

PCCUA In-Service Schedule				
8:30-10:00 (Approx. time) The whole group session is approximately 75 min.	Entire Group https://pccua.zoom.us/j/98172750712			
	King-Orientation/Meeting Format/Announcements-Math Registration Pinchback-Recruit for Spring, Other Notes Child Maltreatment Mandated Reporter Training -Joyce Hargrove, Form must be completed and submitted to Linda Miller. This will be emailed. Project One -Blake Cannon Culturally Responsive Engagement: Why Now? - Presenter-Carol Birth COVID-19 Q & A - College Protocols-St. Columbia			
10:15-11:00 AM	All Presentations for Session A			
A Sessions	<i>Nutrition and Diet</i> -Gentry	<i>Tools for Remote Instruction</i> -Groves/Purdy	<i>Useful e-learning Applications</i> -Waites	<i>COVID-19 Medical Perspective on the Second Wave</i> -Pryor
11:05-11:50	All Presentations for Session B			
B Sessions	<i>Handling Stress</i> - Roberts	<i>Communication During a Pandemic</i> -Holland	<i>The Greatest Reason in the World to Start Exercising!</i> - Pittman	No Session

10:15-11:00-All A Sessions/ 4 Small Zoom Sessions /Select Between Four Sessions

Session A-1 Session A-2 Session A-3 Session A-4

11:10-11:50-All B Sessions/ 4 Small Zoom Sessions /Select Between Three Sessions

Session B-1 Session B-2 Session B-3

REMOTE COMMUNICATION

A. *Tools for Remote Instruction*-Cindy Grove, Charlotte Purdy

Learn more about how to use the available tools in Zoom to enhance instruction methods.

<https://pccua.zoom.us/j/97602412086>

B. *Communication During a Pandemic*-Kayla Holland

Communication is more important than ever! In this session, participants will learn about tips related to communication. Topics will include phone, email, and zoom etiquette and best practices. We will also discuss techniques to make you a better listener, along with important verbal/non-verbal communication as it relates to wearing masks.

<https://pccua.zoom.us/j/97602412086>

WELLNESS

A. *The Importance of Good Nutrition*-Shelby Gentry

Especially during this pandemic health nutrition is important to healthy living.

<https://pccua.zoom.us/j/97210881209>

A. *COVID-19 Second Wave-Symptoms and Transmission*-Shanna Pryor

This session will focus on symptoms and transmission of the coronavirus. Flu season could complicate detection.

<https://pccua.zoom.us/j/91621289027>

B. *Handling Stress*-Kelly Roberts

Stress is practically impossible to avoid, right? Join this session to gain tips on navigating those worrying or aggravating times as we discuss all things “stress related” you may even leave laughing!

<https://pccua.zoom.us/j/97210881209>

FITNESS

B. *The Greatest Reason in the World to Start Exercising!* -Julie Pittman

This presentation will include discussions about the benefits of exercising on health and well-being, suggest a variety of ways to exercise during these times of closures and social distancing, and explore the use of fitness apps.

<https://pccua.zoom.us/j/97937119545>

TECHNOLOGY

B. *Useful e-learning Applications*-Michelle Waites

In this session, e-learning applications which can be used in and out of the classroom to enhance teaching and learning will be discussed.

<https://pccua.zoom.us/j/97937119545>