

Attendance: Kate Hovey (KH), Kimbra Wilsoncroft (KW), Heather Boyden (HBo), Nicholas Sperrazza (NS), Jennifer Jones (JJ), Ryan Restivo (RR), Helena Baert (HB), Keri Sullivan (KS), Melanie Sjoblom (MS), Kaylee Uhl (KU), Jonathan Philby (JP), Aaron Woodworth (AW), Amanda Gabriel (AG)

Total: 13

Check in with App/QR code for CTLE hours or Certificate of Attendance

Opening Comments: Welcome to new attendees!

Agenda:

1. Conference theme (please vote!) –

- HB said that everyone can vote for the conference theme
- KH said that we have a clear winner
- More responses given at the start of the meeting
- Open to talk about it and decide as a group
- 5 votes for Mind and Motion: The dynamic duo of learning
- 5 votes for Play to Think: The balance of mind and movement
- 6 votes: Play to Think: Building balanced thinkers and movers
- Discussion...**Play to Think: The Dynamic Duo of Learning** is our winner!!
- Conference theme blurb of mind, body connection and the importance of health and well-being overall.

January 2026 CSZ Conference Logo by Helena:



The Clothing Winner = the ¼ zip!! KH will work on choices

CSZ 2026 Conference Discussion:

- Conference theme HB discussed past themes. T shirts cost more money. In the theme, consider what would be a conference gift to give. Suggested not to buy the same zip that Pete did:)...even though he looks great with his:) We have zips that are a little thicker. Profit for an apparel sale table brought up (HBo).

- HB Some have been more interested in Cortland stuff vs. CSZ stuff. Webstores have become a go to. People do like to have items available to touch and buy at the conference.
- **Consider a logo. We could design our own CSZ logo.** This would be a great way to sell t's and merchandise!
- HB showed what we have: Example: NYS AHPERD CSZ logo, star changed into a heart. We could grab a zone and see if different zones have different logos. It would be good if we had our own logo.
- HBo...performance short sleeve long, hoodie, cotton, etc. All on a webstore. It's always the same at hockey tournaments. Money to be made. A webstore doesn't have upfront cost (KH).
- **GraphTechs in Cortland** builds the design and sends the link. AW said you need to sell a minimum number of orders. Shipping is costly. Pick up is easier. We could sell prior to the conference and could have ready with advance pickup.
- AW: typically used GraphTech...example of not enough orders for APEm orders. Minimum of 9. Is it per item or per design? HB and KH and HBo to visit and find answers. HBo is contacting the owner and will provide information.
- HB: Logo to the gift. Think about something a teacher would like to get from the conference. As a board, we should consider making our own logo and separately, as far as conference goes, think about the gifts for people that pre-register.
- KH: loves the clipboards, but a lot were leftover. Hats might be better to have extras of?

CSZ Logo:

- HB: What is unique about our zone? Make a logo out of that.
- Put on agenda for May meeting. What makes our zone unique? Open ended questions.

Ideas (Including ideas from previous years) for a gift:

- Stuffed Finley (KH)
- T shirts with a new logo
- Coffee / Travel Mug (AG)
- Bucket hat or baseball hat while teaching outside(KH)
- Salad bowl with a top you can take to work (HB)
- Winter hats
- Gloves
- Headband
- Clipboards
- NYS Standards poster was given as a gift a few years ago
- Cooling towels (JP)

Extras...

- JP: How much were the clipboards? \$10 - 12 each we think. KU will get back to us

- \$10 seems to be the average cost for conference gifts.
- HB: Consider doing board stuff, less expensive gifts if we go for mugs. Know what's out there and balance it out. We're not going to do board gifts every year. Maybe one time during the presidency.
- Send suggestions for CSZ logo
- KH will look at price quotes for coffee mug and t-shirts

****Discuss Student Leadership Awards for May meeting**

2. Heather Boyden – Discussion on Learned Helplessness

- Heather has volunteered to be President Elect for CSZ
- Sharing: 8 years teaching elementary school PE. 1st year at SUNY Cortland as lecturer, student teacher coordinator. From Buffalo, proud Buffalo fan. Married with 2 awesome kids! Lives in Homer, NY. Welcome Heather as our President Elect!
- Presentation: Screen share From “I Can’t” to “I Can”, learning helplessness
- Bryce Farrell and Heather collaborated on this
- Thought of **Learned Helpfulness**
- Presentation given at the conference
- Showed examples on slides
- Learned Helplessness is on the rise
- Ripple effect...“I can” will affect the students' success outside of school.
- Must be intentionally taught
- History and Science from the 1960's by Martin E.P. Seligman Psychologist, Conditioning.
- Examples: Elementary sneaker tying...doing it for them or having them breathe and encouraging them to do it themselves
- Middle School/HS: Poor grades and chance for extra credit: justify or no option next time
- College: Assignment due in 24 hours...instead of giving the answer, the professor replies of where information can be found
- **GRASP: Growth Mindset, Reflective, Accountable, Self-efficacy, Perseverance.** Examples of a scenario and how to pull in GRASP.
- Learned helpfulness by grade level (skills lack). Group chat of skills we think students are lacking that the LH might be helpful.
- KH choosing groups for the chat
- Discussion on skills students are lacking in:
- Elementary Comments: Shoe tying, communication, teamwork/problem solving together without teacher telling how to do it, fear of failure, tattling and working through problems before
- Tattle bear...they can tattle to the bear vs. teacher (HBo shared)
- Middle/HS Comments: Gaslighting...students did something and when confronted, they didn't do anything wrong.

- College Comments: Similarities. Failure, Raquette Lake, helping with every little thing instead of doing it on their own. Simple things...like registering for classes.
- HBo shared screen to continue: Soft Skills: Skills that have to be intentionally taught: Examples include: Initiative, critical thinking, building confidence, influence, creativity, having a vision, empathy for others, acceptability, conflict resolution, active listening, networking, collaboration, growth mindset, curiosity, work ethic.
- Additional Strategies like motivational interviewing, developing a coping tools box, PD for teachers and staff, focus on soft skills
- QR code for the document shared

Closing:

- Thanks to Heather
- HB discussed ideas for a CSZ group to present best practices at the conference. If interested, let HB know and she will send the survey link. Looking for APE as well as other levels. It's a nice way to be supported while presenting.
- KH: CSZ presentation will consider presenting at the state conference the following year. A good idea to do as a zone.
- JJ, JP, HBo and MS have put in presentations for Nov 2025 state conference.
- HB created the logo and we all agreed on this design for our January 2026 conference. Thank you Helena!!

Next CSZ meeting: Tuesday May 13, 2025

Completed 4/15/2025 by Kimbra Wilsoncroft, Secretary