



SOUTHTOWN TEACHERS CENTER

Fall News & Course Offerings

Fall 2025

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.

Fine Print

Fall fees will be at a reduced rate for 2025-2026 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

REGISTRATION STEPS

Register online on our website

www.southtownteacherscenter.org/course-catalog

If requested, you WILL NEED to provide a **Personal GMAIL Account** to join a Google Classroom. A school/college email WILL NOT WORK.

Submit any prior approval paperwork your district requires.
These are SEPARATE THINGS You must do both!

Watch you school email for a welcome from the instructor
3-7 days before the start. Email us if you don't see this 2 days before.

Certificates will be sent to your building once school begins.

STC Courses for 2025 will have a \$15 course registration fee

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

You must attend ALL sessions

Make-up work is at the discretion of the instructor and may not be able to be offered due to the nature of the course. (ie: book study discussions count as part of the hourly credit and can't be replicated)

STC Course Session Start and End Dates

Courses will be processed as completed at the end of each term, which may differ from your course ending date.

Session 1: July-August

Session 2: September 22-October 23

Session 3: November 3-December 11 Session 4: January 12-February 12

Session 5: March 2-April 2

Session 6: April 20-May 21

The STC Office Hours: Tues & Thurs 10am-2:30pm Wed 10-2:30 & 3:30-4:30pm
Closed during bus dismissal and Frontier weather closings.

Located at Big Tree Elementary School in Room 102 | Phone: 716-649-6775

Inquiries and Work Order Requests-Email: Southtowntc@gmail.com

Canva File Orders can be shared to vrehac@gmail.com (our Canva acct.)

Our Lending Library is online!

View our book selections by visiting our website at SouthtownTeachersCenter.org

*"Service to all
who educate."*

southtownteacherscenter.org

**Vanessa@
SouthtownTeachersCenter.org**



SOUTHTOWN TEACHERS CENTER Course Offerings Fall 2025

Deciphering Danielson's Domains

Time: 4:15-5:45pm Synchronous Zoom meeting and 7 hours of asynchronous work

Dates: Thursdays 9/25, 10/9, 16, 23 No class 10/2

Target Audience: Teachers K-12

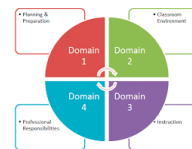
Category: Instructional Strategies

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

Fee: \$15 **Hours:** 15 Hours

Instructor(s): Amber Chandler

Registration: Open now



This course will be particularly relevant for new teachers and those unfamiliar with Danielson. Charlotte Danielson's domains are on each teacher's mind or should be. Each week participants will learn about one domain with a concentration on strategies and documentation to succeed using Danielson's rubric. This course will help teachers approach standards and embed them into their teaching practices to impact learning. Teachers will have a toolbox of best practices as well as methods for demonstrating their proficiency. All sessions come back to the question, "How do I demonstrate this?"

Breaking Barriers in the Classroom

Time: 4:15-5:45pm Synchronous Zoom meeting and 7 hours of asynchronous work

Dates: Wednesdays 10/8, 15, 22, 29

Target Audience: Teachers K-12

Category: Instructional Strategies/Social Emotional

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

Fee: \$15 **Hours:** 15 Hours

Instructor(s): Annette Baldwin and Joe Winiecki

Registration: Open now



Learn how to promote social unity and increase cultural awareness in your school and community by attending this new NYSUT workshop and course for members and local affiliates. The goal is to bridge cultural divides and make our schools and communities more welcoming and inclusive places for people of all abilities and backgrounds by helping participants see beyond their own personal worldviews.

What Happened To You? Book Study Course

Time: 4:15-5:15pm Synchronous Zoom meetings and asynchronous work

Dates: Synchronous online sessions Wednesdays, 11/5, 12, 19, 12/3, 10

Target Audience: Teachers K-12

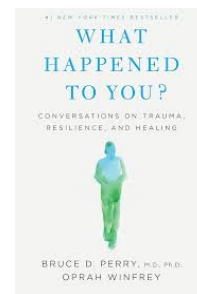
Category: Instructional Strategies/Social Emotional

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

Fee: \$15 **Hours:** 15 Hours

Instructor(s): Karen Waugaman

Registration: Open now



Through deeply personal conversations Dr. Bruce Perry and Oprah Winfrey explore how what happens to us in early childhood influences the people we become. They challenge us to shift our thinking from "what is wrong with you?" to "what happened to you?" The focus is not only on a new understanding of people's behavior but also on trauma's effects on our own lives and the lives of our students. It is a subtle but profound shift in our approach to trauma that allows each of us to understand our past so that we may clear a path to our healthy future. It allows us as teachers to help our students work through their trauma.

Participants will develop an understanding that student behavior is not because the child is "bad."; there are direct links between childhood trauma and ADHD (symptoms) and other behavior issues. If we understand the child, we can understand behaviors and work in a trauma informed manner to address issues that hinder learning. Meets SEL Goal Benchmarks: 1a, 1b, c 2a, 2d, 3a & 3b Limited number of

BOOKS WILL BE PROVIDED TO THE FIRST 12 WHO REQUEST ONE.



SOUTHTOWN TEACHERS CENTER Course Offerings Fall 2025

AI for Educators: Strategies for Effectively Using AI in the Classroom to Enhance Student Learning Book Study Course

Time: 4:15-5:15pm Synchronous Zoom meetings and asynchronous work

Dates: Synchronous online sessions Thursdays, 11/6, 13, 20 12/4 & 11

Target Audience: Teachers K-12

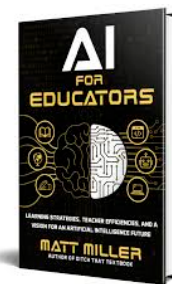
Category: Instructional Strategies

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

Fee: \$15 **Hours:** 15 Hours

Instructor(s): Addie Sausner

Registration: Open now



This professional development course is designed for educators to explore and reflect on the core concepts in Mindset: The New Psychology of Success by Carol S. Dweck. Participants will engage in a deep dive into the concepts of fixed and growth mindsets and explore how these mindsets affect students' learning, motivation, and success. The course will include a combination of self-reflection, discussion, and application of key ideas to classroom practices.

BOOKS WILL BE PROVIDED TO THE FIRST 12 WHO REQUEST ONE.

NEW** Teaching World Languages with the NEW NYS Standards

Time: 4:15-5:15pm Synchronous Zoom meeting and 7 hours of asynchronous work

Dates: 9/29, 10/6, 20, 27, 11/3

Target Audience: World language Teachers

Category: Instructional Strategies/NYS Teaching Standards

Approvals: **PENDING DISTRICT APPROVAL-PLEASE CHECK WITH YOUR DISTRICT**

Fee: \$15 **Hours:** 15 Hours

Instructor(s): Karen Waugaman

Registration: Open now



In this 5 week course we will start with an understanding of the revised NYS Standards and Can-Do statements. We will work through designing proficiency oriented units and lessons using backwards planning. We will work on using authentic documents to build real world proficiency and work on designing assessments aligned with proficiency goals. Finally we will bring all this together by creating a personal action plan!

Mindful Yoga & Book Club

Time: 4:45-6:15pm Synchronous Zoom meetings and asynchronous work

Dates: **IN PERSON Synchronous online sessions**

Tuesday/Thursday 10/7, 9, 14, 16, 21, 23 Big Tree Elementary Room 173

Target Audience: Anyone may join (check with district for stipend approval)

You may join the class even if you aren't eligible for a stipend.

Category: Instructional Strategies/Social Emotional/Classroom Management

Approvals: **PENDING DISTRICT APPROVAL-PLEASE CHECK WITH YOUR DISTRICT**

Fee: \$15 **Hours:** 15 Hours

Instructor(s): Christina Dawson, teacher and yoga instructor

Registration: Open now

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“The Mindful Yoga & Book Club class was the perfect way to unwind after a long workday. The yoga struck a wonderful balance—both accommodating and gently challenging—and the book study added a thought-provoking and uplifting element to the experience. It was relatable both in class and outside of school.” - April - PE Teacher

“The book we listened to while doing yoga during the Mindful Yoga & Book Club was so helpful. It gave me many suggestions on how to think positively and how I can phrase things differently towards students.”- Maria- 3rd Grade Teacher

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This is not your average book club! Participants will combine the practice of mindful yoga and uplifting literature for a holistic learning experience! This class is designed for those who are experienced and brand new to yoga. Bring a yoga mat and water bottle. Participants will engage in 6 one and a half hour yoga classes. While slowly being guided through poses, we will listen to the audio book, Mastering Mindset to Improve Happiness, Health, and Longevity The Positive Shift by Dr. C.Sanderson. Our focus will be on positive mental attitudes and improved wellness. Through text and yoga poses, participants will build on mindful practices explicitly taught through the MindUp curriculum used in many schools. Reflections and mindful practices will be transferred from the participant into classroom and school settings. There are 6 (1.5hr each) in-person classes and 6 hours of asynchronous/independent time journaling that reflects on the audio text and commenting on peer reflections in Google Classroom. We will have a short reflection time at the start of each class where participants will have an opportunity to share pieces of their reflection journal. We will reflect on our journaling and text in a culminating peace circle type of share out in the last session.