

South Lewis Professional Development 2017-18

Register on My Learning Plan – District Catalog (unless noted otherwise)

**ALL OF THESE COUNT TOWARDS CTLE PROFESSIONAL
DEVELOPMENT HOURS &**

**YOU WILL BE PAID THE PROFESSIONAL DEVELOPMENT STIPEND
TO ATTEND THESE**

Topic	My Learning Plan Description	Pro-vider	Date
<p>“Mindfulness” (UPK-12) –</p> <p>Our current 9th graders received instruction from Lee last year (as 8th graders), and Lee will be teaching our current 6th graders this fall. These students have had lessons and understand what Mindfulness is, so we should attempt to continue this practice with them. We are also open to new teachers introducing Mindfulness to students. Come learn examples and ways to easily incorporate Mindfulness into your classes.</p> <p>School systems are naturally filled with healthy stress; however, some are also inundated with toxic stress. Because the roots of toxic stress lie deep in the nervous system, we need tools that go beyond the conceptual mind to directly target that system. Mindfulness, a moment-by-moment awareness of our thoughts, emotions, sensations and surrounding environment with non-judgment and heartfulness, is being utilized as a scientifically-validated mode of reducing toxic stress. This course will include an introduction to mindfulness and the essential practices used by school administrators and teachers that have found statistically significant improvements in student health and behavior. Mindfulness practices help adults, teens, and children to increase their attention span, regulate emotion, adapt to circumstances and increase resilience, calmness, and develop compassion. As one South Lewis student put it, “I didn’t know I could control my mind till I learned about mindfulness... I want more of this.” The techniques in this class are meant to enable the attendee to develop their own personal stress-reduction practice as well as utilize the practices in class and tailor them to different age groups.</p>	<p>Mindfulness - Oct. 17 Mindfulness - Nov. 15 Mindfulness - Dec. 13 Mindfulness – Jan. 18</p>	<p>Lee Vance, Psy.D.</p>	<p>Oct. 17, Nov. 15, Dec. 13, Jan. 18 (3:15-4:45 PM) MS/HS Library</p> <p>Ideally you will attend all 4 sessions, but if you are unable to, you are welcome to attend the ones you can.</p>
<p>“Breakout EDU” (K-12) -</p> <p>It’s the latest craze everywhere...hook your students! Bring the idea of escape rooms to your classroom with Breakout EDU. This cutting edge immersive learning games platform can be used to facilitate rigorous, content-aligned, classroom challenges. Using inquiry based learning, students are on a quest to solve a mystery with their peers. Participants in this session will begin by solving a Breakout EDU mystery and will proceed to learn how to access additional games on the Breakout EDU website.</p>	<p>Breakout EDU – Oct. 25</p>	<p>Laurie Yager</p>	<p>10/25/17 (3:15-5 PM) – MS/HS Library</p>
<p>“Castle Learning Basics” (UPK-12) -</p> <p>This session is for new teachers to learn about Castle Learning. However, there are many recent enhancements to Castle. All teachers are invited to attend.</p>	<p>Castle Learning – Nov. 1</p>	<p>Kim Gitzen</p>	<p>11/1 (2:45-5 PM) MS/HS Rm 111</p>

<p>“Elementary Apps and Extensions Webinar” (UPK-6) - In this hour long webinar we will take a look at the top ten apps and extensions for Apple, Android and Chrome devices that are perfect for Elementary teachers of all grade levels. We will examine the usefulness and educational value of new apps and extensions that are geared toward your students. Discuss with your peers what apps and extensions are currently working your classrooms.</p>	<p>Dec. 7 – SIGN UP ON WWW.BOCES.COM (click the link on the left “Regional Workshop Catalog – Webreg”) and you will be directed to the link for my learning plan (for South Lewis)</p>	<p>Jana Rogers</p>	<p>Dec. 7 (3-4 PM)</p>
<p>“TEQ On-Line Professional Development” (UPK-12) - We are pleased to allow you to choose the trainings that you want, at times convenient for you, including at your home and on the weekends. We have a district account for TEQ on-line professional development, which has close to 300 possible training sessions, many of which are ways to use technology (Google, chrome books, etc.). <u>Here are the steps:</u> 1-go to http://opd.teq.com/ 2-log in with your e-mail address and Teqonline123 (password) 3-click on the “Course Library” to see all offerings available or the “Calendar” to see the live sessions (which will be recorded and made available on the “Course Library”) 4-once you find something you are interested in, complete a “Conference/Workshop Request” on my learning plan so your supervisor can approve it 5-complete the course (watch all parts and take the quiz) 6-print the certificate (My Profile, My Usage, Completed) 7-hand in your certificate to your supervisor with your claim form 8-mark it complete on my learning plan</p>	<p>Here are some notes to help you navigate the new site:</p> <p>*To view archived courses, visit: http://opd.teq.com/courses or select the “Course Library” tab on your homepage.</p> <p>*To view upcoming courses, visit: http://opd.teq.com/events or select the “Course Calendar” tab on your homepage.</p> <p>*To view courses you’ve registered for, visit: http://opd.teq.com/users/plan. Courses you register for will appear under the “My PD Plan” tab under “My Profile” on the homepage.</p> <p>*To view courses in progress, visit: http://opd.teq.com/users/usage or select “My Profile, My Usage, In Progress.”</p> <p>*For videos on how to navigate the platform, visit: http://opd.teq.com/howto/videos or select the “Help Center” tab on your homepage.</p> <p>*Be sure to take the quiz below each video to receive certifications and CTLE hours. Your certificates can be found by visiting http://opd.teq.com/users/usage-completed or selecting “My Profile, My Usage, Completed” from your homepage.</p>	<p>TEQ</p>	<p>Times convenient for you</p>
<p>“McGraw Hill Digital Textbook” (SS K-12) John Crotty is willing to come back for an after school session to answer questions and further understandings with navigating the new McGraw Hill textbook. SS teachers have now had time to use the program, so we are certain you will have run into questions, and you may be ready to explore new things available, including the personalized learning option available for 6th-12th graders.</p>	<p>McGraw Hill Digital Textbook- Nov. 2</p>	<p>John Crotty</p>	<p>Nov. 2 (3:15-4:45 PM) Board Room</p>
<p>“What is Overdrive?” (UPK-12) We have begun building a digital Library through Overdrive. Overdrive gives us access to the largest digital catalog of eBooks, audiobooks, read longs, streaming video and periodicals, all from a single site. Come learn how to log into the site, see what books we have purchased, and help us to make selections of titles you’d like in the collection. We will also show you the North Country Library System Overdrive account, as our teachers and students are all able to get a public library card and to access their digital collection free of charge.</p>	<p>Overdrive - Jan. 22</p>	<p>Lisa Monks</p>	<p>Jan. 22 (3:15-4:15 PM) MS/HS Library</p>