



# Winter Offerings 2010

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#### FOR YOUR INFORMATION:

- ❖ Refreshments: We no longer provide snacks for our workshops, with the exception of 3+ hour workshops. We invite you to bring your own refreshment. The Phoenix Site does have vending machines for your convenience.
- ❖ CNY Teaching Center address: 4983 Brittonfield Parkway, East Syracuse, NY 13057
- ❖ OCTC at SUNY Phoenix Extension Site address: 70 County Route 59, Phoenix, NY 13135
- ❖ We do not participate in MY LEARNING PLAN – you must register with OCTC to enroll in a workshop!
- ❖ Technology workshops are limited to 14 participants.
- ❖ Workshop reminders, cancellations, location and date changes are made via email.
- ❖ All workshops are free!

### Celebrating Labor History:

#### 10,000 Black Named George and Panel Discussion

Attend this docudrama about A. Phillip Randolph and the Brotherhood of Sleeping Car Porters. This is a true story of how a courageous leader came to be known as "the most dangerous man in America". A panel discussion will follow, led by the presenters Paul F. Cole and Terry Melvin.

**Presenter:** Paul Cole & Terry Melvin  
**Date(s):** January 11, 2010 (Monday)  
**Time(s):** 4:30 – 6:30  
**Location:** CNY Teaching Center at NYSUT Regional Offices  
**Audience:** All Educators



Co-sponsored by Central New York Teaching Center

### Noticing Notebook: Helping Children Respond with Wonderment and Awe

This workshop will uncover the attitudes that successful writer's use as they take in the world around them. Responding with Wonder and Awe is one of the sixteen **Habits of Mind** that supports thinking and decision making. During this session participants will engage with strategies that help children develop this habit using a Noticing Notebook. You'll have the chance to actively engage, extend, and personalize each strategy with the support of others.

**Presenter:** Scott Wright and Emma Kress  
**Date(s):** January 13, 2010 (Wednesday)  
**Time(s):** 9:00 – 3:30  
**Location:** CNY Teaching Center at NYSUT Regional Offices  
**Audience:** Educators Grades 2-12



Co-sponsored by Central New York Teaching Center

### Energy Trilogy

Energy – we depend upon it every day, but what are the consequences for the global community's growing demand for it? This interactive workshop will highlight the Energy Trilogy – how economics, efficiency and the environment relate to the energy challenges before us. Don't miss this exciting opportunity to introduce your students to the impacts of their energy use and explore actions we can take to make a difference.

**Presenter:** Ray Pitcher (Energy Smart)  
**Date(s):** January 15, 2010 (Friday)  
**Time(s):** 9:00 – 3:30 (Lunch will be provided by NYSERDA Energy Smart) **\*\*Substitute Reimbursement Available\*\***  
**Location:** CNY Teaching Center at NYSUT Regional Offices  
**Audience:** Educators Grades 7-12

Co-sponsored by Central New York Teaching Center

### 4 E's of Energy

Do you know the 4 E's of energy? This interactive workshop promotes an understanding of energy's relationship with the environment, our economy, efficiency AND the all-important "E" – education. You will use hands-on activities to explore energy forms and sources, global climate change, and actions we can take to address the energy challenges we face.

**Presenter:** E.J. George (Energy Smart)  
**Date(s):** January 19, 2010 (Tuesday)  
**Time(s):** 9:00 – 3:30 (Lunch will be provided by NYSERDA Energy Smart) **\*\*Substitute Reimbursement Available\*\***  
**Location:** CNY Teaching Center at NYSUT Regional Offices  
**Audience:** Educators Grades 4-6

Co-sponsored by Central New York Teaching Center

### Psychologist Network: RTI – Is It Working For You?

Join this network of psychologists as they discuss the successes and pitfalls of implementing RTI strategies in their buildings. Please bring information regarding your process and where in the process your school is.

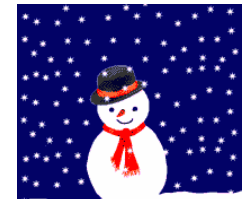
**Presenter:** Carlo Cuccaro  
**Date(s):** January 19, 2010 (Tuesday)  
**Time(s):** 4:30 – 6:30  
**Location:** OCTC at SUNY Phoenix Extension Site  
**Audience:** School Psychologists

### PowerPoint Game Creations

Come join us and discover the many classroom tools that are available to create engaging, creative and fun games that will reinforce the concepts you are teaching. Each participant will walk away with the ability to create the following games: Jeopardy, Tic-Tac-Know, and Who Wants to be a Millionaire, as well as an introduction to Hollywood Squares and more. A CD will be provided with templates, internet links and other useful information/tools you can use to immediately begin creating your own games in PowerPoint.

\*Please bring several examples of content questions and answers to input into various games. \*\*Some experience with PowerPoint is required. You do not have to be an expert, but this class is ideal for those that have previously used PowerPoint.

**Presenter:** Kevin Boutelle  
**Date(s):** January 20, 2010 (Wednesday)  
**Time(s):** 4:15 – 6:15  
**Location:** BOCES Tech Lab  
**Audience:** All Educators



### [NYSUT New Teacher Training: Classroom Management](#)

Learn how to establish a framework for developing a personal system of classroom management that includes organizing the classroom to facilitate learning and enhancing the competence of all students.

**Presenter:** Cindy Pauldine  
**Date(s):** January 21, 2010 (Thursday)  
**Time(s):** 4:30 – 6:30  
**Location:** CNY Teaching Center at NYSUT Regional Offices  
**Audience:** New Teachers (0-3 yrs.)

*Co-sponsored by Central New York Teaching Center*

### [Inquiry Based Science](#)

This three day workshop will explore inquiry science in elementary classrooms using hands-on lessons across the grade span. We'll also explore using writing to enhance science and ELA learning.

**Presenter:** Sharon Dotger (SU)  
**Date(s):** Jan. 26, Feb. 9 & Feb. 23, 2010 (Tuesdays)  
**Time(s):** 4:30 – 6:30  
**Location:** CNY Teaching Center at NYSUT Regional Offices  
**Audience:** Educators Grades K-6

*Co-sponsored by Central New York Teaching Center*



### [NYSUT School Related Professionals: Supporting Students with Autism](#)

This seminar provides strategies to support students with autism. Topics include: characteristics of autism and Asperger's Syndrome, specific techniques for normalizing environments, reducing disruptive behavior, and enhancing language and social skills.

**Presenter:** TBA  
**Date(s):** February 1, 2010 (Monday)  
**Time(s):** 4:30 – 7:30  
**Location:** CNY Teaching Center at NYSUT Regional Offices  
**Audience:** K-12 Support Staff

*Co-sponsored by Central New York Teaching Center*



### [Kick It Up a Notch!](#)

#### [Guided Reading Comprehension Strategies for K-4](#)

Are you comfortable with conducting guided reading groups but looking for a wider variety of comprehension strategies to incorporate? These sessions will explore pre-reading, and post-reading strategies that you can use with a variety of reading materials. During the first session we will explore a number of strategies, and then participants will commit to trying one strategy and reporting back during the second session. The second session will also introduce new strategies to put to use immediately in your classroom.

**Presenter:** Cindy Pauldine  
**Date(s):** February 1 & 8, 2010 (Mondays)  
**Time(s):** 4:30 – 6:30  
**Location:** OCTC at SUNY Phoenix Extension Site  
**Audience:** Educators Grades K-4



#### [All Aboard For Math Stations – Make-n-Take](#)

We want to provide our students with meaningful, engaging and standard based independent practice. Ideas for math stations (centers) will be shared by strand to strengthen students' math skills and concepts. Please bring a center you use in your classroom to share with the group.

**Presenter:** Mickey Jo Sobierajski  
**Date(s):** February 9, 2010 (Tuesday)  
**Time(s):** 4:30 – 6:30  
**Location:** OCTC at SUNY Phoenix Extension Site  
**Audience:** Educators Grades K-6

#### [Techniques to Enhance Math Instruction](#)

Teachers of students with disabilities, whether the teaching is focused on mathematics or serving special education students, somehow must deal with each students' diverse learning needs. Too often the curricular goals may seem unrealistic. Participants will be led through this two-day session that will allow them to focus on: instructional strategies for struggling learners, thinking and talking about mathematics in general and in New York State, the ever-important sharing and networking and considerations in the planning process.

**Presenter:** Kim Loucks, OCM BOCES  
**Date(s):** February 9, 2010 (Tuesday)  
**Time(s):** 9:00 – 3:30 (1 hour lunch)  
**Location:** CNY Teaching Center at NYSUT Regional Offices  
**Audience:** All Educators & Administrators

*Co-sponsored by Central New York Teaching Center*

### Creating a Podcast For Your Classroom

Podcasting is very simply, the process of recording, editing and then publishing of audio. That audio could be a report, an interview, a public service announcement, a story, music as it is being performed, an oral history project or anything else you can imagine to engage and encourage students to learn. In this workshop you will learn that you can actually do this for free, with hardware you already have, software that is free to download and use and a publishing service that you may or may not know that you already have access to (Power Media Plus) just because you are a teacher in Oswego County. We will discuss and use these tools as you create and publish your own podcast.

**Presenter:** Kevin Boutelle  
**Date(s):** February 11, 2010 (Thursday)  
**Time(s):** 4:15 – 6:15  
**Location:** BOCES Tech Lab  
**Audience:** All Educators



### Focus on Solar

Looking for an innovative way to teach your middle school students about the sun and solar energy? This hands-on workshop will provide you with interactive lessons and activities designed to teach students about the role solar energy plays in providing power for our homes, schools, and workplaces. Each teacher will receive lesson plans, student activity sheets, and a complete kit for building a solar-powered car.

**Presenter:** Ray Pitcher (Energy Smart)  
**Date(s):** February 11, 2010 (Thursday)  
**Time(s):** 9:00 – 3:30  
(Lunch will be provided by NYSERDA Energy Smart)  
**\*\*Substitute Reimbursement Available\*\***  
**Location:** CNY Teaching Center at NYSUT Regional Offices  
**Audience:** Educators Grades 5-12

*Co-sponsored by Central New York Teaching Center*

*Happy  
Valentine's Day!*

### Windows Movie Maker

In this 2-part class you will learn how to transfer pictures and/or video from a digital camera or digital video camera to make your own movie. You will learn how to create titles, credits, transitions, and other special effects to add to your production. This will be a fun class where you will work with a team to gather your resources and ideas to complete your project.

Flip Video cameras will be provided from the Teacher Center for your use. You may bring your own digital camera and/or digital video camera to use if you would like. (Not all cameras may work with our computers but we can certainly try them.) If you own your own Flip Video camera, please feel free to bring it along!

To make it even more exciting, you will have the opportunity to post your video online! You may want to bring a flash drive or portable hard drive to save your work to.

**Presenter:** Julie Valentine  
**Date(s):** February 23 & March 9, 2010 (Tuesdays)  
**Time(s):** 4:30 – 6:30  
**Location:** BOCES Tech Lab  
**Audience:** All Educators



### Strategies in the Classroom for "At-Risk" Youth

Numerous contingencies can (and do) impede student learning in today's classrooms. Economic circumstances, genetics, inadequate home life, lack of proper nutrition, unplanned pregnancy and drug abuse are only a few of those variables. This workshop is aimed at equipping teachers with strategies and techniques that will enhance learning for the high-risk student. The following topics will be covered:

- Diversifying instruction for different learning styles
- Setting aside class time each week wherein students receive individualized attention
- Classroom environment – what should it look like? And, should it be different than a traditional classroom?
- Attainable classroom rules
- Conflict resolution strategies
- Realistic behavioral and academic expectations

**Presenter:** Jennifer Rich-Walters  
**Date(s):** February 24, March 24 & 31, 2010 (Wednesdays)  
**Time(s):** 4:30 – 7:30  
**Location:** OCTC at SUNY Phoenix Extension Site  
**Audience:** All Educators

**Book Talk: 50 Strategies for Active Teaching – Engaging K-12 Learners in the Classroom**

Current demands for increased student achievement place pressure on teachers and students alike as learners are expected to master *more* content *more* quickly and at *higher levels* than before. This book is a practical text designed to help every classroom teacher engage students actively in their own learning. It presents powerful principles of active teaching, helps teacher's select active teaching strategies and provides guidance in implementing them across the curriculum. As a result, students' motivation to learn increases, learning is enhanced, and the teaching and learning process is more rewarding for all.

**Presenter:** Cindy Pauldine  
**Date(s):** February 25 & March 25, 2010 (Thursdays)  
**Time(s):** 4:30 – 6:30  
**Location:** OCTC at SUNY Phoenix Extension Site  
**Audience:** All Educators



Happy St. Patrick's Day

**NYSUT School Related Professionals: Strategies for Struggling Readers**

Participants will become familiar with phonemic awareness, phonics, alphabetical recognition, and the role of the read-aloud. This seminar will focus on strategies and techniques to help students become successful readers.

**Presenter:** TBA  
**Date(s):** March 1, 2010  
**Time(s):** 4:30 – 7:30  
**Location:** CNY Teaching Center at NYSUT Regional Offices,  
**Audience:** K-6 Support Staff

*Co-sponsored by Central New York Teaching Center*

**Beginning Sign Language II**

In this class we will continue to build your vocabulary, as well as your receptive and expressive signing skills. We will begin to put together simple conversations and learn about deaf culture.

**Presenter:** Michelle Benjamin (Oswego County BOCES)  
**Date(s):** March 1, 8, 15 & 22, 2010 (Mondays)  
**Time(s):** 4:30 – 6:30  
**Location:** OCTC at SUNY Phoenix Extension Site  
**Audience:** Participants that have completed Beginning Sign Language



**Teaching for Understanding in the Content Areas**  
**“Don’t Know Much about History, Don’t Know Much Biology...”**

Are you struggling with middle/high school students who don't read your textbook, or who do read it but fail to understand what they read? This workshop will explore how teachers can both focus on content and guide their students to become strategic readers not only in ELA but also Science, Social Studies, and Mathematics. Participants will be expected to try a strategy in between sessions, and a portion of the second session will be devoted to sharing what was tried.

**Presenter:** Cindy Pauldine  
**Date(s):** March 2 & 16, 2010 (Tuesdays)  
**Time(s):** 4:30 – 7:30  
**Location:** OCTC at SUNY Phoenix Extension Site  
**Audience:** Middle & High School Educators

**Managing Digital Photography**

Storing, transporting and making your digital images available will be made easier than you could have ever imagined in this class. We will discuss and use several free, on-line storage locations to show how you can store and share your digital images. In addition to storage and sharing, we will also discuss and use free, online tools to edit your digital images to crop, resize, touchup and add special effects to your images.

**Presenter:** Kevin Boutelle  
**Date(s):** March 11, 2010 (Thursday)  
**Time(s):** 4:15 – 6:15  
**Location:** BOCES Tech Lab  
**Audience:** All Educators



**Celebrating Labor History:**

**Mother Jones & America's Most Dangerous Woman**

Mary Harris, “Mother Jones”, (1830-1930) traveled all over this country fighting on behalf of poor workers and educating them on the benefits of belonging to a union. Attend this session and join Peggy Orner who has been performing her play since March 1996.

**Presenter:** Peggy Orner  
**Date(s):** March 16, 2010 (Tuesday)  
**Time(s):** 4:15 – 6:15  
**Location:** CNY Teaching Center at NYSUT Regional Offices  
**Audience:** All Educators

*Co-sponsored by Central New York Teaching Center*

### Managing Groups

Michael Grinder, renown for his work in classroom management (“ENVoY”), has expanded his work to include group dynamics. Michael has been called the “group whisperer” because of his ability to create a classroom community – even the most diverse members are part of the group. His holistic approach to group dynamics accelerates the formation of thriving, cooperative classrooms.

Grinder’s proven techniques give you the blueprint of managing groups quickly, precisely and powerfully. You will walk away with the tools to identify the four kinds of classes and how to respond to each.

Take away skills:

- How to identify the four kinds of classes
- The 6 indicators that separate a formed from an unformed class
- 4 techniques to accelerate group formation
- 3 techniques to identify the culture of a formed class
- How our role as teachers change as the class evolves
- Understand and use the roles of student leaders, barometers and liaisons
- Recognizing and responding to a dysfunctional class
- 2 techniques to reduce our stress and increase our energy

**Presenter:** Michael Grinder  
**Date(s):** March 22, 2010 (Monday)  
**Time(s):** 9:00 – 3:30  
**Location:** CNY Teaching Center at NYSUT Regional Office  
**Audience:** All Educators



*Co-sponsored by CNY Teaching Center & Syracuse SETRC*

### SMART Board Training: 2-Part Series

**Part I:** Learn the basics of SMART Boards and the SMART Board software in this hands-on course. You will be working with the equipment and software to gain an understanding of how to create and use materials in this highly interactive environment. This workshop can help you if you are new to SMART Boards or if you have just not had the time to figure out all the options that are available.

**Part II:** In this session you will learn how to use SMART Board Notebook software tools to create lessons. We will be inserting clip art/images, links to website and videos. Please bring any materials with you that you may want to use to create lessons. It is more than a whiteboard. Come and see what fun things you can do with this great tool. This will be a relaxed, fun-filled session.

**Presenter:** Julie Valentine  
**Date(s):** March 23 & 30, 2010 (Tuesdays)  
**Time(s):** 4:30 – 6:30  
**Location:** BOCES Tech Lab  
**Audience:** All Educators

### Web 2.0 Tools For The Classroom

Today’s World Wide Web offers many new, interactive and easy to use tools. They can let you create, collaborate and share without ever having to download or install software to your computer. All you need is an Internet connection and time to explore and you will find that there are many things out there that you may not know existed. On-line image editors, word processors, presentation tools, wiki’s, blogs and even file storage are just a few of the available and free services. In this class we will experiment with creating on-line spaces that you can use with your students to extend your physical classroom into the digital world of the Internet.

**Presenter:** Kevin Boutelle  
**Date(s):** March 24, 2010 (Thursday)  
**Time(s):** 4:15 – 6:15  
**Location:** BOCES Tech Lab  
**Audience:** All Educators



### NYSUT School Related Professionals: Managing Student Behavior

This seminar will provide effective strategies for communicating expectations to students; creating an environment in which inappropriate behaviors are less likely to occur; and helping students make appropriate choices.

**Presenter:** TBA  
**Date(s):** March 29, 2010 (Monday)  
**Time(s):** 4:30 – 7:30  
**Location:** CNY Teaching Center at NYSUT Regional Offices  
**Audience:** K-12 Support Staff

*Co-sponsored by Central New York Teaching Center*



### [The Control Game: Learning How to Deal with Oppositional Students](#)

Oppositional students, those students who continually test the limits, are extremely challenging. They are very skilled at drawing staff into power struggles and arguments which disrupt the classroom environment.

This workshop will help staff understand the dynamics behind oppositional behavior. Through discussion, video examples and role plays, participants learn and practice strategies to successfully address the following types of behavior and attitudes:

- Complying with the letter of the law
- Attempts to “make deals”
- Blatant violation of rules
- Last word “it is”
- Demands for explanations
- “Staff Splitting”
- Direct challenges to authority
- The Great Debate
- I don’t care about the consequences



**Presenter:** Donna Riter  
**Date(s):** March 30, 2010 (Tuesday)  
**Time(s):** 9:00 – 3:30  
**Location:** CNY Teaching Center at NYSUT Regional Offices  
**Audience:** All Educators

*Co-sponsored by Central New York Teaching Center*



### [ELT Courses Syracuse Region](#)

Go online to see descriptions at [www.nysut.org/elt](http://www.nysut.org/elt). To register call 1-800-528-6208 or go online at [www.nysut.org/elt](http://www.nysut.org/elt). For more information call Cindy Pauldine, ELT Regional Coordinator, 342-2669 or [cpauldin@twcny.rr.com](mailto:cpauldin@twcny.rr.com)

#### **Online- 3 graduate credits**

EDUCATIONAL TECHNOLOGY (Touro) - Cindy Pauldine

#### **15 in-service hours only**

A GUIDE CALLED D.A.V. - Joe Crisafulli

*G. Ray Bodley H.S.-Fulton*, Tuesday Jan. 19, Wednesday Jan. 20, Thursday Jan. 21, Friday Jan. 22, 4:00-8:00

FORMATIVE ASSESSMENT FOR STUDENT LEARNING - Joe Crisafulli

*G. Ray Bodley H.S.-Fulton*, Monday April 5, Wednesday April 7, Monday April 12, Tuesday April 13, 4:00-8:00

READING AND WRITING ACROSS THE CONTENT AREAS (FOCUS K-3) - Joe Crisafulli

*G. Ray Bodley H.S. – Fulton*, Monday March 8, Monday March 15, Tuesday March 16, Monday March 22, 4:00-8:00

SECONDARY READING COMPREHENSION - Cindy Pauldine

*Central New York Teaching Center- Dewitt*, Wednesday March 3, 10, 17, 24, 31 4:30-7:30

#### **3-Credit OR 45 in-service hours**

BEHAVIORAL, ACADEMIC, AND SOCIAL INTERVENTIONS FOR THE CLASSROOM (B.A.S.I.C. “RTI” RESPONSE TO INTERVENTION), (Adelphi) - Joe Crisafulli

*G. Ray Bodley H.S. – Fulton*, Thursdays February 11, 18, 25, March 18, 25, April 8, 29, May 20, 27, June 2, 3:30-8:00





# NYS Teacher Center Online Academy Winter-Spring, 2010

All classes are 15 hours in length and run from **Mar. 17 to May 5, 2010**  
Teacher Center Member Fees: \$125 per course - Non-Teacher Center Member Fees— \$150 per course



Register using **MyLearningPlan** at [www.rockteach.org](http://www.rockteach.org)  
If you already have a MyLearningPlan.com ID, register at [www.mylearningplan.com](http://www.mylearningplan.com)

**Be sure to check the OLA website [www.olacatalog.org](http://www.olacatalog.org) for course requirements and expectations —BEFORE registering!**

## Online Subscriptions for Teachers

What subscriptions are available to teachers on the internet? Explore a number of subscriptions available to teachers and use them in your classroom free for 30 Days. Using online resources provides strategies to help participants manage classroom time. Subscriptions provide additional support to reinforce curriculum. Learn to utilize all your subscription features to maximize all the valuable resources included in your subscription. All subscriptions are internet-based. **NYS Standards: MST, All Grade: K-12**

**Kim Hodges**

## Understanding Asperger's Syndrome

What is it? How does it show itself? Why do some children with Asperger's Syndrome have such a difficult time in school? How can educators help students with the disorder be more successful? This course will introduce the basics for understanding Asperger's Syndrome as it relates to children. It will examine deficits in social relatedness, language processing, and the characteristic restricted preoccupations with objects or ideas. Methodologies for successfully managing the se students in typical classrooms will be reviewed. \*Headphones and speakers required for collaborative work

**\*Sloan Course**

**Ms. Barbara Tanguay**

**NYS Standard: ALL Grade Level: ALL**

## Using the Internet to Make Science Lessons POP! NYS Standard: MST / Science

Discover new ways to use the internet to instruct, reinforce, and enrich your current science curriculum! In this course you will enhance lessons you currently teach as well as create new ones that engage students through online science games, videos, pictures, lessons, etc. There is a world of information out there at your fingertips!

**Grade Level: K-12**

**Ms Lisa Nabi**

## Using Literature Circles to Enhance Reading NYS Standards: ELA; Grades: Elem/Middle Ms Emily Peterson and Ms Kerri Crawford

Literature Circles add an exciting dimension to a student's literacy experiences. These discussion groups encourage students to be positive members of a literate classroom community while capitalizing on how they personally respond to literature. This course will help the participant explore the various roles of the literature circle and select roles appropriate for their students - regardless of reading level or ability. Participants will conduct and record literature circles in their own classrooms.

## Designing Smart Board Activities That Promote Higher Order Thinking

A Smart Board, when used effectively, can be a powerful tool that challenges and develops student thinking. This online course, which uses Bloom's Revised Taxonomy as a foundation, will focus on the process of designing interactive Smart Board lessons that creatively promote "HOT" (higher order thinking) skills. Access to e-mail, the Internet and Smart Notebook software is required.

**Ms. Gail Szeliga**

**NYS Standards: ELA, MST Grade Level K-12**

## Teaching with Boys and Girls in Mind

"There are no differences in what boys and girls CAN learn but there are big differences in the best way to teach them." Sax, Leonard (2005)  
This course is designed to explore the differences on how boys and girls learn differently. Much has been learned over the past 20 years with the advanced technology of MRI. Scientists have been able to study the brain ever so closely with this new technology resulting in research as to how boys and girls' brains differ and the implications for teaching. This course will explore those differences and assist teachers to develop strategies and design their classrooms to meet those unique differences.

**NYS Standards: ALL**

**Grade level K-8**

**Ms. Deborah Adams**

## Historical Scrapbooking

This course will teach educators how to use the scrapbooking technique in the development of historical research. Identify, bookmark and evaluate Internet resources for use in the classroom. Participate in collegial discussions on technique, application, design and assessment. Hone your knowledge base on technical innovations that will further assist in student learning.

**Ms.Viri Pettersen**

**NYS Learning Standard: ALL Grade Level 3-12**

## Food for Thought: Nutrition and America's Youth

This New York State Standards-based course will explore current issues in nutrition, including the latest research on obesity in America's youth. Teachers will utilize the Internet to enhance and expand lessons on healthy eating habits and physical activity. Finally, the course will delve into the online information database through the USDA regarding the new food pyramid and develop a nutrition unit to use in the classroom.

**Ms. Patricia Quinn**

**NYS Standards: Health/PE/ALL**

**Grade level: 4-9**

## The Mindful Classroom: Stress Reduction for Teachers and Students

Stress has been shown to negatively affect concentration, behavior, performance and overall health. Therefore, it grows increasingly important for teachers to practice and model effective ways to prioritize and deal with stressors. Teachers will learn mindfulness-based stress reduction techniques which will prevent stress, promote a calming atmosphere in the classroom and improve students' concentration. Students who are relaxed have been shown in studies to earn higher grades, get sick less, and have better behavior. Using mindfulness-based stress reduction techniques will enhance teachers' own job satisfaction and greatly improve their ability to manage the classroom and promote academic success.

**Ms. Alison Wilcox**

**NYS Standards: ALL**

**Grade level: K - 12**

## Creating Digital Textbooks for the 21st Century Learner

Join me as you create a digital textbook for your students. They will enjoy learning through the multimedia approach of video, audio, and interactive activities. Your students will be able to explore a topic at their own pace, according to their ability level. You can modify your digital textbook to satisfy the needs of all your students.

**NYS Standard: ELA. MST Grade Level K-12**

**Ms. Kristina Holzweiss**

## Balance the Mind and Heart: Creating Resilient Schools that Address the Social, Emotional, Ethical, and Academic Needs of Students Ms. Cecile Wren

Participants will explore the research-based skills and competencies that have a positive impact on the organizational structure of their school, the delivery of instruction, and student performance. The workshop will provide educators with the necessary tools that will enable them to foster compassion, a workable set of values, the skills of cooperation, appropriate decision-making, goal setting, and high academic expectations in their school setting. They will develop a toolbox of SEAL strategies, and create a SEAL Portfolio that serve as a resource tool and guide for implementation.

**NYS Standards: ELA, HPEFCS, LOTE Grade Level K-12**

*Notes:* All courses require access to the internet and comfort level with email, Microsoft Word and uploading documents. Some require knowledge of other technologies or programs. Teachers are expected to log into and work with the class site at least 3 times each week.

**Syllabi, RoadMaps and Course Policies can be found on the NYSTC Online Academy website, [www.olacatalog.org](http://www.olacatalog.org), along with the Standards for Online Learning, FAQ's and other useful information.**

Registration is done online with payment by credit card or mailed check to Rockland Teachers' Center/Institute, 65 Chapel Street, Garnerville, NY 10923. Scholarships may be provided through your Local NYS Teacher Center. Please secure approval from your home district, if you need it, in advance. **After the start of the OLA classes, no refunds may be allowed.**

**Please contact Marianne Smith, 845 942-7604, [RTCI@optonline.net](mailto:RTCI@optonline.net) with further questions.**

*NYS Online Academy is a program of the NYS Teacher Resource and Computer Training Centers with the support of NYIT*

## Workshop Information



## Workshop Registration Form

### Registration

**We do not participate with My Learning Plan** you must call the OCTC to register for classes. Thank you for your cooperation! Consider yourself registered unless notified differently in the case of limited participant workshops.

### Cancellations

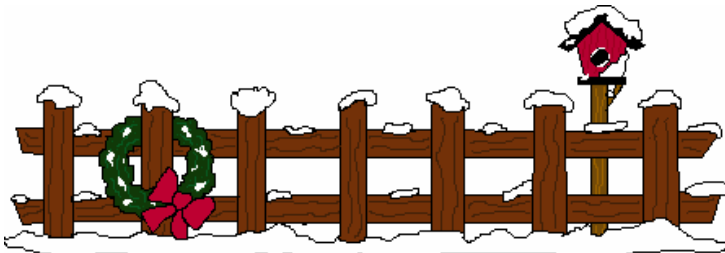
If you are unable to attend a workshop, you have pre-registered for please call (963-4356) so someone on the waiting list can attend. Please extend OCTC the professional courtesy of informing us of your cancellation. In case of school closings, consider the activity cancelled if the school in which the activity is being held has cancelled. We will contact you (usually by email), if the workshop is being cancelled or postponed for some other reason.

### Refreshments

We no longer provide snacks for our workshops, with the exception of 3+ hour workshops. We invite you to bring your own refreshment. The Phoenix Site does have vending machines for your convenience.

### OCTC MISSION STATEMENT

THE OSWEGO COUNTY TEACHER CENTER MISSION IS TO PROVIDE RESOURCES AND TRAINING TO EDUCATORS IN ORDER TO BENEFIT THE LEARNING EXPERIENCE OF OSWEGO COUNTY STUDENTS.



**Return to:** Oswego County Teacher Center  
Workshop Registration  
179 County Route 64  
Mexico, NY 13114  
Fax: 963-3885; Phone: 963-4356

**Name:**

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**Home Phone:**

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**School District:**

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**School Phone:**

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**Building:**

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**Email:**

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### **PLEASE CIRCLE ONE OF THE FOLLOWING:**

<b>Teacher</b>	Elementary (K-6)	Secondary (7-12)
<b>Administrator</b>	Elementary (K-6)	Secondary (7-12)
<b>T/A's</b>	Elementary (K-6)	Secondary (7-12)
<b>Other Staff*</b>	Elementary (K-6)	Secondary (7-12)

\*(counselor, speech therapist, etc.)

**Community (anyone who is not employed by a Oswego County School District)**

**Please list workshops by numbers of front cover #1 thru #27:**

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