

Health & PE Courses, Fall 2009

The ADHD Workshop Teachers Have Been Waiting For

It's not enough to know the basic facts about ADHD. Teachers need to become equipped with a systematic approach to address the learning and behavioral needs of students with ADHD. Most books and workshops on ADHD focus mainly on the "facts", while this one provides a detailed yet flexible and workable plan to meet the needs of these students. It will help you provide a change of "infrastructure" in your classroom to assist students with ADHD behaviorally and academically. It will also have a beneficial influence on all students, not just those with ADHD.

Location: CNYTC
Dates: **December 2, 9, & 16, 2009**
Time: 4:30—6:30 (6 credit hours)
Audience: PreK-12 Teachers, Special Education & School Psychologists
Presenter: David Kilpatrick, Consultant

Alcohol and Other Drugs

This interactive workshop will address the reasons why young people use/abuse alcohol and other drugs, and the consequences of this behavior. We will review the current popular drugs, their appeal to young people, and side effects. We will also discuss prevention strategies to assist youth in avoiding involvement in these risky behaviors.

Location: CNYTC
Date: **December 1, 2009**
Time: 4:30—6:30 (2 credit hours)
Audience: K-12 Teachers, Counselors, & Administrators
Presenter: Kate Thomsen, Consultant

Bullying: Catch It and Prevent It

In an interactive demonstration, participants will see that bullying is a complicated issue, and everyone who is part of a school community is an essential part of the solution. In order to address it effectively, step one necessitates agreeing on what behaviors constitute bullying, and step two involves creating a school-specific intervention plan. If school personnel are on the same page, there is a good chance that bullying can be addressed effectively.

Location: CNYTC
Date: **October 27, 2009**
Time: 4:30—6:30 (2 credit hours)
Audience: Grades 4-12 Educators
Presenter: Kate Thomsen, Consultant

Dating Violence: A Topic Everyone Needs to Know

Dating violence is a topic that has found its way out of the closet, given current events are now center stage. Find out what it is and get your questions answered such as "Why did she go back?" Walk away from this workshop with a 10 lesson curriculum. You will not only find this useful in the classroom, community center, counseling setting, but in other aspects of your life as well. The curriculum includes additional supplemental lessons geared toward middle school aged students and younger.

Location: CNYTC
Dates: **Saturdays October 17, November 7 & 14, 2009**
Time: 9:00—2:30 (1/2 hour lunch) 15 credit hours
Audience: 7-10 Educators, Parents, Counselors & Nurses
Presenters: Mary Ann Carroll, Special Education Teacher
Pamela Hobbs, Special Education Teaching Assistant

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Yoga for Children with Challenging Behaviors

Learn to apply some of the principles and practices of yoga as you address the stresses of children with challenging behaviors. You will become familiar with the physical and mental health benefits of this ancient practice. Dress comfortably and bring a yoga mat or large towel.

Location: CNYTC
Date: **November 23, 2009**
Time: 4:30—6:30 (2 credit hours)
Audience: Psychologists, Counselors, Social Workers, Therapists & Classroom Teachers
Presenter: Julie Daniel, Certified Trainer for *YogaKids*

Yoga in the Gym

Learn how to incorporate the *YogaKids* curriculum in your physical education curriculum as you address the NYS Learning Standards. Your students will improve strength, flexibility, balance and focus as they learn basic yoga techniques. Topics will include: learning to add a yoga unit, managing energy levels, using yoga as a warm up before playing sports, and integrating classroom content. Wear comfortable clothing and bring a yoga mat or large towel.

Location: CNYTC
Date: **November 16, 2009**
Time: 4:30—6:30 (2 credit hours)
Audience: Physical Education Teachers
Presenter: Julie Daniel & Renee McCall, Certified Trainer for *YogaKids*

YogaKids Professional Study Group

Past participants in *YogaKids* training are invited to come together for an ongoing, in-depth exploration of the use of yoga in schools. It will be an opportunity to ask questions, problem-solve and brainstorm effective teaching strategies and lessons. Dress comfortably and bring a yoga mat or large towel.

Prerequisite: *YogaKids* training
Location: CNYTC
Date: **October 26, January 26, March 8, and April 26**
Time: 4:30—6:30 (8 credit hours)
Audience: Past Participants of *YogaKids* training
Presenter: Julie Daniel, Certified Trainer for *YogaKids*

