



# Staff Development "Developments"

September 15, 2009

**Giving everyone a chance to grow**

*(this document is both a newsletter and summary minutes)*

## **Flex Day Planning**

*Theme: Preparation, Power, Prevention*

### **For sure:**

1. Sungard Training (Jeanine) 10=12 location?
2. Emergency preparation (Frank Ramos and Ruben Pola) 4-1hr sessions
3. Web training (Abdullah Yahya) 2-1hr sessions?
4. SLO/BSI presentation/assembled time (30 minutes during Welcome time)
5. Accreditation overview

### **Ideas submitted to Carmen:**

1. High school outreach (Bruce)
2. Online tools and websites (CWS)
3. Online teaching (Tom Clarke)
4. Dealing with stress: be the bunny (Kari McAllister)
5. Verbal Judo (Lin Zydine)
6. Exercise
  - a. Yoga (Gloria knows someone?)
  - b. Circuit training (Ken Grace)
  - c. Breema workshop (Mark Schaeffer)
  - d. Tai Chi (John Parente)
7. Open Source textbooks
8. Technology to Engage Students
9. Creative Exercise (Carmen?)

### **Tentative schedule:**

8-9 am Breakfast (in cafeteria)

9-9:45 Welcome and Awards

SLO/BSI (30 minutes)

10-12 First Session

12-1 Lunch (no-host in cafeteria, or see if Sungard will pay part)

1-3 Second Session

**Notes:** Carmen will find out details from workshop presenters and get info to Colin asap. See about having Abdullah post the program online (sending link to Chabot) ....may not need to print as much?

***Core members: Lisa Carlsen, Arlene DeLeon, Dawn Girardelli, Ben Hollander, Carmen Johnston (Co-Chair), Angie Magallon, Gloria Meads, Rosie Mogle, TJ Puckett, George Railey, Nicole Scoles, Stephen Woodhams, Barbara Worthington (Co-Chair), and Rachel LePell***