

ROE39–Upcoming Spring 2022 PD Workshops:

Title: Responsible Decision Making: Digital Citizenship and Online Safety via Zoom

Date: March 22, 2022

Time: 3:15pm-4:15pm

Cost: None

PD Credit: 1 hour

Presenter: Holly Kelly

Description: Learn how Digital Citizenship and Online Safety plays a role in the school ecosystem and how educators can help create and maintain positive experiences online. This session will demonstrate examples of how Digital Citizenship and Online Safety can be integrated into classrooms to create positive lifelong habits for yourself and students.

[To Register!](#)

Title: Principal Mentoring & Networking Session w/Dr. Lionel Allen, Jr. via Zoom

Date: March 23, 2022

Time: 8:30am-10:30am

Cost: None

PD Credit: 3 hour

Presenter: Dr. Lionel Allen

Description: This is an opportunity to network with local administration and build a circle of support. All Principals and Assistant Principals (new and experienced) are welcome to attend! We will be having online sessions via Zoom and in-person!!

Dr. Allen is a thought-provoking educational coach who shares and models strategies for leading schools in today's changing climate. His presentations are engaging, motivational, and practical. Dr. Allen's sessions serve to build confident administrators as they navigate difficulties, trusting their capacity to do what is best for ALL affected school stakeholders. This is an opportunity to learn from one of the best educational leaders of our time. Your knowledge and understanding will grow, and your passion for doing what you do will be renewed.

[To Register!](#)

Title: Burnout Cure via Zoom

Date: March 24, 2022

Time: 3:30pm-5:00pm

Cost: None

PD Credit: 1.5 hours

Presenter: Author/Educator/Speaker: Chase Mielke

Description: Chase was moments away from quitting teaching — a career he loved. He was burned out, bitter, and beaten by the external challenges of modern education. But he didn't quit. He doubled-down, using the same science of well-being he had taught his students for over a decade.

In this engaging, humorous, and heartfelt talk, Chase shares his experience as a veteran educator and provides key insights on how the science of small, positive moments creates thriving adults, learners, and communities. Your audience will be empowered to take care of themselves, so they can better take care of the young adults who need them.

[To Register!](#)

Title: MoveMindfully®: Connecting Mind, Body and Heart via Zoom

Date: March 24, 2022

Time: 3:30pm-5:00pm

Cost: None

PD Credit: 1.5 hours

Presenter: Kathy Flaminio, LGSW, MSW, E-RYT-200, founder of MoveMindfully

Description: The challenges of 2021 have taken a toll on all of us and have a direct impact on our overall health and well-being. Discover simple practices for decreasing stress, alleviating exhaustion, and preventing burnout. Join the MoveMindfully® team to experience the power of integrated physical, mental, and emotional mind-body practices for use throughout the day. Leave the session fortified with a simple toolkit of BREATHE-MOVE-REST tools to use for yourself and in your work with students.

- Demonstrate understanding of how the techniques and activities of mindfulness and movement impact us physically, emotionally, and mentally.
- Experience the role of BREATHE-MOVE-REST techniques to regain a sense of safety, stability and connection with mind, body, and heart.
- Create a simple mind-body tool kit to incorporate into your personal and professional life.

[To Register!](#)

Title: What Happened to You? (Session 6 of 6) via Zoom

Date: April 5, 2022

Time: 3:30pm-5:00pm

Cost: None

PD Credit: 1.5 hours

Presenter: Book Study with Mary McDonald, Margo Sickle and Carrie Hogue

Description: We will be discussing chapter 10 'What We Need Now' and wrapping up this book study. You are welcome to join - even if you've not been part of the other sessions.

[To Register!](#)

Title: Yoga Session via Zoom

Date: April 7, 2022

Time: 3:30pm-4:30pm

Cost: None

PD Credit: 1 hour

Presenter: Sarah Oakes & Carrie Hogue

Description: Participants in this session will learn the benefits of yoga and well as be part of a yoga session. Join yoga Instructor Sarah Oaks for a 1-hour session.

[To Register!](#)

Title: Principal Mentoring & Networking Session w/Dr. Lionel Allen, Jr. via Zoom

Date: April 13, 2022

Time: 8:30am-10:30am

Cost: None

PD Credit: 2 hour

Presenter: Dr. Lionel Allen

Description: This is an opportunity to network with local administration and build a circle of support. All Principals and Assistant Principals (new and experienced) are welcome to attend! We will be having online sessions via Zoom and in-person!!

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[To Register!](#)

Title: Yoga Session via Zoom

Date: April 19, 2022

Time: 3:30pm-4:30pm

Cost: None

PD Credit: 1 hour

Presenter: Sarah Oakes & Carrie Hogue

Description: Participants in this session will learn the benefits of yoga and well as be part of a yoga session. Join yoga Instructor Sarah Oaks for a 1-hour session.

[To Register!](#)

Title: Mindfulness for the Busy Educator via Zoom

Date: April 20, 2022

Time: 3:00pm-5:00pm

Cost: None

PD Credit: 2 hour

Presenter: Author, Educator and Speaker chase Mielke & Carrie Hogue

Description: No time to meditate? Normal. Not feeling Zen? Yup. Overwhelmed? Definitely. This workshop is for you. Mindfulness is one of the most well-documented and effective strategies for helping educators reduce burnout. But how does an overworked educator practice mindfulness? Chase Mielke, a full-time educator, and expert on teacher burnout, will share the most impactful strategies — and impactful moments — to reap the benefits of Mindfulness-Based Stress Reduction.

LEARNING OUTCOMES

- Mindful Brains: Why is mindfulness so effective for reducing burnout?
- Power Moves: What are the most influential mindfulness practices for a busy educator?
- Impact Moments: When are the most critical times to practice?
- Mindset Shifts: Which reframes make us more effective teachers and leaders?

[To Register!](#)

Title: Sit on My Pocket: What the Heck is a Pocket? Managing Expectations (Session 4 of 5) via Zoom

Date: April 21, 2022

Time: 3:30pm-5:00pm

Cost: None

PD Credit: 1.5 hours

Presenter: Author/Counselor Kristin Souers & Carrie Hogue

Description: Following more than a year plus of unprecedented times in education, now more than ever we need to truly evaluate the role and purpose of education. We often set expectations that seem awfully reasonable to us. However, to many of our children, they may be out of reach - and/or based on knowledge they just don't have...yet. The demands on educational professionals are high as well. Join Kristin Souers in exploring the lessons we have learned, successes we have seen, and ideas for moving forward in healthy, productive, and reasonable ways.

Learning targets:

1. Explore the current facts and impacts of these last several months
2. Explore the concept of empathy and its relevance to the work we do
3. We will explore strategies and approaches that will keep us refreshed and focused, while maintaining a positive mindset

[To Register!](#)

Title: Transitional English Meeting via Zoom

Date: May 9, 2022

Time: 3:30pm-5:00pm

Cost: None

PD Credit: 1.5 hours

Presenter: Dr. Nancy Brodbeck

Description: The Postsecondary & Workforce Readiness Act requires that all Illinois high schools offer a senior level Transitional English course that will serve to guarantee entry into a community college English 101 course. This session will provide an overview of the mandate, review the ISBE recommended course content, and allow participants to network with RCC faculty.

Please download and review the Transitional English course overview and competencies at: <https://www.isbe.net/pwr> Click on the Transitional English tab on that page.

[To Register!](#)

Title: Principal Mentoring & Networking Session w/Dr. Lionel Allen, Jr. via Zoom

Date: May 18, 2022

Time: 8:30am-10:30am

Cost: None

PD Credit: 2 hour

Presenter: Dr. Lionel Allen

Description: This is an opportunity to network with local administration and build a circle of support. All Principals and Assistant Principals (new and experienced) are welcome to attend! We will be having online sessions via Zoom and in-person!!

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[To Register!](#)

Title: Need vs Behavior and the New 3 Rs (session 5 of 5) via Zoom

Date: May 19, 2022

Time: 3:30pm-5:00pm

Cost: None

PD Credit: 1.5 hours

Presenter: Author, Pete Hall/Educator & Carrie Hogue

Description: Childhood trauma is real, and it is more prevalent than we might believe, especially now. In this engaging, relevant, and practical session, learn from bestselling author and former principal, Pete Hall about the importance of incorporating trauma-invested practices into the work we do with each other, caregivers and our youth. We know that every behavior is an expression of a need. We will identify and explore what those needs are and provide staff the opportunity to reflect on how best to meet the needs of those they serve and interact with. In this engaging training, staff will be introduced to strategies designed to meet those needs.

[To Register!](#)

Title: A Framework for Understanding Poverty -Richland Community College (NSEC)

Date: June 7, 2022

Time: 8:30am-3:30pm

Cost: None

PD Credit: 6 hours

Presenter: Presented by: Ruben Perez, A Ruby Payne consultant from aha! Publishing, Inc.

Description: . Join us for a workshop on A Framework for Understanding Poverty.

Featuring Ruben Perez! A Ruby Payne consultant from aha! Publishing, Inc.

This newly updated workshop gives you in-depth information to help you understand class differences and 10 actions you can implement the next day in the classroom to achieve impact. This workshop is based on the book A Framework for Understanding Poverty by Ruby K. Payne,

Ph.D.

[To Register!](#)

Title: Emotional Poverty: How to Reduce Anger, Anxiety and Violence in your Classroom

Date: June 8, 2022

Time: 8:30am-3:30pm

Cost: None

PD Credit: 6 hours

Presenter: Presented by: Ruben Perez, A Ruby Payne consultant from aha! Publishing, Inc.

Description: Join us for a workshop on Emotional Poverty.

Featuring Ruben Perez! A Ruby Payne consultant from aha! Publishing, Inc.

Emotional poverty is when the brain is unintegrated and unregulated, when the bonding and attachment is not secure, and the inner self is under-developed. Increasingly schools are dealing with more students who are angry, anxious and tending to violence (particularly at PK and K). This is taking significant time away from learning. The typical discipline strategies are only working with about half of the students because many of the behavior issues have very deep emotional roots. This workshop will provide strategies, understandings of the causes and sources, and vocabulary. In addition, the workshop will help educators identify early the most probable sources of violence so that interventions can begin much earlier. The 'emotional dance' in the classroom will also be named and discussed.

The corresponding book will be given out at no charge.

[To Register!](#)

Title: AA #3000 – Teacher Evaluator Retraining and Student Growth (In-Person)

Date: June 9, 2022

Time: 8:30am-3:30pm

Cost: None

PD Credit: AA credit or 6 PD hours

Presenter: Patrick Durley

Description: This is the one required student growth course for principal and teacher evaluators who are renewing their designations required to evaluate staff. Evaluators will be required to participate in a pre-session webinar that will review Part 50 Administrative Rules as they relate to student growth. Participants will learn how to use assessments and measurement models, use data from the evaluation rubric, create targeted professional development plans, and communicate evaluation outcomes in constructive and supportive ways.

[To Register!](#)

Title: The Poverty Simulation/RCC Salons I and II

Date: June 14, 2022

Time: 9:00am-12:00pm

Cost: None

PD Credit: 3 hours

Presenter: University of Illinois Extension

Description: *Educators and community members welcome and encouraged to participate!

Poverty is a reality for many individuals and families. Unless you've experienced poverty, it's difficult to truly understand. The Community Action Poverty Simulation (CAPS) is a three-hour role-play experience in a large room where participants are seated in family groups and community resources (run by volunteers) are located at tables around the perimeter of the room. Each family is given a card explaining its unique circumstances. It is then the families' task to provide food, shelter, and other basic necessities by accessing various community resources during the course of four 15-minute "weeks." The 3-hour timeframe includes an introduction and briefing by the facilitator, the simulation exercise, and a guided debriefing in which participants and volunteers share their observations and insights from the activity.

The purpose:

- Promote Poverty Awareness – During the simulation, role-play a month in poverty and experience low-income families' lives (i.e. single parent with limited resources for transportation and daycare, elderly person with no means to pay for utilities or medication, young adult caring for siblings while parent is incarcerated, elderly couple raising grandchildren while dealing with health and employment issues)
- Increase Understanding – After the simulation, you will unpack your learning and brainstorm community change.
- Inspire Local Change – Together, you can be a voice to end poverty in your family, friends and community.

[To Register!](#)