

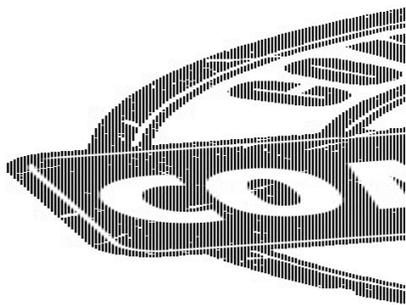


The UPSTATE PDRC

Newsletter, September 2021 Issue 17

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Free of cost services through Title II, Part A and Title IV, Part A of ESSA*

What to Watch, Read, and Do: Motivation For the New School Year



Charting a Course for Student Success

A three part series on helping
students reach grade-level
outcomes in the coming
school year

[Find Out More Here,](#)
or [Register Now!](#)

It's another new school year! Here at the Upstate PDRC, we are so excited to join you on your journey. Every step of the way, we'll be here for you -- for resources, professional development, coaching, or 1:1 support. Whatever it is you need, [send us a line!](#) We look forward to hearing from you!

Meanwhile, we've got you covered with what you can watch, read, and do to keep you motivated this year. Check out the [Watch, Read, Do](#) section below for a list of great resources to bookmark that you'll return to again and again as the school year goes on!

Dear Teachers,

My name is Christina Limson-Harvey and I'm the Facilitator of Online Learning here at the Upstate PDRC. You may have joined me and the

The New York State Office of Higher and Professional Development
 PROFESSIONAL DEVELOPMENT
 RESOURCE CENTER (PDRC)
 The Quality Center for NY Educators Learning Center
 Students Are at the Center of All We Do

**Charting a Course for Student Success
 in the 2021-22 School Year**

Please join us for a three-part series as we explore how to use data to help all students reach grade-level outcomes in the coming school year.

Tuesday, Sept. 21, 2021 4:00 pm - 5:00 pm
 Tuesday, Oct. 5, 2021 4:00 pm - 5:00 pm
 Tuesday, Oct. 19, 2021 4:00 pm - 5:00 pm

Session 1: Dropping Anchor: Stop and Take Stock of Where Your Learners Are

Session 2: Adjusting The Sails: Differentiation Made Easy

Session 3: On Course to our Destination: Planning Strategically for Grade-level Outcomes

Click the link below to register:
<https://www.mylarningplan.com/WebReg/ActivityProfile.asp?D=2134681153891674>

Use your phone camera to scan and register below.




Visit our website to check out PD resources and information about our fall offerings!

SAVE THE DATE!

**RISE 2021
 November 9-10
 Learn More [Here](#)**



**Restorative Practice:
 A 3 Part Series**
In this 3-part series, we will experience and learn to design classroom community-building circles and circles that respond to harm.
 October 8, 1-2:30 or 3-4:30
 November 2, 3-4:30 or
 November 3, 4-5:30
 December 1, 3-4:30 or
 December 2, 4-5:30

amazing Gina Karp this summer for our Summer Academy on Teaching the Whole Child. Or maybe you've seen me at a Google Classroom PD session. If we haven't met yet-- hi! In addition to working for the PDRC, I'm also a middle school language arts teacher, a first year grad student going for my MAT, and a mom of two! I am about 120% certain that you are all working in 3 or 4 different roles right now as well. Teacher, caregiver, mom, dad, friend, community leader, after school soccer coach...everyone's taking on a lot these days. The purpose of this newsletter is to provide you with a few bookmark worthy resources that you can pull out of your hat when you need a quick motivation, a hand with wrapping your mind around lessons, or a reminder about the importance of self-care. I truly believe that sometimes the best we can do for everyone around us is to take a minute, cut ourselves a break, and regroup. Sure...I've got all my lesson plans laid out and color coded in a Google sheet right now. My classroom is in pristine condition and all my pencils are sharpened. But I know the moment will come soon when I'll need a quick resource to get me through the day. That's what I hope to share with you here. Til then, good luck this year! It's going to be messy, challenging, and so incredibly rewarding.



LESSON 1 OF 10

Who Am I?

Lesson Plan: Who Am I?

An easy-to-integrate ready made lesson plan that dives into students' identities. Great for ELA, SS, or first month of school activities!
from Facing History

Every Kid Needs a Champion

Rita Pierson calls on educators to connect with students on a real, human, and personal level.
from TED on YouTube

Saturday Students

9 concepts to help students with learning disabilities feel welcomed to the new year.
from LD Online



Funny Animals!

Forget the stress and laugh...hard! This 10 minute compilation of funny videos will put a smile on your face ASAP. Watch it during your prep period!
from Tiger Productions on YouTube



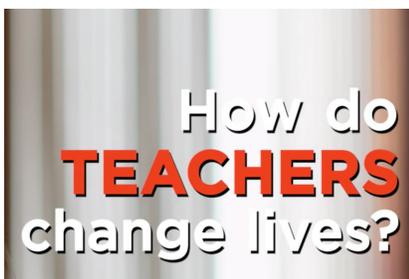
5 signs that it's time to cut yourself some slack

Is it obvious and sort of cheesy? Sure! But it's a great reminder, and one we ALL need every now and then.
from JoinBlush.com



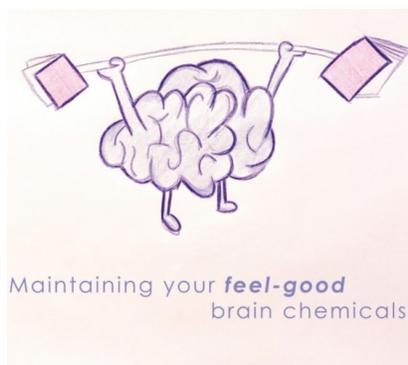
Constructing Success Criteria Together

A 47 minute podcast on constructing the criteria for success WITH students. On the way to work? At the gym? Have a listen!
from Cult of Pedagogy



From the Mouths of Babes

How teachers change lives, in the voice of the ones who are changed: the students. This short (1 minute) and sweet video will have you grabbing the tissues.
from Edutopia



Self-Care and Your Brain

A quick read on the importance of self-care to your brain chemistry! Serotonin, melatonin...all the -onins! If you have a few moments, read on.
from Solution Psychology



Lesson Plan: Your Brain and Empathy

A step by step lesson plan that helps students identify parts of the brain connected to empathy, and gives them a chance to show compassion to a friend.
from Education.com



"Inception" by Hans Zimmer

A pretty incredible collaboration of musicians coming together under Hans Zimmer to make a beautiful 5 minute performance! Take 5, have a coffee, and watch this with your eyes closed. from YouTube (Damien Petit)



Student Anxiety

It's back to school, it's COVID, things are both the same and very different...here are 10 useful ways to help students deal with anxiety in this never-ending pandemic. from We Are Teachers



SEEK SUNSHINE

A study spanning six years discovered that therapy patients reported less emotional distress on sunny days. **Vitamin D** has also been linked to mental well-being.

42 Ways to Improve Your Mood

A fun infographic with 42 scientifically proven ways to improve your mood! My favorite: #18: SEEK SUNSHINE! from Title Max

UPSTATE PDRC: SERVING ALL NYS REGIONS NORTH OF NYC
[VISIT OUR WEBSITE](#)

This newsletter is solely intended to be a supplemental resource for NYS religious and independent schools. The Upstate PDRC does not adopt all views and opinions contained in the attached links or resources from other organizations, nor is it affiliated with these sources. The ideas presented here are intended to spark discussion and represent a range of perspectives.