



NATIONAL SUMMER INSTITUTES VIRTUAL RECHARGE CONFERENCE

June 15 – 19, 2020 - Pacific Standard Time

University Of Pacific, 3 - 4 graduate level semester credits

[Link to conference Info/registration](#)

'On Demand' viewing: In the event your schedule causes you to miss a session(s), all of the week's sessions will be recorded, except for PLC's, and made available on our Canvas Platform. SI will be using Zoom & Canvas Platforms throughout the week.

DAILY SCHEDULE

NO STRESS MONDAY: June 15, 2020

6:45 - 7:45am - Concerned about Zoom? Not sure if you can log in correctly? Don't Stress! Drop in anytime during this hour for our ZOOM PRACTICE SESSION.

Still need support during a session? Email us at summerinstitutes2020@gmail.com or call our customer service help number at (209) 210-2885.

8:00 - 8:45 - The SI Story in two minutes video, Welcome, Announcements, Sign-in, Introduction of staff Relationship Building & Teacher Stress Reduction - **SI Founder Scott Ricardo National Anthem performed by Santa Fe Country Artist Johnny Lloyd**

8:45 - 9:00 - Break

**9:00 - 9:45 – 1st Presentation: Why Try's Founder Christian Moore
"Resilience Can Be Taught - The Resilience Breakthrough"**

9:45 - 10:00 - Professional Learning Community (PLC) Break-out Rooms - Session about topic

10:00 - 10:30 - Meet your new SI family Subject/Grade Level (SGL) PLC Team.

**10:30 - 11:15 – 2nd Presentation: Why Try -Bruce Bushnell
"The Four Sources of Resilience"**

11:15 - 11:30 - Break

11:30 - 12:00pm - SGL PLC Team

12:00 - 1:00 -WORKING LUNCH -(4 credit participants only): organizing note journal assignment & PLC discussions

1:00 - 1:30 – Conference room open: Life skills, chat, reflection sharing, technology issues?

**1:30 - 2:15 - 3rd Presentation: Why Try Bruce Bushnell
"Tools for Turning Adversity Into Action"**

2:15 - 2:30 - Break

2:30 - 3:00 - Stretch with Scott then on to the SGL PLC Team meeting room.

3:00 - 4:00 – Independent Study Why Try's Suicide Prevention Video

4:00 - 6:00 - Wellness Options or Featured: "Mindfulness Happy Place," with Scott Ricardo

***Wellness journal to be turned in at the completion of class.**

RIGOR TUESDAY: June 16, 2020

8:00 - 8:45 am - 4th Presentation: New York Times Best Selling Author, Ingrid Ricks

"Harnessing Adversity and Believing in the Power of Now"

8:45 - 9:00 - Break

9:00 - 9:45 - 5th Presentation: Dr. Jon Outland, Education Catalyst Consulting

"Teaching online learning through Canvas"

9:45 - 10:00 - Break

10:00 - 10:30 - Stretch with Scott then on to the SGL PLC Team meeting room.

10:30 - 11:15 - 6th Presentation: Michigan Teacher Matt Overweg & Therapy Dogs Stella & Cooper

"Educators... the second wave of frontline workers fighting Covid-19 Aftermath"

11:15 - 11:30 - Break

11:30 - 12:00 - Stretch with Scott then on to the SGL PLC Team meeting room.

12:00 - 1:00 - WORKING LUNCH -(4 credit participants only): organizing note journal assignment & PLC discussions

1:00 - 1:30 - Conference room open on Zoom: Life skills, chat, reflection, sharing with Scott Ricardo

1:30 - 2:15 - 7th Presentation: Dr. Matthew Kincaid

"Distance Learning Through Canvas"

2:15 - 2:30 - Break

2:30 - 3:00 - Optional Breakouts: Art with Cassidy or SGL Team Canvas Practice

3:00 - 4:00 - Independent Study: WSU's QB Tyler Hilinski Suicide Documentary

4:00 - 6:00 - Wellness Options or Featured: COVID 19 Happy Dance Challenge with Scott Ricardo

***Wellness journal to be turned in at the completion of class.**

LOVE WEDNESDAY: June 17, 2020

***Have your cooking ingredients ready for noon Cooking Show Case :**

8:00 - 8:15 - Daily Review Briefing, Q/A Announcements Sign-in

8:15 - 8:45 - Special Guest Star, Diversity Expert, Dr. Johnny Lake -The Power of Story

8:45 - 9:00 - Break

9:00 - 9:45 - 8th Presentation: VALIC with David Creech

"Financial and Stress Reduction Wellness"

9:45 - 10:00 - Break

10:00 - 10:30 - Birthday PLC Team to discuss speaker's strategies or 1-on-1 financial consulting

10:30 - 11:15 9th Presentation: Mary Beth Brady, Santa Fe Public Schools

"Thinking about our Country and Our Students using Nathanson's Compass of Shame: A Restorative Practice"

11:15 - 11:30 - Break

11:30 - 12:00pm - Stretch with Scott then on to the SGL PLC Team meeting room.

12:00 - 1:30 - WORKING LUNCH (4 credit participants) -

Chef Scott Ricardo's Across Curriculum Cook Along ShowCase

Ingredients: BBQ pesto, soy sauce, butter, garlic, parmesan cheese on oysters!

1:30 - 2:15 - 10th Presentation: Principal Barbi Riggs

Staff support & guidance through COVID 19 Adversity

2:15 - 2:30 - Break

2:30 - 3:00 - Optional Breakout Sessions: Art with Cassidy or SGL PLC Place Based Education (PBE)

3:00 - 4:00 - Independent Study: Art continued with Cassidy or Brian Cain Video

4:00 - 6:00 - Mindfulness Wellness Options Featuring

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[Eckhart Tolle: How to Find a New Spiritual Awakening During the Pandemic \(Oprah's Super Soul Conversations\)](#)

[Guided Meditation for Anxiety Reduction \(East Forest\)](#)

[Meditation for Chaotic Times \(East Forest\)](#)

***Wellness journal to be turned in at the completion of class.**

SENTIMENTAL THURSDAY: June 18, 2020

Choice: (1) Why Try Level I Training or (2) Place-Based Education Independent Study

Participants who are earning Why Try Level I Certification will follow this schedule:

8:00 - 8:45 am - 11TH Presentation: Why Try with Bruce Bushnell

"The New 3R's and Walk Up the Wall"

8:45 - 9:00 - Break

9:00 - 9:45 - 12TH Presentation: Why Try

"The Reality Ride and Flexible Lesson Plan"

9:45 - 10:00 - Break

10:00 - 11:00 - 13TH Presentation: Why Try

"Tearing Off Your Label"

11:00 - 11:15 - Break

11:15 - 12:00 - 14TH Presentation: Why Try

"Climbing Out"

12:00 - 1:00 -WORKING LUNCH -(4 credit participants only): organizing note journal assignment & PLC discussions

1:00 - 1:30 – Conference room open: Life skills, chat, reflection sharing with Scott Ricardo

1:30 - 2:15 - 15TH Presentation: Why Try

"The Motivation Formula"

2:15 - 2:30 - Break

2:30 - 3:15 - 16TH Presentation: Why Try

"Getting Plugged In, Demonstration of Curriculum"

3:15 - 3:30 - Break

3:30 - 4:00 - SGL PLC Team

4:00 - 6:00 - Mindfulness Wellness Options Featuring

:

[Eckhart Tolle: How to Find a New Spiritual Awakening During the Pandemic \(Oprah's Super Soul Conversations\)](#)

[Guided Meditation for Anxiety Reduction \(East Forest\)](#)

[Meditation for Chaotic Times \(East Forest\)](#)

***Wellness journal to be turned in at the completion of class.**

***Participants not earning Why Try Certification will be experiencing STEAM Place Based Educational Day Independent Study Day 8 am – 6 pm (10 hours), plus written report (5 hours)**

FINISH STRONG GRADUATION FRIDAY: June 19, 2020

***with our 1980's Washington State Cougar Football Staff**

8:00 - 8:45 am - 17TH Presentation: Coach Scott Ricardo

"Empowering (At-Hope) Students to Self-Manage...the First Step to Reducing Teacher Burnout!"

8:45 - 9:00 - Break

9:00 - 9:45 - 18TH Presentation -Seattle Seahawks Coach Golden Pat Ruel

"It's All About the Finish"

9:45 - 10:00 - Break

10:00 - 10:45 -19TH Presentation: LSU QB's Joe Burrow's parents, Principal Robin Burrow & Coach Jimmy Burrow

"Raising a Heisman"

10:45-11:00 Break

11:00 -11:45- 20TH Presentation: WSU Coach & Amery, Mississippi Teacher Jim Walden

"Bringing Manners & Respect Back into the Classroom"

11:45 - 12:00pm- Break

12:00 - 1:15- WORKING LUNCH (4 credit participants) VALIC financial advising by appointments.

1:15 - 2:00 - Course requirements final Q & A.

2:00 - 2:30 – Graduation Ceremonies - Final Stretch with Scott :

2:30 - 4:00 – Breakouts: Art with Cassidee, PLC Reflections & Good Byes, exchange of contact info?

4:00 - 5:00 – Important Teacher Social & Emotional Wellness Hour with our staff.

5:00 - 6:00 pm - Mental Wellness Options

5- Day Total Hours = 50 hours

4th credit Optional Day & additional hours: Independent Study (15 hours)

Read Why Try Christian Moore's book "The Resilience Breakthrough: 27 Tools for Turning Adversity into Action" and answer the 10 questions from the author Christian Moore.

Pass/Fail Course Requirements - Submit into Canvas Platform:

- Evaluation
- Attendance & Engagement
- Assignments
 - Typed Notes on all Presentations
 - Typed PLC “Group Notes” & short surveys
 - Place Based Education 10 Questions
 - “On Demand” Participants - Additional check for understanding tests & PLC makeups
 - Contracting for an “A or B” letter grade? Refer to syllabus
- Wellness Journal
- Recommendations
- Your Highlights
- Place Based Education Day PLC Organization meeting (TBA).

Wishing you safety, peace, kindness & happiness! Hope to see you again soon!

~Scott Ricardo