

43rd Annual Middle Level Conference & Exhibits *March 25 & 26, 2024*

Sheraton Springfield Monarch Place, Springfield, MA

#NELMS24



Bring Back



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NELMS STAFF

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Don't forget to check us out on Social Media!



www.fb.com/NELMSinfo



Use these hashtags when posting:

#NELMS24 #NELMS

Our Mission

New England League of Middle Schools are leaders in promoting middle level best practices by providing collaborative learning experiences that support students' intellectual, academic, social, and emotional growth and success.

NELMS Board Co-Chairs Introduction

Welcome back to NELMS and our 43rd Annual Middle Level Conference. It has been an ever-changing landscape these last few years as educators. At first, we simply survived. Last year, we started to thrive. Now, we need to bring back those memories of when we started this journey as educators. We need to re-ignite that passion that inspired us each day we came to school, and we need to be inspired. We need to bring back the JOY.

This conference is an opportunity to find your joy again. You will find joy throughout the conference. You will have colleagues from all over New England here to help you. You will have presenters ready to inspire and challenge you with new ideas. You will have vendors with the newest and most innovative concepts for you to bring back to your school. Finally, you will have the most enthusiastic educators on the NELMS Board to inject the enthusiasm you need to re-energize and go back to your schools to rekindle that love of teaching.

We are both honored and thrilled to join you on this journey.

On behalf of the NELMS Board of Directors, we welcome you to our 43rd Annual Middle Level Conference in Springfield, Massachusetts.

Sincerely,



Chnis. Chris Pollet, Board Co-Chair

Jessica Kennedy, Board Co-Chair



Key for Symbols





Executive Director Conference Welcome



On behalf of our Board of Directors and staff, welcome to the New England League of Middle Schools' 43rd Annual Conference. For the second consecutive year, the beautiful Sheraton Springfield Monarch Place Hotel will be our gracious host. This year's theme is "Bring Back the Joy" and as we know joy, laughter, and humor are at the heart of being a middle level educator. I hope the next two days are filled with laughter, smiles, and fun as we share and learn from our four outstanding keynote presenters and more than 70 Concurrent Sessions facilitated by your friends and colleagues.

For 49 years, it has been NELMS' mission to promote middle level best practices by providing collaborative learning experiences that support students' intellectual, social, and emotional growth and success. I believe that over your two days at our conference, you will see our mission statement come to life.

NELMS is honored to have four outstanding keynote presenters. Kicking off our conference on Monday morning is Jen Cort. Jen is a fabulous presenter and her session titled "Don't Yuck My Yum" will help to reconnect us with our love of middle-level education. Then, on Monday afternoon, we are fortunate to have Maine's Argy Nestor as she shares her message of "The ARTS at the Center (The arts are the COREST of subjects)".

On Tuesday morning, we are thrilled to have Ashley Bendiksen as our keynoter. Her session, "Be a Lifeline: The Power of Awareness to Change a Student's Path" and that we play a crucial role in recognizing harm to safeguard the lives of vulnerable youth. Our luncheon keynote on Tuesday is Michael Chase whose message is that "Kindness is a Lifestyle - Positively Impacting School Culture". Michael will share his inspirational story of survival from his experience at the epicenter of the terrorist attacks during the Boston Marathon in 2013 and how this experience changed his life forever.

I am sure that you have noticed the NELMS frog. Our frog's beginning goes back to 1994, when our former Executive Director, Dr. James P Garvin penned the book *Learning How to Kiss a Frog.* The book is filled with advice for those who work with (as well as raise) pre- and early adolescents. Although the book is now 30 years old, Jim's guidance is just as relevant today. To honor our theme of "Bring Back the Joy", we have a contest involving our beloved frog. The game is "Do You Have a Frog in Your Pocket?" Complete rules will be posted in this program. We have some great prizes and I encourage all to participate. It will be fun, possibly win a prize, and a great way to meet new friends.

Finally, please remember to visit our wonderful and dedicated exhibitors and sponsors and take in all that Springfield has to offer. Also, I especially want to thank the team at the Sheraton Springfield Monarch Place Hotel for their support, guidance, patience, and assistance in making this NELMS event so special. On behalf of the New England League of Middle Schools, I want to thank each of you for your tireless commitment to your students, your schools, and your profession and the joy that you bring into your school each day.

Enjoy the conference!

Teff Rodman

Jeff Rodman
Executive Director
New England League of Middle Schools

Officers & Board of Directors

July 2023 - June 2024

Board Chair

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Board Chair Elect- Dr. Peter Gillen, West Springfield Middle School, West Springfield

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Timothy F. Phelan, East Granby Middle School, East Granby
CT-East
Jessica Hanover, Old Saybrook Middle School, Old Saybrook
CT-South
Dulcey Worth, James H. Moran Middle School, Wallingford

Maine

ME-North Melanie Brown, Ellsworth Elementary Middle School, Ellsworth

ME-South Jana Mates, Tripp Middle School, Turner

Massachusetts

MA-North Michael McLaughlin, Austin Preparatory School, Reading

MA-SouthVincent Hayward, Norton Middle School, NortonMA-CentralJason Webster, Athol-Royalston Middle School, AtholMA-WestFreddy Torres, Jr, Forest Park Middle School, Springfield

New Hampshire

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NH-South Aram Zakiam, Cooperative Middle School, Stratham

Rhode Island

RI Dana Morel, Scituate Middle School, North Scituate

Vermont

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VT-South Megan McFarland, Bellows Falls Middle School, Bellows Falls

Middle Level Educator Representative

VACANT

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School Assessment Coordinator

William Downey

Business Representative

Michael Brownstein, Virtual Enterprises International, Arlington, MA **Spotlight School Coordinator**

Jason Webster

Schedule & Special Events

Sunday, March 24th		
1:00 PM – 5:00 PM	Pre-registration, 2 nd Floor Foyer	
5:00 PM – 6:30 PM	Welcome Reception and Awards,	

Mahogany Room

Monday,	March 25th
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7:30 AM – 3:00 PM	Registration, 2 nd Floor Foyer
8:30 AM – 9:30 AM	General Session and Keynote: "Don't Yuck My Yum" with
	Jen Cort
9:30 AM – 4:30 PM	Bookstore/Exhibit Hours
9:30 AM – 10:00 AM	Coffee Break with our Exhibitors
9:30 AM – 10:00 AM	Graduate Credit Meeting in Executive Boardroom
10:00 AM – 11:00 AM	Concurrent Sessions I
11:10 AM – 12:10 PM	Concurrent Sessions II
12:10 PM - 1:30 PM	Visit Exhibitors and Lunch
	(Pickup on 3 rd Floor Ballroom Foyer)
12:30 PM – 1:30 PM	Luncheon Keynote: "The ARTS at the Center (The arts
	are the COREST of subjects)" with Argy Nestor
1:40 PM – 2:40 PM	Concurrent Sessions III
2:50 PM - 3:50 PM	Concurrent Sessions IV
4:00 PM – 5:30 PM	Reception/Meet & Greet with Exhibitors

Tuesday, March 26th

7:30 AM – 12:30 PM	Registration, 2 nd Floor Foyer
8:00 AM – 2:00 PM	Bookstore/Exhibit Hours
8:30 AM – 9:30 AM	General Session and Keynote: "Be a Lifeline: The Power
	of Awareness to Change a Student's Path"
	with Ashley Bendiksen
9:30 AM – 10:00 AM	Coffee Break with our Exhibitors
10:00 AM – 11:00 AM	Concurrent Sessions V
11:10 AM – 12:10 PM	Concurrent Sessions VI
12:10 PM - 1:30 PM	Visit Exhibits and Lunch
	(Pickup on 3 rd Floor Ballroom Foyer)
12:30 PM – 1:30 PM	Luncheon Keynote: "Kindness is a Lifestyle – Positively
	Impacting School Culture" with Michael Chase
1:40 PM – 2:40 PM	Concurrent Session VII/Closing Session: "Expanding
	Our Toolbox, Strategies for Immediate Application to
	Take Back to your School" with Jen Cort

NELMS reserves the right to make changes to this program as deemed necessary.

Acknowledgements

The New England League of Middle Schools wants to join with our friends and colleagues in thanking the following for their partnership.

Annual Conference Partners

Lifetouch – Official Conference Photographer
Sub Zero Nitrogen Ice Cream – Ice Cream Samples
Virtual Enterprises International – Monday General Session Keynote
Rise North Capital – Conference T-Shirts
WorldStrides – Tote Bags
Corporate Jewelers
Boston Red Sox

Special Thank You

A special THANK YOU to Karin Wilmarth for helping with the program book.

Many thanks to our exhibitors

The New England League of Middle Schools would like to thank the educators, facilitators, college, and middle school students, and all who enriched and supported this year's conference.

Academic Leadership Association (ALA)

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To become a NELMS business partner please visit email us at nelms.org.

Thank you to those who donated prizes "Do You Have a Frog in Your Pocket."

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of Fame
NELMS Board of Directors



Certificate of Attendance Information

Please see page 56 for the Certificate of Attendance.

The Certificate of Attendance and the Daily Conference Planner pages are proof of the number of hours earned at the conference. Use the Conference Planner pages at the beginning of each day to track the sessions you attend.

KEEP your Program Book.

Graduate Credits

Graduate Credits are available to attendees, through Southern New Hampshire University, Hooksett, New Hampshire. Registration will open on May 1, 2024. Go to www.snhuvt.org/NELMS for more information.

If you have questions, there is a meeting scheduled Monday, March 25, 2024 from 9:30 to 10:00 AM in the Executive Boardroom right after General Session.



Special thanks to our national & state middle level organizations.

Association for Middle Level Education Stephanie Simpson, Chief Executive Officer Katie Powell, Director for Middle Level Programs

Connecticut Association of Schools Dr. Glenn Lungarini, Executive Director

Commonwealth of Massachusetts Middle Level Educators

Maine Association for Middle Level Education Dr. Ekaterina "Katie" Rybakova, Executive Director

The New Hampshire Association for Middle Level Education Chris Pollet & James Reilly, Co-Presidents

> Rhode Island Middle Level Educators Patricia Marcotte, Executive Director

Vermont Association for Middle Level Education Dave F. Brown, Ed.D., Executive Director



General Information

CHANGES TO PROGRAM

NELMS reserves the right to change the program as deemed necessary. Changes may have occurred since the publication of the website and this Program Book. Please check session information in the program book and the conference update sheet(s) for additions, cancellations, or changes.

NAME BADGES

An identification badge, which is not transferable, will be given to registered individuals. **NELMS** conference badges must always be worn, as a courtesy to other delegates, for security purposes, and as an indication that you are registered. **Please wear the badge for all conference functions.**

BOOKSTORE

Please visit the tables for <u>Alran Books</u> who will be hosting a bookstore during the conference in the 3rd Floor Foyer. Publications written by our Keynote Presenters are available for purchase. Bookstore hours are:

Monday, March 25th from 9:30 AM-4:30 PM Tuesday, March 26th from 8:00 AM-2:00 PM

EXHIBITS

Enjoy a Coffee Break with the Exhibitors each day!

Commercial exhibits of books, instructional aids, and other products will be displayed during the conference. NELMS urges attendees to schedule time to visit exhibitors and thank them for their support of middle level education. Exhibitor Guide is available as part of this program book. Exhibit hall hours are:

Monday, March 25th from 9:30 AM-4:30 PM Tuesday, March 26th from 8:00 AM-2:00 PM

Commercial solicitation is prohibited in all conference sessions. Solicitation of business within the Exhibit areas by any person other than exhibitors is strictly prohibited. Please report any violations to a NELMS representative. The presence of exhibitors who have purchased exhibit space does not imply endorsement by NELMS for any product or service displayed.

*** Exhibitor Guide starts on Page XX and Exhibitor Layout is on Page XX. ***

GRAB 'N GO BREAKFAST

The Sheraton Springfield Monarch Place will have a grab 'n go breakfast available for you to purchase a quick breakfast, available in the 2nd floor Atrium Foyer (by registration) **each day from 6:00 AM to 9:00 AM**.

LOCATION OF MEETING ROOMS

Please refer to the floor plans at the back of this program book for the location of all meeting rooms at the Sheraton Springfield Monarch Place. Meeting rooms are located on the 2nd, 3rd, and 4th floors of the hotel.

MEETING FORMAT

General Sessions/Luncheons – Featuring Speakers Concurrent Sessions – 60 minutes Lesson Plan Sessions – 20 minutes

AREA PARKING

On-Site Parking is available at the Sheraton Springfield Monarch Place with hourly and daily pricing.

PRESENTER HANDOUTS

Presenters are responsible for all handouts. If for some reason sufficient copies of handouts are not available during an attended session, please speak directly with the session presenter(s). Note: Not all sessions will have a handout.

PRESENTER EVALUATION

The concurrent session presenters would love your feedback on their workshop session. We have an online evaluation form that can be found at: https://forms.gle/SAn4rUqJU3W5QtU69
If you complete the evaluation with your contact information, you will be entered into a drawing for a free two-day registration for the NELMS 44th Annual Middle Level Conference and Exhibits to be held on March 24 & 25, 2025.

MONDAY RECEPTION

DON'T MISS THIS EVENT! State Affiliates and NELMS State Board Representatives will join attendees for a reception on Monday, March 25th from 4:00 – 5:30 PM in the Grand Ballroom. Refreshments will be provided. Cash bar available.

BE SURE TO

- ✓ Visit the Exhibits
- ✓ Attend the General Sessions each day starting promptly at the designated times, in the Grand Ballroom.
- ✓ Visit the Bookstore

COURTESY REQUESTS

Session participants are asked to remain seated until the session concludes. Early departures disturb closing remarks and announcements considered important to other attendees. In consideration of others, during all sessions, please turn off your cell phone.

LOST AND FOUND

NELMS registration is the center for any lost or found articles.

SECURITY TIPS FOR PARTICIPANTS

Be observant. Don't venture into large parking lots or darkened areas alone. Report any suspicious activity to security. Don't display large amounts of cash or leave luggage unattended. Use dead bolts, or auxiliary locks provided on the hotel room door while you are in your room. Use the hotel vault/safe, if available. Do not leave valuables in your room.

Conference Strands

A - Tools for Your Toolbox: Classroom Practices that Engage and Encourage Learning

Middle level educators are always searching for new ways to engage and encourage learning by their students. Sessions in this strand provide an opportunity to share proven effective classroom practices designed to meet the broad range of interests, abilities, learning styles and skills of their students. They understand the importance of designing lessons that accommodate these differences by incorporating effective instructional approaches in their classrooms.

Workshop Numbers: 4, 6, 12, 14, 20, 22, 23, 30, 32, 34, 38, 39, 41, 43, 45, 47, 50, 56, 59, 60, 61, 65, 70, 72, 78

B - SEL & Wellness: Meeting the Needs of the School Community

Successful teaching and learning can only occur when the SEL and Wellness needs of the school community are met. Sessions in this strand share examples of ways to meet those needs for everyone - students and staff -resulting in a positive school climate and a supportive, developmentally appropriate learning environment for young adolescents and the adults that work with them.

Workshop Numbers: 2, 3, 7, 9, 10, 15, 16, 19, 21, 24, 26, 28, 29, 33, 35, 36, 42, 46, 48, 49, 51, 54, 55, 58, 62, 67, 68, 69, 73, 74, 77

C - Equity and Diversity: Creating Access for All

If we are to create classrooms and schools where all children feel known, valued, and safe, we need to pay attention to the fullness of our students' identities and the realities of the world in which they live. Sessions in this strand may focus on how teachers and administrators recognize and honor students' diverse identities—gender, sexual orientation, ethnicity, race, spirituality, socioeconomic class, and more—through identity work; curricula that include a full range of mirrors, windows, and sliding glass doors; ways to understand and disrupt unjust systems; and creating joy.

Workshop Numbers: 1, 37, 40, 50, 52, 63, 75, 76

D - What You Need to Know about Young Adolescents

Middle level educators understand the unique developmental needs of the young adolescents they teach. Sessions in this strand focus on "everything you need to know about young adolescents," including implementing research-based best practices and researched developmental aspects of young adolescents.

Workshop Numbers: 17, 44, 53, 71

E - Leadership from the Middle

Effective middle level leaders are, first and foremost, knowledgeable, and skilled at meeting the unique needs of young adolescents and implementing the appropriate and effective programs and practices. However, middle level leadership is not evident in administration only. Session in this strand highlight all examples of leadership including administrators, teachers, and students.

Workshop Numbers: 13, 25, 27, 64

F - Communication: Strategies that Work

Whether it's teaching, sharing information, having, or facilitating a conversation, or solving a problem, communication skills are fundamental to building a strong and healthy community. Sessions in this strand will offer examples, advice, and strategies on how to improve communication skills for students, teachers, administrators, staff, and families in the challenging contexts in which educators work. Presenters might share innovative approaches to reaching compromise, using shared decision making, and encouraging restorative practices.

Workshop Number: 5, 31, 57

"Do You Have A Frog in Your Pocket?" Rules



Let's have some fun during the Annual Conference by playing this game and have a chance to win a prize!

Here are the rules:

- The NELMS Board of Directors, NELMS Staff, Exhibitors, and Attendees are encouraged to participate!
- Between sessions, look for the frog by asking "Do you have a frog in your pocket?" If the person has a frog, they <u>MUST</u> hand it over.
- Take-backs are not allowed!
- Do Not interrupt a workshop session looking for a frog. Look for the frogs in between sessions, during lunch, and during the Monday Reception.
- You cannot have more than one frog at a time.
- The frog must be always kept with you.
- If you are leaving the conference early, you MUST hand the frog over to a NELMS staff member or member of the NELMS Board of Directors. Prizes will only be given out after the times listed below.
- Prizes will be given out at the end of each day of the conference. Frogs are to be turned in to the NELMS registration area on the 2nd floor foyer at the times listed below:

Monday, March 25, 2024 after 5:30 pm Tuesday, March 26, 2024 after 3:00 pm

Monday, March 25, 2024

General Session and Keynote 8:30 AM – 9:30 AM Grand Ballroom



"Don't Yuck My Yum"
Presenter: Jen Cort

Our choice to spend all of our working hours with middle school students stymies all those who have yet to find their niche fits in educating those between childhood and adolescence. While teaching middle-level students is rarely described as easy, it has become more complicated in recent years, causing frustration and burnout. Begin the conference with this keynote session striving to reconnect us with our love of middle-level education.

Sponsored by



Conference Planner

Monday, March 25, 2024

Visit Exhibits between sessions or anytime from 9:30 AM – 4:30 PM

Time	Function	Number/Title	Location(s)
8:30 AM - 9:30 AM	General Session and Keynote: Jen Cort	Don't Yuck My Yum	Grand Ballroom
9:30 AM - 4:30 PM	Bookstore & Exhibitors		Ballroom Foyer
9:30 AM – 10:00 AM	Coffee Break with Exhibitors		Ballroom Foyer
9:30 AM – 10:00 AM	Graduate Credit Meeting		Executive Boardroom
10:00 AM – 11:00 AM	Concurrent Session I		2 nd , 3 ^{rd,} & 4 th Floor Meeting Rooms
11:10 AM – 12:10 PM	Concurrent Session II		2 nd , 3 ^{rd,} & 4 th Floor Meeting Rooms
12:10 PM - 1:30 PM	Lunch for All Attendees & Visit Exhibitors		Ballroom Foyer
12:30 PM - 1:30 PM	Luncheon Keynote: Argy Nestor	The ARTS at the Center (The arts are the COREST of subjects)	Grand Ballroom
1:40 PM - 2:40 PM	Concurrent Session III		2 nd , 3 ^{rd,} & 4 th Floor Meeting Rooms
2:50 PM - 3:50 PM	Concurrent Session IV		2 nd , 3 ^{rd,} & 4 th Floor Meeting Rooms
4:00 PM – 5:30 PM	Receptions/Meet & Greet with Exhibitors		Ballroom Foyer

This page is to be used in conjunction with the Certificate of Attendance (page 56) to track attendee's hours.

Session I – Concurrent Workshop – 10:00 AM – 11:00 AM

1 - Empowering ELs: A Blueprint for Inclusive Sheltered English Immersion

Jeanine Cambra and David Mather, Keith Middle School, New Bedford, MA

Charles Strand: C

Conquer Sheltered English Immersion Challenges! Ever felt the frustration of bridging language gaps in your classroom, struggling to engage and empower English learners effectively? Our workshop, Empowering ELs: A Blueprint for Inclusive Sheltered English Immersion," delves into the pain points faced by educators and offer practical, transformative solutions!

2 - Teaching Students Leadership Skills

James Simons and Maureen Chapman, cor creative partners, Quincy, MA



Highland Strand: B

What would it take for all students to identify as leaders in the classroom? Join us to unpack the definition of leadership, explore tools for activating the self-awareness and self-management skills that leadership requires, and examine interactive pedagogy structures that allow all students to assume leadership roles.

3 - Unlocking the Power of Advisory: Mission Matters

Aprille Hibbard, Michael McLaughlin, and Alicia Varraso, Austin Preparatory School, Reading, MA

Mahogany Strand: B

Advisory is part of the unwritten curriculum that shapes young adolescent development, providing life lessons that will endure. Attendees will explore a case study about a mission-driven advisory program built on collaborative leadership. Participants will walk away with practical tools and a conversation guide to grow their school's program.

4 - Inspire, Engage, and Connect: Experiential, Brain-Based Techniques to Integrate Community Building, Social and Emotional Learning, and Academics

(Double Session running from 10:00 AM to 12:10 PM)

Jen Stanchfield, Experiential Tools, South Newfane, VT

Monarch Strand: A

Join this interactive session and fill your toolbox with student-centered techniques that cultivate ownership of learning, practice social-emotional skills, and build a connected and supportive community. Enliven academic and SEL content and enhance involvement, buy-in, and retention. Harness the power of experiential learning to teach, practice, and assess academics while inspiring collaboration, student-voice, self and social-awareness, and communication.

5 - Circling Up with Restorative Practices!

Bonnie Robbins, Brunswick Junior High School, Brunswick, ME

Stonehaven Strand: F

Restorative Practices enable a school community to integrate and normalize a collaborative approach by focusing on building, maintaining, and repairing relationships among all school members. Students who have an increased connection to school have more educational motivation, classroom engagement and improved school attendance. Different types of circles will be covered for the classroom and beyond.

6 - Cross Curricular Connections!

Rebecca Scherbon and Patricia Ascanio, Seabrook Middle School, Seabrook, NH

Worthy Strand: A

Join us to find ways to effectively create fun, engaging and interesting crosscurricular units. Our focus will be connecting Science and Language Arts through a research and writing project. Walk away with some valuable tools and increased confidence in connecting your curriculums. Focus will be on upper middle school levels.

7 - Culture Building by Design: Organizational Development Practices to Build and Maintain Healthy Culture in Schools

Jeff Frigon and Josina Garnham, The Browne Center for Innovative Learning at The University of New Hampshire, Durham, NH

Kilkenny Strand: B

In this interactive workshop we will define school culture together, explore strategies participants can employ to build a more positive culture, and begin to develop a tool kit to use with colleagues, staff, and students.

9 - Our School's Journey Through PBIS

Tanya Benoit and Vincent Hayward, Norton Middle School, Norton, MA

King Edward West Strand: B

We will share and discuss our school's best practices and methods of implementation and continued programming for PBIS initiatives. In addition, we began a district wide I-MTSS (Integrated Multi-Tiered Systems of Support) program as well as a new SEL curriculum that both integrate well with our PBIS programming in the classrooms.

10 - Implementing Mindfulness Activities in Middle School

Mark Holt, The Beech Hill School, Hopkinton, NH

King George North

Strand: B

Have you ever thought about utilizing Mindfulness activities in your classroom, but didn't know where to start? If so, then this is the workshop for you. Attendees will learn how to create and implement various Mindfulness activities in their grades 5-8 classrooms that they could use with their students tomorrow.

Our presenters would love your feedback on their workshop session!
Our Presenter Evaluation form can be found at http://tinyurl.com/24PresentEval or by scanning this QR code:

12 - Igniting Sparks: Prioritizing Meaning and Purpose in the Classroom

Joelle Hood, Thriving YOUniversity, Yorba Linda, CA





In this session, participants will learn how to deepen engagement in the classroom by igniting and championing student sparks, offering students more voice and choice in the classroom, and creating opportunities for students to tap into passion and purpose that will empower them and provide avenues to give back to school and the community.

13 - What Can Education Learn from the Business World?

Jessica Kennedy, New England League of Middle Schools, East Granby, CT

Middlesex Strand: E

Education operates under its own functionality that in many ways is different from how businesses function around us. In this session, we will look at some features of "the business world" and how those features can be integrated into schools to maximize effectiveness.



Be Proud and Recognize Your School

The purpose of the Spotlight School Award is to recognize schools that have a record of effective teaching and learning for young adolescents and consistently implement middle level best practices.

For more info go to nelms.org

Session II – Concurrent Workshops – 11:10 AM – 12:10 PM

14 - Learning Routines: Creating Classroom Routines for Higher Level Thinking to Increase Student Engagement and Autonomy

Christine Murray, Worcester Academy, Worcester, MA

Charles Strand: A

Re-Energize your learners and invoke higher level thinking with learning routines; a sequence of engaging, goal directed activities used across content and grade levels. Drawing from the work of Ron Ritchhart, participants will have the opportunity to create learning routines and leave the session ready to use these new tools.

15 - Dude, I'm Awesome!

Molly Kennedy, Molly Kennedy Productions, L.L.C., Tonawanda, NY

Highland Strand: B

Is your "I'm not good enough" monster showing up even more and draining you? You will destroy one limiting belief and walk out with one new empowering belief to restore your joy and energy! Results are transferable to ALL aspects of your life. Before you lead others, you must lead yourself.

16 - School-Wide Advisory Programs: PRIDE in Structure and Planning

Megan McFarland, Bellows Falls Middle School, Bellows Falls, VT

Mahogany Strand: B

In this session, educators will look at the benefits of having consistent, school-wide advisory programs at the middle school level and scheduling advisory time to meet the needs of various students developmentally and socially. We will look at examples of advisory schedules as well as how to implement core values as a basis for student success.

17 - Students' Identity Searches: What to Know and How to Help

Dave F. Brown, Ed. D., Vermont Association for Middle Level Education, Essex Junction, VT

Stonehaven Strand: D

Young adolescents are curious about who they are and want to be. Identity is revealed in novel ways: hair, vaping, peers, sexuality, social media. Students seek answers to identities they can't change, and advice for those they can. Educators can help students with who they are and want to be.

19 - How to Find Your Purpose and Help Your Students Find Theirs

Jessica Kennedy, New England League of Middle Schools, East Granby, CT

Kilkenny Strand: B

In this session, we will dive into the concept of "purpose" and use it to help drive our own internal motivation as professionals and people, as well as use this in our classroom and schools to motivate and inspire our students. Come prepared for some crafting!

20 - Contagious Fun: Forgetting To Be Afraid In Math Class

Caroline Teague, Rockport Middle School, Rockport, MA

King Edward East Strand: A

Design instruction that helps students overcome fear, encourages rigor, engages deep thinking, motivates high levels of participation, and fires up a love of your subject through movement based games, activities, and tasks.

21 - Support Through Connectivity Using the Advisory Model

Matthew LeVangie, Littleton Middle School, Littleton, MA





Looking at ways to successfully implement the Advisory model that allow teachers to make unique and authentic connections with their students.

(This session will be repeated on Friday - #54 from 10:00 AM – 11:00 AM)

22 - Using Current Events & Debate to Teach Astronomy

Lesson Plan Session running from 11:10 AM to 11:30 AM

Mark Holt, The Beech Hill School, Hopkinton, NH

King George North

Strand: A

I will share an activity I use in my science class to engage students in the process of learning astronomy concepts by incorporating current events and debate.

23 - Creating Equity Through Relationship-Building: Strategies for Deepening Connections with All Students

Vilenti Tulloch, Academic Leadership Assocation, Springfield, MA

King George South

Strand: C

The purpose of this series is to support educators in reflecting on and deepening their relationships with students. Through exploring research about the neuroscience of emotions, unconscious bias, belonging, and listening, educators will practice applying concrete strategies for deepening their connections with students and overcoming common obstacles in relationship building.

24 - Building Belonging and Cultivating Connection So Staff and Students Can Thrive

Joelle Hood, Thriving YOUniversity, Yorba Linda, CA

Longford

Strand: E

In our increasingly isolated world, it is critical for people to experience a sense of belonging at work/school and to feel socially connected. In this session, participants will learn the neuroscience supporting belonging and walk away with strategies they can use immediately to strengthen connection and community for staff and students.

25 - Aspiring to be a Middle Level Administrator

Bob Griffin, Haverhill Cooperative Middle School, North Haverhill, NH, and Jeff Rodman, New England League of Middle Schools, Kittery, ME

Middlesex Strand: E

"The Successful Middle School" states Effective leadership is critical to a school's success. The question that needs to be addressed is, so what is effective leadership? Join veteran administrators Bob Griffin and Jeff Rodman for an in-depth discussion on middle level leadership.

26 - You Belong Here: Putting Integrity Into Action

Lesson Plan Session running from 11:50 AM to 12:10 PM

Brianna Taylor and Melissa Tobey, Cooperative Middle School, Stratham, NH

King George North

"Are the flags and buttons for real, or are you just showing them for performance art?" The message was clear: It's easy to say, "You're welcome here," but it can be difficult to prove. We will provide several easy, but impactful, ways to help students know that they do belong.

Strand: B

Luncheon Keynote Session

12:30 PM – 1:30 M Grand Ballroom



"The ARTS at the Center (The arts are the COREST of subjects)" Presenter: Argy Nestor

In today's rapidly changing world, the role of arts education in middle schools has never been more essential. Middle-level educators have a pivotal role in shaping the academic and personal development of students during this critical stage of their educational journey. The arts are everywhere, so let's consider their possibilities in every subject.

The development of young adolescents encompassing their physical, intellectual, moral, psychological, and social-emotional needs can all benefit from engagement with the arts. Whether through direct instruction or an interdisciplinary approach, the arts empower students and boost their confidence while fostering self-expression, creativity, innovation, and critical thinking. Research demonstrates that placing the arts at the core of education significantly impacts student performance and success.

Establishing a strong presence for the arts in every middle school can serve as an instrument with the capacity to engage every student.

Education Programs



STEM Days

Presented by moderna

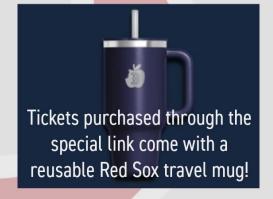
May 2nd, featuring June 5th, featuring





Educator Appreciation Nights

April 11th May 10th June 12th



Class of 2024 **Nights**

April 12th May 14th May 1st May 30th



For groups of 15+, contact

Seth Shuman sshuman@redsox.com 617-226-6834





Session III – Concurrent Workshops – 1:40 PM – 2:40 PM

27 - Ditching Divide and Conquer: Embracing the Most Effective and Fun Approach to Collaboration!



Bryan Rickert and Katie Laird, Hillcrest Middle School, Trumbull, CT

Charles Strand: E

Middle schools have grown exponentially more complex. In this session, we will share our collaborative approach to professional learning, building capacity, organizational strategies, and leadership. Scenarios, discussions, and reflections will help teachers, teacher leaders, and administrators tackle such challenges and yield better outcomes for kids, less burnout for teachers, and more fun at school!

28 - How Do I Care for the Kids when I Struggle to Keep my Head Above Water?

Jen Cort, Jen Cort Educational Consulting, Brookeville, MD

Highland Strand: B

"Did anyone notice self and care are both four-letter words?" asked a teacher after repeatedly being told to take care of herself during COVID. In this session, participants will focus on supporting their students and themselves. Participants will leave with a lesson plan for adult and student application, concrete ideas for easy application, and resources for use when back at school.

29 - Mindset Matters from Surviving to Thriving in All Areas

JoAnne Woods Young, JoAnne Woods Young, South Easton, MA

Mahogany Strand: I

Feeling like you are just getting through the day? Stress and burnout doesn't have to derail you. This session will show you how to Re-Focus and Re-Charge daily. Providing fun, interactive exercises, discussion and activities that can be put to use immediately to shift your perspective. You will leave feeling a stronger sense of calm, resilience and power in all areas. Implementing the tools will leave you feeling Uplifted and Inspired renewing your passion and purpose.

30 - Reading Games for Struggling Learners (and ELL)

Christina Ziegler, Captain Nathan Hale School, Coventry, CT

Monarch Strand: A



In this session, you'll learn how to engage struggling readers and ELL students with fun and educational reading games. This high movement, highly energized session will give you creative solutions for working with struggling students. Try out some of my students favorite games: Crossword Mayhem; Bang, Boom, Slam and more!

31 - Build a Thriving Advisory

Chris Pollet, Tyngsborough Middle School, Tyngsborough, MA, and Jason Webster, Athol-Royalston Middle School, Athol, MA

Stonehaven Strand: F

The need for a thriving advisory program is more necessary than ever. Students need to feel a connection with their school, and they need to be part of a supportive community. Advisory programs offer the structure to meet students' developmental needs. Come and see model advisory programs and discuss the key components of a program to bring back to your school.

32 - Al Basics

Michael McLaughlin, Austin Preparatory School, Reading, MA

Worthy Strand: A

The integration of Artificial Intelligence (AI) tools has changed and will revolutionize the way we teach and learn. Learn about some of the tools and functionality of AI platforms and how they can be utilized. We will also explore the role that teachers must continue to play in evaluating resources.

33 - Empathy & SEL: Activities and Theory to Teach Empathy through an SEL lens

Jeff Frigon, The Browne Center for Innovative Learning at The University of New Hampshire, Durham, NH

Kilkenny Strand: B

Join Jeff Frigon from The Browne Center in a fun and engaging 60 minutes of Empathy. Learn Experientially learn the basics of Empathy, the brain science behind why it's vital to SEL and our communities, and leave with some tools for your back pocket you can use tomorrow!

34 - More than a Lecture: Bringing History to Life in your Social Studies Class!

Jacqueline Longley, Lawrence Junior High School, Fairfield, ME

King Edward East Strand: A

Step back in time within your classroom...help out in the telegraph office during the Civil War, learn to dance the Charleston during the Roaring 20s and much more! "More than a Lecture: Bringing History to Life" focuses on bringing ideas, and resources to support student engagement in your classroom.

35 - Shifting the Narrative: Embracing Mental Health Literacy through Middle Grades Literature

Brooke, Eisenbach, Daphne Freeman, and Joanna Chomowicz, Lesley University, Cambridge, MA

King Edward East Strand: B

How can teachers incorporate a focus on mental health literacy within the classroom? Join us for a session centered around embedding literature and strategies that enhance students' mental health literacy. Our strategies will aid you in partnering with your school's mental health team to integrate a MHL unit of study.

36 - Social Emotional Learning in Action

Andrew Wood, The Browne Center for Innovative Learning at The University of New Hampshire, Durham, NH

King George North Strand: B

Join The Browne Center for an hour of play and learning, as we walk through a series of intentionally-sequenced experiential SEL activities which you can transfer directly to your classroom. Inspired by our full-day professional development workshop, part of the University of New Hampshire's SEL Certificate program.

37 - Entry Points for Equity

Fenesha Hubbard, Northwest Evaluation Association, Chicago, IL

King George South Strand: C

Learn how to put equity into action with the Entry Points for Equity Framework. Leave with the knowledge that will help you think about equity from a different perspective and position you to engage in deep reflection and dialogue around equitable teaching and learning practices.

38 - Physics and Chemistry are -321 Degrees COOL!

Mark McCabe and Rita McCabe, Sub Zero Nitrogen Ice Cream, Pelham, NH



Longford Strand: A

A STEM enrichment program we can bring to your classroom! Includes an in-depth look at the States of Matter, the relationship between volume, pressure, and temperature, explain what a "Dewar" is, discuss wavelength, and even the Leidenfrost Effect using interactive visual experiments using liquid nitrogen! SO COOL! End the workshop with a delicious treat!

39 - Inquiry-based Activities for People and the Planet

Lindsey Bailey, Population Education, Washington, DC

Middlesex Strand: A

Engage in interdisciplinary activities – modeling, simulations and collaborative work -- that combine mathematics, science, and social studies skills, while building awareness on human-environmental interactions. Stimulate student exploration skills on timely global issues that empower middle school students to address real-world challenges.

Whole School & Focus Assessments

Whole School Assessment helps you plan for the future by looking at your current practices. Focus Assessments are specific tools to confirm the quality of a specific program or content area. Schools receive recommendations for growth.

A great base for school improvement and action plans! www.nelms.org

Session IV – Concurrent Workshops – 2:50 PM – 3:50 PM

40 - The Benefits of the Spotlight Schoolwide Improvement Process

Kevin Towle, Indian River School, Canaan, NH

Charles Strand: C



Have you ever considered a schoolwide improvement plan to move your school forward? This seminar will illustrate the process and follow-through to do just that improve your school and receive school recognition when the plan is implemented and complete. The process of being a NELMS Spotlight school and how the Indian River School did it.

41 - Thinking Outside the Unified Arts Box

Hanna McDonald & Christopher Pollet, Tyngsborough Middle School, Tyngsborough, MA, and William Wilson & Michael Brownstein, Virtual Enterprises International, New York, NY



Highland Strand: A

At Tyngsborough Middle School, we believe we've found the key to engaging students: integrating real-world content that ignites the joy of learning. Our focus on Career Exploration/Development creatively fits into busy schedules through Unified Arts. This approach fuels students' enthusiasm for education and sparks curiosity about their futures. It's also fun to teach!

42 - Empowering Youth Leadership through the Kids In Prevention Retreat

James Kinder, Haverhill Cooperative Middle School, North Haverhill, NH

Mahogany Strand: B

In this workshop, you will learn how to facilitate a youth prevention program at your school that promotes leadership skills, encourages resiliency, and promotes teamwork among all students. Hear how the 'Kids In Prevention Program' at Haverhill Cooperative Middle School has helped create a positive, nurturing student culture.

43 - Adventures in Science

Glenn Dewell, South Kingstown, RI

Monarch Strand: A

Looking for science activities that will excite and challenge your middle school students? Adventures in Science is for you! We will explore activities connected to earth science, physical science and life science. The nature of science will be infused in each of the activities.

44 - The Mysteries of the Adolescent Brain

Lisa Tripp, Bonny Eagle Middle School, Buxton, ME

Stonehaven Strand: D

Maine's 2023 York County Teacher of the Year Lisa Tripp shares the neuroscience nitty-gritty of the adolescent brain, as well as examples of how we can "loan out" our prefrontal cortex to help our students grow! Come discover useful strategies to help students develop their executive functioning skills.

45 - Lesson Ally: Building Teacher Efficacy Through Informal Feedback Between Teachers

Shannon Conley, Worcester Public Schools, Worcester, MA

Worthy Strand: A

To improve teacher efficacy and student outcomes educators need opportunities to improve their pedagogical practices by soliciting feedback on lesson plans and classroom instruction from their teacher peers. Educators will create a shared vision for effective teaching and use this definition to develop a mechanism for feedback on lesson planning and instruction.

46 - How to Find Your Joy

Jessica Kennedy, New England League of Middle Schools, East Granby, CT

Kilkenny Strand: B

This session will delve into "joy" in order to both better understand it and find more ways to harness it in our personal and professional lives. Come prepared for some introspection and reflection!

47 - Practical Ways to Empower Students Using Electronic Portfolios and Student Led Conferences

Darci Drylie and Angela Fitzgerald, Londonderry Middle School, Londonderry, NH

King Edward East Strand: A

We will share the progress we have made through the last 6 years of student portfolios so that participants can focus on what works. We will provide you with templates to develop student mission statements, student portfolio websites, and student led conferences. You will from students the power of portfolios.

48 - The Amazing Shake!!

Dr. Peter Gillen, West Springfield Middle School, West Springfield, MA

King Edward West

The Amazing Shake is an world wide program which teaches students life skills like proper speaking, writing, and communication skills in a fun and engaging way. Inspired by the Ron Clark Academy's National Program, learn how to adopt or adapt this model into your school or classroom!

49 - Social-Emotional Learning: Opportunities for Intrinsically Motivated Development

Andrew Wood, The Browne Center for Innovative Learning at The University of New Hampshire, Durham, NH

King George North Strand: B

Are you struggling to engage students in SEL content? In this workshop, we'll engage in experiential SEL activities which can transfer directly to your classroom. We'll also learn about, and consider how to center SEL content in, Ryan & Deci's self-determination theory of motivation.

50 - Effective and Engaging Strategies for Making Language Come Alive in Middle School

Corrado Russo, Austin Preparatory School, Reading, MA

King George South Strand: A

In this session, participants will gain practical tips and tools to add to their middle school world language teaching toolbox, with a focus on comprehensibility, personalization, and engagement.

51 - How Innovative Schools Are Addressing Social Media, Current Events, and Tech

Caitlin Dallmeyer, The Social Institute, Durham, NC





Every day, students are hit with social media posts, comments from friends, changing tech trends, and a variety of pressures. TSI will lead an engaging and interactive discussion about how to avoid common mistakes when addressing student well-being.

52 - Roundtable: What is equity, Why should we do it, What does it look like?

Dave F. Brown, Ed. D., Vermont Association for Middle Level Education, Essex Junction, VT, Bill Ivey, Stoneleigh-Burnham School, Greenfield, MA,, and Christie Beveridge, UP for Education, Montpelier, VT

Middlesex Strand: C

This is a space to discuss equity and middle level education: How do we all conceive of equity? What is the rationale and value for us to promote it? What does equity work look like in each of our schools? Join us for a stress free, non-judgmental, comfortable conversation.

Our presenters would love your feedback on their workshop session!
Our Presenter Evaluation form can be found at http://tinyurl.com/24PresentEval or by scanning this QR code:

Tuesday, March 26, 2024

General Session and Keynote 8:30 AM – 9:30 AM Grand Ballroom



"Be a Lifeline: The Power of Awareness to Change a Student's Path" Presenter: Ashley Bendiksen

In every community, unlimited numbers of youth and children silently experience abuse. In the U.S., 1 in 3 teens experience abuse by a dating partner, with recent data indicating alarming increases in sexual assault among high school teens. Further, 1 in 7 children experience abuse or neglect by someone they know, trust, or are in the care of.

Despite this high prevalence, these issues are often overlooked. Warning signs are often subtle or misunderstood by adults. This lack of intervention leaves youth at risk for further harm, as well as serious short- and long-term consequences. For many, it also becomes an adverse childhood experience that negatively impacts not just their present, but future life. Adults, therefore, play a crucial role in recognizing harm to safeguard the lives of vulnerable youth. With improved awareness and skills, early detection and intervention can save a life and change a child's path.

Conference Planner

Tuesday, March 26, 2024

Visit Exhibits between sessions or anytime from 8:00 AM – 2:00 PM

Time	Function	Number/Title	Location(s)
8:30 AM - 9:30 AM	General Session and Keynote: Ashley Bendiksen	Be a Lifeline: The Power of Awareness to Change a Students' Path	Grand Ballroom
8:00 AM - 2:00 PM	Bookstore & Exhibit Hall		Ballroom Foyer
9:30 AM - 10:00 AM	Coffee Break with Exhibitors		Ballroom Foyer
10:00 AM – 11:00 AM	Concurrent Session V		2 nd , 3 ^{rd,} & 4 th Floor Meeting Rooms
11:10 AM - 12:10 PM	Concurrent Session VI		2 nd , 3 ^{rd,} & 4 th Floor Meeting Rooms
12:10 PM - 1:30 PM	Lunch for All Attendees & Visit Exhibitors		Ballroom Foyer
12:30 PM - 1:30 PM	Luncheon Keynote: Michael Chase	Kindness is a Lifestyle – Positively Impacting School Culture	Grand Ballroom
1:40 PM - 2:40 PM	Closing Session: Jen Cort	Expanding Our Toolbox, Strategies for Immediate Application to Take Back to your School	Grand Ballroom

This page is to be used in conjunction with the Certificate of Attendance (page 56) to track attendee's hours.

Session V – Concurrent Workshops – 10:00 AM – 11:00 AM

53 - Be that Teacher - The One You Want Your Kid to Have!

David M. Riordan, Hingham Middle School, Hingham, MA

Charles Strand: D

3 Do's and Don'ts of getting our kids more connected to our schools and our classrooms! Teacher leaders have several things in common, things they do and believe. This session will explore some "Do's and Don'ts" of how these teacher leaders get their kids to improve wellness and become more connected to school, their classroom, and their learning!

54 - Support Through Connectivity Using the Advisory Model

Matthew LeVangie, Littleton Middle School, Littleton, MA

Highland Strand: B

Looking at ways to successfully implement the Advisory model that allow teachers to make unique and authentic connections with their students.

(This session is a repeat of #21 – Monday from 11:10 AM – 12:10 PM)

55 - Creating and Implementing a "Chill Zone" in the Middle School Environment

Kelly Espinola, Southside Middle School, Manchester, NH

Mahogany Strand: B

Participants will gain insights into the Chill Zone with the integration of SEL techniques, which can be integrated into post-conference routines, requiring minimal planning. Join us for a journey into the creation and management of the Chill Zone, with SEL strategies to enhance your student's well-being.

56 - Bring Learning to Life with Meaningful and Engaging Reflection Tools and Techniques

Jen Stanchfield, Experiential Tools, South Newfane, VT

Monarch Strand: A

Bring learning to life with engaging student-centered reflection techniques. Take advantage of teachable moments and enliven the traditional sharing circle with experiential brain-based methods including metaphor, art, and active dialogue to increase emotional connection, relevancy, and depth-of-understanding. Facilitate strong beginnings and optimistic endings. Create lasting lessons and help students become lifelong reflective learners.

57 - Mindset Mastery: Enhancing Performance through Language and Communication in Coaching, Teaching, and Parenting



Chuck Barnard, Success Institutes, Portland, ME

Stonehaven Strand: F

Join Coach Chuck Barnard to explore practical strategies for influencing students in very brief interactions. Learn how to interrupt patterns, shift negative mindsets, and foster resilience through the structure of your language, empathetic engagement, and growth mindset principles. Gain insights into transforming classroom dynamics and enhancing student development.

58 - Therapy Dogs in Schools (And How to Start a Therapy Dog Program in your District)

Michelle Karb, Robert E. Melican Middle School, Northborough, MA

Worthy Strand: B

Spending time with a dog can reduce stress hormones and increase "feel good" hormones like oxytocin and serotonin. In schools, dogs serve as non-judgmental living beings to provide comfort to students and staff. Many students benefit from spending time with dogs, who love unconditionally and help break down social barriers for students, and support struggling readers and emotionally dysregulated students.

59 - Leveraging Relationships to Improve Classroom Management

Katherine Foecking, Weare Middle School, Weare, NH

Kilkenny Strand: A

Effective classroom management is rooted in relationships with students. During this session, you will learn about the research that supports this statement as well as dive into research-based practices that can be implemented in the classroom.

60 - A Guide to Implementing a News Literacy Curriculum Unit

Carla Woitovich and Sarah Zielinski, East Lyme Middle School, Niantic, CT

King Edward East Strand: A

XX.

Nearly 1 in 5 of the videos automatically suggested by TikTok contain misleading misinformation. News Literacy skills are critical for students to be successful in today's world. Join us to learn how to implement a News Literacy Unit in your school. Attendees will walk away with lesson plans and resources.

61 - Books, Books, and More Books

Susanna Sharpe, Biddeford Middle School, Biddeford, ME

King Edward West Strand: A

Hook 'Em, then reel them in. During this session, you will be introduced to over a 100 books that are geared for middle school learners. New books for 2023 & 2024 and more are on the list. Books will be grouped by genre and topic. Activities to do pre-during-post reading will also be shared.

62 - Top 5 Mistakes Teachers Make with their Pensions...and how Rise North Capital can Help Them!



Lesson Plan Session running from 10:00 AM to 10:20 AM

Robert J. Marchewka, Rise North Capital, Braintree, MA

King George North Strand: B

At Rise North Capital, we understand that school district employees' retirement situations may be more advanced or complex than many other professions. Our team has extensive experience working with public school district employees from support staff to teachers to administrators.

63 - Making Sense of WIDA 2020

Dana Gastich French, UpRiver Education, Exeter, NH

King George South Strand: C

This presentation will engage educators in all roles in an exploration of the revised WIDA 2020 Standards. Educators will gain practical insights and strategies to effectively support the linguistic and academic development of multilingual learners. Participants will leave with more clarity and less mystery around how to use WIDA as a toolkit for ML instruction.

64 - Lead Like Lasso: Science-based Leadership Skills from America's Favorite Coach



Joelle Hood, Thriving YOUniversity, Yorba Linda, CA

Longford Strand: E

Inspired by the empathetic, optimistic, and authentic qualities of TV's Ted Lasso, attendees will learn practical strategies to become exceptional leaders who inspire and motivate their teams. Through interactive activities, neuroscience research, and discussions, participants will better understand the human mind and how to leverage it for effective leadership.

65 - Student. Demos. com, Not Just for Math Classes

Scott Kramer, Sanborn Regional Middle School, East Kingston, NH

Middlesex Strand: A

In this workshop you will explore, design, and use an amazing online tool. You will see that this can be used for any class. You will walk away from this workshop with the skills needed to create your own activity that can be used immediately in your classroom.

Our presenters would love your feedback on their workshop session!
Our Presenter Evaluation form can be found at http://tinyurl.com/24PresentEval or by scanning this QR code:

Session VI – Concurrent Workshops – 11:10 AM – 12:10 PM

67 - Cultivating Spaces of Support: Proactive Approaches for Prevention and InterventionAshley Bendiksen, TYS Speakers, Morgan Hill, CA

Charles Strand: B

Many students underperform in the classroom because of issues in their personal lives or at home. In this session, participants will learn to identify signs of at-risk students and acquire simple techniques to intervene and guide them to support. The discussion will also explore creating supportive environments that prioritize student well-being, covering aspects like building trust, relationships, and prevention strategies in the classroom.

68 - MTSS and BARR: Making Systems Work Accessible, Successful, and Enjoyable for Everyone



Mary Ann Folley, Bonny Eagle Middle School, Buxton, ME, and Rachel Olinger Steeves, BARR Center, Portland, ME

Highland Strand: B

Providing a system of support for students has never been more important - or more challenging. As educators strive to support students' academic, social, and emotional needs, while also addressing behaviors, BARR's (Building Assets, Reducing Risks) multi-tiered system is empowering educators to collaborate in a more effective and fulfilling way.

69 - Fostering Wellness in the Classroom: A Holistic Approach to Teaching and Learning

Jacquelyn Rehm, Bird Middle School, East Walpole, MA

Mahogany Strand: B

In this flex-session, participants will explore how the current sociocultural and political context of education impacts our practice. Following the conversation on our current realities, we will communally explore holistic strategies that foster a supportive learning environment for all. There will be time at the end to explore and plan implementation of the digital toolkit.

70 - Introducing Engineering in Middle School

Lisa Hubbard, Worcester Academy, Worcester, MA

Monarch Strand: A

Introducing engineering in middle school can help students understand what engineering is and get them interested and motivated to pursue engineering. When designing an engineering curriculum there are many facets that need to be considered, including student knowledge, time alloted, budget, and most importantly, student interests.

71 - Recent Findings on Young Adolescent Development: What You Should Know About Them

Dave F. Brown, Ed. D., Vermont Association for Middle Level Education, Essex Junction, VT

Stonehaven Strand: D

What do you know about young adolescent development? Take this quiz to learn the latest about their physical, cognitive, and identity needs that you may not have studied in your college career. Understanding some of young adolescents' unique developmental traits can help educators design school environments that meet their needs.

72 - 25 Instructional Strategies to Use Tomorrow

Susanna Sharpe, Biddeford Middle School, Biddeford, ME

Worthy Strand: A

Add to your teacher toolbox in this fast paced session where 25+ Instructional Strategies will be shared focusing on engaging your learners, providing practice without penalty, and encouraging interaction among students. If you came last year, I've got new ones for 2024!

73 - Wellness Day? Learn How to Design, Implement, and Involve Students, Staff, and your Community

Kelly Moss and Kelly O'Neill, Cooperative Middle School, Stratham, NH

Kilkenny Strand: B

Learn how to implement a successful Wellness Day in your school. We will share how we communicate with the community to solicit volunteers to run workshops, galvanize our teachers/staff to prepare and run workshops for our students, and build a schedule that adheres to working day language and offers voice and choice for students.

74 - WINS- a Homework Program that Makes a Difference

Francine Weiner, Carrie P. Weber Middle School, Port Washington, NY

King Edward East Strand: B

The WINs program is a 1:1 tutor program in which high school students volunteer to work with our middle school students on completing homework and studying for tests. The program includes counseling, trainings, monthly support group meetings for parents, teacher input, and bi-weekly mailings home. Rewarding to everyone involved.

75 - Becoming More Engaged and Inclusive Educators: Strategies for Supporting Our LGBTQ+ Students

Lesson Plan Session running from 11:10 AM to 11:30 AM

Michael Dodge, American International College, Springfield, MA

King Edward West Strand: C

Recognizing the vital impact of diversity and equity on students, educators and leaders must be equipped to support LGBTQ+ individuals. Engage in a workshop offering highly customizable, interactive training to develop the necessary competence for effectively meeting the diverse needs of students, especially those in the LGBTQ+ community.

76 - DEI and Embedded Perspective Taking

Carla Woitovich and Sarah Zielinski, East Lyme Middle School, Niantic, CT



History through multiple perspectives: Students apply research skills in this Westward Expansion unit. Building towards Socratic Seminar, students find they respond differently dependending on their research group to the question, "How did Westward Expansion and Manifest Destiny reinforce/contradict the American identity of the US as a land of opportunity?"

77 - Practicing + Promoting Self-Regulation Skills

James Simons and Maureen Chapman, cor creative partners, Quincy, MA

King George South Strand: B

In this interactive session, participants learn how to recognize and understand dysregulation in both themselves and their students. They then explore a suite of self-regulation strategies and make plans for teaching some of these strategies to students.



78 - Building a Bottle-school in Rural Guatemala: Perspectives on Sustainability, Recycling and the Power of Human Connection





Longford

Strand: A

NELMS Photographer Nathan Pierce recently returned from the Lifetouch Memory Mission where he and 40 volunteers constructed a 3-room sustainable bottle-school utilizing inorganic waste and plastic bottles. Throughout the project, Nathan recognized opportunities for us all to discover how we all may make a profound impact for others with small yet significant actions.

Engage Through the Power of Play, Brain-Based Experiential Learning, and Reflection

Date & Location

Tuesday, May 14, 2024 LowellFive, 30 International Place, Tewksbury, MA

Facilitator:

Jennifer Stanchfield Experiential Tools







44th Annual Middle Level Conference & Exhibits

March 24 & 25, 2025 Sheraton Springfield Monarch Place Springfield, MA



Luncheon Keynote Session

12:30 PM – 1:30 M Grand Ballroom



"Kindness is a Lifestyle – Positively Impacting School Culture"

Presenter: Michael Chase

Michael Chase will share his inspirational story of survival from his experience at the epicenter of the terrorist attacks during the Boston Marathon in 2013 and how this experience changed his life forever. Chase's emotional account will help the crowd reassess the way they treat themselves and others, so the audience becomes empowered to make positive change and live intentionally kinder lives. Chase will also provide a behind-the-scenes perspective on his creation of "Kindness Week" at Essex North Shore Agricultural and Technical School in Danvers, MA. Allow him to guide you through the process of creating an event within your school or district that can have a lasting impact on every student and staff member!



Míddle Level Dístinguíshed Student Award Celebrations



<u> 2024 Dates</u>

Rhode Island

Maine

Tuesday, May 14 Thursday, May 16

Massachusetts

Connecticut

Tuesday, May 21 Thursday, May 23

New Hampshire

Vermont

Thursday, May 30 Tuesday, June 4

For more information, please go to www.nelms.org/studentawards



Session VII – Closing Session – 1:40 PM – 2:40 PM Workshop #81

Strand: A

Grand Ballroom



"Expanding Our Toolbox, Strategies for Immediate Application to Take Back to your School" Presenter: Jen Cort

Have you ever left a conference excited by all you heard, only to realize you can't remember exactly how to implement some of what you learned? If so, you are not alone! This closing keynote provides strategies applicable to students and adults for use in any challenging situation.



Additional Information

Daily Grid - Monday, March 25, 2024

Room Name and Floor		Session I 10:00 AM - 11:00 AM		Session II 11:10 AM - 12:10 PM		
Charles 2nd Floor	1	Empowering ELs: A Blueprint for Inclusive Sheltered English Immersion	14	Learning Routines: Creating Classroom Routines for Higher Level Thinking to Increase Student Engagement and Autonomy		
Highland 2nd Floor	2	Teaching Students Leadership Skills	15	Dude, I'm Awesome!		
Mahogany 2nd Floor	3	Unlocking the Power of Advisory: Mission Matters	16	School-Wide Advisory Programs: PRIDE in Structure and Planning		
Monarch 2nd Floor	4	Inspire, Engage, and Connect: Experiential, Brain-Based Techniques to Integrate Community Building, Social and Emotional Learning, and Academics (This is a double-session)				
Stonehaven 2nd Floor	5	Circling Up with Restorative Practices!	17	Students' Identity Searches: What to Know and How to Help		
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Kilkenny 3rd Floor	7	Culture Building by Design: Organizational Development Practices to Build and Maintain Healthy Culture in Schools	19	How to Find Your Purpose and Help Your Students Find Theirs		
King Edward East 3rd Floor	8		20	Contagious Fun: Forgetting To Be Afraid In Math Class		
King Edward West 3rd Floor	9	Our School's Journey Through PBIS	21	Support Through Connectivity Using the Advisory Model		
King George North 3rd Floor	10	Implementing Mindfulness Activities in Middle School	22	Using Current Events & Debate to Teach Astronomy		
			26	You Belong Here: Putting Integrity Into Action		
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Longford 3rd Floor	12	Igniting Sparks: Prioritizing Meaning and Purpose in the Classroom	24	Building Belonging and Cultivating Connection So Staff and Students Can Thrive		
Middlesex 4th Floor	13	What Can Education Learn from the Business World?	25	Aspiring to be a Middle Level Administrator		
Registration: 7:30 AM - 3:00 PM Bookstore: 9:30 AM - 4:30 PM Exhibitors: 9:30 AM - 4:30 PM				Exhibitors: 9:30 AM - 4:30 PM		

Daily Grid - Monday, March 25, 2024

Room Name and Floor	Session III 1:40 PM - 2:40 PM			Session IV 2:50 PM - 3:50PM	
Charles 2nd Floor	27	Ditching Divide and Conquer: Embracing the Most Effective and Fun Approach to Collaboration!	40	The Benefits of the Spotlight Schoolwide Improvement Process	
Highland 2nd Floor	28	How Do I Care for the Kids when I Struggle to Keep my Head Above Water?	41	Thinking Outside the Unified Arts Box	
Mahogany 2nd Floor	29	Mindset Matters from Surviving to Thriving in All Areas	42	Empowering Youth Leadership through the Kids in Prevention Retreat	
Monarch 2nd Floor	30	Reading Games for Struggling Learners (and ELL)	43	Adventures in Science	
Stonehaven 2nd Floor	31	Build a Thriving Advisory	44	The Mysteries of the Adolescent Brain	
Worthy 2nd Floor	32	Al Basics	45	Lesson Ally: Building Teacher Efficacy Through Informal Feedback Between Teachers	
Kilkenny 3rd Floor	33	Empathy & SEL: Activities and Theory to Teach Empathy through an SEL lens	46	How to Find Your Joy	
King Edward East 3rd Floor	34	More than a Lecture: Bringing History to Life in your Social Studies Class!	47	Practical Ways to Empower Students Using Electronic Portfolios and Student Led Conferences	
King Edward West 3rd Floor	35	Shifting the Narrative: Embracing Mental Health Literacy through Middle Grades Literature	48	The Amazing Shake!!	
King George North 3rd Floor	36	Social Emotional Learning in Action	49	Social-Emotional Learning: Opportunities for Intrinsically Motivated Development	
King George South 3rd Floor	37	Entry Points for Equity	50	Effective and Engaging Strategies for Making Language Come Alive in Middle School	
Longford 3rd Floor	38	Physics and Chemistry are -321 Degrees COOL!	51	How Innovative Schools Are Addressing Social Media, Current Events, and Tech	
Middlesex 4th Floor	39	Inquiry-based Activities for People and the Planet	52	Roundtable: What is equity, Why should we do it, What does it look like?	
Registration: 7:30 AM - 3:00 PM Bookstore: 9:30 AM - 4:30 PM Exhibitors: 9:30 AM - 4:30 PM					

Daily Grid - Tuesday, March 26, 2024

Room Name and Floor		Session V 10:00 AM - 11:00 AM		Session VI 11:10 AM - 12:10 PM	
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Highland 2nd Floor	54	Support Through Connectivity Using the Advisory Model	68	MTSS and BARR: Making Systems Work Accessible, Successful, and Enjoyable for Everyone	
Mahogany 2nd Floor	55	Creating and Implementing a "Chill Zone" in the Middle School Environment	69	Fostering Wellness in the Classroom: A Holistic Approach to Teaching and Learning	
Monarch 2nd Floor	56	Bring Learning to Life with Meaningful and Engaging Reflection Tools and Techniques	70	Introducing Engineering in Middle School	
Stonehaven 2nd Floor	57	Mindset Mastery: Enhancing Performance through Language and Communication in Coaching, Teaching, and Parenting	71	Recent Findings on Young Adolescent Development: What You Should Know About Them	
Worthy 2nd Floor	58	Therapy Dogs in Schools (And How to Start a Therapy Dog Program in your District)	72	25 Instructional Strategies to Use Tomorrow	
Kilkenny 3rd Floor	59	Leveraging Relationships to Improve Classroom Management	73	Wellness Day? Learn How to Design, Implement, and Involve Students, Staff, and your Community	
King Edward East 3rd Floor	60	A Guide to Implementing a News Literacy Curriculum Unit	74	WINS- a Homework Program that Makes a Difference	
King Edward West 3rd Floor	61	Books, Books, and More Books	75	Becoming More Engaged and Inclusive Educators: Strategies for Supporting Our LGBTQ+ Students	
King George North 3rd Floor	62	Top 5 Mistakes Teachers Make with their Pensionsand how Rise North Capital can Help Them!	76	DEI and Embedded Perspective Taking	
	66		80		
King George South 3rd Floor	63	Making Sense of WIDA 2020	77	Practicing + Promoting Self-Regulation Skills	
Longford 3rd Floor	64	Lead Like Lasso: Science-based Leadership Skills from America's Favorite Coach	78	Building a Bottle-school in Rural Guatemala: Perspectives on Sustainability, Recycling and the Power of Human Connection	
Middlesex 4th Floor	65	Student.Demos.com, Not Just for Math Classes	79		
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Exhibitor Guide

Academic Leadership Association (ALA)

Space #: 8

Vilenti Tulloch, Sr., Chief Executive Officer

175 Chalmers St Springfield, MA 01118

Phone: 413-629-9411

Email: academicleadershipassoc@gmail.com **Website:** www.academicleadershipassociation.com

ALA-on a mission to empower youth to make positive changes within themselves and their school communities while embracing equity through school-based mentoring, social and emotional learning, and student advocacy.

Alran Books

Space #: Bookstore Alison Weber, Owner 9 Townsend Rd Harrisville, NH 03450

Phone: 603-827-3245
Email: alranbooks@gmail.com
Website: www.alranbooks.com

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BARR Center

Space #: 21

Jennifer Fox, Strategic Growth Officer 1600 Utica Ave South

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Website: www.barrcenter.org

Building Assets, Reducing Risks (BARR) is a comprehensive, strength-based approach to education that aims to boost achievement for all students by improving relationships, leveraging real-time data, and capitalizing on the strengths of each student.

Boch Center & Folk Americana Roots Hall of Fame

Space #: 23

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Phone: 617-532-1255 **Email:** stowers@bochcenter.org

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Close Up Foundation

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Close Up partners with schools and districts nationwide to serve students and educators through experiential programs in our nation's capital and in local communities, professional development, and curriculum and resource design.

cor creative partners

Space #: 18

James Simons, Co-Director

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Phone: 424-653-4849

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Website: www.corcreativepartners.com

We provide professional development services to educators to support the integration of academic, emotional, and social skill development in the classroom, curriculum design + implementation, and leadership development so that everyone loves school.

Foundation for Impact on Literacy & Learning

Space #: 7

Renee Belardo, Program Consultant

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Huntington, NY 11743

Phone:

Email: renee@fill.foundation Website: www.fill.foundation

Explore.Act.Tell. Program teaches 6-12 grade students awareness of food insecurity issues in their neighborhoods to join the fight against hunger. Fully funded by Albertsons Nourishing Neighbors, students complete a service project and can win a grant!

Grand Classroom

Space #: 10

Gregg Wachtelhausen, Travel Consultant - Sales Representative

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Charlottesville, VA 22901

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Email: greggw@grandclassroom.com <u>Website:</u> www.grandclassroom.com

Grand Classroom is a U.S.-based, family owned, full-service student travel company who creates intentional and authentic learning experiences through our custom-built and active itineraries in the National Parks, historic cities, and abroad.

Great Minds

Space #: 20

Kay-Dee Hughitt, Conference & Event Planner

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Phone: 804-908-4331

Email: kay-dee.hughitt@greatminds.org

Website: www.greatminds.org

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Lifetouch

Space #: 17

Nathan Pierce, National Sales Executive

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Website: https://schools.lifetouch.com

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Massachusetts School Administrators' Association (MSAA)

Space #: 13

Dr. Robert Baldwin, Executive Director

33 Forge Parkway Franklin, MA 02038

Phone: 508-541-7997 **Email:** bbaldwin@msaa.net

Website: www.msaa.net

One of the Massachusetts School Administrators Association's of our key priorities is to provide programs to support the general welfare of our members and to ensure the development and retention of future school leaders.

Merrimack College

Space #: 22

Lainie Flipp, Manager, Educational Partnerships

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Website: www.merrimack.edu

Merrimack College provides on-line & in-person programs for educators seeking to advance their professional learning. Programs range from Masters of Education, Certificates, CAGS, & more.

Milton Hershey School

Space #: 2

Charles Harcourt, Admissions Recruiter-New England

11 Prospect St Jaffrey, NH 03452

Phone: 603-801-2628
Email: harcourtc@mhs-pa.org
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Nature's Classroom

Space #: 11

Rachael Ross, Assistant Executive Director

PO Box 4627

Portsmouth, NH 03802

Phone: 603-539-8053

Email: rachael@naturesclassrooms.com **Website:** www.naturesclassrooms.com

At Nature's Classroom, we immerse students in authentic, real-world, hands-on activities in spectacular natural settings. Our curricula are standards-aligned and can be customized to support what the students are learning at school.

Rise North Capital

Space #: 4

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Braintree, MA 02184

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Email: rmarchewka@risenorthcapital.com

Website: www.risenorthcapital.com

Rise North Capital is dedicated to providing K-12 employees with personalized retirement-planning education and support to help them overcome the financial stress that can come with planning for retirement.

Savvas Learning Company

Space #: 6

Alex Pasckvale, Events Marketing Manager

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Southern New Hampshire University

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Ronald Pedro, Director of Recruitment, Graduate Education Program

2500 North River Rd Manchester, NH 03106

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Website: www.snhu.edu

SNHU offers graduate education programs (MEd, CAGS, EdD) for students interested in furthering their education in programs that are flexible, affordable, and rigorous.

Special Olympics New Hampshire

Space #: 14

Leisa D'Amour, Manager, Schools

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Concord, NH 03302

Phone: 603-722-0423
Email: leisad@sonh.org
Website: www.sonh.org

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SPN Tours

Space #: 5 Nick Kleiner, Owner 86 Pleasant St, Apt 2 Portland, ME 04101

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Space #: 12 Rita McCabe, Owner 319 Mammoth Rd Pelham, NH 03076

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Chuck Barnard, President

93 Hobart St

Portland, ME 04102

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Email: charles.barnard@successinstitutes.co

Website: www.successinstitutes.co

Success Institutes is dedicated to empowering teens to shift and train their mindset. Our signature Be Your Own Life Coach training guides clients in discovering and removing unconscious obstacles so they can reach their full potential.

The Social Institute

Space #:

Zoe Kurtz, Marketing Specialist 555 S. Mangum St Suite 100

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The Social Institute is the leader in understanding students and the creator of #WinAtSocial, a gamified, online learning platform that equips students, educators, and families to navigate social experiences — online and offline — in healthy ways.

Thriving YOUniversity

Space #: 19

Janeen Antonelli, Chief Culture Coach 21520 Yorba Linda Blvd, Suite G #454

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Email: janeen@thrivingyouniversity.com <u>Website:</u> www.thrivingyouniversity.com

Thriving YOUniversity empowers organizations to thrive through online and in-person experiential learning courses, coaching, keynotes, and consulting; partnering with PreK-12 educational agencies and businesses to shift the organizational climate.

Virtual Enterprises International (VEI)

Space #: 3

William Wilson, National Middle School Program Director

122 Amsterdam Ave New York, NY 10023

Phone: 732-232-7170

Email: wwilson@veinternational.org **Website:** www.veinternational.org

Virtual Enterprises International (VE) is a national nonprofit transforming students through authentic business experiences. Since VE's inception in 1996, it has served more than 250,000 high school and middle school students.

Wolfe Tours Space #: 9

Taunya Wolfe Finn, Owner 163 High St

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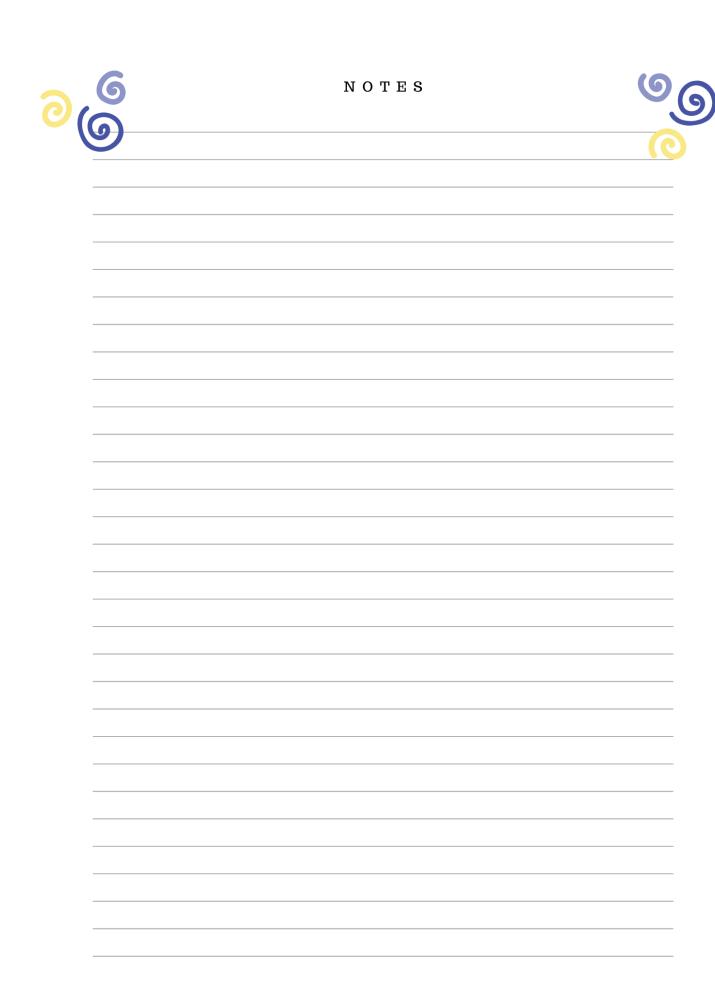


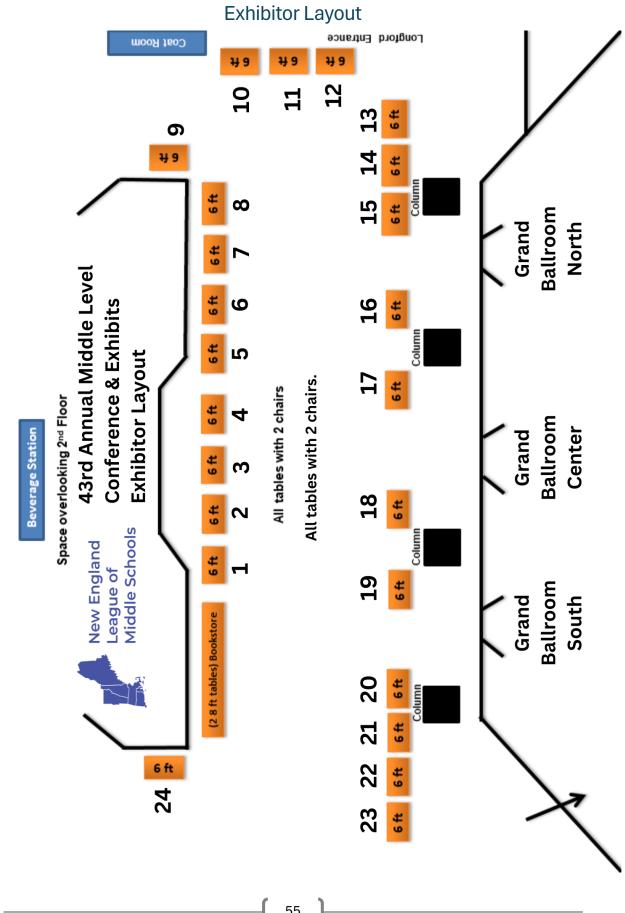




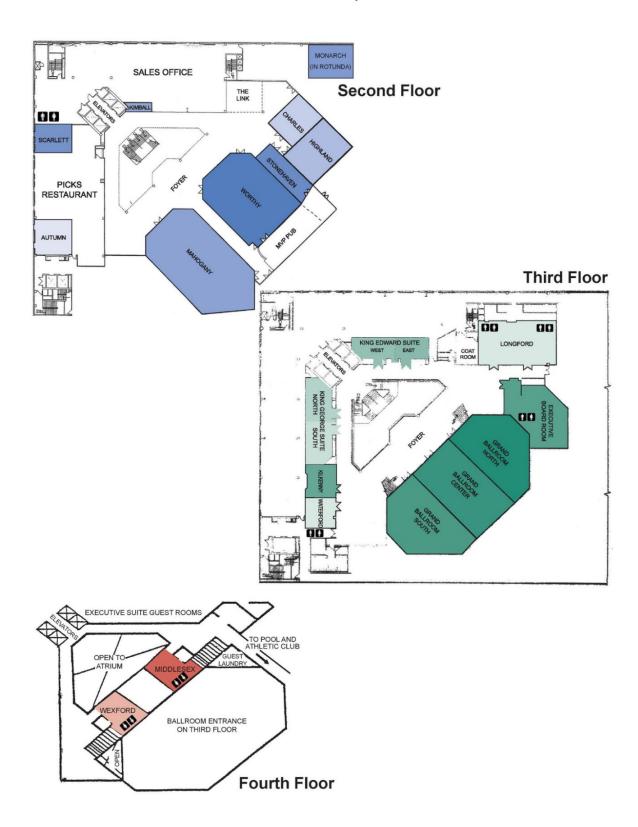








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