

Winter 2026



NCTRC

Course Offerings



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



Teaching in Season: The Winter Solstice Edition

Open to: PreK-12 Teachers

Prerequisite: None

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

Dates: January 5 - 26, 2026

Place: Online using Canvas

Cost: \$100

**Registration and payment due by
December 30, 2025**

Credit/Hours: 1 in-service
credit/15 CTLE hours

Class limit: 20

[Click Here to Register](#)



This class equips educators with practical strategies and creative approaches for teaching outdoors during the winter months. Participants will explore ways to integrate curriculum standards into outdoor activities, maintain student engagement in cold and snowy conditions, and ensure safety and equity for all learners. The session will highlight benefits such as fostering resilience, promoting social-emotional well-being, and leveraging natural winter elements for hands-on learning. Educators will leave with actionable lesson ideas, gear recommendations, and assessment strategies to make outdoor winter learning both effective and enjoyable.



Winter Wipeout - Clean It All Out!

Open to: PreK-12 Teachers

Prerequisite: None

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

Dates: January 5 - 30, 2026

Place: Online using Canvas

Cost: \$100

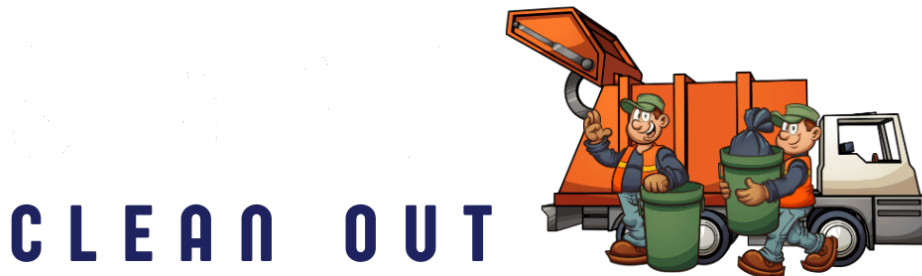
Registration and payment due by December 30, 2025

Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 20

[Click Here to Register](#)

There is no better time to clean out your classroom during the start of the second semester. Come join us as we clean out physical space and digital space before we start fresh in quarter 3! You know the saying, New Year, New Me!





Dopamine Nation - Finding Balance in the Age of Indulgence: Collegial Circle

Open to: PreK-12 Teachers

Prerequisite: None

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

Dates: January 12 - February 18, 2026

Place: Online using Canvas

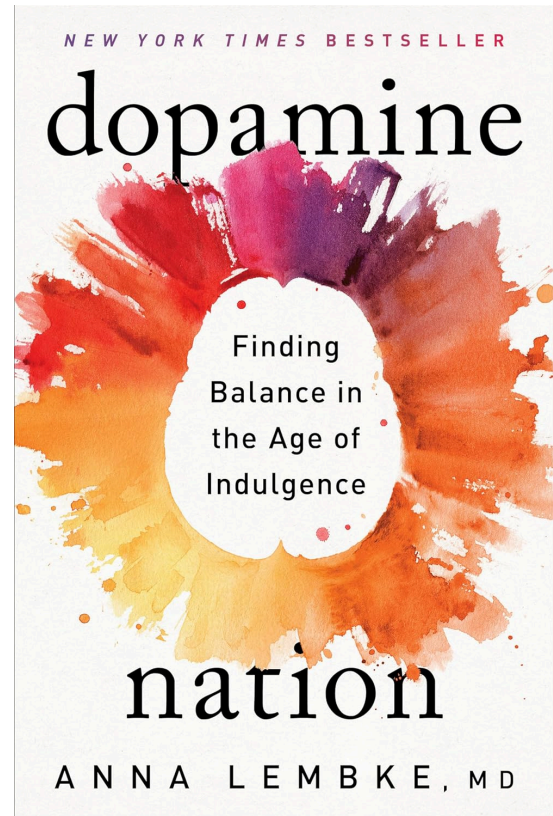
Cost: \$100

Registration and payment due by January 6, 2026

Credit/Hours: 1 in-service credit/15 CTLE
hours

Class limit: 25

[Click Here to Register](#)



Dr. Anna Lembke, MD, psychiatrist and addiction specialist authors *Dopamine Nation* explaining how dopamine affects motivation, addiction and anxiety. She shares science based strategies to find balance in a world of instant gratification. Explore for yourself, and your students how finding contentment and connectedness means keeping dopamine in check and how to do that in a wired generation. This will be a self-paced and completely online course utilizing a combination of online discussion questions, journaling/self-reflection and media components.



The Intentional IEP: Collegial Circle

Open to: PreK-12 Teachers

Prerequisite: None

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

Dates: January 18 - February 15, 2026

Place: Online using Canvas

Cost: \$100

Registration and payment due by January 13, 2026

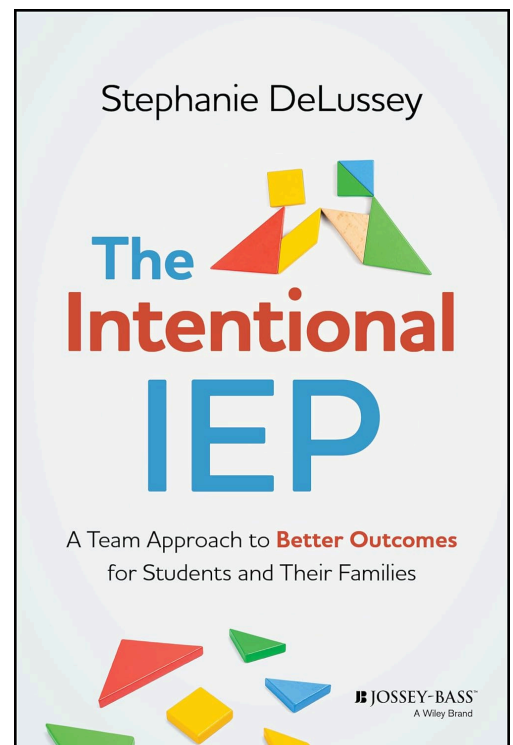
Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 25

[Click Here to Register](#)

While *The Intentional IEP* is written mainly for Special Education teachers, this course will include many helpful tips and information about the IEP process and the very important role of general education teachers on a student's team. Participants will read sections of the book, listen to the author's podcasts, and read the author's blog posts relevant to each area of the book.

"Discover how to become an impactful IEP team member. In the world of special education, collaboration is the key. This book offers teachers, parents, and IEP team members (including general education teachers!) the strategies to create a supportive, inclusive learning environment. Whether you're new to IEP's or a seasoned professional, this guide will help you advocate for your students with confidence and clarity." (book description)





Presence... and Posture: Collegial Circle

Open to: PreK-12 Teachers

Prerequisite: None

Instructor: Marcia Newcombe, Physical Therapist: Plattsburgh City Schools

Dates: January 20 - February 20, 2026

Place: Online using Canvas

Cost: \$100

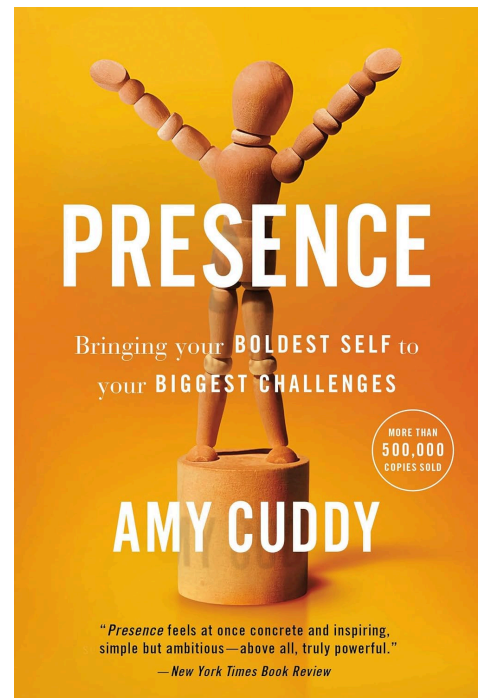
Registration and payment due by January 13, 2026

Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 20

[Click Here to Register](#)

Author Amy Cuddy shows how we can feel connected with our own thoughts, values, abilities and emotions which fosters improved connection with others. This mental and physical preparation and strategies can have a positive impact on relationships, performance, public speaking, interviews, and overall mood/energy/confidence. We will also be discussing non-verbal communication and body language, as well as a dive into posture with activities and stretches from the *Posture Pandemic* by Nick Swettenham.





The “How” of Self Care for Teachers: Collegial Circle

Open to: PreK-12 Teachers

Prerequisite: None

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

Dates: January 25 - February 22, 2026

Place: Online using Google

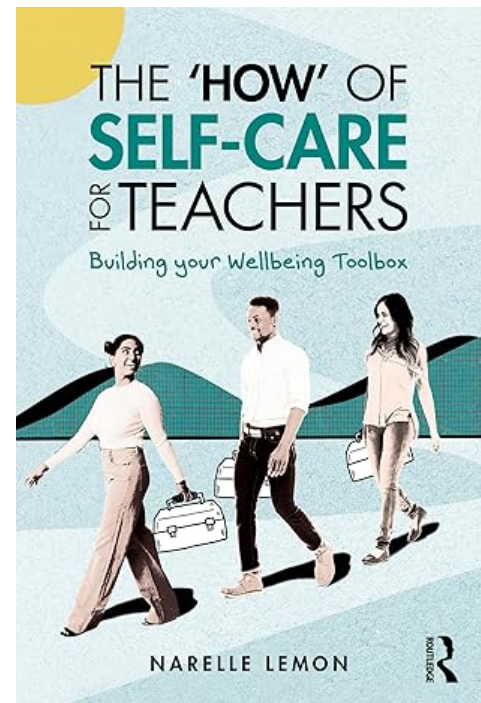
Cost: \$100

Registration and payment due by January 13, 2026

Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 15

[Click Here to Register](#)



Written by a teacher for teachers, *The “How” of Self-Care for Teachers* gives you not only the tools but also the permission to look after yourself. It will show you that self-care is an act of self-love, self-compassion, and self-awareness and that it is relational and you need to care for yourself in order to care for others.



Personal and Authentic

Open to: PreK-12 Teachers

Prerequisite: None

Instructor: Bailey Fregeau, Speech Language Pathologist: Plattsburgh City Schools

Dates: February 1 - 28, 2026

Place: Online using Canvas

Cost: \$100

Registration and payment due by January 29, 2026

Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 20

[Click Here to Register](#)

This professional learning experience is designed to accelerate your growth on your journey as an educator. You've chosen to devote your work to serving other people's children, and let's face it, the work is hard. The work is stressful. The work is emotional. But our kids are worth it!

This course is designed to provide you with inspiration, while simultaneously challenging your thinking and propelling your growth, whether you work in an in-person, blended, or remote learning environment. Although not required reading, this course expands the best-selling book, *Personal & Authentic: Designing Learning Experiences that Impact a Lifetime*.

This master course is structured in a way for you to take a critical lens to your own practice. Reflection is a key to growth, and the goal is to provide you with the activities, tools, resources, and video reflections to help you accomplish just that. Each module has been carefully designed to support your learning through video content that I've created for this course, independent readings to extend learning through a variety of lenses, opportunities for personal reflection, and application to practice.





Routines and Relationships

Open to: PreK-12 Teachers

Prerequisite: None

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

Dates: February 1 - 22, 2026

Place: Online using Canvas

Cost: \$100



Registration and payment due by January 29, 2025

Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 20

[Click Here to Register](#)

You will learn how to create a positive, structured classroom environment where students feel safe, supported and ready to learn. Participants will explore strategies for establishing consistent routines that promote predictability and reduce disruptions, while also learning techniques to build strong, trusting relationships with students. Through practical examples, collaborative discussions, and hands-on activities, teachers will leave with actionable plans to implement routines that foster engagement and relationships that enhance student achievement.



Finding Culture in the Classroom

Open to: PreK-12 Teachers

Prerequisite: None

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

Dates: February 2 - March, 2026

Place: Online using Canvas

Cost: \$100

Registration and payment due by January 29, 2026

Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 20

[Click Here to Register](#)



Our community is growing rapidly with all new cultures! Let's find ways to embrace all the cultures in our classrooms, come along and read *All-American Muslim Girl* and learn ways to embrace all cultures in your classroom!



What Happened to You? Conversations on Trauma, Resilience and Healing: Collegial Circle

Open to: PreK-12 Teachers

Prerequisite: None

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

Dates: February 9 - March 8, 2026

Place: Online using Canvas

Cost: \$100

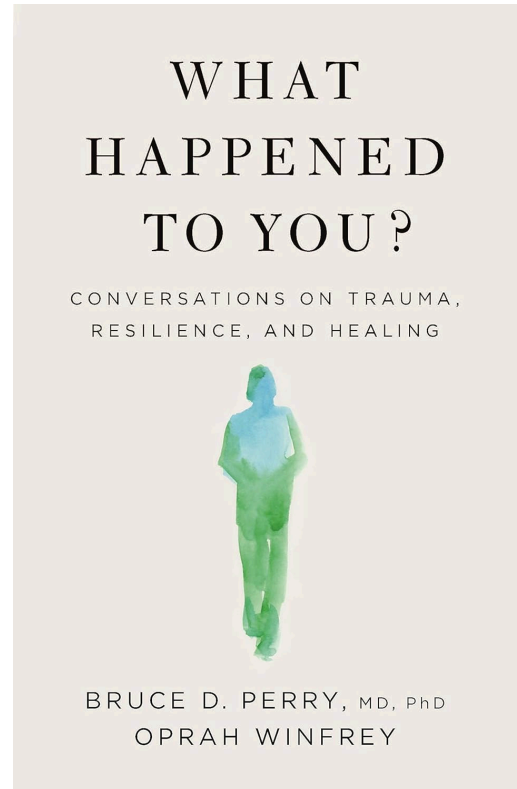
Registration and payment due by February 3, 2026

Credit/Hours: 1 in-service credit/15 CTLE
hours

Class limit: 25

[Click Here to Register](#)

What Happened to You? Challenges us to shift from focusing on “What’s wrong with you?” to “What happened to you?” Join this collegial circle to better understand yourself and/or others so a path can be made to the future through opening the door to resilience and healing. Learn how bad AND good experiences shape who we become. This inspiring read reports stories of how trauma can be healed and overcome with patience and perseverance. This is a completely online and self-paced class utilizing discussion questions, self-reflection/journaling and media components.





History of Educational Television

Open to: PreK-12 Teachers

Prerequisite: None

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

Dates: February 15 - March 15, 2026

Place: Online using Canvas

Cost: \$100

Registration and payment due by February 10, 2026

Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 25

[Click Here to Register](#)



In this fun class, you'll watch documentaries* about several different hit Educational TV shows and learn about the history of Educational TV in the United States. You will also watch one episode of each show to see what the children experience when they watch them (if you don't have young children at home, you might be surprised by some of the diverse new content). Choices will be given some weeks, based on your interest. Shows will include Sesame Street, Mr. Roger's Neighborhood, The Wiggles, Bill Nye The Science Guy, Reading Rainbow, and others. We'll also learn about how modern shows are including characters with disabilities into their programming.

***You will need access to an Amazon account to watch the documentaries (available on Prime for free or a small rental fee).**



Start on the Sidewalk: Collegial Circle

Open to: PreK-12 Teachers

Prerequisite: None

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

Dates: February 22 - March 22, 2026

Place: Online using Google

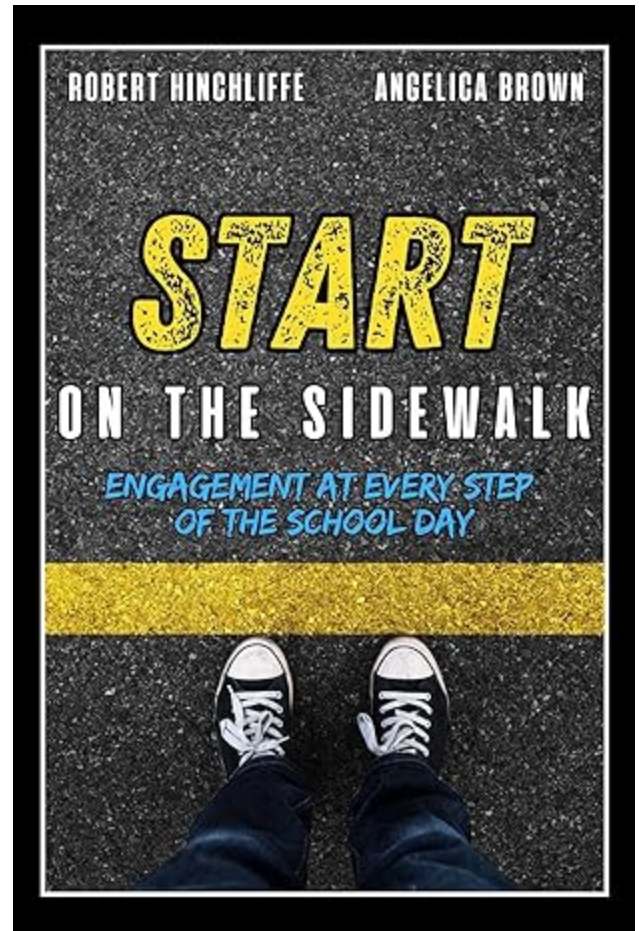
Cost: \$100

Registration and payment due by February 10, 2026

Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 15

[Click Here to Register](#)



This book will offer practical tips that engage staff, students, and families within a school. Included in this book are explicit examples of how to move from compliant to authentic engagement, complete with scenarios and strategies that are easy to implement within a building or classroom.



Thanks for the Feedback: Collegial Circle

Open to: PreK-12 Teachers

Prerequisite: None

Instructor: Marcia Newcombe, Physical Therapist: Plattsburgh City Schools

Dates: February 24 - March 27, 2026

Place: Online using Canvas

Cost: \$100

Registration and payment due by February 10, 2026

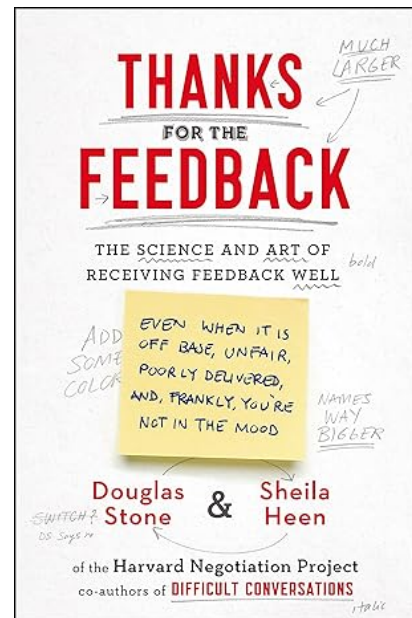
Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 20

[Click Here to Register](#)

By helping readers learn how to process evaluations, advice, and criticism, insightful feedback can lead to improved communication and growth.

Thanks for the Feedback includes helpful strategies and examples for those giving feedback and receiving it and the content/lessons prove to be valuable for students in the classroom, colleagues in the workplace, as well as those participating in extracurricular activities/clubs/teams.





The Choice is Yours!

Open to: PreK-12 Teachers

Prerequisite: None

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

Dates: March 1 - 22, 2026

Place: Online using Canvas

Cost: \$100

Registration and payment due by February 25, 2025

Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 20

[Click Here to Register](#)

This class helps educators create classrooms that prioritize student choice in activities, assignments, and assessments. Participants will learn strategies to foster autonomy and engagement through meaningful options aligned with objectives. We'll cover practical tools like choice boards, flexible assignments and varied assessments, along with modifications for English Language Learners and students with special needs. By the end, you'll have actionable methods to implement choice-driven learning while maintaining rigor and inclusiveness.





1. 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).

2. Pay for class:

- Pay for classes right 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 by 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, or do not attend in-person hours fully, will not receive in-service credit for the class, will not be refunded or receive 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