



# RIFTHP “Ten Dollar Tuesdays”

*Select Tuesdays, January – May, 2018*

Now that the holidays are over, and you are “back to school,” you may be looking for ideas to better manage your classroom, handle disruptive students, engage all learners, strengthen your instructional tools and/or increase your “tech tools” skills.

If so, plan to attend one or more of the Rhode Island Federation of Teachers’ hands-on, interactive “Ten Dollar Tuesday” PD sessions. Different sessions will be held on selected Tuesdays throughout the second semester of the 2017-18 school year. These sessions are based on AFT’s/RIFTHP’s highly acclaimed professional development modules and address issues that you have identified as important to your and your students’ success. Each session will be facilitated by a nationally trained RIFTHP colleague and will provide you with lots of great ideas and opportunities to learn and share with fellow educators.

**Sessions will be held on Tuesdays from 4:30 PM – 6:30 PM at the Institute for Labor Studies and Research, 1540 Pontiac Avenue, Cranston and the registration fee for each session is just \$10.** Register for One or MORE of these sessions at [squareup.com/store/RIFTHPPD](http://squareup.com/store/RIFTHPPD) (You may register for multiple sessions at once or one at a time. Registration for each session will close ONE WEEK prior to its scheduled date or when the class size reaches 25.)

**The following is the schedule of offerings. They were selected based on the issues you identified as your most important PD needs and we hope you’ll take advantage of this great “Ten Dollar Tuesday” opportunity and register soon.**

[January 30](#)     **Introduction to Mindfulness:** *Research indicates that mindfulness can help children improve their ability to pay attention, retain information, calm down when upset and make better decisions. This session will introduce you to mindfulness practices that both you and your students can use.*

[February 6](#)     **Managing Behavior in School Communities I:** *Frustrated with your attempts to manage your students’ disruptive behavior? Learn about the critical stages in the Acting Out Cycle and effective strategies for de-escalating disruptive behavior.*

[February 13](#)     **Tech Tools: Engaging Students with Technology:** *Looking for a new “Tech Tool” to add to your instructional repertoire? Learn how to have students respond to text with #booksnaps, a creative way to get students actively engaged in their reading.*

[February 27](#)     **More Mindfulness:** *There is a strong connection between mindfulness and students’ emotional regulation and cognitive focus. Discover activities to help your students focus on mindfulness of thoughts, emotions, empathy, gratitude and kindness. Find out how learning from “the inside out” can benefit you and your students.*

[March 13](#)     **Managing Behavior in School Communities II:** *Are your current classroom management techniques really working? Learn how to better understand, recognize, and analyze a broad range of student behaviors and effective strategies to intervene and de-escalate them.*



