



**BRANDON
UNIVERSITY**



C.A.R.E.S.
CENTRE FOR ABORIGINAL &
RURAL EDUCATION STUDIES

2019-2020 Annual Report



BU CARES is an applied research centre established in 2008 and housed in the Faculty of Education at Brandon University. BU CARES helps identify and answer research questions generated collaboratively with community partners, develop faculty and graduate student research capacity, facilitate connections between university researchers and community members, and promote research related to rural and Indigenous education.

For more information, please visit our website: www.BrandonU.ca/BU-CARES

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Introduction

This annual report is submitted per the Brandon University Senate policy governing *Research Centres, Institutions, and Groups – Policy and Procedures*. This annual report details the initiatives and activities of the centre and its personnel, research accomplishments, graduate training and other research-related activities, and financial information for the 2019-2020 year.

This year a proposal was submitted through Brandon Neighbourhood Renewal Corp. for Canada's Reaching Home Strategy for Ending Homelessness and was successful. This project, led by Dr. Candy Skyhar, is an examination of the possibilities of collaboration in rural communities and will continue for three years.

Another project, funded through Tech Manitoba, enabled Dr. Jacqueline Kirk and Michelle Lam to conduct a program evaluation for Digital Literacy in Manitoba. This project has resulted in a second initiative, mapping digital literacy in the province and studying how digital inequities impact education.

The Covid-19 pandemic has resulted in several projects, two surveys of Covid-19 responses for parents and employees of Brandon School Division, and an examination of teaching practice changes in Southwest Horizon School Division.

CARES was able to provide support for other projects, including making connections in the community, giving software access, and help with recruiting participants.

This year saw the formation of an advisory board for BU CARES, an updated website and new social media accounts, presentations, publications, webinars, events, and a new research room open for students. We also expanded the *Research Connection* publications with the *Research Connection Podcast*.

The research initiatives at BU CARES serve rural and Indigenous educators and community members both by building collaborative partnerships for specific topics and by widely sharing our knowledge and research findings.

In August 2019, Michelle Lam stepped into the role of Director of BU CARES. She was the Director of Teacher Training and Development for Lucas Detech in Vietnam and has served as a researcher-in-residence and English as an Additional Language teacher for Westman Immigrant Services. She is completing her Ph.D. in Education from the University of Manitoba with a focus on rural immigration and education.

Highlights

Working with community and government partners enables BU CARES to conduct **Research** on issues of relevance to rural and Indigenous communities.

- Three ongoing projects, including 1) *Stronger Together: Interagency Cooperation to Address Homelessness and Mobility in Rural Areas*, 2) *Teacher Practices that Stuck after Covid-19*, and 3) *Digital Literacy and Tech-Equity*
- Three completed projects, including 1) *Brandon School Division Parent Survey during Covid-19*, 2) *Brandon School Division Employee Survey during Covid-19*, and 3) *Tech Manitoba DigitAll Digital Literacy Program Evaluation Survey*

BU CARES partners with outside **Funding sources**, with \$139,000 new funding secured this year for current and future projects.

Building **Community Connections** and **Mobilizing Knowledge** allows BU CARES to share research findings and to learn from others.

- Two peer-reviewed journal articles
- Three publically available research reports
- Three infographics
- Two presentations
- One open house
- Two workshops
- One radio interview
- One editorial
- 24 *Research Connection* publications
- 21 *Research Connection* podcasts
- Website and Social Media:
 - Facebook average 260 people reached per month
 - Youtube 241 views
 - Twitter 291 followers
 - Instagram 129 followers
 - Website averages 756 page views per month

Supporting **Students** in their educational journey is central to our mandate.

- One student service-learning volunteer
- Four research assistants employed
- One new research room space opened for student use

Advisory Board

Advisory board members for the 2019-2020 year:

Ms. Michelle Bessette
 Dr. Marc Casavant
 Dr. Patricia Douglas
 Dr. Heather Duncan
 Dr. Jacqueline Kirk
 Mr. Bob Lee

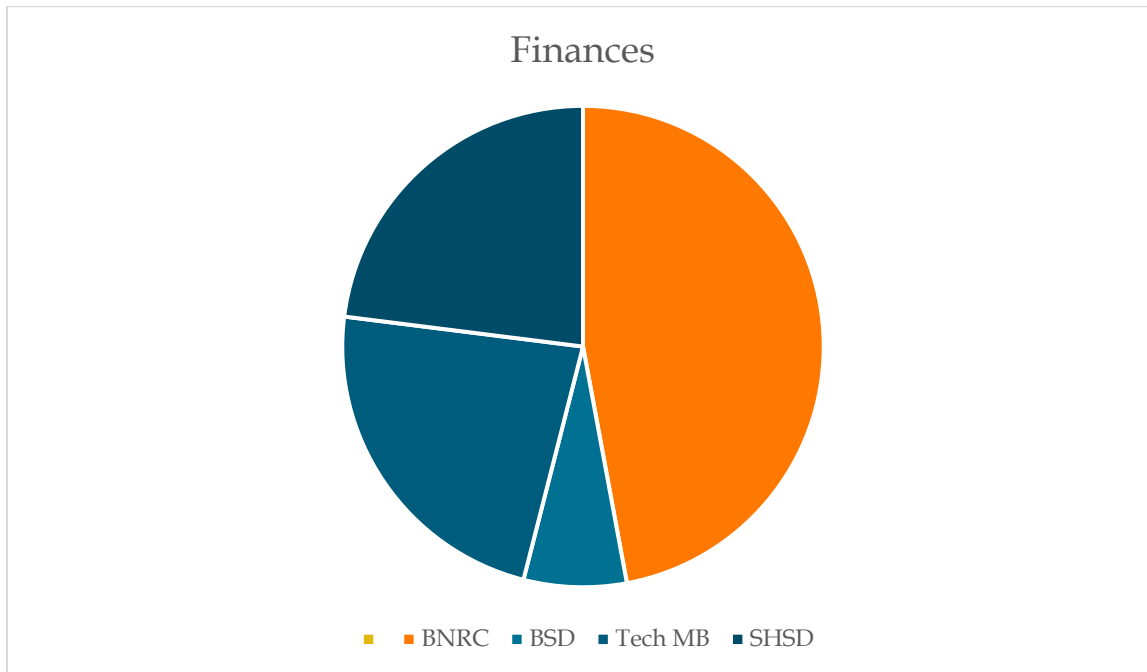
Dr. Michael Nantais
 Ms. Rebecca Okemow
 Mr. Kevin Tacan
 Ms. Noella Eagle
 Ms. Candice Waddell

Finances

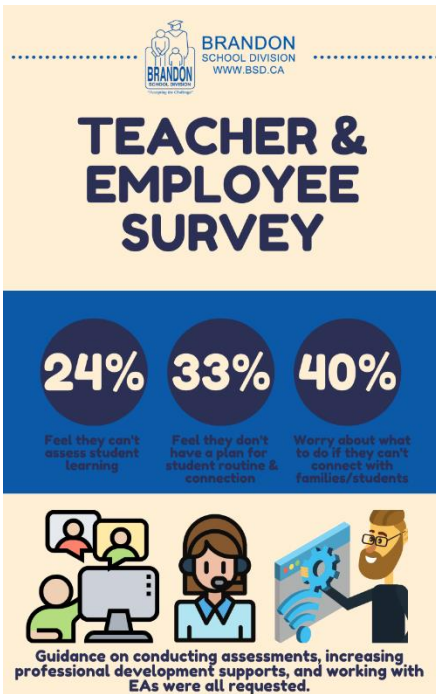
April 1, 2019 – March 31, 2020

Research Project Funds (Brandon Neighbourhood Renewal Corp.)	\$10,230
Research Project Funds (Brandon School Division)	\$1500
Research Project Funds (Tech Manitoba)	\$5000
Research Project Funds (Southwest Horizon School Division)	\$5000

Total \$70,401



Completed Research Projects



TEACHER & EMPLOYEE SURVEY

24% Feel they can't assess student learning

33% Feel they don't have a plan for student routine & connection

40% Worry about what to do if they can't connect with families/students

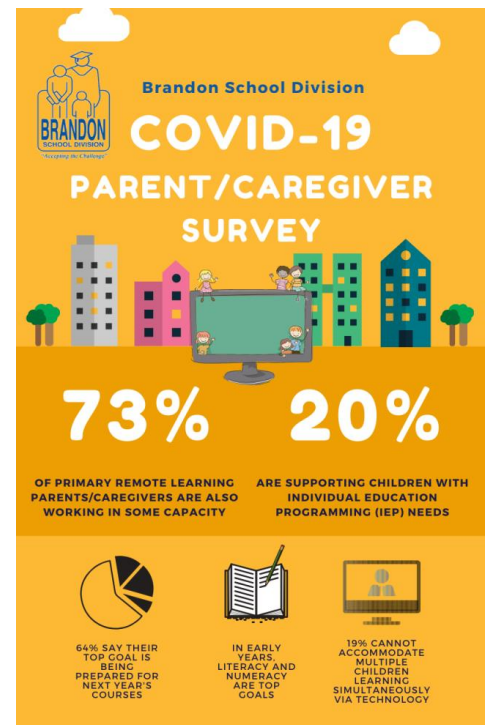
Guidance on conducting assessments, increasing professional development supports, and working with EAs were all requested.

Brandon School Division Employee Survey

In partnership with the Brandon School Division, we completed an employee survey during the Covid-19 pandemic. The report details distance learning measures, support required, employee concerns, and communication methods currently in use. The focus of this survey was to learn how teachers and other employees in BSD are responding to the closure of schools due to Covid-19. The objectives of this survey were to (1) identify the current challenges and concerns faced by teachers and other employees due to school closures; (2) learn teachers' and other employees' plans for their students during this time; (3) understand how much time can be reasonably expected for students to spend on learning from home, and (4) identify ways that teachers and other employees can be supported while working remotely.

Brandon School Division Parent Survey

In partnership with the Brandon School Division, we completed a survey of 3000 parents and caregivers during the Covid-19 pandemic. The focus of this survey was to learn more about how parents/caregivers of students in BSD are responding to the closure of schools due to Covid-19. The objectives of this survey were to (1) identify the current challenges faced by parents/caregivers due to school closures; (2) learn parents' goals for their child(ren) during this time; (3) know how much time can be reasonably expected for students to spend on learning from home, and (4) identify ways that teachers can support parents while working remotely.



COVID-19 PARENT/CAREGIVER SURVEY

73% OF PRIMARY REMOTE LEARNING PARENTS/CAREGIVERS ARE ALSO WORKING IN SOME CAPACITY

20% ARE SUPPORTING CHILDREN WITH INDIVIDUAL EDUCATION PROGRAMMING (IEP) NEEDS

64% SAY THEIR TOP GOAL IS BEING PREPARED FOR NEXT YEAR'S COURSES

IN EARLY YEARS LITERACY AND NUMERACY ARE TOP GOALS

19% CANNOT ACCOMMODATE MULTIPLE CHILDREN LEARNING SIMULTANEOUSLY VIA TECHNOLOGY

Digital Literacy in Manitoba (Tech Manitoba's DigitALL Program)

The focus of this research project by Michelle Lam and Dr. Jacqueline Kirk was digital literacy in Manitoba. The objectives were to:

1. Assess internet use in multiple communities across Manitoba;
2. Evaluate whether Tech Manitoba's DigitALL workshops resulted in increased internet use, confidence, skills, and ability to make informed decisions online; and,
3. Collect feedback on the workshops attended.



TechManitoba's DigitALL Program

Free Workshops

Computer Skills / Security and Fraud / Internet Use / Microsoft Office / Social Media and Privacy / & More

81.25% of participants reported that as a result of TechMB workshops, their Skills Increased

85.42% of participants reported that they can now Make more informed decisions online

Current Projects

Stronger Together: Interagency Cooperation to Address Homelessness and Mobility in Rural Areas

The purpose of this project is to understand local challenges posed by homelessness, mobility and migration, current support structures in place, and opportunities afforded by increased inter-agency collaboration and communication within rural communities. This project is led by Dr. Candy Skyhar.

Practices that ‘Stuck’’: Exploring how teacher practices have changed as a result of the Covid-19 Pandemic

This project is a collaborative effort with Southwest Horizon School Division exploring how teacher practices have changed during and after the Covid-19 pandemic. It will lead to an enhanced understanding of changing teacher practices related to collaboration, communication, lesson planning, prioritization, assessment, teaching approaches, professional learning, mental health, and equity. This project is led by Dr. Jacqueline Kirk.

Climate Conversations: A duo-ethnography from both sides of the climate debate

This project will explore the role of critical conversations by analyzing emails back and forth between two people on opposite sides of the climate crisis debate. The goal is to focus on ways that people from different viewpoints can engage with and learn from each other, and to identify factors that either encourage or discourage these critical conversations. This project is led by Michelle Lam.

Belonging, Pride, and Mental Well-being: Perspectives of Brandon University Students

This project explores the experiences of students at BU about their sense of belonging, mental health, and well-being. The goal is to identify areas for improvement and strategies to enhance and develop resources and supports within BU. This project is led by Nadine Smith.

Welcoming Well: The Role of Educational Institutions and the Host Society in Welcoming Newcomers Outside the ‘Big City.’

Rural areas in Manitoba are becoming more culturally and linguistically diverse, but research on integration remains mostly concentrated in urban areas. Understanding the role that smaller communities and educational institutions can play in providing an environment of welcome will contribute pathways to increased retention rates and a deeper understanding of rural immigration. This case study is led by Michelle Lam.

Digital Literacy and Tech-Equity

This project intends to gain clarity on the topic of technology and education and to assist the development and enhancement of provincial strategies on issues related to the state of digital equity for youth across Manitoba. This study will leverage national and international case studies designed to showcase practical uses of technology and highlight innovative public policy for improved digital literacy outcomes in schools and communities. Ultimately, this project will form a foundational framework of continued research that can be used to forge a pathway for youth and educators across Manitoba to be better equipped to participate in the province's digital economy.

Knowledge Mobilization

Refereed Publications from CARES Members

- Amiri M., Ghiasvand R., Kaviani M., Forbes S. C., & Salehi-Abargouei, A. (2019). Chocolate milk for recovery from exercise: A systematic review and meta-analysis of controlled clinical trials. *European Journal of Clinical Nutrition*, doi:10.1038/s41430-018-0187-x
- Candow D. G., Forbes S. C., Chilibeck P. D., Cornish S. M., Antonio J., & Kreider R. B. (2019). Effectiveness of creatine supplementation on aging muscle and bone: Focus on falls prevention and inflammation. *Journal of Clinical Medicine*, 8(4). Doi: 10.3390/jcm8040488.
- Candow D. G., Forbes S. C., & Vogt E. (2019). Effect of pre-exercise and post-exercise creatine supplementation on bone mineral content and density in healthy aging adults. *Experimental Gerontology*, 119, 89-92. doi:S0531-5565(18)30710-1
- Candow D. G., Forbes S. C., Chilibeck P. D., Cornish SM., Antonio J., & Kreider R. B. (2019). Variables influencing the effectiveness of creatine supplementation as a therapeutic intervention for sarcopenia. *Frontiers in Nutrition*, 6, 124.
- Dagenais, Andrée & T. Leconte (ed.) (2019). *Motets pour la chapelle du Roy, de Pierre Robert Volume I: Bonum est confiteri Domine; Conservame Domine; Veniat Dilectus Meus; Laudate Dominum; Exultate Justi*. Critical Edition, Versailles: Éditions du Centre de Musique Baroque de Versailles, 281 pages. *Choral Canada 2020 Publication Award
- Douglas, Patty, Carla Rice & Areej Siddiqui. Living dis/artfully with and in illness. *Journal of Medical Humanities*, 41, 395-410. <https://doi.org/10.1007/s10912-019-09606-5>
- Douglas, Patty, Carla Rice, Katherine Runswick-Cole, Anthony Easton, Margaret F. Gibson, Julia Gruson-Wood, Estee Klar & Raya Shields. Re-storying autism: A body becoming disability studies in education approach. *International Journal of Inclusive Education*. <https://doi.org/10.1080/13603116.2018.1563835>
- Douglas, Patty & Estee Klar. Beyond disordered brains and mother blame: Critical issues in autism and mothering. In Lynn O. Hallstein, Andrea O'Reilly, and Melinda Vandenbeld Giles (Eds.). *Routledge Motherhood Companion*. Routledge.

- Ellis, T. F., Kouritzin, S., Lam, M., Azzahrawi, R., Kolomic, E., Osiname, A., Sagenes, E., Saleheen, S. (2020). Revisiting radical diversity: a philosophy of inclusion premised on the selective rejection of origins. *Globalisation, Societies and Education*, 18(1), 1-11.
DOI: 10.1080/14767724.2020.1711709
- Farrell, A. (2020). *Exploring the affective dimensions of educational leadership: Psychoanalytic and arts-based methods*. Routledge.
- Forbes, S. C., Candow, D., Krentz, J. R., Roberts, M. D., & Young, K. C. (2019). Changes in fat mass following creatine supplementation and resistance training in adults ≥ 50 years of age: A meta-analysis. *Journal of Functional Morphology and Kinesiology*, 4(3), 62.
- Forbes S. C., Candow, D. G., Smith-Ryan, A. E., Hirsch, K. Roberts, M. D., VanDusseldorp, T., Stratton, M., Kaviani, M., Little J. P. (2020). Supplemental and nutritional interventions to augment high intensity interval training physiological and performance adaptations – a narrative review. *Nutrients*, 12(2):390. Doi: 10.3390/nu12020390
- Forbes S. C., Bell G. J. (2020). Whey protein isolate or concentrate combined with concurrent training does not augment performance, cardiorespiratory fitness, or strength adaptations. *Journal of Sports Medicine and Physical Fitness*, 60(6):832. Doi: 10.23736/S0022-4707.20.10314-1.
- Lam, M. (2019). Effects of Canada’s Increasing Linguistic and Cultural Diversity on Educational Policy, Programming and Pedagogy. *Journal of Contemporary Issues in Education*, 14(2), 16–32.
- Ricci T., Forbes S. C., Candow D .G. (2020). Creatine Supplementation: Practical Strategies and Considerations for Mixed-Martial Arts. *Journal of Exercise and Nutrition*, 3(1).
- Rice, Carla, Andrea LaMarre, Nadine Changfoot & Patty Douglas. Making spaces: Multimedia storytelling as reflexive, creative praxis. *Qualitative Research in Psychology*, 17(2), 222-239.
DOI: 10.1080/14780887.2018.1442694
- Smith, C. (2019). Context, catalysts and conversations: Strengthening school leaders’ capacity to initiate, facilitate and navigate change. *Journal of the World Federation of Associations for Teacher Education (WFATE)*, 3(2b), 82-102. <https://www.worldfate.org/journal.php>

Other Publications, Articles, and Briefs

- Gibson, Margaret F., Patty Douglas, Julia Gruson-Wood, Estee Klar & Wendy McGuire. Arguments in autism debate in Ontario have missed the mark, *Waterloo Region Record*, May 15. <https://www.therecord.com/opinion-story/9222539-arguments-in-autism-debate-in-ontario-have-missed-the-mark/> (This Opinion piece also appeared in the Hamilton Spectator, Niagara Falls Review and St. Catherine’s Standard on the same date).

- Koozehchian M. S., Sarshin A., Fallahi V., Rahimi A., Kaviani M., Forbes S., Candow D. G., Artioli G. (2020). Effects of creatine and sodium bicarbonate supplementation on exercise performance in elite taekwondo players. *The FASEB Journal*. Doi: 10.1096/fasebj.2020.34.s1.09278
- Lam, M. (2020, June 5). Researching racism in Brandon. The Brandon Sun. <https://www.brandonsun.com/opinion/columns/researching-racism-in-brandon-571036402.html>
- Lam, M. (2019). Decolonizing forced migration research. *ESPMI Network Discussion Series*. <https://espminetwork.com/discussion-series-decolonizing-forced-migration-research/>
- Lam, M. (2019). Pieces for peace. *Research Connection Brief*. <https://www.brandonu.ca/research-connection/rc-article/pieces-for-peace/>
- Skyhar, C. L. (2019). *Using social constructivist principles for the design and evaluation of rural teacher professional development models*. AERA Online Paper Repository. <http://www.aera.net/Publications/Online-Paper-Repository/AERA-Online-Paper-Repository/Owner/1016354>
- Smith, C. A., & Skyhar, C. L. (2019). *Developing capacity for leading change in rural educational contexts through simulation*. AERA Online Paper Repository. <http://www.aera.net/Publications/Online-Paper-Repository/AERA-Online-Paper-Repository/Owner/1016190>
- Stouffer, J. (2020). *Proficiency assessment of writing system (PAWs)*. Winnipeg, MB: Frontier School Division.
- Smith, C. (2019, September). The Teacher-Led Learning Team: Collaborative professionalism in action. *Research Connection* 1(4). Brandon, MB: Brandon University. <https://www.brandonu.ca/research-connection/rc-article/the-teacher-led-learning-team-collaborative-professionalism-in-action/>
- Smith, C., & Skyhar, C. (2019, April). Developing Capacity for Leading Change in Rural Educational Contexts through Simulation. Conference Proceedings, Rural Education SIG, *Annual General Meeting, of the American Educational Research Association (AERA)*. Toronto, ON. doi: 10.302/1439686
- Thompson, N., Smith, C., Skyhar, C., & Farrell, A. (2020). Conversations with Manitoba teachers who identify as women in their first five years of service, educators of colour, Indigenous, and/or LGBTQ+ educators. *A research report prepared for the Manitoba Teachers' Society*. Winnipeg, MB.
- Underwood, Kathryn, Breanna Lawrence & Patty Douglas. Policy Brief No. 9. Reconciling Interests of Children and Economies during the COVID-19 pandemic: Learning from families in Brandon, Manitoba. *Inclusive Early Childhood Education Project*. <https://www.ryerson.ca/inclusive-early-childhood-service-system/findings/publications/>

Reports

- Lam, M. (2020a). *Brandon School Division Covid-19 Parent/Caregiver Survey | BU CARES* (p. 28). <https://www.brandonu.ca/bu-cares/publication/brandon-school-division-covid-19-parent-caregiver-survey/>

Lam, M. (2020b). *Brandon School Division Covid-19 Employee Survey* | BU CARES (p. 35).
<https://www.brandonu.ca/bu-cares/publication/brandon-school-division-covid-19-employee-survey/>

Lam, M., Kirk, J., Ofwono, N., & Walters, A. J. (2020). *Digital Literacy in Manitoba* | BU CARES (p. 19). <https://www.brandonu.ca/bu-cares/publication/digital-literacy-in-manitoba/>

Smith, J., Rempel, K., Duncan, H. (2020). *Final Report of the Program Evaluation of the Action Research for Mino-Pimaatisiwin in Erickson Schools, Manitoba* | BU CARES (p. 150).
<https://www.brandonu.ca/bu-cares/files/2020/08/Final-Report-of-the-Program-Evaluation-of-the-Action-Research-for-Mino-Pimaatisiwin-in-Erickson-Schools-Manitoba.pdf>

Research Connection and Podcast

Research Connection is a weekly publication that features a 2-page summary of a research project from Brandon University. It provides information about the impact of Brandon University's academic research, creative activities and expertise.

BU CARES is responsible for administering this publication, which is supported by the Office of Research Services.

In 2019-2020 we released **24** *Research Connection* publications.

We also released a magazine-style compilation of these publications, *Built in Brandon*.



This year we launched a new initiative, the *Research Connection Podcast*. We have recorded and released **21** podcasts, which are hosted on the BU CARES website, and then automatically released on iTunes, Spotify, and Google Play Music. The podcasts average 58 views per month on the website. Each podcast episode features a minimum of two guests – one academic and one community member. The goal is to form connections between academics and communities, to share knowledge in both directions, and to demonstrate mutually beneficial conversations.

Workshops and Events

BU CARES was a sponsor and organizer for the 3 Minute Thesis event held in March of 2020, which was an opportunity for students to share their research and compete for prizes. The event was a success, with the winner, Natashalee Thompson, moving on to an online finals competition.

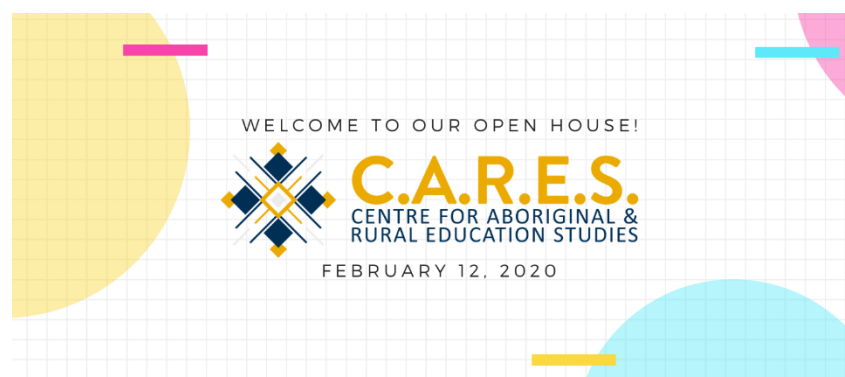
BU CARES also hosted a book release celebration in September 2019 for Dr. Alysha Farrell's new book, *Exploring the Affective Dimensions of Educational Leadership*. These celebrations provide an opportunity to build collegiality and celebrate each other's successes.



BU CARES organized and hosted two workshops on the Power of Story with Kate Friesen. These workshops, one for university employees and the other for students, equipped attendees with tools to effectively communicate research, create connections, and call others to action.

BU CARES also hosted several other events, including:

- One Open House
- One Brown Bag Lunch on the topic of Social Media for Busy Professors
- One presentation from a Mitacs Representative on funding opportunities for research
- One webinar on SSHRC funding opportunities
- Four 'Caffeinate and Concentrate' writing support groups



Thank you to all who have contributed to the work of BU CARES over the past year:

- Christiane Ramsey for her careful attention to detail, consistent coordination and communication in preparing the Research Connection and scheduling podcasts, and editing expertise.
- The advisory board for their advice, insight, support, and collaborations.
- Moya Millington for her work summarizing previous research projects and reports for our website.
- Student research assistants Alexia J. Walters and Natasha Emmy Ofwono for their consistency and dedication to completing tasks even during the pandemic.
- Trevor McIntyre for his assistance with engagement on social media and work in promoting BU CARES.
- Podcast guests who dedicated their time and expertise to the *Research Connection Podcast*.
- Contributing authors who highlighted their research in the *Research Connection* publication.



Working with BU CARES has been an avenue of inspiration. The experience has been a stepping stone for me to grow academically and professionally.

- NATASHA EMMY OFWONO



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