Focus on Learning

Feeling stressed? This first month of school can be exhausting! Managing the high-level energy of students all day, on top of managing new curriculum, new routines, busy families…it can totally stress a teacher out! Vicki Davis, Cool Cat Teacher (and education leader), shares these ten tips for managing stress in teachers. You can read the full version here: http://www.coolcatteacher.com/manage-teaching-stress/ but I'll give you the short version, in case you don't have time!

Ten Stress-Busting Secrets of Great Teachers by Vicki Davis, Cool Cat Teacher

1. Acceptance (Quit worrying!)
2. Replace negative thoughts with positive ones
3. Keep a joy journal – look for joy in your day!
4. Make time to sleep
5. Drink enough water
6. Exercise outside
7. Make time for faith – meditation, deep breathing, aromatherapy, prayer (your choice!)
8. Develop deep relationships
9. Touch! Hugging, kissing, massages…touch is a proven way to reduce stress!
10. Unplug and recharge – turn off devices an hour before bed, charge your phone outside your bedroom

My Upcoming Schedule:

I will be in Park Rapids Schools Monday – Friday, Sept 26-30. Please feel free to contact me at any time via my cell phone (320-241-6150), my home email (lconzemius@gmail.com) or my Nevis email (lconzemius@nevis308.org. My schedule is quite flexible, and I am spending a lot of time working in an office on the Park Rapids school webpage when not meeting with teachers.

Scheduled Classes:

There is a two-hour technology class scheduled for Wednesday, Sept 28 from 3:30-5:30pm in the Century Elementary Computer Lab. There will be a sign-in sheet for CEUs. If you are unable to attend the entire two hours, feel free to stay for as long as you can.

Thursday, September 28 at Century School, Park Rapids: Questions & Work Time

Please see the next page for the complete list of classes being held in Park Rapids this fall.

Questions & Work Time

Trying out Google Classroom and need some questions answered? Can't remember what you learned last summer in a tech class? Need some time to set up some classroom technology? This class is for you! There will not be a formal presentation, but instead Laurie will be there to answer questions and provide assistance. Please bring your questions or materials to make this a valuable hands-on work time. Need suggestions, or want to talk something over ahead of time? Give me a call!

Google Tip: Printing multiple Google Doc files

One of the biggest questions I've heard over the past week has to do with printing student documents. In most cases the teachers has said something like this: "I want to print them so I can grade them, but the students don't really need to print. They can submit the assignment through Google Classroom. But do I have to open every document in order to print them all? That will take forever!!"

Here is a great solution! Go into your Google Drive and find the folder containing all the documents you want to print (probably one full assignment). Select them all and then click on the three stacked dots, and select "download" from the bottom of that menu.

The files will all be zipped into a new folder, which will be downloaded to your desktop. From there, select all of the files, right-click, and choose print. Your documents will flash by quickly as they are each printed.

In addition, there is an add-on that makes this process even smoother. The details are here: http://alicekeeler.com/2015/08/16/pdf-my-google-drive-folder/ Please contact me if you'd like me to join you the first time through. I am happy to!

PD in your Pajamas?

The Internet has made it easy to attend professional development sessions any time of the day! Last week I mentioned the webinars produced by Seesaw, but if you're looking for a broader range of opportunities, and particularly those focused on learning or utilizing a specific tool, look no further than Simple K12. Here is a current listing of their most recent free webinars – which you can attend live or watch on your own time: http://www.simplek12.com/

What is EdPuzzle?

Are you an EdPuzzle user? If you haven't tried it yet, this is one great tool you will want to take a look at! EdPuzzle takes your Youtube video and allows you to crop the beginning/end, add questions, narration, or quizzes, and keep track of your students' progress viewing the video. Even if you only use it to crop and share videos through Google Classroom (or for yourself) it is an awesome app!

Please note that EdPuzzle recently launched a Google Chrome extension – so with the click of a button you can save a video into EdPuzzle! Send any video straight from Youtube to EDpuzzle, in just one click. Then edit it and make it your own vide-lesson :) Download EDpuzzle's Youtube Extension for Google Chrome and check it out!

https://chrome.google.com/webstore/detail/edpuzzle-make-any-video-y/oligonmocnihangdjlloenpndnniikol?hl=en

Links:

Yes, the election is looming, and it seems like this year, more than ever, unbiased information on the candidates is getting harder to find. For a great resource on the election turn to Teaching Tolerance. Their election coverage will help you focus your students attention on the real issues of the election. Check it out here: http://www.tolerance.org/election2016 Their print journal is available free for educators as well. You can view it in full on their website, or subscribe here: http://www.tolerance.org/magazine/subscribe

Fall Technology Sessions 2016: NEVIS SCHOOLS
All sessions held in Business Lab (unless otherwise noted)

Please call me or send an email if you'd like me to come to your classroom. My time is flexible and we can make something work. I've included the Park Rapids sessions on the next page. Feel free to join me there if you would like to. Thank you!!

Nevis	Topic	Attendees
Monday, Oct 3 **3:30 – 5:30 PM**	**Using Technology to Improve Classroom Behavior** Managing a 21st Century Classroom can be a tall order. Find out ways of Improving your overall classroom behaviors by using technology to increase the frequency and consistency of positive feedback, manage behavior interventions, and keep easier records for goal setting.	Paul Schroeder
Wednesday, Oct 26 **3:30 – 5:30 PM**	**Seesaw Student Portfolios** Seesaw allows students and teachers to easily post items into a student portfolio, which can also be shared with families. Children as young as preschool can learn how to scan a QR code to add an image or document, and teachers have full control of everything posted. Seesaw is a powerful tool, yet is easy to use…and free!	Paul Schroeder
Wednesday, Nov 2 **3:30 – 5:30 PM**	**Make Data Easier with Google Forms** Parent Surveys, Student Quizzes, Data Collection, all can be gathered and organized efficiently with Google Forms. Forms allows you to create surveys and quizzes and will automatically bounce the information to a connected spreadsheet. Display survey data or using add-ons, like flubaroo, you can grade quizzes and tests, making your formative or summative assessment much more efficient. Bring materials to create	Lisa Moses Leah Muhm
Monday, Nov 7 **3:30 – 5:30 PM**	**Blogging 101** Looking for a way to engage parents? How about a venue for your students to share their work? Maybe a place to post items for your class? Or even a spot where you can discuss topics and/or share your knowledge? We will create blogs using Blogger (included free in the Google Apps suite), where you'll learn to personalize your blog, create links, embed content and media, and share it with others.	
Monday, Nov 28 **3:30 – 5:30 PM**	**Exploring Educreations** Educreations has some great updates that make it the perfect tool for every classroom. We will start with an Educreations how-to and then give you time to plan a few projects within your curriculum and determine how you could use them. Finish off by sharing your ideas with the group and posting them to your own Educreations classroom account. You will also hear about similar apps and the different features that make them unique.	Lisa Moses
Thursday, Dec 8 **3:30 – 5:30 PM**	**Formative Assessments with Quizizz & Kahoot** Quizizz and Kahoot are two free game-based learning platforms that make it fun to review and learn. Both have their own special features, and work in any subject, in any language, on any device – for all ages! Learn to use them, find teacher-created activities, and learn to create your own. You will have time to create: bring a quiz or review activity.	Lisa Moses Leah Muhm
Wednesday, Dec 14 **3:30 – 5:30 PM**	**Virtual Reality with Google Cardboard** You've heard about it, now come and try it out! Explore Virtual Reality apps and their usefulness in the classroom during this hands-on workshop. Bring either your Android or Apple phone, the Cardboard viewers will be provided for session use. Walk away with lesson plan ideas, as well as adaptations for use with or without a viewer.	

Fall Technology Sessions 2016: PARK RAPIDS SCHOOLS
All sessions held in Century Elementary Computer Lab (unless otherwise noted)

Park Rapids	Topic
Wednesday, Sept 28 **3:30 – 5:30 PM**	**Questions & Work Time** Trying out Google Classroom and need some questions answered? Can't remember what you learned last summer in a tech class? Need some time to set up some classroom technology? This class is for you! There will not be a formal presentation, but instead Laurie will be there to answer questions and provide assistance.
Tuesday, Oct 4 **3:30 – 5:30 PM**	**Using Technology to Improve Classroom Behavior** Managing a 21st Century Classroom can be a tall order. Find out ways of Improving your overall classroom behaviors by using technology to increase the frequency and consistency of positive feedback, manage behavior interventions, and keep easier records for goal setting.
Monday, Oct 10 **3:30 – 5:30 PM**	**Seesaw Student Portfolios** Seesaw allows students and teachers to easily post items into a student portfolio, which can also be shared with families. Children as young as preschool can learn how to scan a QR code to add an image or document, and teachers have full control of everything posted. Seesaw is a powerful tool, yet is easy to use…and free!
Thursday, Nov 3 **3:30 – 5:30 PM**	**Make Data Easier with Google Forms** Parent Surveys, Student Quizzes, Data Collection, all can be gathered and organized efficiently with Google Forms. Forms allows you to create surveys and quizzes and will automatically bounce the information to a connected spreadsheet. Display survey data or using add-ons, like flubaroo, you can grade quizzes and tests, making your formative or summative assessment much more efficient. Bring materials to create
Wednesday, Nov 9 **3:30 – 5:30 PM**	**Blogging 101** Looking for a way to engage parents? How about a venue for your students to share their work? Maybe a place to post items for your class? Or even a spot where you can discuss topics and/or share your knowledge? We will create blogs using Blogger (included free in the Google Apps suite), where you'll learn to personalize your blog, create links, embed content and media, and share it with others.
Wednesday, Nov 30 **3:30 – 5:30 PM**	**Exploring Educreations** Educreations has some great updates that make it the perfect tool for every classroom. We will start with an Educreations how-to and then give you time to plan a few projects within your curriculum and determine how you could use them. Finish off by sharing your ideas with the group and posting them to your own Educreations classroom account. You will also hear about similar apps and the different features that make them unique.
Tuesday, Dec 6 **3:30 – 5:30 PM**	**Formative Assessments with Quizizz & Kahoot** Quizizz and Kahoot are two free game-based learning platforms that make it fun to review and learn. Both have their own special features, and work in any subject, in any language, on any device – for all ages! Learn to use them, find teacher-created activities, and learn to create your own. You will have time to create: bring a quiz or review activity.
Thursday, Dec 15 **3:30 – 5:30 PM**	**Virtual Reality with Google Cardboard** You've heard about it, now come and try it out! Explore Virtual Reality apps and their usefulness in the classroom during this hands-on workshop. Bring either your Android or Apple phone, the Cardboard viewers will be provided for session use. Walk away with lesson plan ideas, as well as adaptations for use with or without a viewer.