

Professional Development Plan

Part 1: Professional Development Events

Event 1 — PHE BC PSA Day Conference

Organizer: Physical and Health Education BC (PHE BC) & Douglas College

Date & Location: Friday, October 23, 2026 — Douglas College, New Westminster Campus

What It Provides

This is the 40th annual collaboration between PHE BC and Douglas College. This year's conference brings together both physical education and school sports under one roof, creating a rare opportunity to think about what's possible for students, teachers, and coaches in BC schools. The full-day program features diverse workshops and sessions led by practicing teachers and PHE specialists. It is the primary PHE-specific professional development event in the province and draws BC teachers at every stage of their career.

Why I Chose This

I didn't complete a PHE practicum, which means I'm walking into that class with less confidence than I'd like. What I found in my BEd Pro-D sessions was that the sessions I got the most out of were the ones with concrete strategies I could walk out with. Beyond my teaching needs, coaching basketball is a huge part of why I got into this profession, and this particular conference is unique in that it explicitly connects PHE instruction with school sports, which is something that speaks directly to who I am as an educator. The New Westminster location is also very accessible from Langley, making it practical as a first-year teacher without a lot of professional development budget.

Event 2 — CSTA 2026 Annual Conference

Organizer: Computer Science Teachers Association (CSTA)

Date & Location: July 13–15, 2026 — New Orleans, Louisiana (virtual access typically available)

What It Provides

The CSTA Annual Conference is a flagship event for K–12 computer science educators, bringing together about 1,000 CS teachers from across North America and beyond. Sessions cover project-based learning in CS, AI literacy, gamification, tech tools for both students and teachers, and what to emphasize in secondary CS courses. The 2026 conference is intentionally designed as a smaller, more focused gathering than previous years, which means more meaningful connections and focused learning. Many sessions are led by practicing classroom teachers sharing what actually works.

Why I Chose This

Computers is the subject I feel least prepared for going into this job, so I want to spend the summer before my second semester being intentional about my growth there. This conference will help me understand what I should be emphasizing in a 9–10 Computer Studies class, and it's especially strong on project-based approaches — which is exactly the kind of teaching I want to be doing. The gamification angle is also something I've been thinking a lot about: I want students to enjoy being in my class, and competitive, structured fun is something I've seen work in coaching. I also just want tools that reduce my workload, and this conference consistently delivers on that front.

Event 3 — ACSI BC Teacher Convention 2026

Organizer: Association of Christian Schools International — Western Canada (ACSIWC)

Date & Location: October 9, 2026 — Surrey, BC

What It Provides

The ACSI BC Teacher Convention is an annual one-day professional development event designed specifically for teachers in Christian schools across BC. It features keynote addresses and workshop sessions centered on faith-integrated teaching, student relationships, classroom community, and what it means to teach with Christian purpose. Each year the convention is planned by a local committee with input from ACSIWC, and the workshops range from subject-specific breakouts to broader sessions on topics like student mental health from a biblical lens, engagement, and teacher wellbeing.

Why I Chose This

One of the big reasons I wanted to teach at a Christian school is the opportunity to be a light in the classroom. I want to be someone students look forward to seeing, who equips them not just academically but for life. That's not something you can pick up at a standard BCTF event. This convention specifically supports the kind of teaching I want to do: faith-informed, relational, and purpose-driven. It also connects me with other teachers at LCS and similar schools in the area, which matters a lot in a first year when you're still figuring out the culture and building your network. The practical workshop structure means I'll leave with something I can actually use.

Part 2: School-Based Pro-D Day Plan

Full Day Schedule

Time	Session	Description
8:45 – 9:00	Arrival & Coffee	Staff gather informally before the day begins. Light snacks provided.
9:00 – 9:15	Welcome & Devotional	Opening prayer and short devotional by principal or local pastor. Brief overview of the schedule.
9:15 – 10:30	Keynote: “What Are We Actually Here For?”	Speaker: Dr. Chris Mattatall (GoodTeaching.ca) - Professor, Faculty of Education, and keynote speaker at ACSI Western Canada conventions. Dr. Mattatall speaks to how the brain learns, what motivates students, and what teachers need to understand about engagement and attention to actually reach young people. He walks out of research and into the classroom, providing real examples and data on what works in the modern classroom. The session connects the practical work of teaching to a broader sense of purpose: why it matters, and what students are actually experiencing.
10:30 – 10:45	Break	Coffee and snack break. Informal conversation encouraged.
10:45 – 12:15	Morning Workshop: Project-Based Learning	Presenter: Rohan Arul-Pragasam is the Superintendent of Chilliwack SD33 and has been a recurring voice in BC professional learning conversations around AI, technology, and what it means to lead and teach in a rapidly changing world. He was a featured speaker at a Learning Forward BC event on “The Intersection of Human Flourishing and AI,” which speaks directly to how an LCS audience would want to engage with this topic: not just which tools to use, but what values should guide how we use them. This 90-minute session introduces PBL in a way that is accessible to every teacher in the room. Teachers leave with a draft essential question and milestone outline for a unit they could run this semester. Emphasis on authentic audiences, student voice, and why project-based work produces deeper learning than traditional units.
12:15 – 1:00	Lunch	Catered lunch.
1:00 – 2:15	Afternoon Workshop: AI & Tech Tools That Actually Help	Presenter: Cari Wilson - VP of Innovation & Technology, West Vancouver Schools; Apple Distinguished Educator; Google Certified Trainer; recipient of the 2024 Prime Minister’s Award for Excellence in Teaching; and one of the leading voices on AI in BC education. Hands-on session helping teachers identify which AI and tech tools reduce their workload, which ones students can use, and how to think about AI in a school with values around integrity and critical thinking. Teachers will try at least two tools during the session.
2:15 – 2:30	Debrief & Closing	Each teacher shares one thing they’re going to try. Closing prayer and send-off. Done on time.

