



## Rhode Island Federation of Teachers & Health Professionals

### Winter-Spring 2021 Virtual PD Sessions

Based on the success of last Spring and Fall's Virtual Professional Development sessions, the Rhode Island Federation of Teachers & Health Professionals is pleased to announce its commitment to continuing its '20-'21 Virtual PD throughout Winter-Spring, 2021, with additional sessions beginning February 10<sup>th</sup>. We will continue our focus on Tips and Tools that you can use right away, Wellness and Self-Care and Strategies for helping students deal with Trauma as well as additional sessions on Student Engagement and Anti-Racism / Equity.

**We have added 18 sessions for this series, and you can see the schedule below. Sessions can be accessed in "real time" or in their recorded form at <https://sites.google.com/riilsr.org/riftpddl/home>**

**Please note that most sessions will run for 60 minutes (7:00 PM – 8:00 PM) although the some will run for 90 minutes (7:00 PM – 8:30 PM).** PLU Certificates will be provided for each session. *These certificates are important evidence in meeting the PLU requirement for re-certification.*

### Session Descriptors:

**Wednesday, 2/10, 7:00 PM – 8:00 PM: Reflection and Healing from 2020**, *presented by Kim Ochs, West Warwick Teachers Alliance and Sharon Usher, Pawtucket Teachers Alliance:* Each Wellness Wednesday we will connect, reflect, and learn together. We will practice strategies to cultivate overall well-being and have opportunities to support each other through these challenging times. *This session focuses on practices to heal from the trauma and stress of 2020 and strategies to move forward while taking lessons learned with us.*

**Thursday, 2/11, 7:00 PM-8:00 PM: Google Jamboard**, *presented by Kathy Torregrossa and Peter Guyon, Cranston Teachers Alliance:* Interactive Whiteboard for Engaging Student Activities in Real Time or as Assignments in Google Classroom. Jamboard is now an option in Google Meet settings. We have lots of templates and ideas to share in this interactive session.

**Tuesday, 2/23, 7:00 PM-8:30 PM: Supporting Students with Grief and Loss**, *presented by Melissa Labossiere, Pawtucket Teachers Alliance and Kim Ochs, West Warwick Teachers Alliance:* It is common and normal for young people to grieve. A sensitive educator can powerfully support a grieving student and promote mental health. Participants will learn more about the impact of bereavement on learning, strategies to talk about death and ideas for support.

**Wednesday, 2/24, 7:00 PM-8:00 PM: Overcoming the Winter Blues**, *presented by Kim Ochs, West Warwick Teachers Alliance and Sharon Usher, Pawtucket Teachers Alliance:* Each Wellness Wednesday we will connect, reflect, and learn together. We will practice strategies to cultivate overall well-being and have opportunities to support each other through these challenging times. *This session will focus on practices we can do to maintain mental well-being and happiness in the cold, dark months of winter.*

**Wednesday, 3/3, 7:00 PM-8:00 PM: Quietening the Inner Critic & Embracing Imperfections**, *presented by Kim Ochs, West Warwick Teachers Alliance and Melissa Labossiere, Pawtucket Teachers Alliance*: Each Wellness Wednesday will connect, reflect, and learn together. We will practice strategies to cultivate overall well-being, and have opportunities to support each other through these challenging times. *This session will focus on how to be kinder to ourselves, embrace our imperfections and celebrate our uniqueness as teachers and as people. We all have that inner critic, and we will learn how to notice it, instead of believing it.*

**Thursday, 3/4, 7:00 PM-8:00 PM: Pixel Art Mysteries**, *presented by Kathy Torregrossa and Peter Guyon, Cranston Teachers Alliance*: Fun engaging student activity to practice/review skills in any content area! Many ready to use templates and resources will be shared along with time to play.

**Tuesday, 3/9, 7:00 PM-8:00 PM: Google Tools FAQs**, *presented by Kathy Torregrossa and Peter Guyon, Cranston Teachers Alliance*: We will address questions submitted via a Google form on the RIFTHP PD site in a LiveStream event covering common concerns, Google updates, student engagement strategies, and more based on the questions submitted.

**Wednesday, 3/10, 7:00 PM-8:00 PM: Giving Yourself the Gift of Time: The Power of the Pause**, *presented by Kim Ochs, West Warwick Teachers Alliance and Melissa Labossiere, Pawtucket Teachers Alliance*: Each Wellness Wednesday we will connect, reflect, and learn together. We will practice strategies to cultivate overall well-being and have opportunities to support each other through these challenging times. *This session will focus on the importance of taking time to get out of the doing mode and into the being mode. We will explore the benefits of taking a pause and learn how to give ourselves permission to do so.*

**Wednesday, 3/17, 7:00 PM-8:00 PM: The Power and Practice of Gratitude**, *presented by Kim Ochs, West Warwick Teachers Alliance and Melissa Labossiere, West Warwick Teachers Alliance*: Each Wellness Wednesday we will connect, reflect, and learn together. We will practice strategies to cultivate overall well-being and have opportunities to support each other through these challenging times. *This session will explore the practice of gratitude and the scientific connection between health, happiness and expressing gratitude.*

**Thursday, 3/18, 7:00 PM-8:30 PM: SEL 1.0 | An Introduction to Social & Emotional Learning (Part 1 of a 3-part series)** *presented by Melissa Labossiere, Pawtucket Teachers Alliance and Kim Ochs, West Warwick Teachers Alliance*: Social & Emotional Learning 1.0 is an introduction to SEL standards adopted by RIDE and based on the work of CASEL. Participants will be introduced to activities that can promote SEL in the classroom through Welcoming Rituals, Engaging Activities & Optimistic Closures. This is Part 1 of 3 part series.

**Tuesday, 3/23, 7:00 PM-8:30 PM: SEL 2.0 | Activities that promote SEL in your classroom (Part 2 of a 3-part series)**, *presented by Melissa Labossiere and Sharon Usher, Pawtucket Teachers Alliance*: Social & Emotional Learning 2.0 will engage participants in activities that promote SEL in the classroom through the 3 signature practices that were introduced in session 1. SEL Classroom resources and strategies will be shared.

**Wednesday, 3/24, 7:00 PM-8:30 PM: SEL 3.0 | Sharing of strategies & resources to promote SEL in the class, team & school. (Part 3 of a 3-part series)**: *presented by Melissa Labossiere, Pawtucket Teachers Alliance and Kim Ochs, West Warwick Teachers Alliance*: Social & Emotional Learning 3.0 will provide resources to enhance SEL strategies in the classroom, with your team and school. Participants will have opportunities to share what SEL strategies are working for them.

**Thursday, 3/25, 7:00 PM-8:00 PM: Conversations Around Equity 1**, presented by Audra McPhillips and Paul Bovenzi, West Warwick Teachers Alliance: In this session participants will engage in a series of experiences that will allow for opportunities to examine and reflect on personal bias and discuss its impact on students and the school community. Readings and videos from Verna Myers and Kate Gerson and four agreements from Glenn Singleton will provide common understandings and prompt courageous conversations.

**Wednesday, 3/31, 7:00 PM-8:00 PM: Conversations Around Equity 2**, presented by Audra McPhillips and Paul Bovenzi, West Warwick Teachers Alliance: In this session, participants will learn strategies to promote equity within the classroom and instructional practices necessary to close the opportunity gap created by systemic bias and racism. Participants will learn practical strategies to improve instruction and also commit to adaptive change within themselves as practitioners. Time will be provided to reflect and plan some action steps that will allow us to disrupt the current system in order to provide meaningful, engaging and affirming grade-level instruction and work to all students.

**Tuesday, 4/6, 7:00 PM-8:00 PM: Engagement & Impact in Any Setting | Teacher-Student Relationships (Part 1 of a 3-part series)**, presented by Melissa Labossiere and Sharon Usher, Pawtucket Teachers Alliance: Based on the [Distance Learning Playbook](#) by Fisher, Frey & Hattie, this session will discuss research-based strategies to promote Teacher- Student Relationships in any setting.

**Thursday, 4/8, 7:00 PM-8:00 PM: Engagement & Impact in Any Setting | Engaging Tasks (Part 2 of a 3-part series)**, presented by Melissa Labossiere and Sharon Usher, Pawtucket Teachers Alliance: Based on the [Distance Learning Playbook](#) by Fisher, Frey & Hattie, this session will discuss strategies to set the conditions for engagement & learning in any setting.

**Tuesday, 4/13, 7:00 PM-8:00 PM: Engagement & Impact in Any Setting | Feedback & Assessment (Part 3 of a 3-part series)**, presented by Melissa Labossiere and Sharon Usher, Pawtucket Teachers Alliance: Based on the [Distance Learning Playbook](#) by Fisher, Frey & Hattie, this session will engage participants in discussion on the impact of effective feedback and its impact on student achievement in any setting.

**Thursday, 4/15, 7:00 PM-8:00 PM: End-of-Year Student Engagement Tools to Demonstrate Learning**, presented by Kathy Torregrossa and Peter Guyon, Cranston Teachers Alliance: We will share some fun tools students can use at the end of the year to demonstrate: understanding of content, listening & speaking skills, and games to review content before exams!

We hope you will join us for one or all of these sessions. Remember, you can access them at our RIFTHP Google Site: <https://sites.google.com/riilsr.org/riftpddl/home>