



visit www.edcowny.org/workshops-and-conferences for details or to register .

**Depression and Suicide Safety for School Staff
(Train-the-Trainer) (7 CTLE)**

Tuesdays, Feb. 4, Feb 11, & May 19

3:30-5:30 pm

at Crisis Services

Presenter: Dr. Celia Spacone (Crisis Services of Erie Co.)

This Train-the-Trainer workshop is designed to certify school personnel as a Suicide Safety for School Staff Trainer .

**The Mindful Classroom:
An Introduction to Mindfulness for Educators
(5 CTLE)**

Tuesdays, Feb. 25 and March 3

3:30—5:15 pm

at The Park School

Presenter: Mary Carol Dearing, Grow Mindful WNY

An introduction to mindful awareness principles and approaches which are growing in popularity in schools. We will explore lesson progression, how to integrate practices into the classroom routine and build a foundation for fostering a supportive network among participants.

Additional Electives for those who complete the above introductory class:

**Sensory Awareness: Body-based Mindfulness Practices
(1.5 CTLE)**

Tuesday, March 24, 3:30—5:15 pm

**Thoughts and Feelings: Mindfulness Practices to Focus the
Mind (1.5 CTLE)**

Tuesday, April 7, 3:30—5:15 pm

**Heart and Interconnectedness: Compassion, Gratitude and
Generosity Practices (1.5 CTLE)**

Tuesday, April 21, 3:30—5:15 pm

Yoga for Teachers and Classrooms

Thursday, February 27, 2020

4-5 pm

at Nichols School

Presenter: Danielle Vallas (certified Yoga instructor), Mental Health Counselor, Nichols School

Learn the basics of mindfulness and yoga and how to use it in your school setting. Yoga and Mindfulness helps students with focus, attention, and reduces anxiety and depression. Yoga and Mindfulness may be practiced formally and informally in schools. Dress comfortably!.

Youth Mental Health First Aid (8 hour course)

Saturday, March 14, 2020

8 am—4 pm

at Tapestry Charter School

Presenter: Compeer Buffalo

Course is designed to teach parents, family members, caregivers, teachers, school staff, peers, etc. how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

Educator Self Care Seminar

Saturday, March 21, 2020

8:30 am—11:30 am

at Tapestry Charter School

Presenters: Molly Rosinski, Jessica Mascle, Vicki Schroeder - Plant.Learn.Grow

Do you want to feel rejuvenated as an educator? This seminar will give educators tools to: reduce stress and anxiety, understand the power of gratitude, learn to live in the present moment and mindfulness techniques, retrain their thought process away from negative cycles, increase resiliency and longevity in their careers and life, and improve quality of work/life balance.

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Grant Writing Workshop for Educators to Promote Environmental Education with K-12 Learners (3 CTLE)

Thursday, Thursday, Jan. 23 and Thursday, Feb. 6,
3-5 pm

Location : Buffalo State College, Science & Math Building

Presenters:

Monica L. Miles, PhD, Coastal Literacy Specialist, NY Sea Grant - Cornell Univ., Associate Director, Great Lakes Program - UB

Holly Schreiber, PhD, Education Director, Penn Dixie Fossil Park and Nature Reserve

Emily Sheridan, Eastern Great Lakes Watershed Coordinator; Great Lakes Program, New York State Department of Environmental Conservation/ Natural Heritage Trust

Mary Ronan, NYSDEC Environmental Educator, Reinstein Woods Nature Preserve

This workshop will train educators to understand available grants and how to apply for funding to support integrating place-based environmental education in the classroom and covering the costs for field trips and stewardship projects. We will provide information on grant opportunities that are available and focus on how to apply for funding independently and in partnership with environmental education nonprofits, higher education community programs, and/or state entities.

Blogging and Podcasting as Evidence of Learning (3 CTLE)

Via Zoom Video Conference Meetings

- Thursday, Feb 6 and March 5, 3:30-4:30 pm
- In Person Follow Up Meeting, TBA

Kirstin Smith (Lockport Schools)

We will explore the creation of teacher or student websites, blogs, podcasts, etc. that may be used as a methodology for teachers to expand their personal learning networks, or students to showcase their learning. We will work on brainstorming and designing our projects, developing rubrics for assessments, and more!

Flipping in Moderation: How to Implement Flipped Coursework Over Time (1.5 CTLE)

Thursday, April 2

3:45—5:15 pm

Nardin Academy

Presenter: Alex Ladowski, Nardin Academy

This workshop will explore the flipped classroom teaching method, what it is, how it works, and when it works best. Instructor will also share tips and tools to help you implement in your own classroom.

Making Math Meaningful: What are We Teaching and Why (3 CTLE)

Thursday, May 21 & Thursday, 28

3:30—5:00 pm

Place TBA

Presenter: Caitlin Littlefield, Buffalo Seminary

Math is usually labeled as a rote and black/white subject. Many people identify very early as being "good" at math or not, and self-maintain that label throughout life. However, math doesn't have to be like that! This workshop will start with a presentation on recent math pedagogy research and practices, and end with participants using these skills and ideas to create a unit plan based on the ideas presented. (Best for G 6-12)

EDCO MEMBER SCHOOLS

Bishop Timon, Buffalo Academy of the Sacred Heart, Buffalo Seminary, Canisius High School, Cardinal O'Hara, Mount Mercy Academy, Mount Saint Mary Academy, Nardin Academy, Nichols School, Park School, St. Francis High School, St. Joseph's Collegiate Institute, St. Mary's High School, The Gow School

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