

SMSD & CIA Presents...

SELF-CARE *To* ALL CARE

*Friday,
November 3rd*

8:30 A.M. -
3:30 P.M.

"A day of learning, self-care,
mental health, and fun!"



What to Expect:



INSTRUCTIONAL SESSIONS

Instructional and academic sessions will take place in the morning



SELF-CARE SESSIONS

Followed by fun, relaxing, & informative self-care and mental health sessions

Friday, November 3, 2023

District Professional Development Day AM

Session 1 8:00 AM – 9:30 AM
 Session 2 9:45 AM – 11:15 AM

The morning will consist 2 sessions. The first session will be a continuation of Talk Read Talk Write (TRTW) and the second session will be content specific (unless otherwise noted). Click on the session to register. There is a 15-minute transition time between each session to allow staff to move from place to place.

Time	Topic/Session Title	Presenter(s)	Location	Attendees	Materials Needed
Session 1 & 2	Library Services	Horace Shane Kenney	HS Library Flex Area	Librarian/Library Aide	Planning Calendar
Session 1 & 2	NISE/Lesson Progression	Dr. Perry-Allen & Tiffany Fondal	SSMA Conference Room	SSMA Teachers	
Session 1	Disc Golf	Sergio Hinojosa	Elementary Gym	PE/Athletics	
Session 1	Apple in Action: Reloaded	Stephanie Jernigan & Zenikka Nichols	HS Library Lab	All (Any teacher PK-12)	iPads
Session 1	TRTW LOTE	Dr. Castro & Mr. Zepeda	SMSD Admin Room 111	LOTE Teachers	TRTW Book
Session 1	TRTW in Secondary Science & Social Studies	Dr. Blanco and Dept. Chairs	SHS Criminal Justice Room	Secondary Science and Social Studies Teachers and Para-educators	TRTW Book
Session 1	TRTW in Secondary Math	Stephens, Nichols, Lalani, Benson	SHS Cafeteria	Secondary Math Teachers and Para-educators (incl. Goodwin & Jones) CTE Teachers, Fine Arts	TRTW Book
Session 1	TRTW in Secondary RLA	Devonish, Hayes-Jones, Gray	SMSD Board Room	Secondary RLA Teachers and Para-educators (incl. Hodge & Ellas) CTE Teachers, Fine Arts	TRTW Book
Session 1	TRTW PK-K	Claudia Orduña & Tierra Martin	ECC Library	PK-K Teachers and Para-educators / Fine Arts	TRTW Book
Session 1	TRTW RLA/Social Studies	Vonetta Carey	SSMA Cafeteria	Gr. 1-5 Teachers and Para-educators	TRTW Book
Session 1	TRTW Math/Science	Virginia Jones Burnett	SSMA Cafeteria	Gr. 1-5 Teachers and Para-educators / Fine Arts	TRTW Book

Session 2	LOTE Best Practices	Dr. Castro & LOTE Teachers	SMSD Admin Room 111	LOTE Teachers	
Session 2	MS Science	Dr. Blanco	SHS E119	MS Science Teachers and Para-educators	
Session 2	Gradual Release Math	Martin/Sherwood/Butler/Jones	SSMA Cafeteria	ECC/Elem Math Teachers and Para-educators	
Session 2	Writing Conferences and Student Feedback RLA	D Williams/Ervin/ Carey	Elem Library	ECC/Elem RLA Teachers and Para-educators	
Session 2	Secondary Fine Arts	Rod Rodriguez	SHS Band Hall	Secondary Fine Arts Teachers	
Session 2	Instructional Accommodations	Dr. Evelyn Castro & Ms. Orduña	SMSD Admin Room 108	CTE Teachers	
Session 2	Apple in Action: Reloaded	Stephanie Jernigan & Zenikka Nichols	HS Library Lab	All (Any teacher PK-12)	iPads
Session 2	HS Science	Kayla Plaster	SHS G105	HS Science Teachers and Para-educators	
Session 2	Secondary Social Studies	Matthew Tucker & Chris Reid	SHS Criminal Justice Room	Secondary Social Studies Teachers and Para-educators	
Session 2	Secondary Math	Stephens, Nichols, Lalani, Benson	SHS Cafeteria	Secondary Math Teachers and Para-educators (incl. Goodwin & Jones)	
Session 2	Secondary RLA	Devonish, Hayes-Jones, Gray	SMSD Board Room	Secondary RLA (incl. Hodge & Ellas) Teachers and Para-educators	
Session 2	Be Like Elsa: <i>Let It Go!</i> Effective Co-Teach Model	Jeannie Sosa & Sandra Henry	ECC Library	PreK-5 th Grade Teachers and Para-educators, Fine Arts PreK-5	
Session 2	Archery	Sergio Hinojosa	Elementary Gym	PE/Athletics	

Friday, November 3, 2023

District Professional Development Day PM

 Being One: Self-Care to ALL Care!

The afternoon session will consist of three 45-minute mini-sessions. You will choose one course to attend for each time slot. You *must* attend the course you have registered for; NO Walk-Ins will be allowed. Click on the time you would like to attend for each mini-session to register. There is a 15-minute transition time between each session to allow staff to move from place to place.

Time	Session Title	Presenter(s)	Location
12:30 PM - 1:15 PM	Compassion in Action	Dr. Evelyn Castro	SHS Rm. G110
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Coping Tools for Mental Health Dealing with Serious Illness	Chris Brown & Danielle Joseph	SHS Rm. F123
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Crafting Out Your Stress with Button Art	Maria Abreu & Claudia De Los Santos de Orduña	SHS Rm. G101
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Escape with Photography	Joshualee Vivar & Isabelle MacCrimmon	SHS Rm. F103
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Fall in Love with Flowers	Paige Reese	SHS Floral Lab (Rm. A115)
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Feeling Overwhelmed? Hit the Reset Button!	Stephanie Reagle	SHS Rm. F125
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Healthy Body, Healthy Mind	Chef Martino & Chef Mora	SHS Sparta Café
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Karaoke	Holly Ritter	SHS Choir Room
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			

12:30 PM - 1:15 PM	Karaoke is My Therapy: Part 2-The Remix	Twyla Hynes, Aisha Atkinson, & Joyce Wilkins	SHS Criminal Justice Room
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Mental Recess	CIA Admin. Assts.	SMSD Plaza
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Nurturing Resilient Leaders: Cultivating Equitable Excellence in Adult Education	Dr. Jarad Davis	SHS Rm. G115
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Painting with (Half) a Twist (1)	Tammy Bui	SHS Rm. J120
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Painting with (Half) a Twist (2)	Melissa Griffin	SHS Rm. J122
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Pay Attention Please: Increasing Engagement in the Classroom	Dr. Kathie Blanco	SHS Rm. E119
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Promoting a Healthier You!	Dr. Pauline Monsegue-Bailey	SHS Rm. F110
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	Supporting Students' Emotional Well-Being: Understanding and Addressing Emotional Poverty in the Classroom	Verlincia Prince	SHS Rm. G114
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			
12:30 PM - 1:15 PM	The Play Factor: Music, Meditation and Motivation	Dr. Melissa Earls	SHS Rm. F132
1:30 PM - 2:15 PM			
2:30 PM - 3:15 PM			

Courses

Session 1: 12:30 PM – 1:15 PM

Session 2: 1:30 PM – 2:15 PM

Session 3: 2:30 PM – 3:15 PM



Compassion in Action

SHS Room G110

Presenter(s): Dr. Evelyn Castro

Max Participants per Session: 25

Explore ways to maintain a compassionate presence in our interactions with students, families, and colleagues.

Coping Tools for Mental Health Dealing with Serious Illness

SHS Room F123

Presenter(s): Chris Brown & Danielle Joseph

Max Participants per Session: 20

People make certain decisions based on some sort of abuse, trauma, or neglect. Because of this process of thinking, some of the outcome's backfire to worse, learning experiences. People make decisions based on a situation that includes discrimination or some stigma from social disadvantages, poverty or debt. The impact of cancer and its treatments is undeniably stressful. The diagnosis affects everyone in a negative way. Some people feel overwhelmed by the situation and do not know how to talk or express their feelings. An unexpected change in a health care crisis brings all types of emotions from sadness, anxiety, depression, anger, and more so hopelessness. We want to be able to help those people who have intense, disturbing thoughts and feelings related to their experience that last long afterwards. Help with the resources that can assist clients who are experiencing sadness, fear, and anger. We want to support all who feel detached or estranged from the changes that are taking place in life.

Crafting Out Your Stress with Button Art

SHS Room G101

Presenter(s): Maria Abreu & Claudia De Los Santos de Orduña

Max Participants per Session: 15

Using multisensory skills and working out stress through a creative outlet. Participants will understand how art boosts your mental health.

Escape with Photography

SHS Room F103

Presenter(s): Isabelle MacCrimmon & Joshualee Vivar

Max Participants per Session: 15

Discover beauty wherever you are and create instant art with portrait and still life photography! This course will offer composition tips and assistance in your camera! This hobby can help you discover how easy it is to create something wonderful and allow you to escape from life's worries even for a moment.

Fall in Love with Flowers

SHS Rm. A115 Floral Lab

Presenter(s): Paige Reese

Max Participants per Session: 16

Join Stafford Blooms Floral Design in creating a beautiful, yet easy to recreate, basket of flowers for fall. We hope that you fall in love with flowers but recognize the potential to design arrangements at any season. After all, this hobby is easy to take on at home and can help you relax, unwind, and spread joy!

Feeling Overwhelmed? Hit the Refresh Button!

SHS Room F125

Presenter(s): Stephanie Reagle

Max Participants per Session: 20

This presentation's purpose is to support overwhelmed teachers and staff. We will discuss ways to find joy in our jobs and in our lives. Teachers will find ways to increase the one commodity that everyone needs the most: Time.

Healthy Body, Healthy Mind

SHS Sparta Café

Presenter(s): Chef Martino and Chef Mora

Max Participants per Session: 20

Take the stress out of your holidays with easy entertaining! Join Chefs Martino and Mora for a class in creating your own charcuterie board. You will learn about flavor combinations, texture contrasts and aesthetic design. Be prepared to create a small charcuterie cup to enjoy at the end of class.

Karaoke

SHS Choir Room

Presenter(s): Holly Ritter

Max Participants per Session: 20

Enjoy being a rock star for a day! Sing your favorite hits.

Karaoke is My Therapy: Part 2-The Remix

SHS Criminal Justice Room

Presenter(s): Twyla Hynes, Aisha Atkinson, & Joyce Wilkins

Max Participants per Session: 20

This session is a liberating and joyful outlet for self-expression. It offers participants a chance to destress, boost self-confidence and forge connections through the healing power of music.

Mental Recess

SMSD Plaza

Presenter(s): CIA Admin. Asst.

Max Participants per Session: 45

Recess is a break from doing something, like work or school. Almost everyone looks forward to taking a *recess* — even if you don't have access to monkey bars. Take a break from the rigors of concentrated academic challenges in the classroom and play.

Nurturing Resilient Leaders: Cultivating Equitable Excellence in Adult Education

SHS Room G115

Presenter(s): Dr. Jarad Davis

Max Participants per Session: 25

Immerse yourself in a transformative session that empowers educational leaders to leverage research on educator well-being for sustained success. This dynamic experience invites leaders to explore the impact of internal self-reflection on transforming practices. Discover how to bolster staff well-being, foster a culture of equity and excellence in classrooms, and navigate challenges with resilience. Engage in reflective practices crafted to cultivate strengths and identify areas for growth in adult well-being. Walk away equipped with actionable strategies that not only establish areas of improvement but also fuel a resilient, impactful, and thriving educational environment.

Painting with (Half) a Twist

SHS Room J120

Presenter(s): Tammy Bui

Max Participants per Session: 15

Are you an artist in a teacher's body? Would you enjoy expressing yourself in other ways than classroom management? Do you appreciate the simple pleasure of pushing paint around on canvas? Use artistic methods to enhance mental health.

Painting with (Half) a Twist

SHS Room J122

Presenter(s): Melissa Griffin

Max Participants per Session: 15

Are you an artist in a teacher's body? Would you enjoy expressing yourself in other ways than classroom management? Do you appreciate the simple pleasure of pushing paint around on canvas? Use artistic methods to enhance mental health.

Pay Attention Please: Increasing Engagement in the Classroom

SHS Room E119

Presenter(s): Dr. Kathie Blanco

Max Participants per Session: 15

Learn ways to increase engagement in the classroom through the use of purposeful movement. Come ready to move and have fun

learning. Leave with new strategies to use in your classroom that increase engagement, retention of content, and class cohesion.

Promoting a Healthier You!

SHS Room F110

Presenter(s): Dr. Pauline Monsegue-Bailey

Max Participants per Session: 30

Purpose: School staff have stressful and rewarding jobs and struggle with work-life balance. This session aims to promote healthier thinking and strategies necessary for a healthy lifestyle.

Expected Outcome: Increase awareness of personal needs
Increase awareness of the time it takes to incorporate self-care
Increase the understanding and overall need for well-being
Increase attendees' understanding of how self-care helps mood and performance.

Supporting Students' Emotional Well-Being: Understanding and Addressing Emotional Poverty in the Classroom

SHS Room G114

Presenter(s): Verlinca Prince

Max Participants per Session: 20

In this interactive professional development session, we will explore the crucial topic of addressing emotional poverty in the classroom. We will dive into understanding what emotional poverty is and why it is essential to recognize and address it in the educational setting.

The Play Factor: Music, Meditation and Motivation

SHS Room F132

Presenter(s): Dr. Melissa Earls

Max Participants per Session: 25

Play helps to restore brain chemistry and causes the whole brain to operate in a more efficient way. It's no secret that play fosters numerous adaptive behaviors such as creativity, role rehearsal, and mind/body integration. Play also increases self-esteem and decreases stress. It is in playing and only in playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative the individual discovers the self" (Winnicott, 1971). Physical motion also invites release of stress/tension.