



Instructional Support Services Presents: SEL Menu of Professional Development

Starters*

- Faculty Meeting Materials for Mindfulness-Based SEL/Trauma/Brain
- Smore Newsletter Monthly
- Resource Sharing & Collaboration Space (Google-based, ongoing/developing)

Light Fare*

- Why Trauma Matters Part I 1/31/19 AM, Part II 2.28.19 PM
- Social Emotional Learning Overview 2.5.19 AM
- Mindful Educator Network 2/5, 3/19, 5/7, 6/11
- Collegial Circles 3/20, 4/17, 5/15, 6/12
- I Just Focus on my Breath??--Where to begin with Mindfulness 2.25.19 PM
- Embedded PD in Mindfulness-based SEL

Entrees*

- Mental Health Education & Social Emotional Learning: Cultivating Mindful Connections 3/4, 3/22 Two Full Days
- Helping Kids SLAY Their Trauma Dragons 1/31 PM
- Mindfulness in the Classroom: Overview & Getting Started 4/19 Full Day
- The Ethics of Mental Health & Well-Being
- Cognitive Coaching Foundations Training 6/4, 6/5, 6/25, 6/26, 7/9, 7/10, 7/30, 7/31 Full Day Sessions
- The Ethics of Self-Care for Educators TBD
- Mindful Communication & Coaching TBD
- Daily Energy Routine TBD
- Trauma-Sensitive Environments: What Leaders can do now TBD
- A Restorative Approach to In School Suspension 2/21 PM
- Trauma-Informed Environments TBD

**Full descriptions listed beginning on page 3*



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Side Dishes

YouTube Channel

Liane and Kate offer strategies and a peek into mindfulness work with students.

Coaching Support

Need additional coaching on a specific instructional approach? We can create group or individual coaching sessions based on your requests.

Facilitation Support

We can support facilitating meetings, retreats, or arrange planning sessions on a request basis. We can help you navigate the many resources available. This support would be designed with the SEL Signature Practices as a foundation.

Desserts: Book Study

Book studies will run for 8 weeks where collaboration and discussions occur through the use of online platforms. Each book study is concluded with a final closing discussion and meeting at CiTi campus. Designed to facilitate weekly collegial discussions online, it minimizes scheduling conflicts as participants do not need to travel for collaboration. Book studies will provide 15 hours of PD credit. Registration required two weeks prior to start to ensure participants receive materials and instruction in a timely manner. We ask that participants fully review the expectations and commit to “attend” online discussions and two Zoom Check-in sessions. Cost - \$75 for components, \$120 for non-components, includes cost of book and other materials.

- *Help for Billy* Jan. 18th-March 14th
- *The Way of Mindful Education* Feb. 4th-March 25th
- *Onward* March 18th-May 6th
- *Trauma-Sensitive Mindfulness* March-April
- *Fostering Resilient Learners* April 29th-June 17th
- *The Teenage Brain* April-May

Seasonal Fare:

Summer 2019

- Self-Care & Personal Practice Series (Multiple presenters. July/August)
- Mindfulness Meditation (July/August)
- Drum Circle Facilitation Training – Sandra Sabene
- SEL Integration Crosswalks
- ESSA School Climate Survey
- Mental Health Curriculum Investigation?



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Training Descriptions

All trainings can be customized to fit the needs of your district.

Faculty Meeting Materials for Mindfulness-Based SEL/Trauma/Brain

15-30 minutes SEL focused presentations to be used in faculty meetings or other similar settings. Materials can be shared or an ISS team member can facilitate. (Developed-Customizable)

Smore Newsletter

Monthly newsletter designed to support Mindfulness-Based SEL/Trauma-Informed Practices. Strategies, resources, video clips and more to be shared. (Initial newsletter out first week of January 2019)

Resource Sharing & Collaboration Space (Google Sites/Groups-Under Development)

- Access to vetted & organized collection of resources focused on Mindfulness, SEL, Trauma, The Amazing Brain
- Building community support and collaboration around Mindfulness-Based SEL/Trauma-Informed Practices

Mindful Educator Network

Strengthening the personal practice and classroom implementation of Mindfulness. This group meets monthly (75 minutes, Scheduled Monthly)

The Ethics of Mental Health & Well-Being 5/22, Full Day/Evening Sessions in Development

As caregivers in education, we have an ethical responsibility to take great care of our mental health to provide the mental health supports and needs of our students. Throughout this full day workshop, we will explore the ethics of self-care and how to define this for ourselves and for students. We will dig into the mental health mandates and social emotional benchmarks and the implications these state initiatives will have for our classrooms and self-care practices.

If there is an offering listed on our menu that does not have a description here it is under development. Please reach out with any questions concerning descriptions or offerings.



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Why Trauma Matters

To become a trauma-informed environment, we must first understand trauma and how it can directly impact an individual's behaviors. For students especially, the learning process can easily be disrupted by trauma and stress. Workshop targets the ACEs study, ACEs impact on youth, academic/behavioral/relationship impacts, strategies to implement

- Scheduled in full day or two half day sessions

SEL Overview

Researchers have found Social Emotional Learning (SEL) holds great value in the academic success of students. Social Emotional Learning (SEL) “is the process through which children, youth, and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions” (Collaborative for Academic, Social, Emotional Learning). New York State recognizes the advantages SEL provides students and has adopted bench-marks around the five core competencies. This workshop provides an overview of the five SEL competencies and how Adverse Childhood Experiences (ACEs) and trauma impact SEL.

I Just Focus on my Breath??--Where to begin with Mindfulness

Awareness (mindfulness) is a natural human capacity that lies dormant in many of us and is certainly less valued than our thinking capacity. We understand and value intellectual education and even physical education . Mindfulness can be thought of as mental education where we strengthen the muscle of mindfulness through practice. The benefits are increasingly documented in support of learning and overall well-being. So where do we begin? We, the adults, must incorporate mindfulness into our own lives so that we can effectively bring it into the classroom. This can seem daunting! Let's gather and yes, focus on our breath as a starting point. The first step on the journey...

Embedded PD in Mindfulness-Based SEL

Need help getting started with Mindfulness in the classroom? We model lessons, co-teach, provide lessons and activities, resources, offer feedback and coaching to teachers on implementation (separate document under development).



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The Way of Mindful Education - Book Study

"With attention spans waning and stress on the rise, many teachers are looking for new ways to help students concentrate, learn, and thrive. The Way of Mindful Education is a practical guide for cultivating attention, compassion, and well-being not only in these students, but also in teachers themselves." This book explores the Why behind mindfulness in our schools, offers the starting point of beginning with ourselves and supports educators with making mindfulness come to life in the classroom. This 8-week book study combines the flexibility of online learning via Google Classroom and text in hand, digital collaboration via two Zoom meetings and in-person connection in our closing discussion as we bring it all together. We ask that participants commit to full participation when registering. Full engagement and participation is needed so that everyone has the experience that is intended and that is most beneficial to learning. Please register early so that you receive your materials in a timely manner! Check out the Book Study Newsletter for further details: <https://www.smore.com/zm847>

Optional Meet & Greet to pick up materials: January 30th 3:45

- o Zoom Check-in #1 February 21st 3:45 – 4:45
- o Zoom Check-in #2 March 7th 3:45 – 4:45
- o Closing Discussion March 26th 4:00 – 5:30

Helping Kids Prepare to SLAY Their Trauma Dragons

A key to helping kids successfully work through anxiety and trauma is how well we prepare them. This workshop will offer some key strategies and hands-on activities to help students understand, manage and express triggers that cause their reactions/feelings towards stress. Next, strategies will be discussed, shown and then shared as we practice together. This will help all involved to feel empowered, as we see how easily and simply these options work. Learning Objectives:

- Participants will learn at least one version of how to talk to kids & caregivers about what trauma/anxiety is.
- Implement at least 3 to 4 activities that can be used to prepare these students for this work.
- Articulate what EMDR is and understand it's amazing and powerful work with desensitizing trauma.



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Mental Health Education & Social Emotional Learning: Cultivating Mindful Connections

"Through collaborative, hands-on investigation and experimentation, participants in this two-day experience will explore the intersections and implications of the SEL Guidance document and the NYS Mental Health Education Framework. We will work with the relevant texts as we develop a deeper understanding of what is being asked of us as educators in this SEL & Mental Health work. Important to this work is the self-awareness and reflection we engage in as adults, what Parker Palmer describes as “the work before the work”. We will spend time in this “work” as a community of learners. Central Questions for Exploration: How might we uncover and dismantle the stigmas associated with mental health? What might we need to be aware of in ourselves that informs the work we do with students? What are the possibilities for using the SEL Guidance document and the NYS Mental Health Education Framework in the most supportive and effective ways? Opportunities for further exploration will be discussed. This community will be central in the creative path forward with this work. Resources and information related to this experience and the ongoing work can be found here.

Cultivating a Mindful Community - Collegial Circles *Zoom Online Meeting Opportunity*

This professional collaboration opportunity is focused on building the skills of mindful communication and holding space for others by engaging in structured protocols that teach deep listening, presence, asking open, honest questions and honing the skill of paraphrasing. This offering is available to any educator and would be especially supportive to those in coaching and similar support roles. It is also relevant for any educator who seeks to bring heart-centered communication into their work and personal lives. Participants are asked to commit to all 4 Zoom Sessions to maintain the integrity and experience for all members.



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Help for Billy, Book Study

Help for Billy, by Heather T. Forbes, LCSW, provides insight and strategies around students who suffer from trauma and those who do not. All students benefit from a trauma sensitive environment. The power of this book study lies in the flexibility of using online platforms to connect meaningfully throughout our reading of this book. We will bring closure to the book study with a final discussion in person on March 14th. As a participant of this unique book study, your participation in online platforms and the final discussion is required to earn the fifteen hours for this workshop. Please use the link included in this description to preview the details of this workshop before registering.

<https://www.smore.com/920ws>

Cognitive Coaching Foundations Part I & II

The mission of Cognitive Coaching is to produce self-directed persons with the cognitive capacity for excellence both independently and as members of a community. Research indicates that teaching is a complex intellectual activity and that teachers who think at higher levels produce students who are higher achieving, more cooperative, and better problem solvers. It is the invisible skills of teaching, the thinking processes that underlie instructional decisions, which produce superior instruction. Cognitive Coaching is a research-based model that capitalizes upon and enhances teachers' cognitive processes.

In the eight-day Seminars, participants learn how to: *develop trust and rapport *develop an identity as a mediator of thinking *utilize conversation structures for planning, reflecting and problem resolving *develop teachers' autonomy and sense of community *develop higher levels of efficiency, consciousness, craftsmanship, flexibility and interdependence *apply four support functions: coaching, evaluating, consulting, collaborating *utilize the coaching tools of pausing, paraphrasing, and posing questions *distinguish among the five forms of feedback *use data to mediate thinking

Cognitive Coaching Seminars® are an eight-day training. Agendas for Days 1-4 include the Planning Conversation Map and the Reflecting Conversation Map as well as the tools of Cognitive Coaching. Days 5-8 provide for skill refinement and understanding of the Problem-Resolving Map.

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**Please speak to us about your needs.
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