



NCTRC Course Offerings

Summer 2026

North Country Teacher Resource Center



<https://northcountrytrc.wixsite.com/education>

Room 545 Sibley Hall
SUNY Plattsburgh
Plattsburgh, NY 12901
(518) 564 - 5000
nctrc5000@gmail.com



Night and Some Montreal Sprinkles

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Katie Terry, Social Studies Teacher: Saranac Central School

Dates: June 28 - July 15, 2026

Place: Montreal (meet at NCTRC) and online

Cost: \$125 (includes admission to Holocaust museum and lunch) purchase the book on your own.

Register and pay in full by June 24, 2026

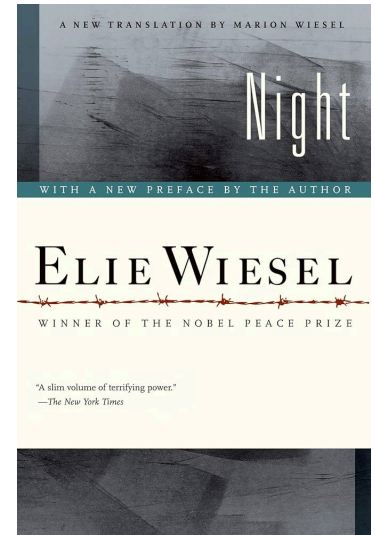
Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)

This course offers an emotional and historical exploration of the Holocaust.

Highlighted by reading the memoir *Night*, by Elie Wiesel and visiting the Holocaust Museum in Montreal on July 15th. We will depart for Montreal around 8 am and return by 5 pm. Please message Katie Terry for further questions.





American Revolution: Ken Burns

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Katie Terry, Social Studies Teacher: Saranac Central School

Dates: June 29 - August 3, 2026

Place: Online with one in-person meeting on August 3 (location TBD)

Time: August 3, 9:00 am - 10:30 am

Cost: \$100

Register and pay in full by June 24, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)



Calling all history and documentary lovers - in honor of the 250th anniversary of the American Revolution, we will watch the 12-hour documentary by Ken Burns. You can stream this six-part series for free on the PBS app, or purchase on Amazon. We will meet for breakfast on August 3 from 9:00 am to 10:30 am, location TBD. Attendance is required to fulfill class obligation.



Political Cartoons in the Classroom

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Emily Owens, Social Studies Teacher: Plattsburgh City Schools

Dates: June 29 - July 24, 2026

Place: Online using Google Classroom

Cost: \$100

Register and pay in full by June 24, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)



Let's analyze, reflect and laugh as we examine modern and historic political cartoons and how they can be used across the disciplines and with various age groups. Political cartoons are powerful visual tools that can make complex topics accessible to students and also allow them to explore multiple points of view. We'll examine the purpose and history of political cartoons in the United States, find relevant and appropriate cartoons for our classrooms, explore instructional activities and even try our hand at creating our own cartoons.



Field Trip to Canada

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Amy Sotherden, Assistant Director, Center for the Study of Canada: SUNY Plattsburgh

Dates: July 1 - August 10, 2026



Place: Online July 1, 8, 15, and August 10 (synchronous meetings)

Day Trip to Canada will be between July 20 - 31 (date TBD by participant poll)

Time: Trip time TBD by participant poll

Cost: \$50 This trip is co-sponsored by the SUNY Plattsburgh Center for the Study of Canada: transportation, site entry and lunch will be provided.

Register and pay in full by June 24, 2026

Class limit: 6

1 in-service credit/15 credit hours

[Click Here to Register](#)

Would you like to cross the border into Canada? Would you like to design a field trip to Canada for your students? This professional development course offers teachers the opportunity to develop what is needed to plan and execute a cross-border field trip. With a variety of sites and ideas for curriculum connections to your classroom located across the border within a short travel distance to the North Country, this course will not only consider the administrative/logistical aspects of international field trip planning as well as curriculum integration, but it will also offer teachers a one-day excursion to Canada for their own experiential learning.



Global Celebrations

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Amanda Bokus, Special Education Teacher: Saranac Central School

Dates: July 5 - July 31, 2026

Place: Online

Cost: \$100

Register and pay in full by June , 2026

Class limit: 20 (This class was postponed from the Spring: those participants are already registered. There are only 6 spots left - register early!)

1 in-service credit/15 credit hours

[Click Here to Register](#)



Come join fellow educators as we learn about diverse celebrations from around the world. You'll leave the course with a picture book list for each celebration, video recommendations, and activities & lesson plans to share with your student. Some holidays and celebrations you'll investigate include Diwali, Ramadan, Lunar New Year, Holi, Day of the Dead, and more. Designed with elementary teachers in mind, educators of other grades will also benefit.



I Didn't Sign Up for This: Collegial Circle

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Shannon Rabideau, Special Education Teacher, Plattsburgh City Schools

Dates: July 5 - August 2, 2026

Place: Online using Google Classroom

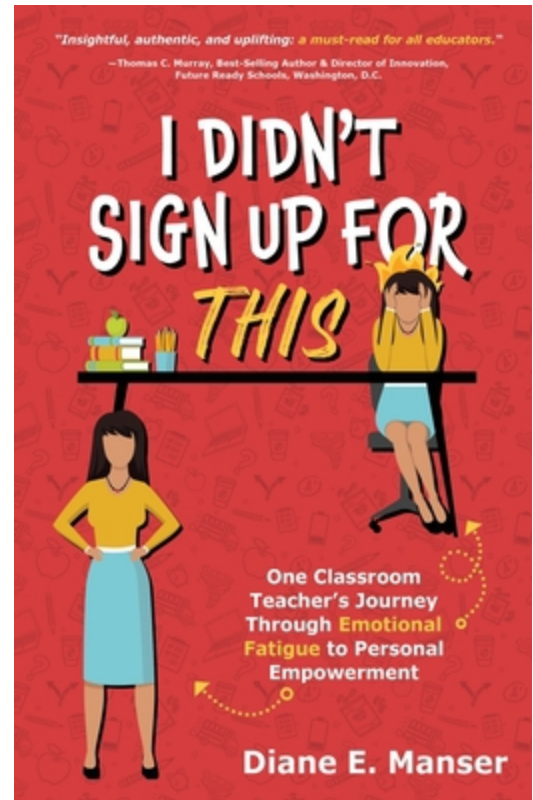
Cost: \$100

Register and pay in full by June 29, 2026

Class limit: 15

1 in-service credit/15 credit hours

[Click Here to Register](#)



I Didn't Sign Up for This: One Classroom Teacher's Journey Through Emotional Fatigue to Personal Empowerment, by Diane E. Manser is an intimate look at how today's teachers feel and what they can do to reclaim their confidence and joy to be the teachers they were always meant to be.



Teachers and Therapy Dog Teams:

Collegial Circle

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Maura Trombley, Special Education Teacher, Plattsburgh City Schools

Dates: July 5 - 29, 2026

Place: Online and in-person at the NCTRC

Time: July 28 from 8:30 am - 12:00 pm

Cost: \$100

Register and pay in full by June 29, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)



This course explores how educators can effectively collaborate with therapy dog teams to enhance student engagement, support emotional well-being, and enrich learning experiences. Participants will gain practical strategies for integrating therapy dogs into educational settings. The course concludes with an interactive presentation featuring a local canine inclusion program, along with a meet-and-greet with a certified therapy dog.



Mindful Walking

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: April Myers-Lautenschuetz,
Occupational Therapist, Plattsburgh City Schools

Dates: July 6 - August 2, 2026

Place: Online

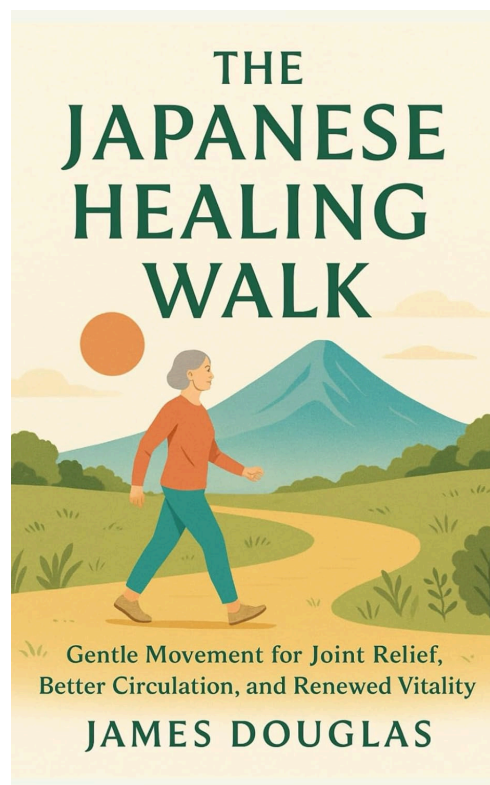
Cost: \$100 Purchase the book on your own

Register and pay in full by June 29, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)



Learn about the health and wellbeing benefits from walking when practiced consistently and mindfully for the book, *The Japanese Healing Walk*, by James Douglas. Assignments will include weekly discussions and independent walking assignments with mindful journaling prompts. The concluding week of class, resources and discussions will involve strategies for incorporating mindful walking for students during their school day.



The Digital Delusion: Collegial Circle

Open to: K - 12 Teachers

Prerequisite: None

Instructor: Marcia Newcombe, Physical Therapist, Plattsburgh City Schools

Dates: July 7 - August 7, 2026

Place: Online using Google Classroom with one mandatory Zoom meeting the final week.

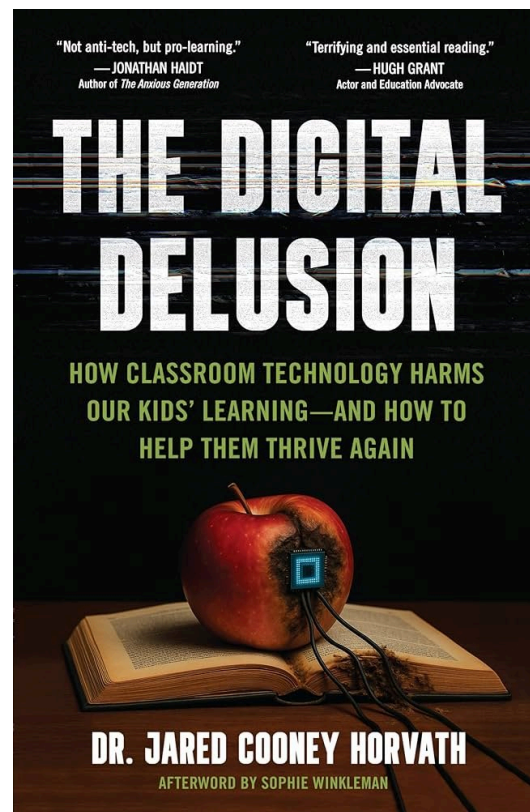
Cost: \$100: first 5 to register and pay get the book for free

Register and pay in full by June 29, 2026

Class limit: 16

1 in-service credit/15 credit hours

[Click Here to Register](#)



In *The Digital Delusion*, Dr. Jared Cooney Horvath, an educator and neuroscientist shares evidence that increasing use of digital devices/programs and EdTech actually undermines learning, reduces retention of knowledge, and makes it increasingly challenging for students to apply their skills and knowledge to real-world challenges. The author shares strategies and practical ways that guide educators on a path forward that is “not anti-tech, but pro-learning” and “puts people - not programs - back at the center of education.”



Montreal in a Day: A Teacher's Guide to the City!

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Hannah Bouayadi, Earth and Space Science Teacher, and Jerri Charlebois, Special Education Teacher: Plattsburgh City Schools

Dates: July 10, 2026

Place: Meet at the Teacher Center then carpool to the city.

Time: 7:00 am - 9:00 pm

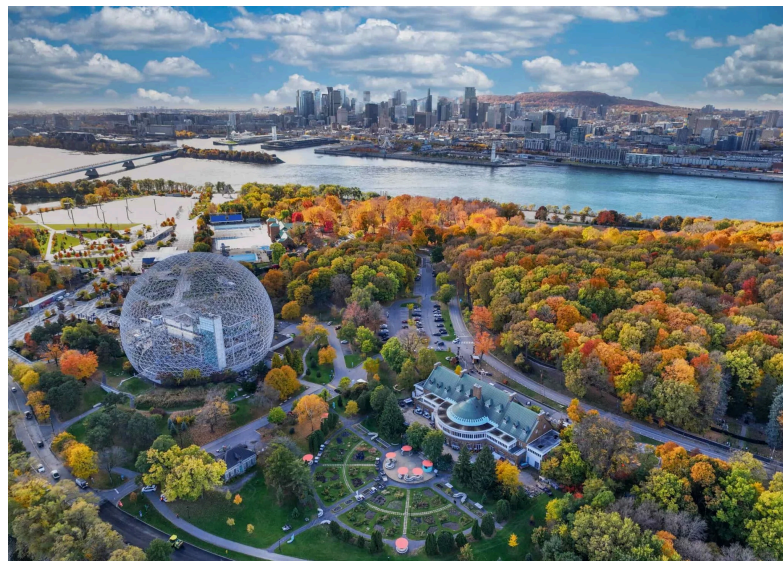
Cost: \$125 (to cover meals and admissions)

Register and pay in full by July 6, 2026

Class limit: 15

1 in-service credit/15 credit hours

[Click Here to Register](#)



This professional development experience invites educators to spend a day exploring Montreal's premier scientific and cultural institutions - Jean Talon Market, the Planetarium, Biodome, Botanical Garden, and Biosphere - observing biodiversity, ecosystems, astronomy, and environmental sustainability firsthand. The day culminates in a collaborative dinner where teachers reflect on their observations, map connections to curriculum standards, and develop concrete lesson plans for classroom integration.



Organized + Inspired - Creating and Refreshing Learning Spaces

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Jerri Charlebois, Special Education Teacher, Plattsburgh City Schools

Dates: July 12 - August 2, 2026

Place: Online

Cost: \$100

Register and pay in full by July 6, 2026

Class limit: 25

1 in-service credit/15 credit hours

[Click Here to Register](#)

Professional learning experience designed to help educators reimagine the physical, visual, and functional elements of their learning environments. Through guided reflection, practical strategies, and hands-on tasks, participants will explore how intentional organization and thoughtful classroom design can increase student engagement, foster independence, and support diverse learning needs. Over three weeks, educators will analyze current research on effective learning spaces, examine their own classroom layouts and organizational systems, and apply new ideas to create inviting, efficient and instructionally aligned environments.





Beyond Behavior: Practical Strategies That Work

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Angie Waldroon, Curriculum Coordinator, CVES

Dates: July 20, 21, 22, and 23, 2026

Time: 8:00 am - noon

Place: NCTRC

Cost: \$100

Register and pay in full by July 13, 2026

Class limit: 15

1 in-service credit/15 credit hours

[Click Here to Register](#)

This interactive course provides practical strategies for improving communication, preventing escalation, strengthening classroom environments and supporting student regulation and engagement. Participants will explore relationship centered approaches including active listening, co-regulation, emotional awareness and behavior support techniques that can be immediately applied in school settings.





Steve Hartman's Kindness 101 and Character Counts

Open to: K - 12 Teachers

Prerequisite: None

Instructor: Marcia Newcombe, Physical Therapist, Plattsburgh City Schools

Dates: July 29 - August 27, 2026

Place: Online using Google Classroom with one mandatory Zoom meeting the final week.

Cost: \$100

Register and pay in full by July 23, 2026

Class limit: 16

1 in-service credit/15 credit hours

[Click Here to Register](#)



Since 1998, Steve Hartman has been the weekly face (and video) of the “On the Road” series which shares the positive impact of ordinary people doing extraordinary things. We will be watching several of his videos that are shared on his Kindness 101 and Character Counts website and are related to character traits such as : inclusion, patience, resilience, patriotism, sportsmanship, responsibility, respect, overcoming adversity, curiosity, fairness, self-awareness, volunteering/service, and creative problem solving. We will also be watching Steve’s 2026 Academy Award Winner Netflix documentary called “All the Empty Rooms,” which is a powerful tribute to keep the memory alive and honor victims of school shootings (and their families and communities).



Canva Craze!

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Hannah Bouayadi, Earth and Space Science Teacher, Plattsburgh City Schools

Dates: July 31 and August 7, 2026

Place: NCTRC and online

Time: 9:00 am - 2:00 pm

Cost: \$100

Register and pay in full by July 23, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)

In this course we will explore the power of the Canva platform. You will leave each day with a new supply of materials for the upcoming school year! This course will allow you to create, explore, learn, share, and collaborate.





Podcasts for Students

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Amanda Bokus, Special Education Teacher: Saranac Central School

Dates: August 1 - 15, 2026

Place: Online

Cost: \$100

Register and pay in full by July 28, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)



Are you using podcasts in your classroom yet? Why or why not? Podcasts are a great way to engage students to learn new content, enjoy literature, and provide access to struggling learners. There are now podcasts relevant to all content areas! Join fellow educators as we learn how to use (and create) podcasts in the classroom and listen to a variety of podcasts appropriate for students. There will be a choice of podcasts based on your content and the age level you work with. This is a 2 week condensed class.



The 30 Day Burn Out Fix: Collegial Circle

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Shannon Rabideau, Special Education Teacher, Plattsburgh City Schools

Dates: August 2 - 30, 2026

Place: Online using Google Classroom

Cost: \$100 (purchase the book on your own)

Register and pay in full by July 28, 2026

Class limit: 15

1 in-service credit/15 credit hours

[Click Here to Register](#)



In *The 30 Day Burn Out Fix*, Diane E. Manser illustrates how burnout can affect anyone struggling with the misalignment of life's demands and personal values. The author provides a comprehensive understanding of burnout's causes, stages, and manifestations. She explains how our modern society, shaped by progress and technological overload, contributes to an existence of constant stress beyond our biological capacity.



One Trusted Adult: A Summer Reset for Educators

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Angie Waldroon, Curriculum Coordinator, CVES

Dates: August 2 - 29, 2026

Place: Online using Google Classroom

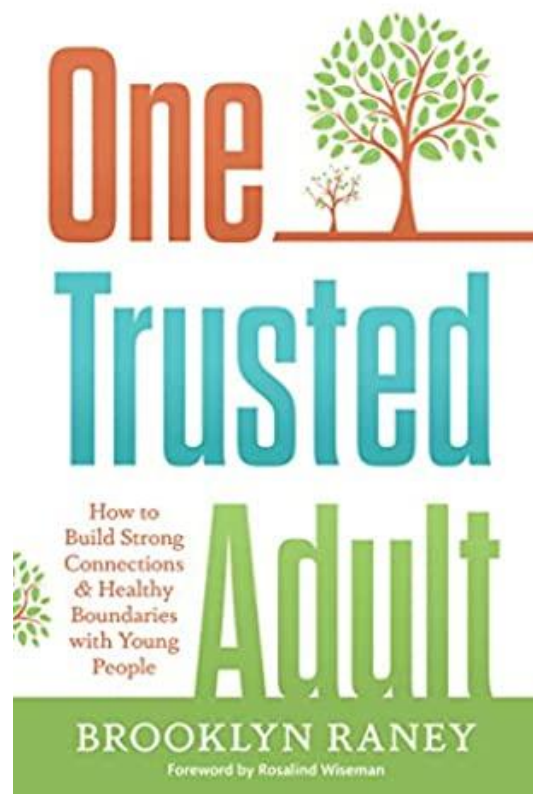
Cost: \$100 (purchase book on your own)

Register and pay in full by July 28, 2026

Class limit: 15

1 in-service credit/15 credit hours

[Click Here to Register](#)



Start the school year with intention. Grounded in the book *One Trusted Adult*, this interactive professional experience goes beyond reading and reflection to focus on practical strategies for building trust, establishing healthy boundaries and creating classroom culture where students feel seen, valued and supported. Participants will leave with concrete ideas and a personalized plan for strengthening relationships and fostering student success from Day 1.



Teaching In Season: Summer Solstice Edition

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Jerri Charlebois, Special Education Teacher, Plattsburgh City Schools

Dates: August 2 - 16, 2026

Place: Online

Cost: \$100

Register and pay in full by July 28, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)



Are you interested in bringing the summer experiences into engaging classroom learning for September? Join us to explore strategies like outdoor inquiry, project-based learning, and reflection to connect real-world summer moments with academic content. You will design summer-inspired lessons, build a classroom community, and create meaningful transitions for back to school. By the end, participants leave with ready-to-use ideas and tools to keep student curiosity and engagement alive all year. Spend 2 weeks bringing summer into September.



Breath - The New Science of a Lost Art:

Collegial Circle

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: April Myers-Lautenschuetz,
Occupational Therapist, Plattsburgh City Schools

Dates: August 3 - 30, 2026

Place: Online (purchase the book on your own)

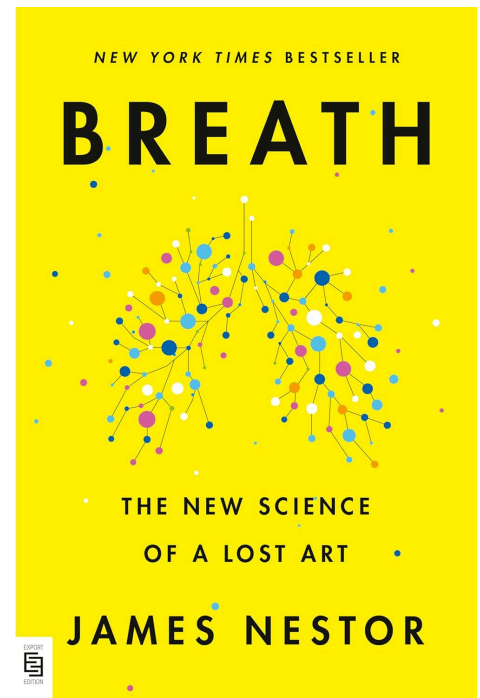
Cost: \$100

Register and pay in full by July 28, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)



Learn about why the way we breathe is so pivotal, and how it impacts areas such as performance, health and lifespan. In *Breath*, by James Nestor, a wide range of techniques; from ancient breathing practices to the latest scientific solutions will be presented. Weekly requirements will include discussion questions, supplemental videos and breathing practices. The last week will include how to incorporate what has been experienced and learned with our students.



From Field to Classroom: Exploring the North Country Through Agriculture

Open to: K - 12 Teachers

Prerequisite: None

Instructor: Heather Tedford, 5th Grade Teacher, Saranac Central School

Dates: August 10 and 11, 2026

Places: August 10: Miner Institute and Banker Orchards

August 11: Babbie Rural and Farm Learning Museum and Essex Farm

Time: 7:00 am meeting - 3:00 pm each day

Cost: \$125 (includes site admissions)

Register and pay in full by August 5, 2026

Class limit: 10

1 in-service credit/15 credit hours

[Click Here to Register](#)

This experience provides teachers with the opportunity to explore how agriculture has shaped the environment, economy, culture, and communities of the North Country. Through on-site visits to local farms, orchards, research facilities, and agriculture museums, participants will engage in authentic place-based learning experiences that connect classroom curriculum to the real-world environment surrounding their students every day.





Back to School Bootcamp - Get School-Year Ready!

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Hannah Bouayadi, Earth and Space Science Teacher, Plattsburgh City Schools

Dates: August 17 - 19, 2026

Place: NCTRC

Time: 9:00 am - 2:00 pm

Cost: \$125 (includes unlimited copies and one large laminated poster)

Register and pay in full by August 12, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)



Back to School Bootcamp is a fast-paced, hands-on workshop designed to help teachers hit the ground running when students arrive in September. Over three days, you'll create essential, ready-to-use materials that will set a strong foundation for your classroom and keep students engaged from day one and you will be more than ready for the school year. Bring any supplies you may need to make these three days of bootcamp COUNT!



Register for a class:

- To register for a class, click on the link above each class description (if registering for more than one class you must register for each class separately).

1. Pay for class:

- Pay for classes after you register using this link:
<https://www.paypal.com/ncp/payment/WXQV7GAB7KPY2>
- Online classes must be paid in full by the registration date listed on the class description page. Late registrations and payments will no longer be allowed.
- If you prefer to pay by check, write a separate check for each course. (Make checks payable to North Country Teacher Resource Center). Send the check(s) out as soon as you register since the postal service and SUNY mail can be slow.
- To pay using a voucher, call or email the Teacher Center.
- Districts can pay using a purchase order. Call or email the NCTRC for help.
- Participants may also pay with cash, credit or debit card, or check in person during regular business hours.
- If the class does not run due to low enrollment, you will be refunded.

Please note: Participants who start classes and fail to complete assignments by due dates, are suspected of using AI to complete work, or fail to attend in-person hours fully will not:

- receive in-service credit for the class
- be refunded
- get a voucher to take a future class.

Please reach out to the Teacher Center with any questions:

nctrc5000@gmail.com or call us at 518-564-5000