
Re: Resilience, Relationships, and Self-Care in the "New Normal"

1 message

Scott McDonald <mcdonalds@crcsd.org>

Wed, Jan 6, 2021 at 11:05 AM

To: Melissa Ausfeld <ausfeldm@crcsd.org>

Cc: Carl Mummmenthey <mummmentheyc@crcsd.org>, David Sander <sanderd@crcsd.org>, Tracy Fraleigh <fraleigh@crcsd.org>

We put a team together -- invites are going out right now! A couple of the principals are going to join in as well.

F. Scott McDonald

Director of Teaching and Learning

Cobleskill-Richmondville CSD

(518) 234-4032 ext. 5010

On Tue, Jan 5, 2021 at 8:35 AM Melissa Ausfeld <ausfeldm@crcsd.org> wrote:

I agree- perhaps a rep from each building..

Melissa L. Ausfeld

Director of Student Services

Cobleskill-Richmondville Central School District

143 Golding Drive

Cobleskill, NY 12043

(518) 234-3165

On Mon, Dec 21, 2020 at 3:52 PM Scott McDonald <mcdonalds@crcsd.org> wrote:

We may want to offer this to a team.

----- Forwarded message -----

From: **Capital Region BOCES Educational Support Services** <lauren.gemmill@neric.org>

Date: Monday, December 21, 2020

Subject: Resilience, Relationships, and Self-Care in the "New Normal"

To: mcdonalds@crcsd.org

[View this email in your browser](#)

**Professional
Development**
MATTERS

EDUCATIONAL SUPPORT SERVICES

**Resilience,
Relationships, and**

DATE:

Thursday, January 14, 2021

TIME:



Self-Care in the "New Normal"

A Facilitated Discussion about the Science of Adversity and the Importance of Developing Connections in the COVID-19 World

This 90 minute facilitated discussion begins with an overview of the science of adversity and resilience, focusing on the impact of relationships and the importance of reducing staff burnout to improve healthy staff-student connections. Participants will then be provided the opportunity to discuss what is working in the current environment and what staff members are saying they need to be most effective in their roles.

Goals

Participants will:

- Learn the basic science of the ACEs study and other research on adversity
- Understand the importance of resilience
- Explore how relationships are the key to resilience
- Discuss what is working in their schools and what staff need

8:30 am to 10:00 a.m.

LOCATION:

Virtual

COST:

No Cost

CONTACT:

Connie Miller

constance.miller@neric.org

518-464-3982

REGISTER NOW

Facilitators:

Dave Wallace, LCSW-R, Executive
Director of LaSalle School

Cam Hughes, PhD., Assistant
Director of Performance and Quality
Improvement of LaSalle School

Log in information for session will be
sent the day before.

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- Scroll down and click on "Enroll."
- Select the appropriate login method. **If you do not currently have an account, you will be able to create one at this point.**
- Check the appropriate payment method.
- Agree to the terms and conditions.
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F. Scott McDonald

Director of Teaching and Learning

Cobleskill-Richmondville Central School District

(518) 234-3165