



## Professional Learning Courses

STC will continue with a format of Synchronous/Asynchronous courses this year, as well as some face-to-face options. Delivery method will be indicated. To register for a course using a Google Classroom platform, you will need a personal gmail account. They are free and easy to set up. A school or college email will block access to Classroom. The registration form will indicate if this is needed.

### Fine Print

In the Fall fees will be at a reduced rate for 2024-2025 school year at just \$1/credit hour. Payment required prior to course start. Unpaid spots will be released.

**Your registration fee will be forfeit** for cancellations received **less than 5 days from start date**. No Shows will be charged the \$15 as well.

Space is limited. We will create a wait list if there is enough interest.

Completion of all work as well as attendance to the synchronous sessions is required to receive full credit.

**Participants must have video enabled** for the duration of synchronous sessions

All courses are CTLE eligible, unless otherwise indicated.

Courses that have been pre-approved for pro-growth by Frontier/Hamburg will be noted. You are responsible for any prior approval forms your district requires.

Register online:  
[southtownteacherscenter.org](https://southtownteacherscenter.org)

*"Service to all who educate."*  
[southtownteacherscenter.org](https://southtownteacherscenter.org)

Vanessa@  
[SouthtownTeachersCenter.org](mailto:Vanessa@SouthtownTeachersCenter.org)

### STC Courses for 2024-25 !

**STC Courses will have a \$15 Registration Fee**

Payable by cash, check, credit card

or a Hamburg CSD Prior Approval form

**\*Late cancellation/No Shows will be Charged \$15**

### Free

## Educator Wellness Institute

Sponsored by the

Far West Teacher Center Network!

See Pages 4-5

for more details and to pre-register



Register online for these workshops at

[www.southtownteacherscenter.org/  
course-catalog](https://www.southtownteacherscenter.org/course-catalog)



## Effective Strategies for Awakening Creativity in Your Classroom

**Target Audience:** Teachers K-12

**Category:** Instructional Strategies/ Best Practices/Technology

**Approvals:** Hamburg Pro-Growth / Hamburg Tenure Elective  
Frontier Pro-Growth/Tenure Elective

**Fee:** FREE

**Hours:** 15 Hours

**Instructor(s):** Kim Mattioli

**Dates:**

**IN PERSON at BIG TREE ELEMENTARY (LMC)**

**4:00-5:15pm**

**Instructional days:** March 26, April 2, 9, 23 & 30

**Asynchronous assignments will be given to work on at**

**home. You must attend ALL Sessions to get**

**full credit. There are no make-ups**

**available for this course.**

**Registration:** Open now

**Maximum 12**

Teachers are far more than just deliverers of content. Teaching is a creative profession! Awaken joy in the creative expression of you and your students. Transform your classroom into a fun, colorful room for your students to learn and grow together. Participants will be introduced to Canva, Cricut for Teachers, Pixton, TeacherTube, and many other educational planning websites. During this interactive course you will discover, design, and actually create materials of your choice for immediate use in your classroom! Participants will do research, discover creative and effective techniques to use with their students, and design and create materials to immediately use in their classroom. Since these activities will be applicable to any grade level, the participants will be able to create materials pertaining to their own curriculum and standards, in any curriculum area of their choice.

You will be asked to create accounts (if you don't have one already) and complete tasks at home equal to 7 hours of time. Participants will need to submit 5 items they have created using the programs covered in the course. We will provide a Google Folder for each participant to upload their work to for their portfolio. On Aug 6th & 8th you will be able to bring in your own device and work on creating materials you can create on site. This may or may not be items submitted to your portfolio. The Teacher's Center will be open for us to use the Cricket and Vanessa will be able to



make copies and posters and laminate any materials you create for the course. A STC Credit of \$15 will be given to each participant to help get them started. Cricket materials such as vinyl, cardstock etc...is the responsibility of the participant.

**YOU MUST BRING YOUR OWN COMPUTER OR TABLET THAT HAS ACCESS TO CANVA/CRICKET/INTERNET TO WORK ON FOR THE COURSE.**

## Uncommon Sense Teaching: Practical Insights in Brain science: to help students learn Book Study

**Target Audience:** Teachers **\*\*NEW**

**Category:** Instructional Strategies,  
**Best Practice**

**Approvals:** Hamburg Pro- Growth/  
**Tenure Elective**

**Frontier Pro-Growth/Tenure Elective**

**Fee:** \$15 (waived with prior approval from HCSD)

**Hours:** 15 Hours

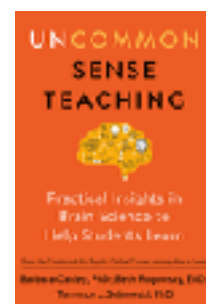
**Instructor:** Dr. Matthew Dolegowski

**Dates:** Course begins with asynchronous reading and assignments on April 7. Synchronous Zoom meetings will be on April 28 and May 12 from 4:00-6:30PM (must attend)

**A book will be provided prior to the start date.**

Asynchronous work will be assigned prior to the first online meeting in the form of reading and assignments. Books will be available for loan upon request.

This book study delves into the innovative principals outlined in the book, exploring how insights from brain science can transform educational practices and student outcomes. Participants will engage with key concepts such as cognitive load, memory enhancement techniques and the interplay between emotions and learning. Through interactive discussions, hands-on activities, and projects, educators will learn to apply evidence-based strategies that promote effective teaching and foster a positive learning environment.



## Southtown Teachers Center Wellness Follow-Up Workshops (Register for these directly with Southtown Teachers' Center)



### Offering this exciting hands-on creative FREE workshop Saturday, May 2nd

#### Bree Rehac, Licensed Mental Health Counselor, Instructor

During this three-hour workshop, you will be guided through expressive activities to help connect you with your inner-kid. You will leave with the beginnings of your own art journal, some basic supplies, and guides to continue your practice at home. Benefits of intuitive practice include stress reduction, strengthening sense of self, cultivating a practice of play. No experience is necessary to participate, as the instructor will ask you to suspend all self-critique and judgement in order to fully engage with your intuition.



### \*\*\*FREE\*\*\* Cross First Aid Training and More!

**Audience:** Anyone seeking training. Teachers, Aides, Assistants, Support Staff.

**Category:** Health and Wellness/SEL CTLE Hours Given: 8

**Fee:** FREE

**Instructor:** Jess Dollendorf, Red Cross Certified Trainer with the Child Care Resource Network

Self-paced online modules must be completed by May 14th Final Session IN-PERSON on Monday, May 19th 4:15-6:16pm

Course components will be self-paced. There will be a **MANDATORY IN=PERSON SESSION on Monday May 19th from 4:15-6:15pm for the Red Cross Certification. You MUST be able to attend the full in-person session to be certified. All course work must be completed by May 14th to attend.**

You will earn the American Red Cross Certification for Adult/Pediatric CPR; First Aid; and AED, which is valid for two years.



**This training will also include certification in the following skill boosts:**

- Anaphylaxis and Epinephrine Auto-Injector Administration (Epi-Pen)
- Life-Threatening Bleeding and Tourniquet Application
- Opioid Overdose and Naloxone Administration  
(We will have try to have Narcan available for you to take home)

#### OPTIONAL MODULES\* CTLE HOURS: 6

- Emergency Preparedness/ Restorative Practices with children and adult self-care
- Adverse Childhood Experiences

\* If you need to reach a 15 hour pro-growth requirement of the districts, or would like to take additional training, STC can make these available upon request.

#### NOTE:

Once the course minimum is met, we will notify you when the online modules will be opened and a withdraw by date if you need to cancel. If you need to withdraw you must do so **BY THAT DATE**. STC will be billed for all registrations once the modules open. You will be responsible for the \$95 training fee if you **withdraw after the module access is open or you do not attend the in-person day on May 19th.**

**REGISTER FOR THIS EVENT USING THE QR CODE!**



FAR WEST TEACHER CENTER NETWORK PRESENTS

# Educator Wellness Institute 2025



**FREE**

**5 CTLE HOURS PROVIDED**



**DETAILS**

**Saturday, April 5,  
8:30 am-3 pm  
Hilbert College**

5200 South Park Avenue Hamburg, NY 14075  
Event includes a keynote, breakout sessions, lunch (on your own), and prize giveaways!

**KEYNOTE SPEAKER**

**Dr. Hilary Denison, of Vital Roots  
Chiropractic and Wellness**  
***Microdosing Calm: Shift your Perspective  
on Wellness***

Dr. Hilary Denison, of Vital Roots Chiropractic and Wellness, challenges the prevalent "all or nothing" mentality surrounding self-care, advocating instead for a more sustainable approach. Dr. Denison emphasizes the implementation of small, manageable shifts and shows how they can lead to significant long-term benefits for overall wellness. Participants will gain insights and strategies for achieving habitual wellness success.

**SESSIONS**

**20 different 50-minute sessions** focused on educator wellness will be offered over the course of the day with the opportunity to attend 4.

**REGISTER HERE**



Or scan QR code  
Don't wait! Registration is limited!






# WELLNESS 2025

## EDUCATOR WELLNESS INSTITUTE 2025

*Presented by the Far West Consortium of Teacher Centers. 20 different 50-minute sessions focused on educator wellness will be offered over the course of the day with the opportunity to attend 4 sessions.*

- Saturday, April 5,  
8:30 am-3 pm  
Hilbert College  
5200 South Park Avenue  
Hamburg, NY 14075
- Event includes a keynote, breakout sessions, lunch (on your own), and prize giveaways!
- Keynote presented by Dr. Hilary Denison, of Vital Roots Chiropractic and Wellness, *Microdosing Calm: Shift your Perspective on Wellness*
- Dr. Hilary Denison challenges the prevalent "all or nothing" mentality surrounding self-care, advocating instead for a more sustainable approach. Dr. Denison emphasizes the implementation of small, manageable shifts and shows how they can lead to significant long-term benefits for overall wellness. Participants will gain insights and strategies for achieving habitual wellness success.



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HOURS  
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