Student Wellness

Boston

Oct. 8 and 9, 2020

Cohorts • Conferences • Faculty PD • Research • ePortfolios • Career Placement

Resilience & Support

Well-Being & Health
Community
Lifestyle
Play
Sleep
Social Media
Spaces
Inclusivity
Life Skills
Neuroscience
Parent Education
Stress

Competencies

Nutrition
Counseling

Student Agency

& Choice

Co-Curriculars
Relevance
Passion
Schedule
PBL
Creativity
Purpose
Voice

www.oesisgroup.com
2020 OESIS Boston Wellness & SEL Conference

Oct. 8 and 9, 2020
Marriott Boston Quincy

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<th>Early Bird</th>
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Keynotes

Breakfast
Lunch
Cocktail Hour

Boston Marriott Quincy
1000 Marriott Dr, Quincy, MA
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7.00 a.m. – 8.00 a.m.</td>
<td>Breakfast and Registration</td>
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| 8.00 a.m. – 8.30 a.m. | **Opening Welcome**  
**Sanje Ratnavale, President, OESIS Network (CA)** |
| 8.30 a.m. – 9.15 a.m. | **A-1 Keynote**  
The Impact of Sleep on Learning and Cognitive Function  
**Dr. Brent Bauer, Director of Research**  
**Complimentary and Integrated Medicine Program**  
**Mayo Clinic (MN)** |
| 9.15 a.m. – 10.00 a.m. | **A-2 Keynote**  
Building Resilience Skills  
**Dr. Anjali Bhagra, Director of Education**  
**Integrative Medicine and Health Section, Mayo Clinic (MN)**  
**Chair, Diversity and Inclusion, Mayo Clinic Rochester** |
| 10.00 a.m. – 10.10 a.m. | Coffee Break                                                        |
| 10.10 a.m. – 11.10 a.m. | **Think Tank Workshops**  
**B-1 Taming the Tech Effect 1: School Culture, Connection and Citizenship**  
**Dr. Catherine Steiner-Adair, internationally recognized clinical psychologist & author of The Big Disconnect: Protecting Childhood & Family Relationships in the Digital Age (CA)** |
|                 | **B-2 Reshaping School for Wellness with Competency-Based Approaches**  
**Sanje Ratnavale, President, OESIS Network**  
**Joel Backon, Vice President, OESIS Network** |
|                 | **B-3 Using PBL to Enable Empathy and SEL**  
**Tara Quigley, OESIS Network Leader and Director of Miss Fine’s Center for Interdisciplinary Education and Humanities Teacher, Princeton Day School (NJ), and Lauren Porosoff, Author of Two-for-One Teaching: Connecting Instruction to Student Values and EMPOWER Your Students: Tools to Inspire a Meaningful School Experience** |
|                 | **B-4 It’s Fundamental: Research, Rationale, and Curriculum Design in SEL**  
**Rush Sabiston Frank, Director and Co-Founder, Institute for Social Emotional Learning (CA)** |
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s) and Details</th>
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| 11.10 a.m. – 12 noon | **Thursday Morning Breakouts**              | C-1 Helping Students Thrive through the College Search  
Moira McKinnon, Director of College Counseling, Berwick Academy (ME) and  
Brennan Barnard, Director of College Counseling & Outreach, The Derryfield  
School (NH), and College Admission Program Advisor, Making Caring Common,  
Harvard Graduate School of Education |  
|                  | C-2 Everyday Empathy: Academic Learning Activities That Deepen Social Connection  
Lauren Porosoff, Author of Two-for-One Teaching: Connecting Instruction to Student Values and  
EMPOWER Your Students: Tools to Inspire a Meaningful School Experience |  
|                  | C-3 Kids Really Are Different Today — Impacted by the new Social, Equity, Diversity and Inclusivity Landscape!  
Jen Cort, Educational Consultant |  
|                  | C-4 Transforming Programs to Center Around Student Interests, Creativity and Passions  
Hubert Ham, Director of Innovation and IT, The Alexander Dawson School (NV) |  
| 12 noon – 1.00 p.m. | **Lunch**                                    |                                                                                       |
| 1.00 p.m. – 1.50 p.m. | **High School Student Panel on Peer Support**  
Main Ballroom | Moderated by Dr. Maritoni Shah, Director of Wellness, Princeton Day School (NJ) |  
| 1.55 p.m. – 2.35 p.m. | **E-1 Keynote**                              | Protecting Relationships in the Digital Age  
Dr. Catherine Steiner-Adair  
Psychologist & Author of The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age |  
| 2.40 p.m. – 3.20 p.m. | **E-2 Keynote**                              | How Change Makers Unlock Emotions to Intensify Wellness  
Anabel Jensen  
President of Emotional Intelligence Network  
Six Seconds (CA) |  
| 3.20 p.m. – 3.30 p.m. | **Tea Break**                                |                                                                                       |
| 3.30 p.m. – 4.30 p.m. | **Think Tank Workshops**                    | F-1 Wellness in Girls and Gender Differences  
Dr. Brent Bauer, Director of Research, Mayo Clinic (MN), and  
Sheila Bauer, Founder, Imago Dei Foundation |  
|                  | F-2 Building a Social Emotional Learning Program K-12  
Anabel Jensen, President, Six Seconds, the Emotional Intelligence Network |  
|                  | F-3 Integrating Neuroscience into Practice  
Dr. Anjali Bhagra, Director of Education; and Dr. Brent Bauer, Director of Research Complimentary and Integrated Medicine Program, Mayo Clinic (MN), and Dr. Barbara Spurrier, Managing Director, Well Living Lab, a Mayo Clinic collaboration with Delos |  
|                  | F-4 Building Pathways across the Academic and Co-Curriculum: A student-driven route to ownership of SEL, Wellness and Competencies  
Sanje Ratnavale, President, OESIS Network (CA) and Joel Backon, Vice President, OESIS Network |
<table>
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<tr>
<th>4.35 p.m. – 5.20 p.m.</th>
<th><strong>Thursday Afternoon Breakouts</strong></th>
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</table>
| **Salon 2/3**        | **G-1 Cultivating a College Admission Culture of Caring & Ethical Character**  
Brennan Barnard, *Director of College Counseling and Outreach, The Derryfield School* (NH), and *College Admission Program Advisor, Making Caring Common*, Harvard Graduate School of Education, and Glenn Manning, *Senior Program Coordinator, Making Caring Common*, Harvard Graduate School of Education |
| **Salon 4**          | **G-2 Educational Outcome Indices: A Tool to Track Student Performance and Find Ways to Improve**  
Chris Tennyson, *Assistant Head of School, Lake Forest Academy* (IL) |
| **Salon 5**          | **G-3 Enhancing SEL through Wellness Coaching**  
Tracy Steele, *Director of Student Support, Stanford Online High School* (CA) |
| **Salon 6/7**        | **G-4 Education as Prevention: Building Skills Related to Identity Development, Social Emotional Health, and Equity Literacy**  
Jen Quest-Stern, *Director of Community Health and Counseling*, and Rosanna Salcedo, *Dean of Equity and Inclusion, Cambridge School of Weston* (MA) |
| **Salon 8**          | **G-5 How to Build Peer Support Networks to Accommodate Freshman Issues in College and Beyond**  
Max Rothman, *Co-Founder, The Support Network* |
|                      | **5.20 p.m. – 6.30 pm Cocktail Hour** |
### Friday, Oct. 9, 2020

<table>
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<tr>
<th>Time</th>
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<tr>
<td>7.30 a.m. – 8.30 a.m.</td>
<td><strong>Breakfast</strong></td>
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<tr>
<td>8.30 a.m. – 9.00 a.m.</td>
<td><strong>Ignite Keynotes</strong></td>
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<tr>
<td>H-1</td>
<td>The Teacher’s SELf: A Way to Greater Student Wellness</td>
<td>Main Ballroom</td>
<td>Rush Sabiston Frank, Co-Founder and Director, Institute for Social Emotional Learning (CA)</td>
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<tr>
<td>H-2</td>
<td>Transforming Your Whole Program Around Student Agency: The Key to Wellness</td>
<td>Main Ballroom</td>
<td>Mike Cobb, Head of School, and Jason Kern, Asst. Head of School for Innovation and Learning, All Saints Episcopal School (TX)</td>
</tr>
<tr>
<td>H-3</td>
<td>Anxiety in the Classroom: Developing a Toolbox of Practical Interventions</td>
<td>Main Ballroom</td>
<td>Jen Sciortino, Asst. Upper School Principal, and Lauren Gehman, Head of Counseling, Metairie Park Country Day School (LA)</td>
</tr>
<tr>
<td>H-4</td>
<td>A State of Complete Physical, Mental and Social Wellbeing</td>
<td>Main Ballroom</td>
<td>Colleen O’Boyle, Asst. Head of School for Academics, La Jolla Country Day School (CA)</td>
</tr>
<tr>
<td>9.45 a.m. – 10.25 a.m.</td>
<td><strong>J-1 Keynote</strong></td>
<td></td>
<td>Reverend Tyler Montgomery, Chaplain and Assistant Headmaster for Student Wholeness, Woodberry Forest School (VA)</td>
</tr>
<tr>
<td>10.25 a.m. – 11.00 a.m.</td>
<td><strong>J-2 Keynote</strong></td>
<td></td>
<td>Barbara Spurrier, Managing Director, Well Living Lab, a Mayo Clinic collaboration with Delos</td>
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**Notes:**
- **Main Ballroom**: Salon 3
- **Main Ballroom**: Salon 4
<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>11.00 a.m. – 12 noon</td>
<td><strong>Friday Morning Breakouts</strong></td>
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| Salon 2/3    | **K-1** The Human Side of Changing Education  
**Julie Wilson**, Founder, Institute for the Future of Learning |
| Salon 4      | **K-2** Catching Automatic Negative Thoughts: Strategies for Teaching  
Cognitive Coping Through Curriculum  
**Sarah Feldman**, School Counselor, Berwick Academy (ME) |
| Salon 5      | **K-3** The Six Seconds SEL Question Taxonomy and Hot Cognition  
Strategies for Igniting Learning  
**Cherilyn Leet**, Director of Education, Six Seconds (CA) |
| Salon 6/7    | **K-4** Values Work in the Academic Classroom  
**Lauren Porosoff**, Author of Two-for-One Teaching: Connecting Instruction to Student  
Values and EMPOWER Your Students: Tools to Inspire a Meaningful School Experience |
| 12 noon – 1.00 p.m. | **Lunch**                                                                 |
| 1.00 p.m. – 2.00 p.m. | **Plenary Panels**                                                        |
| Main Ballroom | **L-1** Plenary Panel on SEL  
Can we Teach and Measure SEL and what are the Limitations of this Domain?  
Moderated by **Anabel Jensen**, President, Six Seconds, and **Rush Sabiston Frank**,  
Co-Founder and Director, Institute for Social Emotional Learning (CA) |
| Main Ballroom | **L-2** Insights on Anxiety at the College Level from Peer Support  
Practitioners and Program Creators  
Moderated by **Max Rothman**, Co-Founder, The Support Network, and **Sheila Bauer**, Founder, Imago Dei Foundation |
| 2.00 p.m. – 3.00 p.m. | **Think Tank Workshops**                                                   |
| Salon 2/3    | **M-1** Taming the Tech Effect 1: School Culture, Connection and  
Citizenship, Part 2  
**Dr. Catherine Steiner-Adair**, internationally recognized clinical psychologist & author of The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age (CA) |
| Salon 4      | **M-2** Reducing Stress during the College Process  
The Derryfield School (NH) and Berwick Academy (ME) |
| Salon 5      | **M-3** Including Social Media in a 21st Century Positive Toolkit  
**Alan Katzman**, Social Media Strategist & Educator | Founder, Social Assurity |
| 3.00 p.m. – 4.30 p.m. | **Main Ballroom**                                                         |
|              | **Putting it All Together Incrementally: A 90-Minute OESIS Workshop on**  
How to Integrate Wellness, SEL, PBL and CBE  
**Sanje Ratnavale**, Joel Backon and **Tara Quigley** |
Building your Resilience Skills

Dr. Anjali Bhagra is a stress and resilience expert with keen research interest in gender-specific differences in wellness and resilience. Her research group is also studying the perceived need and implementation of mindfulness-based stress management plans in a wide variety of patients.

Dr. Anjali Bhagra  
Director of Education, Integrative Medicine and Health Section, Mayo Clinic (MN)  
Chair, Diversity and Inclusion, Mayo Clinic Rochester

Action Research on How Indoor Environments can improve Human Performance, Increase Resilience and Improve Well-Being

As managing director of the Well Living Lab, Barbara Spurrier provides leadership and strategic direction to the endeavor. In addition, she is senior vice president, at Delos. From 2008 to January 2016, Spurrier served as administrative director of Mayo Clinic Center for Innovation (CFI), responsible for building CFI from the ground up, with a mission to transform the delivery and experience of health and health care and advance a competency of innovation across Mayo Clinic.

Barbara Spurrier  
Managing Director  
Well Living Lab, a Mayo Clinic collaboration with Delos
Sanje Ratnavale, President of the OESIS Network, has held senior administrative positions at independent schools including Associate Head of School at a K-12 school for seven years, High School Principal for three years and CFO for seven years. Sanje has taught Latin and History at the High and Middle School levels: his educational career spans both British (Windlesham House School in Sussex) and American independent schools (Marlborough School in LA and Sierra Canyon School in LA).

Sanje Ratnavale
President
OESIS Network

Anabel Jensen is an author known for her work with curriculum utilizing emotional intelligence. A former director of the Nueva Learning Center, she became President of Six Seconds in 1997 and CEO of Synapse School in 2009. She currently is a Professor at Notre Dame De Namur University.

Anabel Jensen
President of the Emotional Intelligence Network
Six Seconds

Sanje Ratnavale, President of the OESIS Network, has held senior administrative positions at independent schools including Associate Head of School at a K-12 school for seven years, High School Principal for three years and CFO for seven years. Sanje has taught Latin and History at the High and Middle School levels: his educational career spans both British (Windlesham House School in Sussex) and American independent schools (Marlborough School in LA and Sierra Canyon School in LA).

Sanje Ratnavale
President
OESIS Network

Dr. Catherine Steiner-Adair examines ways children learn and grow, and shows parents and educators how to reap the benefits of tech while reducing the risks it poses at every stage of child development.

Dr. Catherine Steiner-Adair
Psychologist & Author of The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age

Rev. Tyler Montgomery oversees spiritual life, leads the chapel program, teaches Bible courses, and coordinates efforts to provide a healthy, holistic environment for the boys on campus at Woodberry Forest School (VA). He has deep experience with boarding schools, serving previously as a Spanish teacher, coach, and admission officer at Asheville School. Montgomery received a masters of divinity degree from Berkeley Divinity School at Yale. He has a bachelor’s degree in political science from the University of Pennsylvania.

Reverend Tyler Montgomery, Chaplain and Assistant Headmaster for Student Wholeness
Woodberry Forest School (VA)
Mike Cobb, *Head of School*, All Saints Episcopal School (TX) is a visionary, charismatic, results-oriented, school leader with a passion for helping students experience cognitive, social, and emotional growth while fostering a school environment that celebrates the joy of learning, serves as All Saints Episcopal School Head of School. He has demonstrated success as a classroom teacher, administrator, campus-wide program developer, international speaker, and admissions/enrollment leader. He will present with Jason Kern, *Asst. Head of School for Innovation and Learning*, All Saints Episcopal School (TX), who is an experienced educator with a demonstrated history of working in primary and secondary education.

Colleen A. O’Boyle, *Asst. Head of School for Academics*, La Jolla Country Day School (CA), believes it is not enough to prepare students for high school and college, rather she has a deep responsibility to prepare students for a life of leadership and innovation. Since 2013, Colleen has risen through the ranks at La Jolla Country Day School as Academic Dean, MS Director and now Assistant HOS for Academic. Previously, she was a faculty member of High Tech High in San Diego and is a founding member and principal of the Da Vinci School in Los Angeles. She has taught English, history and literature, along with leading the learning labs and design components of Da Vinci Design.

Anxiety in the Classroom: Developing a Toolbox of Practical Interventions

Jen Sciortino, Assistant Upper School Principal, and Lauren Gehman, Head of the Counseling Department, at Metairie Park Country Day School (LA) will share tools for supporting anxious students, so they can remain in the classroom and continue learning.

The Teacher’s SELf: A Way to Greater Student Wellness

Rush Sabiston Frank, M.S., *Co-Founder and Director*, Institute for Social Emotional Learning (CA), is a passionate SEL advocate whose work centers on equipping students with powerful social-emotional practices and increased self-awareness that they instinctively want and need.

Her work at IFSEL is informed by more than two decades of counseling practice, teaching experience, and social work with youth and families.

Rush taught SEL in grades 5-8 at Nueva School for eight years. In the wake of the Columbine school shootings, she supervised the San Mateo County/YMCA School Safety Advocate Program on all seven San Mateo Union High School District campuses for four years. She also served as Upper School Counselor at Marin Country Day.
Dr. Catherine Steiner-Adair, internationally recognized clinical psychologist & author of *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age* (CA)

Joel Backon, Vice President, OESIS Network (CT)

Brennan Barnard, Director of College Counseling and Outreach, The Derryfield School (NH), and College Admission Program Advisor, Making Caring Common, Harvard Graduate School of Education

Dr. Brent Bauer, Director of Research, Complimentary and Integrated Medicine Program, Mayo Clinic (MN)

Sheila Bauer, Founder, Imago Dei Foundation

Dr. Anjali Bhagra, Director of Education, Integrative Medicine and Health Section, Mayo Clinic (MN)

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Rosanna Salcedo, Dean of Equity and Inclusion, Cambridge School of Weston (MA)

Jen Sciortino, Asst. Upper School Principal, Metairie Park Country Day School (LA)

Maritoni Shah, Director of Wellness Services, Princeton Day School (NJ)

Barbara Spurrier, Managing Director, Well Living Lab, a Mayo Clinic collaboration with Delos

Tracy Steele, Director of Student Support, Stanford Online High School (CA)

Dr. Catherine Steiner-Adair, Psychologist & Author of *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*

Chris Tennyson, Assistant Head of School, Lake Forest Academy (IL)

Julie Wilson, Founder, Institute for the Future of Learning
# OESIS Membership Levels 2020

<table>
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<th>Membership Levels</th>
<th>SILVER</th>
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<td>Enrollment Bases</td>
<td>$1,000 for calendar year 2020</td>
<td>$2,500 for schools with &lt;100 Faculty</td>
<td>Starting at $5,750 minimum per school</td>
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<td>$3,500 for schools with 100-200 Faculty</td>
<td>Pilots available</td>
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<td>12 months from activation</td>
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<td>Upgrade any time from Network Partner membership</td>
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<td>OESIS Conferences</td>
<td>25% Discount</td>
<td>35% Discount</td>
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<td>OESIS Cohort Pathways managed by Network Leaders in PBL, SEL, CBE and more</td>
<td>$399 per OESIS Pathway per teacher</td>
<td>$100-150 per OESIS Pathway per teacher</td>
<td>$100-150 per OESIS Pathway per teacher</td>
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Introductory Level, Level 1 (Planning Unit Developer), Level 2 (Practitioner) and Level 3 (Master Credential) Faculty Professional Development Cohort Pathways start every two months in January, March, June, September and November. Faculty who successfully complete each level with feedback from an OESIS Network Leader will earn a digital badge.

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<td>XP Innovation Content Repository Faculty PD</td>
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<td>Academic Faculty PD</td>
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<td>Portfolium Mastery Assessment Platform &amp; linked Portfolio for Faculty to set up their own Pathways, Rubrics, Learning Outcomes</td>
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<td>OESIS Career Confidential Teacher Recruitment Platform</td>
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<tr>
<td>Portfolium Mastery Assessment Platform/ E-Portfolio for Students</td>
<td>Not Included</td>
<td>Not Included</td>
<td>Included for all enrolled students up to maximum of 1,250</td>
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* Set up and training options will be discussed at time of joining for all platforms.