



**Christ Our Model.
Children Our Focus.**

News Release

Dr. Jody Carrington Visits the Lakeland

BONNYVILLE, AB (September 27, 2019) - Lakeland Catholic School District was extremely pleased to have Dr. Jody Carrington as the keynote speaker at their Professional Learning Day on Friday, September 27, 2019. The session took place at École Notre Dame High School in Bonnyville. This event was made possible by LCSD, the Learning Network and the Bonnyville FCSS.



In her presentations and her book, Dr. Carrington emphasizes the importance of relationships saying, that “what will never be automated is the necessity for face-to-face connection.”

She offers five key ways of reconnecting with the people in our lives:

1. Show genuine interest in the things they care about
2. Get their eyes
3. Get down on their level
4. Feed them (you can't chew and swallow with a flipped lid)
5. Stay present (you can't make sense of hard things alone for long)

She underscores the importance of emotional regulation. For children, their job is to be emotionally dysregulated. As teachers, we must show them how to do it rather than tell them how to do it.

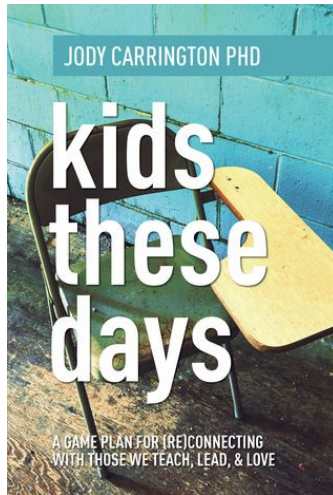
Here are some of the guiding questions LCSD staff were asked to reflect on throughout the day:

1. How has what I learned changed my personal understandings and perspectives?
2. How has what I have learned today going to change my individual professional practice?
3. What are the most important practices at our school/work sites that we need to focus on starting; which practices do we need to be more aware of and to stop?

There was a packed house for her community session, which took place in the evening from 6:30-8:30 pm at the same location.

Her sessions were entertaining, inspiring and enlightening. If you do not have a copy of her book *Kids these Days*, we highly recommend that you get a copy.

Feedback from staff, parents, and community members has been exceptionally positive.



For more information, please contact:

Amanda Wildman
Communications Officer
Lakeland Catholic School District
Phone: (780) 826-3764
Cell: (780) 813-0538
awildman@edu.lcsd150.ca

Janice Lane-DuHart
Assistant Communications Officer
Lakeland Catholic School District
Phone: (780) 826-3764
Cell: (780) 815-0052
jlanneduhart@edu.lcsd150.ca