

# 2019 MELT SESSIONS

*MRVED Educators Learning Together*

**LAC QUI PARLE VALLEY HIGH SCHOOL (LQPV)**

**2860 291ST AVENUE, MADISON MN 56256**

**January 21, 2019**

**8:40 a.m. – 2:00 p.m.**

**REGISTRATION WILL OPEN ON 12/5/2018 @ 7:30 A.M.**

**[REGISTRATION LINK](#)**

---

## **GENERAL INFORMATION**

---

- The agenda for the day consists of:
  - ✦ Four (4) one-hour sessions with a lunch break between sessions 3 & 4.
  - ✦ There are a number of sessions that are two hours and one three-hour session. This will also be noted in the description. You **do not have to worry** about this when registering. Registration is set up to move you through the process based on your session selections. Do **NOT** skip a question to allow for the multiple hour session.
  - ✦ Some sessions are offered more than once to allow you flexibility in registering.
- Morning coffee, juice, hot water (bring your own tea bags, hot chocolate packets, etc.), assorted muffins, and yogurt will be available upon your arrival at Lac qui Parle Valley High School from 8:00—8:35 a.m., **compliments** of your administrators. Enter through Door #5 (follow the walkway to the left of the eagle), pick up your registration materials, and enjoy a morning treat.
- The first session will start promptly at 8:40 a.m. so allow time to find your room and get settled. The room assignments will be noted on your personalized agenda which you will receive that day in your registration materials. The LQPV Student Council will be available to provide directions. They will also have concessions available in the hallways as you move from session to session. There will be 15 minutes passing time between sessions.
- Lunch will be served from 12:10-12:55 pm. at a cost of \$6.00. It is payable to your district, NOT the MRVED. The LQPV food service department will be preparing a homemade meal. The menu will be a tater tot hotdish, corn, peaches, dinner roll, cookie, milk & coffee. Should you decide to eat the catered meal, your home district will be collecting your lunch money. You will receive a lunch ticket with your registration materials. Your other option is to bring a lunch from home. Due to time constraints, number of people, and the distance to nearby towns, we are asking that everyone stay on site for lunch.
- Registration will close on December 19, 2018 at 4:00 p.m. Read through the offerings and course descriptions so you can select the session(s) that will benefit you the most. The registration link will become active on December 5 at 7:30 a.m. **REGISTER EARLY** as sessions fill quickly.
- **WEATHER POLICY** – Should the weather be inclement on January 21, 2019, turn on WCCO-Channel 4 or check out their website [wcco.com](http://wcco.com) (See School Closings under Quick Links). We will be listed under MRVED (just our initials.) Karen Jacobson will post any cancellations or late start by 6:30 a.m. that day.

## 8:40 – 9:40 A.M. SESSIONS

### ➤ 2<sup>nd</sup> Grade Networking

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Laura Rosen, RCW

### ➤ A Creative Outlet: Art Therapy for Stressed-Out Teachers (2 HOURS)

Feeling stressed out? Take a little time for yourself and learn more about the effects of teacher stress and how to use art therapy to relieve it. This session will include both presentation and discussion as well as time for hands-on creative activities to de-stress. Join us for some much needed teacher "self-care" through art!

**Presenter:** Sarah Schimming, Art Teacher (certified K-12 with Masters in Education) @ Self-Employed  
Dana Harrington, Middle School Special Ed/Social Studies Teacher @ Montevideo

**Audience:** All Educators

### ➤ A Trip, a Life, a Thought and I Write

Real life planning is difficult for many adults; therefore, using detailed and interesting projects focused on literacy tools and high interest topics is key for student learning. From living styles to vacation plans, literacy skills saturate every aspect of adult life. This session will show you how to direct students to write and read at their personal best with ideas and projects of great interest to them. They will plan a detailed vacation, modify or plan a lifestyle of choice, create a goal focused life project, and beyond. Come and enjoy time discussing and creating forward focused literacy projects with me.

**Presenter:** Josie Laleman, Junior and Senior English Teacher @ Lakeview, SMSU College Now  
Instructor, Playwright, and Theater Director

**Audience:** 7-12 Educators

**Licensure:** Reading

### ➤ ADHD-A Novel Approach

In this session we will discuss holistic and lifestyle options for ADHD. The primary focus of the session will be on the research and information available regarding the implications of mouth breathing with sleep and behavior/ADHD symptoms. We will discuss some causes of mouth breathing such as food sensitivities, environmental allergies, enlarged tonsils/adenoids, sinus congestion and post-nasal drip, and how to work with these presentations to see improvements in sleep and behavior/ADHD symptoms.

**Presenter:** Dr. Jennie Gunlogson, Doctor of Chiropractic @ Cornerstone Chiropractic of Montevideo

**Audience:** All Educators

### ➤ **Adverse Childhood Experiences (ACEs) (2 HOURS)**

Understanding the impact of trauma and adverse childhood experiences is crucially important for individuals working with youth. This session will begin to explain the human response to trauma and the accumulation of stress and the toxic effect of that stress on people's lives. In this session you will learn the characteristics of the developing brain, and what dynamics adversely affect neuro development. You will learn how the biology of toxic stress impacts our behavior, our choices and our future. The Adverse Childhood Experiences Study (ACES) and the relevance to our lives will be discussed. You will walk away from this session with tangible tips on what we can do in the school system to help our students further develop resiliency.

**Presenter:** Char Dahl, Social Worker @ Montevideo  
Brian Skogen, Social Worker @ Canby

**Audience:** All Educators

**Licensure:** Mental Health

### ➤ **Business Networking**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Karen Gustafson, Lakeview

### ➤ **Connecting Your School to Your Community**

We will go over some tips and tricks for social engagement with the community; help make them feel connected to your school. We will also look at live stream options and how to produce the best possible stream for your school and community.

**Presenter:** Phil Lalim, Spanish Teacher @ Lakeview

**Audience:** Social Media Advisors, Live Stream Producers, Administration

**Licensure:** Technology

### ➤ **Empowered to Connect: Teaching Students from Hard Places (2 HOURS)**

I will provide an overview of the impact trauma has on the developing brain and how Trust Based Relational Intervention Strategies can help rewire some of the impacts left from the trauma and make the classroom a more enjoyable place for the student and teacher. Classroom strategies and scripts will be presented that can help build a relationship with students who are difficult to work with and, eventually, help those students learn how to make more appropriate choices. This session will empower teachers to be the one relationship that can help change the course of a student's life.

**Presenter:** Dave Schueler, 5th Grade Special Education Teacher @ YME

**Audience:** All Educators

**Licensure:** Mental Health

### ➤ **Epic! & Whoosreading (2 HOURS)**

The First Segment of this 2 hour session will be introduction to EPIC and WHOOS'S Reading. The second segment will be you creating your classes, collections, trying out the quizzes, personalizing parent/student letters and expectations. This will get yourself ready to start with these two programs immediately. Epic! is the leading digital library for kids 12 and under. Instantly access 25,000 of the best books, learning videos, quizzes and more. Whoos's Reading is a higher-level thinking alternative to multiple choice. Get your students writing about what they read. Re-associate reading with joy. Come and check out how you can start using these online resources in your classroom tomorrow!

BRING: Your class lists, your own device, and headphones

**Presenter:** Stacy Hinz, 6th Grade ELA/Science Teacher @ YME

**Audience:** K-6 Educators

**Licensure:** English Language Learners (ELL) & Accommodations & Modifications, Reading

### ➤ **FACS Networking**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Karen Anderson, Dawson-Boyd

### ➤ **Google Slides: Not Just for Presentations!**

Google Slides is one of the most versatile apps in the G-Suite collection. This session will introduce 5 or more ideas for student created projects that don't use Google Slides for presentations.

**Presenter:** Vera Weber, Technology Integration Specialist @ Montevideo

**Audience:** All Educators

**Licensure:** Technology

### ➤ **Google Tools Within Google Classroom**

Want to dive deeper into technology within the classroom? Do you use Google Classroom but want to do more than just post assignments? In this session, you will learn how to use Docs, Slides, and Forms to enhance learning, increase engagement, and extend collaboration. This session will also introduce some Google Extensions to use in collaboration with the Google features.

**Presenter:** Meghan Sunderland, Middle School Reading Teacher/Technology Integration @ RCW

**Audience:** All Educators Who Use Google Classroom

**Licensure:** Technology

### ➤ **High School/Junior High Science Networking**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Phil Sinner, RCW

### ➤ **High School/Junior High Social Studies Networking**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Rick Shackelford, RCW

### ➤ **Kindergarten Choices**

Come hear about how free choice during literacy and math centers has changed our teaching. See various flexible seating options in a Kindergarten setting and other tricks of our classrooms.

**Presenter:** Samantha Gort, Kindergarten Teacher @ YME  
Kristina Blackwelder, Kindergarten Teacher @ YME

**Audience:** K-2 Educators

### ➤ **MEIRS 2.0: An Early Warning System to Keep Students on Track for Graduation**

The key to helping students graduate on time is to intervene early when students start to fall off track. Using a multi-tiered system of support to monitor early warning indicators of dropout, MEIRS teams can determine the root cause of why a student is falling off track, assign interventions, and monitor a student's progress to get back on track. This introductory session will provide you with an overview of the research behind early warning systems and early warning indicators as well as an introduction to the work of a MEIRS team.

**Presenter:** Heather Giese, Graduation Support Specialist @ Southwest Prairie Regional Center of Excellence

**Audience:** 7-12 Educators, Administrators, Counselors, Social Workers

### ➤ **Minnesota's New Epidemic: Vaping in Youth**

Countryside School Health and SHIP (Statewide Health Improvement Partnership) partner together to create sustainable action and education to our youth, teachers, and community members on vaping and tobacco. We are striving to create policy, system, and environmental change in our 5 counties to better the overall health of our youth. While the use of cigarettes, cigars, and smokeless tobacco have all declined, statewide youth e-cigarette use is now more than double cigarette use. We will create a stronger dynamic by engaging our teachers and school staff with education, toolkits, resources, and example devices.

**Presenter:** Julie Loen, RN, PHN, School Health Coordinator @ Countryside Public Health  
Ashlie Johnson, SHIP Coordinator, Health Educator @ Countryside Public Health  
Anna Snyder, SHIP, Health Educator @ Countryside Public Health

**Audience:** 5-12 Educators

### ➤ **Phy-Ed Networking (2 HOURS)**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Mary Grey, YME

### ➤ **Prussian Blues Got You Down, Try Cyanotype (2 HOURS)**

Using Light, found objects, and homemade photosensitive paper to create beautiful "Prussian Blue" images. Let's explore the possibilities of Cyanotype

**Presenter:** John Sterner, Art Teacher @ Lakeview

**Audience:** Art teachers and others wanting to learn a new printmaking technique

### ➤ **Special Education Monitoring Electronic Interview**

This session is for special education teachers/related service providers from the **Yellow Medicine East and Renville County West districts ONLY**. The completion of an electronic interview for MDE special education monitoring is required.

**Presenter:** Karin Falness, School Psychologist @ MVCC

**Audience:** Yellow Medicine East and Renville County West Districts ONLY

### ➤ **Student Council Advisors Networking**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Emma Gregoire, Lakeview

### ➤ Supporting Readers at the Secondary Level

We all want students to comprehend our classroom content. In this session reading strategies will be shared for use in all content areas which will support all levels of readers. Come and see how you can be a teacher of reading and take away strategies to use starting tomorrow in your classroom.

**Presenter:** Susanne Lee, Intervention & Literacy Coordinator @ Lakeview

**Audience:** 7-12 Educators

**Licensure:** Reading

### ➤ Taking iXL to the Next Level

Have you ever wondered how to use all the tools on the iXL teacher page? Have you ever wanted to bring your students to the next level in their learning? I will teach you how to assess your student's current abilities in math and ELA. I will walk you through all of the reports that you can create and share. We will look, in depth, at the diagnostics and analytics. I will take you through the various levels of questions and explain how the Smart Score works. I will also show you how you can see which questions students are missing and how you can help them to improve their skills on that type of question. You will learn how iXL is aligned to the MN state standards and which skills and grade levels match them. I will show you how to highlight skills and use the recommendations wall. This will be a hands on session. You will need to bring a device that you are able to use a web browser on. You will walk away with a user's guide that you can refer to over and over again.

**Presenter:** Karen Hartke, ESL & Math Intervention @ Lakeview

**Audience:** All Educators Using iXL

**Licensure:** Technology

### ➤ Team Teaching with Mother Nature (3 HOURS)

Join the Jeffers Foundation to participate in outdoor lessons that apply to multiple subject areas with a science focus, and gain and share tips to become more confident leading outdoor lessons with your students. This teacher workshop will focus on outdoor instruction and the application of Jeffers Foundation teaching resources that have been designed by Minnesota teachers. Multidisciplinary lessons centered on science concepts will include: general observation skills, reading the landscape of your school grounds, phenology, plants and animals, weather, and designing and conducting investigations to develop science inquiry skills while working outside using science journals. This workshop will include outdoor instructional time, so come prepared to go outdoors! **Minimum 20 participants**

**Presenter:** David Grack, Environmental Science Educator @ Jeffers Foundation

Tom Westerhaus, Education Director @ Jeffers Foundation

**Audience:** All Educators

### ➤ Using Acceleration to Close the Achievement Gap

Remediation is about mastering concepts of the past. Acceleration strategically prepares students for success in the current content by preparing them for new learning. Acceleration strategies will help your struggling learners become more motivated and effective learners. Based on the work of Suzy Pepper Rollins, you will learn high-impact, research-based strategies that can be used immediately in your classroom.

**Presenter:** Karen Jacobson, MRVED Director

**Audience:** All Educators

**Licensure:** English Language Learners (ELL) & Accommodations & Modifications

### ➤ Utilizing Google Forms

Wouldn't it be nice if there was something that could grade quizzes or assignments for you? Are you looking for a quick way to send a survey out to students? Google Forms offers ways you can create and grade quizzes, use for voting or surveys, and so many other opportunities! [Bring your Chromebook, iPad or computer.](#)

**Presenter:** Nichole Markworth, Band Director @ LQPV

**Audience:** 7-12 Educators & Organization Leaders (Student Council, NHS, etc.)

**Licensure:** Technology

---

## 9:55 - 10:55 A.M. SESSIONS

---

### ➤ 1<sup>st</sup> Grade Networking

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Jami Sather, Dawson-Boyd

### ➤ 30 Sites in 60 Minutes

Back by popular demand! Brandon will show some of the newest and greatest websites for teaching and learning! Come see sites like Classcraft, Science Friday, and Flipgrid. There should be something for everyone in this fast-paced session!

**Presenter:** Brandon Raymo, MRVED Assistant Director

**Audience:** All Educators

**Licensure:** Technology

### ➤ 4-8 SPED Networking

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Tes Ketelsen, Montevideo

### ➤ 4-H Engineering and Design Challenge

STEM learning is a high priority for Minnesota 4-H, and is one of National 4-H's mission mandates. Through 4-H meeting experiences we aim to increase youth participant's interest in science, their science knowledge and their interest in working in a stem career. This workshop will support teachers in leading STEM activities. It will also provide a way of teaching youth the engineering design process, the eight engineering practices, and 21st century skills through an experiential process. Participants will also experience how youth can participate in the creation of an over-complicated machine that they can share with others. The goal is to:

\*\*Create opportunities for youth to identify engineering problems, develop sound reasoning skills and provide solutions backed by evidence.

\*\*Provide opportunities for oral youth presentations, explanations and demonstrations of various science, technology, engineering, and math (STEM) topics.

\*\*Provide youth grades 3–12 opportunities to exhibit a machine designed by their group through individual and team presentations to share and celebrate their effort.

**Presenter:** Brian McNeill, Extension Educator @ University of Minnesota Extension

**Audience:** 3-12 Educators

### ➤ Class Pass & Trauma Informed Positive Behavior Supports

Understand the science of childhood trauma and its impact on students. Explore the impact of trauma on students and understand the neuroscience behind the behaviors presented by students who have experienced complex trauma. Utilize the Class Pass, a universal tier 1 intervention, which helps students reset/regroup.

**Presenter:** Teresa Schulte-Hunt, School Counselor @ YME

**Audience:** All Educators

**Licensure:** PBIS



### ➤ **Connecting Your School to Your Community**

We will go over some tips and tricks for social engagement with the community; help make them feel connected to your school. We will also look at live stream options and how to produce the best possible stream for your school and community.

**Presenter:** Phil Lalim, Spanish Teacher @ Lakeview

**Audience:** Social Media Advisors, Live Stream Producers, Administration

**Licensure:** Technology

### ➤ **Creating Effective Assessments and Rubrics**

Do you want to make more effective assessments tied to the standards? Be prepared to work and create during this workshop! We will create effective assessments (using technology or paper) tied to the standards and create rubrics to use for grading. The goal with this session is to create ONE summative assessment (or a few formative assessments) based upon what is needed for your classroom. Be prepared and come with an end-goal in mind.

**Presenter:** Meghan Sunderland, Middle School Reading Teacher/Technology Integration @ RCW

**Audience:** 4-12 ELA/Reading Educators

### ➤ **ECFE/ECSE Networking-----New addition**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Jenna Williamson, Dawson-Boyd

### ➤ **Elementary Principal Networking**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Amy Hiedeman, Dawson-Boyd

### ➤ **How to Break the Cycle of Complaining**

In this session we will discuss how complaining physically changes and rewires the brain for negativity. We will also discuss the ways in which negativity can impact our physical health. We will discuss the antidote to this, which is found with gratitude. We will discuss the psychological and physical benefits of gratitude and how we can reasonably incorporate this practice into our classrooms and lives for ourselves and our kids.

**Presenter:** Dr. Jennie Gunlogson, Doctor of Chiropractic @ Cornerstone Chiropractic of Montevideo

**Audience:** All Educators

### ➤ **Irlen Syndrome: A Piece of the Puzzle**

Irlen Syndrome is a perceptual dysfunction that explains, in some individuals, why reading is difficult. It affects about half of students with reading problems, as well as those with head injuries, ADHD and Autism Spectrum Disorder. This presentation will help participants understand the problem, the impact, and possible solutions.

**Presenter:** Amy Engesser, School Psychologist @ MVCC

**Audience:** All Educators

**Licensure:** Reading, Accommodations & Modifications

### ➤ Kindergarten Networking

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Angela Prokop, Lakeview

### ➤ Minnesota's New Epidemic: Vaping in Youth

Countryside School Health and SHIP (Statewide Health Improvement Partnership) partner together to create sustainable action and education to our youth, teachers, and community members on vaping and tobacco. We are striving to create policy, system, and environmental change in our 5 counties to better the overall health of our youth. While the use of cigarettes, cigars, and smokeless tobacco have all declined, statewide youth e-cigarette use is now more than double cigarette use. We will create a stronger dynamic by engaging our teachers and school staff with education, toolkits, resources, and example devices.

**Presenter:** Julie Loen, RN, PHN, School Health Coordinator @ Countryside Public Health  
Ashlie Johnson, SHIP Coordinator, Health Educator @ Countryside Public Health  
Anna Snyder, SHIP, Health Educator @ Countryside Public Health

**Audience:** 5-12 Educators

### ➤ NHS Advisor Networking

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Paul Lowry, LQPV

### ➤ Sight Reading Factory

If you've heard about SightReadingFactory.com, you may be curious about how it works and if it is really as beneficial as the company claims. Come interact with the program and see how we've implemented it into our band and choir programs. Bring your questions.

**Presenter:** Krishana Dempcy, K-12 Vocal Teacher @ Lakeview  
Carmen Zupfer, 5-12 Band Director @ Lakeview

**Audience:** 5-12 Vocal & Instrumental Music Educators

**Licensure:** Technology

### ➤ Supporting Readers at the Secondary Level

We all want students to comprehend our classroom content. In this session reading strategies will be shared for use in all content areas which will support all levels of readers. Come and see how you can be a teacher of reading and take away strategies to use starting tomorrow in your classroom.

**Presenter:** Susanne Lee, Intervention & Literacy Coordinator @ Lakeview

**Audience:** 7-12 Educators

**Licensure:** Reading

### ➤ Taking iXL to the Next Level

Have you ever wondered how to use all the tools on the iXL teacher page? Have you ever wanted to bring your students to the next level in their learning? I will teach you how to assess your student's current abilities in math and ELA. I will walk you through all of the reports that you can create and share. We will look, in depth, at the diagnostics and analytics. I will take you through the various levels of questions and explain how the Smart Score works. I will also show you how you can see which questions students are missing and how you can help them to improve their skills on that type of question. You will learn how iXL is aligned to the MN state standards and which skills and grade levels match them. I will show you how to highlight skills and use the recommendations wall. This will be a hands on session. You will need to bring a device that you are able to use a web browser on. You will walk away with a user's guide that you can refer to over and over again.

**Presenter:** Karen Hartke, ESL & Math Intervention @ Lakeview

**Audience:** All Educators Using iXL

**Licensure:** Technology

### ➤ The Future of Technical Education & Technical Careers

We will discuss the current state of technical education in our area and the need for more students pursuing technical careers.

**Presenter:** Bruce Bergeson, Director of MN River Valley Career Technical Education (CTE) Collaborative  
Tom Hoff, Career & Technical Project Coordinator @ the SWWC Service Cooperative

**Audience:** 9-12 CTE Educators or other secondary teachers with interest

### ➤ Thinking About Thinking: Executive Functioning

In this session, we will explore executive functioning. You will gain a new understanding of what executive functioning is and what executive functioning skills are expected at each developmental level. We will also discuss what factors impact a student's executive functioning (or executive dysfunction), and what we can do to support our students both within and outside the classroom.

**Presenter:** Karin Falness, School Psychologist @ MVCC

**Audience:** All Educators

### ➤ Using the "New" Google Sites

Creating websites has never been easier! This hands-on, how-to session will provide the participant with an opportunity to create a website using the \*New\* Google Sites. Websites can be a very useful tool in your classroom. Part of this session will examine how websites can be created to share curriculum content and not just contact information.

**Presenter:** Vera Weber, Technology Integration Specialist @ Montevideo

**Audience:** All Educators

**Licensure:** Technology

### ➤ **Warp Speed: Parenting & Working with Teens in a Digital Age (2 HOURS)**

In today's fast paced world, technology is evolving more rapidly than our ability to understand its long-term impact on our society and our kids. In fact, research suggests that frequent use of entertainment technology by young people is actually changing the way the young brain develops and processes things such as impulse control and perception of harm. The unlimited access kids have to technology today allows them to experience an entire world at their fingertips. And while the use of technology certainly has its benefits, there are also applications that put our kids at greater risk for developing problems with things such as drugs and alcohol or bullying. This fun, fast-paced and interactive presentation will provide an overview of the digital world of teenagers, what they are doing online, the impact technology is having on social and emotional development, and how to help kids use technology in a balanced and safe way.

Objectives:

1. Describe current trends and apps being used by teens – how they are using them and why
2. Recognize the impact of technology on the developing teen brain, social and emotional development
3. Apply healthy, safe guidelines and rules for teens and their technology use
4. Provide resources for parents and professionals working with teens struggling with technology use

**Presenter:** Jessica Wong, Business Development & Patient Care Network Director @ Hazelden Betty Ford Foundation

**Audience:** School professionals, LADCs, social workers, mental health professionals, nurses, other youth-serving professionals

### ➤ **What are the Regional Centers of Excellence?**

Under Minnesota's Every Student Succeeds Act (ESSA) state plan, schools prioritized for support through the North Star accountability model receive support from the Regional Centers of Excellence. This session explains how advocates and specialists with the Regional Centers of Excellence partner with schools to provide on-the-ground assistance and support the continuous improvement process. A short presentation with plenty of time for Q & A is planned.

**Presenter:** Heather Giese, Graduation Support Specialist @ SW Prairie Regional Center of Excellence

**Audience:** All Educators

---

## 11:10 A.M. – 12:10 P.M. SESSIONS

---

### ➤ 4-H Engineering and Design Challenge

STEM learning is a high priority for Minnesota 4-H, and is one of national 4-H's mission mandates. Through 4-H meeting experiences we aim increase youth participants interest in science, their science knowledge and their interest in working in a stem career.

This workshop will support teachers in leading STEM activities. It will also provide a way of teaching youth the engineering design process, the eight engineering practices, and 21st century skills through an experiential process. Participants will also experience how youth can participate in the creation of an over-complicated machine that they can share with others. The goal, is to:

\*\*Create opportunities for youth to identify engineering problems, develop sound reasoning skills and provide solutions backed by evidence.

\*\*Provide opportunities for oral youth presentations, explanations and demonstrations of various science, technology, engineering, and math (STEM) topics.

\*\*Provide youth grades 3–12 opportunities to exhibit a machine designed by their group through individual and team presentations to share and celebrate their effort.

**Presenter:** Brian McNeill, Extension Educator @ University of Minnesota Extension

**Audience:** 3- 12 Educators

### ➤ Advisory/Counseling Lessons & Strategies that Build Student Connections & Addresses Resiliency

Find out how a TLC box, an "Eating Me Alive" Box, an interactive Notebook and other items and strategies can help you connect with kids. Building a safe and trusting classroom community that focuses on resiliency, caring and kid voice and choice will be the focus of this session.

**Presenter:** Teresa Schulte-Hunt, School Counselor @ YME

**Audience:** All Educators

### ➤ Band Networking (2 HOURS)

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Carmen Zupfer, Lakeview

### ➤ Choral Networking (2 HOURS)

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Krishana Dempcy, Lakeview

### ➤ Do You Have Time to Play?

Did you know that play is essential for creating 21st century learners? Okay, now you do, so how do you incorporate play into each day? This session will give you some ideas for how to change the lens on play and incorporate playful learning and learning through play in your classroom. Skills such as collaboration, communication, content, critical thinking, creative innovation and confidence depend on it!

**Presenter:** Diana Foy, Preschool Teacher/Early Childhood Coordinator @ Lakeview

**Audience:** Early Childhood Educators

### ➤ **Elementary Music Networking (2 HOURS)**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Krishana Dempcy, Lakeview

### ➤ **eLibrary & Ebooks Minnesota: Free Resources for Research & Reading**

Where are your students doing research? Do you know? Are they using your school media center or library? Are they just searching Google? Or are they using authoritative and accurate research databases? Let's hope for the latter. In this session you will learn about the eLibrary for Minnesota (ELM), a state-funded collection of web-based reference and research resources available at no cost to you, your students, or anyone in Minnesota. You can easily send students to [elm4you.org](http://elm4you.org) for any research paper, project, or even just to introduce them to a topic. Containing thousands of full-text magazine, journal, and newspaper articles, as well as images, videos, and more, ELM offers current and competent information. You will also learn about Ebooks Minnesota, a collection of 8,000+ ebooks with unlimited access from Minnesota publishers like Capstone and Lerner.

**Presenter:** Beth Staats, Reference Outreach & Instruction Librarian @ Minitex

**Audience:** All Educators

**Licensure:** Technology

### ➤ **ELL Networking**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Karen Hartke, Lakeview

### ➤ **I Have a Student Who Can't Do My Work, What Should I Do?**

Have you ever had a student who doesn't know enough English to perform well in your class? Have you ever had a student who can talk to you but doesn't do well on their tests and assignments? Are you lost on how to help these kids who struggle? This session will give you practical tools to best serve these students even if you don't speak their language! This session offers practical tools not just research!

**Presenter:** Jessica Carbo, ESL Teacher @ Montevideo

**Audience:** All Educators

**Licensure:** English Language Learners (ELL) & Accommodations & Modifications

### ➤ **I Know What ACEs is...Now What?**

This session will dig deeper into the world of ACEs, exploring Resiliency tools and how they can be implemented in the classroom. Attendees will learn more about what Trauma presents as in children and how that may play out in the classroom, as well as discuss tools to work through trauma with students and build resiliency.

**Presenter:** Anna Johnson, Licensed School Counselor/Regional ACEs Training Coordinator @ Ashby and Minnesota Communities Caring for Children

**Audience:** All Educators, anyone interested in learning ways to implement resiliency tools into the classroom

### ➤ **Industrial Tech Networking**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Dan Hoffman, Lakeview

### ➤ **Invisible Narratives of the Minnesota River Valley**

The Minnesota River Valley has vast opportunities for educational learning. There are hidden narratives in the land that tell a deep embedded cultural history of Dakota people. I believe this history should be taught, especially in the MRVED. Past, present, and future will be connected as we unpack the cultural history of the Minnesota River Valley, learning of the systematic destruction of a culture and the stories that lay in the land. I hope to inspire self-awareness of the land Minnesota residents stand on, the history that is taught in schools, as well as inspire to build relations among each other. I have been picking up pieces of the culture and history for the last 5 years to help better understand my history and to help others learn the stories of the land in Mni Sota Makoce.

**Presenter:** Adam Savariego, Community Cultural Liaison @ YME

**Audience:** All Educators

**Licensure:** Cultural Competency

### ➤ **Lessons Learned Implementing Standards Based Grading**

Having introduced Standards Based Grading (SBG) into my chemistry classroom this year, there were many lessons learned along the way. For any teacher that is preparing to implement SBG, this is an opportunity to get valuable information on the process of establishing learning targets, changing over from traditional grading to SBG, establishing practical rubrics, creating appropriate assessments, managing time, conversations with parents, and student feedback with the new system.

**Presenter:** Jay Meiners, High School Science Teacher @ Lakeview

**Audience:** 5-12 Educators

### ➤ **Opioids & Overdose Reversal (2 HOURS)**

This session offers an overview of the opioid epidemic and how it's impacting rural Minnesota families and what resources are available. We will introduce a new program through the Montevideo clinic that will allow patient's access to medication assisted treatment and we will present information on how to reverse an overdose with naloxone. Naloxone kits will be available for participants to take home.

**Presenter:** Shelly Elkington, Home Care Agency Owner @ Avenues for Care, Inc.

Marcie Schmiesing, FNP @ CCMH

Randy Anderson ADC-T, Overdose Prevention Manager @ Steve Rummeler Hope Network

**Audience:** All Educators

### ➤ **PBIS Framework for Managing Escalating Behavior**

PBIS is a system of positive and preventative strategies for addressing student behavior. This session will apply these principles to students with significant behavior concerns with a focus on managing behavior escalations in the moment to minimize harm and prevent these same behaviors in the future through collaborations with other school professionals.

**Presenter:** Kevin Filter, Professor of School Psychology @ MN State University Mankato

**Audience:** All Educators

**Licensure:** PBIS

### ➤ **Prairie Adventures...Getting Kids Outside!**

Let's learn some easy ways to get students outside and get connected to the environments in their backyards! We will touch on digital scavenger hunts, geocaching, the Lac qui Parle area's unique natural features (and where to find them), using macroinvertebrates to teach stream health, and the importance of native pollinators. This session is outlined to educate our future land managers to make wise decisions affecting the environment with technology and curiosity.

**Presenter:** Terri Dinesen, LQP State Park Manager @ the MN DNR

**Audience:** All Educators

### ➤ **Printmaking with Gelli Plates ( 2 Hours)**

Create beautiful monotypes without a press! In this quick, technique-based class, you will learn how to make fine-art quality prints with inexpensive materials. No experience necessary! You'll learn how to apply bands of color and texture, develop your images with stencils, stamping and drawing. We will print on both paper and fabric. Gelli plates can be purchased but I will give you instructions to make your own. Warning: Gelli Plate Printmaking is addictive.

**Presenter:** Tammy Isfeld, Art Teacher @ YME

**Audience:** Art Teachers & All Educators

### ➤ **Sexting, Snaps & Social Media: Trends in Teens & Technology**

This presentation will define and explore social media, providing information regarding which websites and apps are popular among youth today. Attendees will explore the risks and benefits of social media for teens and identify warning signs. Parents, educators, and other professionals will leave the session better equipped to make social media the safest and most positive experience possible for the teens in their lives.

**Presenter:** Jennifer Londgren, Assistant Professor @ MN State University Mankato

Thad Shunkwiler Assistant Professor @ MN State University Mankato

**Audience:** 4-12 Educators & Social Workers

### ➤ **Shake Up Your Review Games**

Everyone loves great games that can be used right before a test. In this session you will learn and participate in some games that can be taken back to your class and used right away. Games will range from no tech to high tech and are sure to be a KaHoot! Come see who will be crowned the Champions!

**Presenter:** Blair Miller, 3<sup>rd</sup> Grade Teacher/Tech Integration @ Lakeview

**Audience:** All Educators

**Licensure:** Technology

### ➤ **Tapping Therapy**

Tapping Therapy is a technique that can be used in the classroom to help relieve anxiety and provide a sense of grounding. It is considered a part of Emotional Freedom Technique (EFT) which uses the energy meridians from traditional acupressure, combined with breathing and a mantra. You simply tap the acupressure points with your fingertips while you breathe deeply and give your subconscious a verbal message. Over time, the tapping becomes associated with the feeling of calm from the conscious breathing, and it helps trigger the shift to a more relaxed state. EFT becomes more effective in calming yourself the more often you use it, like any other mindfulness practice.

**Presenter:** Cindy Kvaal, ECSE Teacher @ RCW

**Audience:** PreK-12 Educators

### ➤ **Teach Like a Pirate- An Unconference sharing**

For the first time at MELT, come experience an "unconference". This session will be similar to a networking session around the topic of "Teach Like a Pirate". Come share your TLAP experiences with other educators. This is NOT a presentation or a "sit & get" session. This is a session of give and take. Give some of your own experiences and take away something from somebody else.

**Facilitator:** Gina Hagen, RCW



### ➤ **The Future of Technical Education & Technical Careers**

We will discuss the current state of technical education in our area and the need for more students pursuing technical careers.

**Presenter:** Bruce Bergeson, Director of MN River Valley Career Technical Education (CTE) Collaborative  
Tom Hoff, Career & Technical Project Coordinator @ the SWWC Service Cooperative

**Audience:** 9-12 CTE Educators or other secondary teachers with interest

### ➤ **Thinking About Thinking: Executive Functioning**

In this session we will explore executive functioning. You will gain a new understanding of what executive functioning is and what executive functioning skills are expected at each developmental level. We will also discuss what factors impact a student's executive functioning (or executive dysfunction), and what we can do to support our students both within and outside the classroom.

**Presenter:** Karin Falness, School Psychologist @ MVCC

**Audience:** All Educators

### ➤ **Tiered Licensure & Renewal Requirements**

Minnesota Professional Educator Licensing and Standards Board Licensing and Operations Manager Debby Odell and Licensure Renewal Specialist Keile LaMotte will provide an overview of the tiered licensure structure that began in 2018. They will highlight key components of the statutes and administrative rules governing Minnesota's new teacher licensure system. Debby and Keile will also give updates on the new requirements that teachers must meet in order to renew a teaching license. Time will be available during the session for participants to ask questions about the tiered licensure system and renewal requirements.

**Presenter:** Debby Odell, Licensing & Operations Manager @ Professional Educator Licensing and Standards Board

Keile LaMotte, Licensing Executive: Licensure Renewal @ Professional Educator Licensing and Standards Board

**Audience:** All Educators & Administration

---

**LUNCH**  
**12:10 - 12:55 P.M.**

---

## 1:00 – 2:00 P.M. SESSIONS

---

### ➤ 3D Printing

This session is about how you can use a 3D printer in your classroom, lesson plan ideas, and allow you to practice creating a 3D image in an online program.

**Presenter:** Aimee Thalberg, ALC-Technology/Health/PhyEd, MS-Technology @ Montevideo

**Audience:** 5-12 Educators

**Licensure:** Technology

### ➤ Agriculture Networking

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Brian Albers, Montevideo

### ➤ Counselors Networking

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Anthony Seemann, Ortonville

### ➤ Criminalistics in the Classroom

Teaching Criminalistics in the classroom is an opportunity to get students excited about science. Though I teach it as a full-year course, there are opportunities to add it as a quarter or semester class. Student engagement is high, and teaching it is a blast. It involves components of biology, anatomy, physics, and chemistry, all in an interesting subject matter. Examples of curriculum, possible lab activities, and resources to get started will be presented.

**Presenter:** Jay Meiners, HS Science Teacher @ Lakeview

**Audience:** 5-12 Educators

### ➤ DAPE Networking

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Jennifer Tostenson, LQPV

### ➤ Do You Have Time To Play?

Did you know that play is essential for creating 21st century learners? Okay, now you do, so how do you incorporate play into each day? This session will give you some ideas for how to change the lens on play and incorporate playful learning and learning through play in your classroom. Skills such as collaboration, communication, content, critical thinking, creative innovation and confidence depend on it!

**Presenter:** Diana Foy, Preschool Teacher/Early Childhood Coordinator @ Lakeview

**Audience:** Early Childhood Educators

### ➤ eLibrary & Ebooks Minnesota: Free Resources For Research & Reading

Where are your students doing research? Do you know? Are they using your school media center or library? Are they just searching Google? Or are they using authoritative and accurate research databases? Let's hope for the latter. In this session you will learn about the eLibrary for Minnesota (ELM), a state-funded collection of web-based reference and research resources available at no cost to you, your students, or anyone in Minnesota. You can easily send students to [elm4you.org](http://elm4you.org) for any research paper, project, or even just to introduce them to a topic. Containing thousands of full-text magazine, journal, and newspaper articles, as well as images, videos, and more, ELM offers current and competent information. You will also learn about Ebooks Minnesota, a collection of 8,000+ ebooks with unlimited access from Minnesota publishers like Capstone and Lerner.

**Presenter:** Beth Staats, Reference Outreach & Instruction Librarian @ Minitex

**Audience:** All Educators

**Licensure:** Technology

### ➤ High School Principal Networking

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Scott Sawatzky, LQPV

### ➤ I Know What ACEs is...Now What?

This session will dig deeper into the world of ACEs, exploring Resiliency tools and how they can be implemented in the classroom. Attendees will learn more about what Trauma presents as in children and how that may play out in the classroom, as well as discuss tools to work through trauma with students and build resiliency.

**Presenter:** Anna Johnson, Licensed School Counselor/Regional ACEs Training Coordinator @ Ashby and Minnesota Communities Caring for Children

**Audience:** All Educators, anyone interested in learning ways to implement resiliency tools into the classroom

### ➤ IEP Writing

This session will cover the basics of IEP writing as well as focusing on goal/objective writing. The session will involve group participation and allow for some networking time to discuss questions regarding IEPs.

**Presenter:** Angie Young, Special Education Teacher @ Dawson-Boyd

**Audience:** 5-12 Educators

### ➤ Invisible Narratives of the Minnesota River Valley

The Minnesota River Valley has vast opportunities for educational learning. There are hidden narratives in the land that tell a deep embedded cultural history of Dakota people. A history that I believe should be taught, especially in the MRVED. Past, present, and future will be connected as we unpack the cultural history of the Minnesota River Valley, learning of the systematic destruction of a culture and the stories that lay in the land. I hope to inspire self-awareness of the land Minnesota residents stand on, the history that is taught in schools, as well as inspire to build relations among each other. I have been picking up pieces of the culture and history for the last 5 years to help better understand my history and to help others learn the stories of the land in Mni Sota Makoce.

**Presenter:** Adam Savariego, Community Cultural Liason @ YME

**Audience:** 5 -12 Social Studies, but in my opinion, any resident of MN should be aware of the information going to be shared.

**Licensure:** Cultural Competency

### ➤ Literature Circles in Google Classroom

Are you looking for ways to engage your students in a collaborative Google Classroom literature circle? This session will provide examples, directions, and ideas for creating a Google Classroom specific to your classroom's literature circle. There will be time for you to begin creating your own so bring your device and any novels you are using in your classroom.

**Presenter:** Amber Omland, 5<sup>th</sup> Grade Teacher @ Dawson-Boyd

**Audience:** 3-6 Educators

**Licensure:** Reading

### ➤ New Teacher Networking

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Meghan Sunderland, RCW

### ➤ PBIS Framework for Managing Escalating Behavior (Required for Benson Elementary)

PBIS is a system of positive and preventative strategies for addressing student behavior. This session will apply these principles to students with significant behavior concerns with a focus on managing behavior escalations in the moment to minimize harm and prevent these same behaviors in the future through collaborations with other school professionals. Required for Benson, Northside Elementary.

**Presenter:** Kevin Filter, Professor of School Psychology @ MN State University Mankato

**Audience:** All Educator, Required for Benson, Northside Elementary.

**Licensure:** PBIS

### ➤ Prairie Adventures...Getting Kids Outside!

Let's learn some easy ways to get students outside and get connected to the environments in their backyards! We will touch on digital scavenger hunts, geocaching, the Lac qui Parle area's unique natural features (and where to find them), using macroinvertebrates to teach stream health, and the importance of native pollinators. This session is outlined to educate our future land managers to make wise decisions affecting the environment with technology and curiosity.

**Presenter:** Terri Dinesen, LQP State Park Manager @ the MN DNR

**Audience:** All Educators

### ➤ School Psychologist Networking

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Andrea Hagen, LQPV

### ➤ Sexting, Snaps & Social Media: Trends in Teens & Technology

This presentation will define and explore social media, providing information regarding which websites and apps are popular among youth today. Attendees will explore the risks and benefits of social media for teens and identify warning signs. Parents, educators, and other professionals will leave the session better equipped to make social media the safest and most positive experience possible for the teens in their lives.

**Presenter:** Jennifer Londgren, Assistant Professor @ MN State University Mankato

Thad Shunkwiler, Assistant Professor @ MN State University Mankato

**Audience:** 4-12 Educators & mental health

### ☞ Shake Up Your Review Games

Everyone loves great games that can be used right before a test. In this session you will learn and participate in some games that can be taken back to your class and used right away. Games will range from no tech to high tech and are sure to be a KaHoot! Come see who will be crowned the Champions!

**Presenter:** Blair Miller, 3<sup>rd</sup> Grade Teacher/Tech Integration @ Lakeview

**Audience:** All Educators

**Licensure:** Technology

### ☞ Social Media & Parent Contact

Social Media can be beneficial for parent contacts. Learn how to use social media in the classroom that is beneficial for maintaining amazing family relationships with the school. Students learn about appropriate use of social media at the same time. This session will teach you how to create social media for the classroom.

**Presenter:** Jessica Carbo, ESL Teacher @ Montevideo

**Audience:** All Educators

### ☞ Suicide Prevention

Suicide has its roots in mental health, providing an effective front line response to warning signs of students exhibiting suicidal behavior is key to prevention. We will cover risk factors, warning signs, and take a look at the importance of protective factors. Identification, support and response are key to prevention, developing an informed, supportive and organized school community that is backed by strong mental health and health resources, is crucial to provide an effective response to trouble youth, their families, and friends.

**Presenter:** Brian Skogen, Social Worker @ Canby

**Audience:** K-12 Educators/Paras

**Licensure:** Mental Health

### ☞ Tapping Therapy

Tapping Therapy is a technique that can be used in the classroom to help relieve anxiety and provide a sense of grounding. It is considered a part of Emotional Freedom Technique (EFT) which uses the energy meridians from traditional acupuncture, combined with breathing and a mantra. You simply tap the acupuncture points with your fingertips while you breathe deeply and give your subconscious a verbal message. Over time, the tapping becomes associated with the feeling of calm from the conscious breathing, and it helps trigger the shift to a more relaxed state. EFT becomes more effective in calming yourself the more often you use it, like any other mindfulness practice.

**Presenter:** Cindy Kvaal, ECSE @ RCW

**Audience:** PreK-12 Educators

### ☞ Tiered Licensure & Renewal Requirements

Minnesota Professional Educator Licensing and Standards Board Licensing and Operations Manager Debby Odell and Licensure Renewal Specialist Keile LaMotte will provide an overview of the tiered licensure structure that began in 2018. They will highlight key components of the statutes and administrative rules governing Minnesota's new teacher licensure system. Debby and Keile will also give updates on the new requirements that teachers must meet in order to renew a teaching license. Time will be available during the session for participants to ask questions about the tiered licensure system and renewal requirements.

**Presenter:** Debby Odell, Licensing & Operations Manager @ Professional Educator Licensing and Standards Board

Keile LaMotte, Licensing Executive: Licensure Renewal @ Professional Educator Licensing and Standards Board

**Audience:** All Educators, Administration

➤ **Title I Networking**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Danette Hendrickson, RCW

➤ **World Language Networking**

The goal of the networking groups is to share ideas and resources. It is expected that each person in attendance will bring something to share and add to the networking. This is not a session where participants will sit and listen to a presenter. Each session has a facilitator. If the facilitator feels it is necessary to contact the participants for agenda items, he/she will do so prior to the MELT.

**Facilitator:** Erin Lippert, Montevideo

## AT A GLANCE

**8:00 – 8:35 a.m.** Registration, coffee, hot water (bring your own tea/hot chocolate packets), juice, muffins, and yogurt

### LICENSURES ARE LISTED TO THE RIGHT OF THE SESSION

**8:40 – 9:40 a.m. Sessions:**

2 <sup>nd</sup> Grade Networking	
A Creative Outlet: Art Therapy for Stressed-Out Teachers (2 HOURS)	
A Trip, a Life, a Thought and I Write	Reading
ADHD-A Novel Approach	
Adverse Childhood Experiences (ACEs) (2 HOURS)	Mental Health
Business Networking	
Connecting Your School to Your Community	Technology
Empowered to Connect: Teaching Students from Hard Places (2 HOURS)	Mental Health
Epic! & Whoosreading (2 HOURS)	ELL & Accom & Mod
FACS Networking	
Google Slides: Not Just for Presentations!	Technology
Google Tools Within Google Classroom	Technology
HS/JH Science Networking	
HS/JH Social Studies Networking	
Kindergarten Choices	
MEIRS 2.0: An Early Warning System to Keep Students on Track for Graduation	
Minnesota's New Epidemic: Vaping in Youth	
Phy-Ed Networking (2 HOURS)	
Prussian Blues Got You Down, Try Cyanotype (2 HOURS)	
Special Education Monitoring Electronic Interview	
Student Council Advisors Networking	
Supporting Readers at the Secondary Level	Reading
Taking iXL to the Next Level	Technology
Team Teaching with Mother Nature (3 HOURS)	
Using Acceleration to Close the Achievement Gap	ELL & Accom & Mod
Utilizing Google Forms	Technology

**LICENSURES ARE LISTED TO THE RIGHT OF THE SESSION**

**9:55 – 10:55 a.m. Sessions:**

1 <sup>st</sup> Grade Networking	
30 Sites in 60 Minutes	Technology
4-8 SPED Networking	
4-H Engineering & Design Challenge	
Class Pass & Trauma Informed Positive Behavior Supports	PBIS
Connecting Your School to Your Community	Technology
Creating Effective Assessments and Rubrics	
ECFE/ECSE Networking	
Elementary Principal Networking	
How to Break the Cycle of Complaining	
Irlen Syndrome: A Piece of the Puzzle	Reading & Accom & Mod
Kindergarten Networking	
Minnesota's New Epidemic: Vaping in Youth	
NHS Advisor Networking	
Sight Reading Factory	Technology
Supporting Readers at the Secondary Level	Reading
Taking iXL to the Next Level	Technology
The Future of Technical Education & Technical Careers	
Thinking About Thinking: Executive Functioning	
Using the "New" Google Sites	Technology
Warp Speed: Parenting & Working with Teens in a Digital Age (2 HOURS)	
What are the Regional Centers of Excellence?	



## LICENSURES ARE LISTED TO THE RIGHT OF THE SESSION

### 11:10 a.m. – 12:10 p.m.:

4-H Engineering & Design Challenge	
Advisory/Counseling Lessons & Strategies That Build Student Connections & Addresses Resiliency	
Band Networking (2 HOURS)	
Choral Networking (2 HOURS)	
Do You Have Time To Play?	
Elementary Music Networking (2 HOURS)	
eLibrary & Ebooks Minnesota: Free Resources For Research And Reading	Technology
ELL Networking	
I Have a Student Who Can't Do My Work, What Should I Do?	EII & Accom & Mod
I Know What ACEs is...Now What?	
Industrial Tech Networking	
Invisible Narratives of the Minnesota River Valley	Cultural
Lessons Learned Implementing Standards Based Grading	
Opioids and Overdose Reversal (2 HOURS)	
PBIS Framework for Managing Escalating Behavior	PBIS
Prairie Adventures...Getting Kids Outside!	
Printmaking with Gelli Plates (2 Hours)	
Sexting, Snaps & Social Media: Trends in Teens & Technology	
Shake Up Your Review Games	Technology
Tapping Therapy	
Teach Like a Pirate Unconference	
The Future of Technical Education & Technical Careers	
Thinking about Thinking: Executive Functioning	
Tiered Licensure & Renewal Requirements	

### 12:10 - 12:55 p.m.

### LUNCH

**LICENSURES ARE LISTED TO THE RIGHT OF THE SESSION**

**1:00 – 2:00 p.m. Sessions:**

3D Printing	Technology
Agriculture Networking	
Counselors Networking	
Criminalistics in the Classroom	
DAPE Networking	
Do You Have Time To Play?	
eLibrary & Ebooks Minnesota: Free Resources For Research & Reading	Technology
High School Principal Networking	
I Know What ACEs is...Now What?	
IEP Writing	
Invisible Narratives of the Minnesota River Valley	Cultural
Literature Circles in Google Classroom	Reading
New Teacher Networking	
PBIS Framework for Managing Escalating Behavior ( <b>Benson Elementary</b> )	PBIS
Prairie Adventures...Getting Kids Outside!	
School Psychologist Networking	
Sexting, Snaps & Social Media: Trends in Teens & Technology	
Shake Up Your Review Games	Technology
Social Media & Parent Contact	
Suicide Prevention	Mental Health
Tapping Therapy	
Tiered Licensure & Renewal Requirements	
Title I Networking	
World Language Networking	

**NOTE:** The MRVED has indicated which licensure requirements we believe the sessions meet. As always, this is a district-by-district decision and the Continuing Education committee in your district has the final say.

