- Topic:** Mental Health Resource Review
Time: 40 minutes
Targeted Audience: Teaching Staff in Gr. 7-12 schools
Format: Teams Meeting
Entity Hosting: Mental Health Department
Presenter: Selina Mackie, Mental Health Lead Strategist
Description: All staff in Gr.7-12 schools will participate in a walkthrough of mental health resources to support the integration of Mental Health Awareness into everyday teaching practice. This session will also provide Mental Health Refreshers for Grades 7, 8 & 10 curriculum expectations.
- Topic:** Ministry Mandated Professional Development –
10 Tips for Disrupting Hate, Dr. Andrew B. Campbell
Time: 10:00 - 12:00 120 minutes
Format: Live Presentation for all CDSBEO staff
Entity Hosting: CDSBEO Equity and Curriculum Education Departments
Presenter: Dr. ABC
Method of Learning: Multi-Media Resources and School-Based Discussion
Description: In this practical session, Dr. ABC will give us his 10 tips to disrupt hate. We will look at uncovering unconscious bias, changing our mindsets, CRRP, deficit mentality, using affirming language, and moving from awareness into action.
Resources Used: Videos and Discussion Questions provided by the presenter and staff conversations. Stop the Hate For Goodness Sake by Dr. Andrew B. Campbell

LUNCH (40 minutes)

Educating and inspiring...heart, mind, body, and soul!

AFTERNOON

- Topic:** AI

Time: 60 minutes

Format: **Live Wayground Options**

Entity Hosting: Multi-Department

Resources Used: Wayground

Description: This session will focus on practical classroom uses of AI to support teaching and learning. Participants may choose a Wayground or Copilot workshop that best fits their experience level. The session will begin with a brief review of CDSBEO's Guiding Principles and Generative AI Guidelines, followed by selected breakout sessions. Participants must bring their POI computer.
- Topic:** **Guarding Minds At Work Survey**

Time: 20 minutes

Format: Online Survey

Entity Hosting: Canadian Center for Occupational Health and Safety

Resources Used: Online Survey Platform

Description: As part of our process of continual improvement to support the kind of workplace where all employees can thrive, we are pleased to announce the launch of the *Guarding Minds at Work Survey*. All CDSBEO employees will have the opportunity to participate in the "Guarding Minds at Work Survey." This is a confidential, voluntary and anonymous survey that will help the Board effectively identify and address organizational issues related to psychological health and safety in the workplace.
- Topic:** **Mental Health Resource Review**

Time: 40 minutes

Targeted Audience: Teaching Staff in K-6/8 schools

Format: Teams Meeting

Entity Hosting: Mental Health Department

Presenter: Selina Mackie, Mental Health Lead Strategist

Description: All staff in K-6 & K-8 schools will participate in a walkthrough of mental health resources to support the integration of Mental Health Awareness into everyday teaching practice. This session will also provide an overview of the new Grade 6 Mental Health curriculum expectations, along with refreshers for the Grades 7 and 8 curriculum expectations.

END OF DAY