

Ohio Convention 2021 Breakout Sessions ...Descriptions

Feb. 16 **Choose Hope: Trauma Informed Teaching**

Many schools across America are seeing a greater number of students displaying behaviors of neglect and trauma, affecting their education. The developmentally-informed and biologically-respectful framework of Dr. Bruce Perry, the Neurosequential Model in Education, provides insight related to how the brain works, develops, and changes in response to trauma. Be introduced to the concepts Western Reserve Local Schools (Huron County) is putting into action in an effort to instill hope and to continue to create a culture at WR in which all of our students grow and thrive. Libby French, School Counselor, Western-Reserve Middle/High School (PDU Credit)

Registration Link:

<https://us02web.zoom.us/meeting/register/tZUvdOirrT0uHtewshfCzO9t4ickVux79WRK>

Feb. 23 **A DKG/OSO BOOK CLUB STUDY -- Discuss, reflect on the science of the brain and child trauma.**

Read "The Boy Who Was Raised as a Dog" by Dr. Bruce Perry in preparation for a discussion on how trauma affects a child's mind and how they can recover. The book which takes readers through real-life stories, was described as tragically interesting. In this classic, Dr. Perry explains what happens inside the brains of children exposed to extreme stress and shares their lessons of courage, humanity, and hope. Only when we understand the science of the mind and power of love and nurturing can we hope to heal the spirit of even the most wounded child. Ann Todd, Recording Secretary, Zeta; Libby French, Western Reserve Middle/High School (PDU Credit)

Registration Link:

<https://us02web.zoom.us/meeting/register/tZcsfu6gqD4uHtwvluhMxWYNG-KBBLXwksUz>

Feb. 25 **Virtual Convention Preview**

A conversation of important convention information...explanation of how to register, attending breakout sessions and registration, expected zoom etiquette and procedures, how to use the Zoom "chat" option to ask questions during the General session and Executive Board Meetings. Linda Diltz, Convention Coordinator, Eileen McNally, Communications Chair and Alice Harker, Assistant to the Convention Coordinator presenting.

Registration Link:

<https://us02web.zoom.us/meeting/register/tZMuf-ysrDkqGtylzaTYHTxWALO7rMhJXoy>

March 2 **Who Was Harriet Tubman? Savvy educators want to know! Hear the truth about her life, times, and legend?**

Harriet Tubman is one of the greatest heroines of the Civil War and one of the best-known conductors on the Underground Railroad. Learn about the woman they called "Moses" and her service during the Civil War. Hear excerpts from *Out of Slavery: A Novel of Harriet Tubman*. Carol A. Trembath, Beta Chi, Michigan (PDU Credit)

Registration Link:

<https://us02web.zoom.us/meeting/register/tZApd-qsqTsvGtDYgDrWOrpYFMdPgHLkZNXh>

March 4 **Girls ROX (Ruling Our eXperiences) at Upper Sandusky Union Middle School**

ROX (Ruling Our eXperiences) is an evidence-based empowerment program for girls. The mission of ROX is to provide girls with the knowledge and skills necessary to live healthy, independent, productive and violence free lives. The vision of ROX is to create generations of confident girls who can control their own relationships, experiences and decisions. ROX has been building confident girls at Union Middle School for the past two years and currently reaching 32 girls this school year. Andrea Dunn, Kappa (PDU Credit)

Registration Link:

<https://us02web.zoom.us/meeting/register/tZUkc-2rpz4oHdLc9DyKdMTEYecFuO9P81QF>

March 9 **Youth Suicide Prevention**

This session will include background education on the problem of youth suicide in the U.S.; warning signs, risk factors, and protective factors for youth suicide; and how to respond and care for youth at risk for suicide as educators. Laurel Biever, LPC, Nationwide Children's Hospital (PDU Credit)

Registration Link:

<https://us02web.zoom.us/meeting/register/tZUrceqvpi4jEtOZbk5uJ4GxNu4IjIhVWKm->

March 11 **Expanded Borders: The Territories of the United States**

How many territories does the U.S. have? How did we acquire them? What is the current status of each? Do any want to become states? These and other questions will be answered in this presentation. Janet Hess, Beta Psi (PDU Credit)

Registration Link:

<https://us02web.zoom.us/meeting/register/tZMrfuGsrDopEt2oSxMsQ1-bqPhZF0AA96k8>

March 16

Do you want a free, simplified graphic-design tool? Do you need to make posters, brochures, cards, newsletters, photo collages, social media graphics, and dozens of other projects? Learn about CANVA! It uses a web-based drag-and-drop format and provides access to photographs, images, graphics, templates, videos and fonts. Best of all, the learning curve is almost nonexistent! Eileen McNally, Beta Delta, Communications Chairman; Cathy Tenney, Beta Kappa, Editor of *The Voice* (PDU Credit)

Registration Link:

<https://us02web.zoom.us/meeting/register/tZYqcO6orDgvHdITT9e-YBRslmekBrwxLvvs>

March 18

The presenter will present the what, how, and why of integrated STEM education and the role of STEM education today. The session will also give participants the opportunity to participate in a condensed integrated STEM lesson. Lindsay Burns, Alpha Delta, Chillicothe City Schools (PDU Credit)

Registration Link:

https://us02web.zoom.us/meeting/register/tZYudOGgpzkhNxBKZXVB9Lfoac_MSNbZzfc

March 23

Everyone deserves peace (including teachers and students)! Peace within your body, mind and spirit. Claim your right to experiencing peace on a daily basis. Shannon will teach breathwork techniques and mindfulness practices to calm your central nervous system for teachers and students alike, and shift the perspective from Stress to Peace. Shannon Jacobs, RYT500CMI (PDU Credit)

Registration Link:

<https://us02web.zoom.us/meeting/register/tZwvc-ugpjsuHdJPOD0sM0kDIImBrv9FDIMJf>

March 25

When your Students walk into your classroom, do they see themselves reflected in your environment? If not, learn how to create a classroom environment that is a reflection of all of your students. Come and learn about some 'promising practices' that will promote cooperative learning experiences that will engage students in your classroom too. Melodie McGee, OSO Second Vice-President, Educational Excellence Chairman, Gamma Nu (PDU Credit)

Registration Link:

<https://us02web.zoom.us/meeting/register/tZMude-rqjwsGtV1jlrF2jeZs5AzFdI4Lc7->

March 30 Zentangle Encore

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. We call these patterns, tangles. You create tangles with combinations of dots, lines, simple curves, S-curves and orbs. Sue Dion and Mary Stayner, DKG sisters from Illinois will be sharing their time and talent with us.

SUPPLIES NEEDED:

- white card stock (cut to 3.5" x 3.5" squares)
- a pencil
- a black sharpie or pen
- colored pencils
- a qtip

Registration Link:

<https://us02web.zoom.us/meeting/register/tZEvf-ugqD8rGdYbkQBOKbIYn61QanFtNQSX>

April 6 A date with Cathy P. Daugherty, Immediate Past International President

A roundtable discussion for **all** State Members...a must for **all** state officers and **all** state committee chairs and members.

Registration Link:

<https://us02web.zoom.us/meeting/register/tZUrcuqgpj4iH9FPDHw6lwwiroPJAqWx6mUH>

April 13 How to Make Dreams and Goals Come True

One of life's most enjoyable rewards is seeing our dreams and goals come true. In this presentation, we will look at what gets in the way of fulfilling those dreams and goals, and how to create a successful outcome. Rebecca Psigoda, Therapist (PDU Credit)

Registration Link:

https://us02web.zoom.us/meeting/register/tZcsf-ygqDsoG9KD0AsO_2S7SBLyMFQJPRPM

April 15 Creating Competence from Chaos

After an introduction to an Adverse Childhood Experience (ACE) questionnaire, I realized that it is time for a professional conversation about the reality of teaching students who have an ACE score that is impacting their educational success. This session is designed to take a look at what students bring with them and some examples of how a change in the perspective of a teacher can help students find themselves on the path toward competence academically. Melody Boyd, Alpha Eta (PDU Credit)

Registration Link:

<https://us02web.zoom.us/meeting/register/tZltd--uqjsvH9cKOBMsUjux7F6frfCiN1ov>

April 20 **Prescription for Membership Recruitment**

Is your chapter strong, active and healthy or suffering from membership deficiency? Attend our clinic for your testing, diagnosis and prescription. Karen Dombrowski, Alpha Nu, Expansion Chairman; Debby Canter, Delta Epsilon, Membership Committee

Registration Link:

<https://us02web.zoom.us/meeting/register/tZlvde2oqjltHNQ0zVbSOtyj-zH7tDFs6IUx>

April 22 **How to Look Like a Million Bucks on a Thrift Store Budget**

Learn the art of thrift/consignment store shopping and how to dress for the shape of your body and face. We'll talk about some fashion/style tips that will have you looking and feeling your best with very little monetary investment. Bev Babbert, Delta Theta

Registration Link:

https://us02web.zoom.us/meeting/register/tZMtdOGsrT8jHdZGBf_9Y1Tc0fwRLRbSZXMz

April 27 **Building the Future with ADSOEF**

Who should definitely be there?

All those wondering how to support the Foundation beyond monetary donations

All Chapter Representatives

All ADSOEF Committee members

All newly elected Directors

What you will learn:

A brief history of your Educational Foundation

All the ways to be involved in the Foundation

How the Foundation operates to fulfill its mission*

What individuals and Chapters can do to support that mission

*The mission of ADSOEF is to procure funding to serve charitable purposes relating to professional and personal growth of educators and educational excellence.

Registration Link:

https://us02web.zoom.us/meeting/register/tZwpduugrzkvGdQzmgOFhJZ4beJ9cgsCf5_X

April 29 **Container Gardens for Butterflies and Other Pollinators**

This workshop will show how to create container gardens for use at school or home. Educators who want to create outdoor lab settings with little space will discover how they can use some simple supplies to create areas that are friendly to butterflies using host plants. * I have been working with schools raising Monarch caterpillars for the past 5 years. I have expanded my work to include container gardens as some schools did not have access to areas to plant gardens. Michele Koenig, Gamma (PDU Credit)

Registration Link:

<https://us02web.zoom.us/meeting/register/tZlsdOqppjovH9LjZ2RVjQBwkeDP1kLuyawZ>