

A decorative border surrounds the central text, featuring several brown pine cones and green pine needles interspersed with large, white, stylized snowflake ornaments on a light-colored wooden plank background.

WAYNE - FINGER LAKES
Board of Cooperative Educational Services

Winter/Spring 2021 Professional Learning Catalog



Making Success Possible

The Wayne-Finger Lakes BOCES Staff Development Team is committed to leading the region in forward-thinking and innovative approaches that impact the achievement of all learners. We provide support and professional development to **make success possible**.

The following professional learning offerings are scheduled to begin in January 2021. Most sessions are in a virtual setting. All in-person sessions will be held at [The Conference Center at Wayne-Finger Lakes BOCES](#). Our campus is open and is closely following all Department of Health guidelines to ensure the safety of our employees and guests.

To register for any of the workshops listed below, simply click on the workshop name and complete the Frontline/My Learning Plan registration process. For more support using Frontline/My Learning Plan, visit:

[How to Enroll in a Workshop](#)

[How to Print a Certificate of Completion](#)

We look forward to working with you this year!

January 12, 2021	3:00 pm to 3:30 pm <i>(Virtual/Online Course)</i>	<p><u>Rochester Regional Math Community Kickoff</u></p> <p>Let's keep it real, this year has been completely irrational. We have done our best to integrate technology and instruction during this turning point of education, but we all know there is strength in numbers! Come sign up for the Greater Rochester Regional BOCES Collaboration on Schoology. If we divide and conquer, there is no limit to what we can achieve!</p> <p>What: Schoology Group open to all area math teachers, leaders, and administration for collaboration, sharing of ideas, posing questions, and comradery</p> <p>When: Launch party on January 12th, 3:00-3:30 on Zoom. Door Prizes and Fun!</p> <p>How: A Zoom link and Schoology access code will be emailed to you prior to the meeting</p>
January 12, 2021	3:30 pm to 4:30 pm <i>(Virtual/Online Course)</i>	<p><u>Screencastify for Remote & Hybrid Learning</u></p> <p>Screencastify is a screencasting extension that allows you to create videos for flipping instruction, modeling, give directions, and so much more. Come learn this tool and be ready to support asynchronous remote and hybrid learning.</p>
January 13, 20 and February 3, 2021	9:00 am to 11:00 am <i>(Virtual/Online Course)</i>	<p><u>Mathematics Teaching and Learning in the Remote or Socially Distant Classroom</u></p> <p>There is a great deal of uncertainty surrounding this school year. What is clear is that whatever model is adopted by school districts, fully online, in-person with social distancing, or a hybrid of online and in-person, the learning environment will be very different from what we are accustomed to. How can we maintain important aspects of mathematics learning in this new environment? Technology affords us many possibilities, but how do we utilize technology to create opportunities for student engagement and collaboration in a remote or socially distant setting? This professional learning experience is designed to support teachers planning for remote and socially distant learning in mathematics. Participants will engage in mathematics experiences as well as experiences redesigning mathematics lessons utilizing both synchronous and asynchronous activities. Time and support for planning instruction will be included during the sessions. This course will meet "live" online, via a video conferencing platform for three two-hour sessions and is the equivalent of 8 hours of professional development with assignments to be completed between sessions. Join us to learn about possibilities for mathematics instruction for the upcoming school year.</p> <p>Cost of participants from Wayne-Finger Lakes, Monroe 1, Monroe 2, GV BOCES and their Component Districts will be \$195.</p> <p>Cost for all others attending will be \$254.</p>

January 19, 2021	3:30 pm to 5:30 pm (Virtual/Online Course)	<p><u>Planning for Math Success, 2021 and Beyond!</u></p> <p>Facing hybrid and remote learning, we have had to adjust our instruction and pacing. In this two-hour mini-course, we will review high impact math standards to identify the most important concepts, skills, and math practices to emphasize with our students.</p> <p>The goal of this session is to set up our students for success this year and into the future.</p> <p>Feel free to attend alone or with a virtual vertical teams.</p>
January 20, 2021	3:30 pm to 4:00 pm (Virtual/Online Course)	<p><u>Student Empowerment & Reflection</u></p> <p>Placing students at the center of their learning requires self-reflection and goal setting. Explore ways to empower students through feedback, self-assessments, and fostering self-efficacy.</p> <p>This session is part of the Cross District for Personalized Learning Series and is open to all interested participants.</p>
January 21, thru March 18, 2021 (every Thursday except Feb. 27)	3:45 pm to 6:15 pm (same time for all dates except for February 27 – 8:30 am – 1:30 pm) (Virtual/Online Course)	<p><u>Mindfulness Based Stress Reduction (MBSR) Option C</u></p> <p>MBSR Mindfulness-based stress reduction is a formal eight-week program with a day-long intensive that was created by Jon Kabat-Zinn in 1979 and has now been adapted to a workbook format to support people in doing this work. This program is in over 250 hospitals around the country and many more around the world supporting people with stress, anxiety, depression, chronic pain, alleviating stress related to medical conditions and much more.</p> <p>In addition to registering for this course, we are also asking all participants to complete this form: <u>WFL MBSR Application</u></p>
January 25, March 1 & 8, 2021	3:30 pm to 4:30 pm (Virtual/Online Course)	<p><u>How Do I Teach Phonological Awareness Remotely and In Person?</u></p> <p>Phonological awareness is the foundation for learning to read. From clapping words in sentences, to clapping syllables, to replacing beginning, medial, and ending sounds, phonological awareness is completely auditory based and is the predecessor to phonics.</p> <p>Join Betsy for three interactive and informative one-hour sessions and you will learn to:</p> <ul style="list-style-type: none"> • Create the conditions for getting students ready to actively listen • Plan for and provide engaging, fast-paced interactive lessons • Diagnose errors and provide concise, targeted feedback • Use diagnostic information to plan supplemental lessons
January 26, February 2, and March 4, 2021	3:30 pm to 4:30 pm	<p><u>How Do I Teach Guided Reading Remotely?</u></p> <p>One of the greatest indicators for student success is the ability to read. Join Betsy for this 3-session series that will help you plan for, deliver, and assess remote guided reading lessons.</p>

	(Virtual/Online Course)	<p>After completing all three sessions, you will learn to:</p> <ul style="list-style-type: none"> • Create the conditions for teaching guided reading remotely • Plan for and provide explicit 5-minute mini-lessons • Administer a one-minute informal running reading record and interpret results • Provide concise, targeted, effective feedback
January 26, 2021	10:00 am to 10:45 am (Virtual/Online Course)	<p><u>Managing Attention Rather Than Time</u></p> <p>Join Erica for an experiential professional development focusing on your attention. We all feel like there is just not enough time but it's not about how much, it's about how you manage the time you have. You will leave this 45-minute session with simple brain-based strategies to train your mind how to be in the moment. You might even decide to share these strategies with your staff or students! (Administrators Only)</p>
January 26, 2021	3:30 pm to 4:30 pm (Virtual/Online Course)	<p><u>Managing Online Instruction with Zoom</u></p> <p>Zoom is an easy-to-use video conferencing program that allows for multiple participants, audio and video sharing, screen sharing, breakout rooms, working on a whiteboard and recording. This session will focus on getting you comfortable to manage your virtual meetings.</p>
January 27, February 3, and March 18, 2021	10:00 am to 11:00 am (Virtual/Online Course)	<p><u>Help! I'm not a Writing Teacher: Practical Strategies to Support Writing in Your Content - Morning Session</u></p> <p>It's challenging to teach writing, especially when you are responsible for teaching so much content. Learn tips and strategies to support writing in your content so your students can be more successful writers in-person and remotely. Each one-hour session is offered at two different times to best meet your scheduling needs.</p> <p>After completing all three sessions, you will learn to:</p> <ul style="list-style-type: none"> • Create the conditions for writing • Provide explicit 7-minute lessons, in-person and virtually • Provide concise, targeted, effective feedback
January 27, February 3, and March 18, 2021	3:30 pm to 4:30 pm (Virtual/Online Course)	<p><u>Help! I'm not a Writing Teacher: Practical Strategies to Support Writing in Your Content - Afternoon Session</u></p> <p>It's challenging to teach writing, especially when you are responsible for teaching so much content. Learn tips and strategies to support writing in your content so your students can be more successful writers in-person and remotely. Each one-hour session is offered at two different times to best meet your scheduling needs.</p> <p>After completing all three sessions, you will learn to:</p> <ul style="list-style-type: none"> • Create the conditions for writing

		<ul style="list-style-type: none"> • Provide explicit 7-minute lessons, in-person and virtually • Provide concise, targeted, effective feedback
January 27, 2021	3:15 pm to 4:45 pm <i>(Virtual/Online Course)</i>	<p><u>Integrating Mindfulness Into Your Learning Space</u></p> <p>Join Erica for an experiential professional development focusing on integrating Mindfulness practices into any learning space. Participants will engage in the foundational Mindfulness practices of Anchoring, Body Scan, Awareness of Thoughts, & Loving Kindness. These practices are designed to: navigate stress and anxiety, cultivate compassion and kindness, strengthen cognitive health and attention and deepen awareness.</p>
January 28, 2021	3:30 pm to 4:30 pm <i>(Virtual/Online Course)</i>	<p><u>Managing Online Instruction with Google Meet</u></p> <p>Google meet offers easy-to-join video calls where you can meet face-to-face. Participants will explore how to set up meetings, the tools available within meetings, and how to share secure meetings with students.</p>
February 1, 2021	3:00 pm to 5:00 pm <i>(Virtual/Online Course)</i>	<p><u>Boosting Virtual Engagement for ELLs</u></p> <p>This workshop will explore resources and strategies to support ELLs in the virtual classroom that support higher-level thinking. Participants will engage in a teaching strategy, the Question Formulation Technique (QFT), which provides a simple yet powerful way to teach students how to formulate, work with, and use their own questions. Time will be allotted to discuss and prioritize needs, develop a plan of action, and explore digital tools and resources that support ELLs with remote learning.</p>
February 2 and February 23, 2021	3:30 pm to 4:30 pm <i>(Virtual/Online Course)</i>	<p><u>Maximizing Learning for All</u></p> <p>Looking for guidance on how to meet the needs of all learners given our unique teaching circumstances? This two-part session is a must-have for gaining teaching resources and strategies to assist with delivering equitable instruction in all learning environments.</p> <p>The following components will be addressed:</p> <ol style="list-style-type: none"> 1. Instructional design to support struggling learners 2. Tools and methods for creating accessible content 3. Ongoing self-assessment strategies 4. Ready to use templates and ideas for both online teaching and in-person instruction.
February 2 thru March 2, 2021	8:00 am to 8:00 pm <i>(Virtual/Online Course)</i>	<p><u>Maximizing Learning for All (Asynchronous Option)</u></p> <p>Looking for guidance on how to meet the needs of all learners given our unique teaching circumstances? This two-part session is a must-have for gaining teaching resources and strategies to assist with delivering equitable instruction in all learning environments.</p>

		<p>The following components will be addressed:</p> <ol style="list-style-type: none"> 1. Instructional design to support struggling learners 2. Tools and methods for creating accessible content 3. Ongoing self-assessment strategies 4. Ready to use templates and ideas for both online teaching and in-person instruction. <p><i>For this asynchronous course, participants will be sent video recordings of April delivering the content, followed by an evaluation form that must be completed anytime from February 2, 2021 to March 2, 2021 in order to earn CTLE credit.</i></p>
February 2, 2021	3:30 pm to 4:30 pm <i>(Virtual/Online Course)</i>	<p><u>Increase Student Engagement with Google Jamboard</u></p> <p>Jamboard is an interactive whiteboard that you can leverage in synchronous and asynchronous teaching. Come learn how to best leverage this Google tool to increase student engagement in every subject.</p>
February 3 and February 10, 2021	<p>*Check workshop description for times</p> <p><i>(Virtual/Online Course)</i></p>	<p><u>The Relationship Equation</u></p> <p>Join Andy and Erica for an experiential professional development focusing on engaging virtual & live learners through relationships and conversations. The first combined Elementary and Secondary session will be an active overview of SEL and its connection to Standards for Mathematical Practice 3: Construct viable arguments and critique the reasoning of others. The follow up session (broken up by level) will include: a 30-minute lesson meshing SEL practices with Mathematical content, a 10-minute reflection in break out rooms, a question and answer section and a closing circle. You will leave this PD with easily implemented practices to enhance your connection with students as well as enrich conversations.</p> <p>Opening Session = Elem + Secondary 2.3.21 3:15 to 4:15 pm Session Two Elem ONLY = 2.10.21 3:45 to 4:45 pm Session Two Secondary ONLY = 2.10.21 2:45 to 3:45 pm</p> <p>All participants will receive 2 CTLE hours upon completion of this course.</p>
February 4, 2021	3:30 pm to 4:30 pm <i>(Virtual/Online Course)</i>	<p><u>Going Deeper with Google Slides and Forms</u></p> <p>Utilize the tools that you already have! This session will take Google Slides and Forms to the next level. We will explore using them for crowd sourcing, formative assessment, and choose your own adventure activities.</p>
February 5, 2021	7:45 am to 3:00 pm	<p><u>Youth Mental Health First Aid</u></p> <p><i>In response to the COVID 19 pandemic MHFA is able to be taught virtually if the need arises. This decision will be made based on W-FL BOCES and the DOH protocols.</i></p>

		<p>Mental Health First Aid is an internationally recognized mental health awareness program that has been in use since 2001. Mental Health First Aid is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidenced-based programs and practices. The training is eight hours in length and includes a three-year national certification.</p> <p>Training is designed to:</p> <ul style="list-style-type: none"> • Increase participants awareness of the signs and symptoms of mental illness. • Decrease the negative stigmas associated with mental illness. • Empower participants to assist youth who may be struggling with mental illness or challenges. • Allow participants to better understand the warning signs and risk factors of depression, anxiety, psychotic disorders, trauma, eating disorders, substance use disorders and suicide. • Teach participants a five-step action plan to help an individual in or out of crisis connect to professional care. <p>Please visit the MHFA national website at https://www.mentalhealthfirstaid.org/.</p> <p>Please contact Peter Doell at 585-554-6492 or Peter.Doell@wflboces.org with questions and/or registration information.</p>
February 8, March 22 & April 26, 2021	3:30 pm to 4:30 pm (Virtual/Online Course)	<p><u>Social Studies Matters! Grades K-6</u></p> <p>Let's work together to share the victories and confront the challenges of teaching Social Studies grades K-6. Ultimately, we will address the ways to best support every student to read, write, listen, speak, and think critically in Social Studies.</p> <p>Each one-hour session will include:</p> <ul style="list-style-type: none"> • A tip for engaging all students • An instructional strategy • A technology tool to leverage instruction • A strategy for feedback and self-reflection
February 9, March 2 & 9, 2021	3:30 pm to 4:30 pm (Virtual/Online Course)	<p><u>How Do I Teach Writing Remotely and In Person?</u></p> <p>It's exciting and challenging to teach writing, whether the instruction is in person or remotely. How do we keep students engaged? How do we create opportunities for students to think and talk about their writing? Join Betsy for 3 one-hour sessions to earn tips and strategies that support writing instruction and engagement so your students can be skilled and fearless writers.</p> <p>After completing all three sessions, you will learn to:</p> <ul style="list-style-type: none"> • Create the conditions for writing • Provide explicit 5-7-minute engaging mini-lessons • Provide concise, targeted, effective feedback

February 18 & 19, 2021	8:00 am to 5:00 pm	<p><u>Pool Operator Certification Training- Registration Deadline January 29, 2021</u></p> <p>The Pool & Hot Tub AllianceSM Certified Pool/Spa Operator® (CPO) Course has been designed to give you, the Pool Operator, a basic knowledge and awareness of all aspects of pool/spa operation and management. The PHTA CPO® Certification is nationally recognized and meets the requirements for swimming pool operator certification in all states requiring certification. Fee includes all instruction (online and in-class), The Certified Pool/Operator® Handbook, Mailing of handbook and study materials, Processing fee, Wallet size certification card, and Post class trouble shooting on course topics (for course participants only) The two-day, knowledge based course covers topics including, but not limited to: *Pool & Spa Management *Regulations & Guidelines *Pool & Spa Water Problems *Chemical Testing *Chemical Feed & Control *Water Circulation *Pool & Spa Filtration *Spa & Therapy Pool Operation *Facility Safety *Troubleshooting</p>
February 22 thru 26, 2021	8:00 am to 4:00 pm	<p><u>Therapeutic Crisis Intervention for Schools (TxT) Program</u></p> <p>This intensive 5-day program of TCI-S train the trainer certification course provides organizations with the opportunity to develop an in-house training capacity in the TCI for Schools curriculum. Participants will develop knowledge skills, and attitudes in the TCI-S curriculum necessary to deliver the training to staff in their organization.</p> <p>Participants will have the chance to participate, practice and receive feedback in conducting activities to gain immediate training experience. Training techniques such as role playing, leading small group discussions, using guided fantasies, conducting practice sessions and using audiovisual aids will be demonstrated.</p> <p>Participants will receive all the necessary materials to conduct the TCI-S training program in their agency. Program objectives include proactively de-escalate a potential crisis, manage a crisis in a therapeutic manner and intervene (if necessary) physically to reduce the risk of harm to children and staff. They will also be able to process a crisis event with children and young people to improve coping strategies. Participants will be able to effectively deliver TCI-S training to their school.</p> <p>This training is intended for school staff that have previously been trained in TCIS.</p> <p>Staff who have not been trained will need approval from Cornell staff and should contact Andrea Turnbull - ajt78@cornell.edu</p> <p>REGISTRATIONS MUST BE RECEIVED NO LATER THAN JANUARY 22, 2021</p>

February 22, April 19 & May 10, 2021	3:30 pm to 4:30 pm <i>(Virtual/Online Course)</i>	<p><u>Literacy Matters: All Things ELA!</u></p> <p>Let's work together to share the victories and confront the challenges of teaching ELA P-12. Ultimately, we will address the ways to best support every student in reading, writing, listening, speaking, and critical thinking.</p> <p>Each one-hour session will include:</p> <ul style="list-style-type: none"> • A tip for engaging all students • An instructional strategy • A technology tool to leverage instruction • A strategy for feedback and self-reflection
February 23, 2021	10:00 am to 10:45 am <i>(Virtual/Online Course)</i>	<p><u>The Power of Loving Kindness</u></p> <p>Join Erica for an experiential professional development focusing on Loving Kindness. While this topic might sound cosmic, there is powerful science behind the practice. Not only does this practice decrease stress, it impacts the part of the brain that processes empathy and increase our feeling of connectedness to others. You will leave this 45-minute session with simple brain-based strategies to train your mind how to be compassionate, appreciate and balanced. You might even decide to share these strategies with your staff or students! (Administrators Only)</p>
February 23 & March 2, 2021	3:30 pm to 4:30 pm <i>(Virtual/Online Course)</i>	<p><u>Instructional Packaging You'll Love</u></p> <p>Hybrid, concurrent, and remote learning has shifted the ways that we need to plan, organize, and deliver instructional materials to our students. This two-part session will focus on essentials for planning instruction, along with templates and tools to help 'package' learning for easy access by students and families.</p> <p>These sessions will explore the following components:</p> <ol style="list-style-type: none"> 1. Considerations and best practices in lesson planning and delivery 2. Templates that support in-person, concurrent, hybrid, or remote instruction 3. Planning for student collaboration, assessment, ownership, and reflection 4. Digital Tools for engagement and accessibility
February 24, 2021	3:30 pm to 4:45 pm <i>(Virtual/Online Course)</i>	<p><u>Navigating Challenging Conversations</u></p> <p>Join Erica for an experiential professional development focusing on utilizing Mindfulness as a pathway to greater connection and compassion when navigating challenging conversations. During a time of beyond-average stress, conversations can quickly emotionally escalate. The practice of Mindfulness can offer several brain-based strategies to support both the speaker and listener.</p> <p>What to expect during this PD: An Opening Circle, What is Mindful Communication?, Brain-Based Practices for both the Speaker & Listener, Break-Out Rooms to Practice, and A Closing Circle.</p>

February 24, March 16 & April 28, 2021	3:30 pm to 4:30 pm <i>(Virtual/Online Course)</i>	<p><u>Social Studies Matters! Grades 7-12</u></p> <p>Let's work together to share the victories and confront the challenges of teaching Social Studies grades 7-12. Ultimately, we will address the ways to best support every student in reading, writing, listening, speaking, and critical thinking in Social Studies.</p> <p>Each one-hour session will include:</p> <ul style="list-style-type: none"> • A tip for engaging all students • An instructional strategy • A technology tool to leverage instruction • A strategy for feedback and self-reflection
February 26, 2021	7:45 am to 3:00 pm	<p><u>Youth Mental Health First Aid</u></p> <p><i>In response to the COVID 19 pandemic MHFA is able to be taught virtually if the need arises. This decision will be made based on W-FL BOCES and the DOH protocols.</i></p> <p>Mental Health First Aid is an internationally recognized mental health awareness program that has been in use since 2001. Mental Health First Aid is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidenced-based programs and practices. The training is eight hours in length and includes a three-year national certification. Training is designed to:</p> <ul style="list-style-type: none"> • Increase participants awareness of the signs and symptoms of mental illness. • Decrease the negative stigmas associated with mental illness. • Empower participants to assist youth who may be struggling with mental illness or challenges. • Allow participants to better understand the warning signs and risk factors of depression, anxiety, psychotic disorders, trauma, eating disorders, substance use disorders and suicide. • Teach participants a five-step action plan to help an individual in or out of crisis connect to professional care. <p>Please visit the MHFA national website at https://www.mentalhealthfirstaid.org/.</p> <p>Please contact Peter Doell at 585-554-6492 or Peter.Doell@wflboces.org with questions and/or registration information.</p>
February 26 thru May 19, 2021	8:00 am to 11:30 am <i>(same time for all dates except for May 12 & 13 –</i>	<p><u>The Consortium on Trauma, Illness and Grief in Schools (TIG) Core Curriculum Training</u></p> <p>From Trauma to Healing; Building a Trauma Sensitive Approach to Service Delivery</p> <p>There is a growing awareness that trauma is pervasive and that the impact of trauma is often deep and life shaping. Trauma and toxi stress are often at the center of a person's mental health</p>

	8:00 am – 3:00 pm) (Virtual/Online Course)	<p>challenges, substance use, physical health issues and/or involvement with the justice system. This means, whether or not it is fully recognized, staff at our school districts are working with survivors of trauma.</p> <p>Creating a trauma-informed system requires not only understanding the impact of trauma, but implementing changes in the service delivery that align with the five core principles of trauma-centered safety: safety, trust, choice, collaboration and empowerment.</p> <p>This consultation proposal aims to support staff through increasing their knowledge and capacity around the essential elements of a trauma-informed system and how that understanding can be applied to their daily practice and organizational culture.</p> <p>Day 1: Grief and Loss Day 2: Trauma Day 3: Suicide Prevention and Intervention Day 4: Chronic and Acute Illness Day 5: School Violence and Threat Assessment Days 6 & 7: Group Crisis Response Skills (Critical Incident Stress Management) Day 8: Infrastructure Development and Implementation</p> <p>Registration must occur by February 5, 2021 to ensure the workshop can occur.</p>
March 2, 9 16 and 23, 2021	8:00 am – 4:00 pm	<p><u>Therapeutic Crisis Intervention for Schools</u></p> <p>Cornell University developed the Therapeutic Crisis Intervention (TCI) model for residential care as part of its Residential Child Care Project in the early 1980's. The foundations of this curriculum are in research-based literature and programs. In 2007 Cornell responded to requests from various Board of Cooperative Education (BOCES) Centers and other public schools and adapted the TCI curriculum to meet the needs of schools. Therapeutic Crisis Intervention for Schools (TCIS) gives WFL BOCES a framework for implementing a crisis prevention and management system that reduces the need to rely on high-risk interventions, complements the Response to Intervention (RTI) approach and includes aspects of trauma informed care.</p> <p>There are three main competencies taught in the TCIS Training: Competency 1: Prevent and de-escalate potential crises with students Competency 2: Safely and therapeutically manage crisis situations Competency 3: Be able to process with students to help improve their coping skills</p> <p>There are three levels of certification:</p>

		<p>Level 1: Verbal de-escalation skills including the Life Space Interview (initial training of 21 hours)</p> <p>Level 2: Verbal de-escalation, LSI and TCIS protectives (initial training of 24 hours)</p> <p>Level 3: Verbal techniques, protectives and physical restraint techniques (initial training of 28 hours)</p> <p>This training will certify verbal de-escalation skills including the LSI and TCIS protectives and physical restraints.</p>
March 2, 2021	<p>3:30 pm to 4:00 pm</p> <p><i>(Virtual/Online Course)</i></p>	<p><u>Even More Virtual Games and Math Manipulatives PK-5</u></p> <p>Increase student engagement and understanding through games and virtual math manipulatives. We will explore several resources together and discuss how to use them with our students. If you have attended previous trainings, you will learn about 21 new Google virtual math manipulatives and a dozen new virtual games for elementary students. First-time attendees will be able to access hundreds of other games and virtual manipulatives which have already been introduced to our region.</p>
March 3, 10, 17 and 24, 2021	<p>3:30 pm to 4:30 pm</p> <p><i>(Virtual/Online Course)</i></p>	<p><u>Be Empowered! Using Formative Assessments in a Hybrid and Remote Classroom</u></p> <p>What is the connection between empowering students and formatively assessing them? Join Betsy and Gordy for these four 1-hour interactive, informative, high-energy sessions to learn. Time will be given to share, explore, and create.</p> <p>As a result of this session, you will:</p> <ul style="list-style-type: none"> • Learn the nuts and bolts of formative assessments • Learn about and explore templates to use for formative assessments • Learn how to leverage the technology you already use • Create efficient formative assessments for online learning
March 9, 2021	<p>3:15pm to 4:15 pm</p> <p><i>(Virtual/Online Course)</i></p>	<p><u>The Problem-Solving Mindset</u></p> <p>Join Andy and Erica for an experiential professional development focusing on using brain-based practices to train the mind and cultivate presence, perseverance, patience and positivity. During these 60 minutes participants will: Engage in an SEL based Opening Circle, Understand the Connection to Math & Science Problem-Solving Standards, Practice & Lead Brain-based Practices and Reflect on their Learning.</p>
March 11, 2021	<p>8:30 am to 3:00 pm</p>	<p><u>Understanding and diving deeper into the NYSSLS document</u></p> <p>Participants will get a foundation on how to read the NYS Science Learning Standards document and how the structure of each section is linked. Once the foundation is established, participants will then dive deeper into what the Performance Expectations are asking of students and the information needed to help teach to that Expectation.</p>

March 15, 2021	3:15pm to 4:15 pm (Virtual/Online Course)	<p><u>The Problem-Solving Mindset</u></p> <p>Join Andy and Erica for an experiential professional development focusing on using brain-based practices to train the mind and cultivate presence, perseverance, patience and positivity. During these 60 minutes participants will: Engage in an SEL based Opening Circle, Understand the Connection to Math & Science Problem-Solving Standards, Practice & Lead brain-based practices and Reflect on their Learning.</p>
March 19, 2021	7:45 am to 3:00 pm	<p><u>Youth Mental Health First Aid</u></p> <p><i>In response to the COVID 19 pandemic MHFA is able to be taught virtually if the need arises. This decision will be made based on W-FL BOCES and the DOH protocols.</i></p> <p>Mental Health First Aid is an internationally recognized mental health awareness program that has been in use since 2001. Mental Health First Aid is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidenced-based programs and practices. The training is eight hours in length and includes a three-year national certification. Training is designed to:</p> <ul style="list-style-type: none"> • Increase participants awareness of the signs and symptoms of mental illness. • Decrease the negative stigmas associated with mental illness. • Empower participants to assist youth who may be struggling with mental illness or challenges. • Allow participants to better understand the warning signs and risk factors of depression, anxiety, psychotic disorders, trauma, eating disorders, substance use disorders and suicide. • Teach participants a five-step action plan to help an individual in or out of crisis connect to professional care. <p><i>Please visit the MHFA national website at https://www.mentalhealthfirstaid.org/.</i></p> <p><i>Please contact Peter Doell at 585-554-6492 or Peter.Doell@wflboces.org with questions and/or registration information.</i></p>
March 22, 2021	3:00 pm to 4:00 pm (Virtual/Online Course)	<p><u>Math Online Project-Based Learning</u></p> <p>Projects are a great way to facilitate important learning and put students in charge of their academic growth. Attend this session to learn how to engage your classes in big math ideas through collaboration and research. We will explore Next Generation-aligned projects grounded in the standards and appropriate for sharing with other classes and kids' families.</p>

March 23 thru April 23, 2021	8:00 am to 8:00 pm (Virtual/Online Course)	<u>Essentials of Engagement (Asynchronous Option)</u> Whether you teach several subjects or teach in a specific content area, lesson design matters. In this workshop, participants will review effective components of lesson planning and walk away with ideas and resources that will engage and excite students in both virtual and in-person learning environments. For this asynchronous course, participants will be sent video recordings of April delivering the content, followed by an evaluation form that must be completed anytime from March 23, 2021 to April 23, 2021 in order to earn CTLE credit.
March 23, 2021	10:00 am to 10:45 am (Virtual/Online Course)	<u>Practicing Positivity</u> Join Erica for an experiential professional development focusing on Positive Neuroplasticity. Simply stated, what you practice becomes stronger: so, why not practice being positive. You will leave this 45-minute session with simple brain-based strategies to train your mind how to take in the good. Our brains are Teflon for good and Velcro to negative, which means we have some work to do. You might even decide to share these strategies with your staff or students! (Administrators Only)
March 23, 2021	3:30 pm to 4:30 pm (Virtual/Online Course)	<u>Essentials of Engagement</u> Whether you teach several subjects or teach in a specific content area, lesson design matters. In this workshop, participants will review effective components of lesson planning and walk away with ideas and resources that will engage and excite students in both virtual and in-person learning environments.
April 1, 2021	9:00 am to 10:15 am (Virtual/Online Course)	<u>Navigating Challenging Conversations</u> Join Erica for an experiential professional development focusing on utilizing Mindfulness as a pathway to greater connection and compassion when navigating challenging conversations. During a time of beyond-average stress, conversations can quickly emotionally escalate. The practice of Mindfulness can offer several brain-based strategies to support both the speaker and listener. What to expect during this PD: An Opening Circle, What is Mindful Communication?, Brain-Based Practices for both the Speaker & Listener, Break-Out Rooms to Practice, and a Closing Circle.
April 6 thru May 25, 2021 (every Tuesday)	5:15 pm to 7:45 pm (same time for all dates except for May 15 – 8:00 am – 12:00 pm)	<u>Mindfulness Based Stress Reduction (MBSR) Option D</u> MBSR Mindfulness-based stress reduction is a formal eight-week program with a day-long intensive that was created by Jon Kabat-Zinn in 1979 and has now been adapted to a workbook format to support people in doing this work. This program is in over 250 hospitals around the country and many more around the world supporting people with stress, anxiety, depression, chronic pain, alleviating stress related to medical conditions and much more.

<i>except May 15)</i>	<i>(Virtual/Online Course)</i>	In addition to registering for this course, we are also asking all participants to complete this form: WFL MBSR Application
April 12, 2021	3:30 pm to 4:45 pm <i>(Virtual/Online Course)</i>	<u>The Power of Self-Compassion</u> Join Erica for an experiential professional development focusing on the cultivation of self-compassion. Let's face it, we are living in some surreal and challenging times and our brains have a strong negativity bias (that's a tough combination). During this PD you will learn, practice, discuss and reflect on brain-based practices to develop and strengthen the muscle of compassion. These practices can be used for you and/or to share with others. What to expect during this PD: An Opening Circle, Partner Work, Full Group Learning, Individualized Learning, Connection, Collaboration and a Reflection.
April 13 and April 27, 2021	3:30 pm to 4:30 pm <i>(Virtual/Online Course)</i>	<u>Creating Interactive Learning Experiences</u> Get your students excited and engaged in their lessons, all while you develop, clarify, and assess learning! This two-part session will teach you how to create interactive learning opportunities for your students through the use of a variety of manipulatives, drag and drop activities, mystery reveals, and more! This session will be geared towards Google Slides users, but can also be applicable to PowerPoint. <i>*This offering requires comfort navigating instructional technology, specifically within Google Slides.*</i>
April 15, 2021	8:30 am to 3:00 pm	<u>Phenomena for NYSSLS</u> Using phenomena to kick start a unit, lesson or lab has become a critical part of instruction. Participants will learn how to use phenomena with examples directly related to specific Performance Expectations. Work will center around allowing time for teachers to create a database of phenomena and the PE's that they are targeting within their given discipline.
April 15, 2021	3:15 pm to 3:45 pm <i>(Virtual/Online Course)</i>	<u>Open Middle Math Problem Solving</u> Open Middle questions are "Challenging Math Problems Worth Solving." Attend this quick half-hour introduction to a flexible protocol which supports math fluency and calculations. Examples from kindergarten through high school will be available. Great for in-person and online instruction! Check out openmiddle.com for more information.

April 20 thru May 20, 2021	8:00 am to 8:00 pm (Virtual/Online Course)	<p><u>Building Math Minds (Asynchronous Option)</u></p> <p>Learning experiences need to be adaptive to student needs by making them more engaging, meaningful and personalized. In this two-part series, participants will learn how to create a student-centered math classroom and explore methods built upon core principles to foster comprehension and discourse in virtual and in-person environments. Walk away with ready to use templates and ideas.</p> <p>For this asynchronous course, participants will be sent video recordings of April delivering the content, followed by an evaluation form that must be completed anytime from April 20, 2021 to May 20, 2021 in order to earn CTLE credit.</p>
April 20 and May 11, 2021	3:30 pm to 4:30 pm (Virtual/Online Course)	<p><u>Building Math Minds</u></p> <p>Learning experiences need to be adaptive to student needs by making them more engaging, meaningful and personalized. In this two-part series, participants will learn how to create a student-centered math classroom and explore methods built upon core principles to foster comprehension and discourse in virtual and in-person environments. Walk away with ready to use templates and ideas.</p>
April 27, 2021	10:00 to 10:45 am (Virtual/Online Course)	<p><u>Compassionate Communication during Challenging Times</u></p> <p>Join Erica for an experiential professional development focusing on Compassionate Communication. It's already a challenging time, and, even during challenges we have to have conversations that are uncomfortable. It's understandable to not want to increase stress, but communication still has to happen. You will leave this 45-minute session with a simple Mindfulness based protocol to navigate communication with compassion and conviction. (Administrators Only)</p>
May 11 and May 18, 2021	8:00 am to 4:00 pm	<p><u>Introduction to Restorative Practices and Using Circles Effectively</u></p> <p>This is a workshop that from the start you will learn a range of strategies you can use every day. You will learn how to set high expectations of your students while being supportive. You will practice how to provide direct feedback and how to ask questions that foster accountability while remaining supportive to young people. You will also learn the most effective methods to resolve common conflicts that we see daily in our schools.</p> <p>On the second day staff are trained and coached to facilitate community building through the power of the circle. In addition, staff will focus on the process of the restorative circles. Circles are a crucial part of the process of building social capital, resolving social problems amongst staff and/or students and responding when harm occurs. Circles create a positive learning environment and encourage the Social and Emotional Learning. You will learn by participating in circles with others</p>

		and taking turns to learn how to facilitate a circle. By the end of the day, you will be prepared to return to your setting and run your first circle! This is an International Institute of Restorative Justice training provided by a licensed trainer.
May 13, 2021	8:30 am to 3:00 pm	<p><u>Elementary Level Science (ELS) State Performance Scoring Training</u></p> <p>Contingent on the test not being cancelled: During this workshop participants will review the past written tests, take the manipulative test and score student examples from each station. Participants will be instructed on the set up of the stations, materials needed, and will practice setting up each station for testing use. There will be parallel activities to help review for the test.</p>
May 14, 2021	8:30 am to 3:00 pm	<p><u>Intermediate Level Science (ILS) State Performance Scoring Training</u></p> <p>Contingent on the test not being cancelled: During this workshop participants will review the past written tests, take the manipulative test and score student examples from each station. Participants will be instructed on the set up of the stations, materials needed, and will practice setting up each station for testing use. There will be parallel activities to help review for the test.</p>
May 17 thru June 8, 2021	8:00 am to 4:00 pm	<p><u>Therapeutic Crisis Intervention for Schools</u></p> <p>Cornell University developed the Therapeutic Crisis Intervention (TCI) model for residential care as part of its Residential Child Care Project in the early 1980's. The foundations of this curriculum are in research-based literature and programs. In 2007 Cornell responded to requests from various Board of Cooperative Education (BOCES) Centers and other public schools and adapted the TCI curriculum to meet the needs of schools. Therapeutic Crisis Intervention for Schools (TCIS) gives WFL BOCES a framework for implementing a crisis prevention and management system that reduces the need to rely on high-risk interventions, complements the Response to Intervention (RTI) approach and includes aspects of trauma informed care.</p> <p>There are three main competencies taught in the TCIS Training:</p> <p>Competency 1: Prevent and de-escalate potential crises with students Competency 2: Safely and therapeutically manage crisis situations Competency 3: Be able to process with students to help improve their coping skills</p> <p>There are three levels of certification:</p> <p>Level 1: Verbal de-escalation skills including the Life Space Interview (initial training of 21 hours) Level 2: Verbal de-escalation, LSI and TCIS protectives (initial training of 24 hours) Level 3: Verbal techniques, protectives and physical restraint techniques (initial training of 28 hours)</p>

		<i>This training will certify verbal de-escalation skills including the LSI and TCIS protectives and physical restraints.</i>
May 25, 2021	10:00 am to 10:45 am (Virtual/Online Course)	<p><u>Revisiting Self Care</u></p> <p>Join Erica for an experiential professional development focusing on you. Yep, again! We'll revisit topics from the last several months of PD. (But don't worry if you haven't attended many or any). You will leave this session with easily implementable and brain-based strategies to support your overall mental, emotional and physical wellness. (Administrators Only)</p>
May 27 and May 28, 2021	12:00 pm to 3:00 pm 7:45 am to 3:00 pm	<p><u>Adult Mental Health First Aid</u></p> <p><i>In response to the COVID 19 pandemic MHFA is able to be taught virtually if the need arises. This decision will be made based on W-FL BOCES and the DOH protocols.</i></p> <p>Mental Health First Aid is an internationally recognized mental health awareness program that has been in use since 2001. Mental Health First Aid is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidenced-based programs and practices. The training is eight hours in length and includes a three-year national certification. Training is designed to:</p> <ul style="list-style-type: none"> • Increase participants awareness of the signs and symptoms of mental illness. • Decrease the negative stigmas associated with mental illness. • Empower participants to assist youth who may be struggling with mental illness or challenges. • Allow participants to better understand the warning signs and risk factors of depression, anxiety, psychotic disorders, trauma, eating disorders, substance use disorders and suicide. • Teach participants a five-step action plan to help an individual in or out of crisis connect to professional care. <p><i>Please visit the MHFA national website at https://www.mentalhealthfirstaid.org/.</i></p> <p><i>Please contact Peter Doell at 585-554-6492 or Peter.Doell@wflboces.org with questions and/or registration information.</i></p>
June 4, 2021	7:45 am to 3:00 pm	<p><u>Youth Mental Health First Aid</u></p> <p><i>In response to the COVID 19 pandemic MHFA is able to be taught virtually if the need arises. This decision will be made based on W-FL BOCES and the DOH protocols.</i></p> <p>Mental Health First Aid is an internationally recognized mental health awareness program that has been in use since 2001. Mental Health First Aid is listed in the Substance Abuse and Mental Health</p>

		<p>Services Administration's National Registry of Evidenced-based programs and practices. The training is eight hours in length and includes a three-year national certification.</p> <p>Training is designed to:</p> <ul style="list-style-type: none">• Increase participants awareness of the signs and symptoms of mental illness.• Decrease the negative stigmas associated with mental illness.• Empower participants to assist youth who may be struggling with mental illness or challenges.• Allow participants to better understand the warning signs and risk factors of depression, anxiety, psychotic disorders, trauma, eating disorders, substance use disorders and suicide.• Teach participants a five-step action plan to help an individual in or out of crisis connect to professional care. <p><i>Please visit the MHFA national website at https://www.mentalhealthfirstaid.org/.</i></p> <p>Please contact Peter Doell at 585-554-6492 or Peter.Doell@wflboces.org with questions and/or registration information.</p>
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