



## Professional Learning Day Plan – September 19, 2025 Salisbury Regional School

The following is a brief description of our planned professional learning work for September 19. This work is organized around our district's four collective goals:

- All students shall read, write, and communicate at grade level in both languages of instruction.
- All students shall be at grade level in numeracy.
- All students and staff will feel safe, cared for, and engaged in learning.
- All students shall graduate from high school.

School staff will monitor the impact of their work from September 19, and on subsequent professional learning days, in achieving these goals.

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Cognitive science offers a lot of insight into *how the brain learns*, and these findings can be directly applied to classroom teaching. Cognitive science is the **interdisciplinary study of how the mind works**—how people *think, learn, remember, and solve problems*. It combines insights from psychology, neuroscience, linguistics, philosophy, artificial intelligence, and education.

At its core, it looks at:

- **How we process information** (attention, perception, memory)
- **How knowledge is represented in the mind** (schemas, mental models)
- **How we apply thinking and problem-solving strategies**
- **How learning can be improved by understanding brain mechanisms**

Salisbury Regional will be working on our School Improvement Plan through Cognitive Science lens.

### Literacy

- Teachers will learn to apply Cognitive Load Theory strategies such as graphic organizers and worked examples to improve student comprehension and retention.
- Staff will collaborate on expected learning outcomes and refine practices across subject areas.

#### Numeracy

- Numeracy teachers will learn to apply Cognitive Load Theory strategies to strengthen number sense and align with the holistic curriculum.

#### Safe, Cared For, and Engaged

- Practical arts teachers will design learning activities that celebrate culture and heritage, building inclusivity.

#### Graduation

- Staff will work on strengthening instruction, greater engagement, and inclusive practices, which will prepare more students for long-term success and graduation.