

## **Professional Development Plan (PDP)**

### **Adapting to a New Schedule**

**School Team:** St. Ignatius, San Francisco

**Thread and 3x3x3 Location:** Professional/Group/All

**Goal:** Provide time and formal structures for teachers to develop and share curriculum.

**Program:** Adapting Curriculum to the New Schedule

**Rationale:** Regular, structured time blocks are critical to facilitating conversations around those curriculum and instructional challenges presented by the ongoing transition into a new bell schedule that includes longer class periods and fewer contact days.

**Leadership:** Paul Molinelli (PDD), Carole Nickolai (APA), Department Chairs, Level Leaders

**Resources/Network:** CDRP Resources, including various in-service resources (RBT materials, BER resource book); possible department consultants from other schools; samples of pacing guides from other schools/departments

**Time Frame:** Meet once per month during designated X-periods to design and plan instruction in light of emerging needs and challenges.

**Accountability:** The production of updated pacing guides (4/15/13), revised units of study, and benchmark assessments (11/15/13).

## Professional Development Plan (PDP)

### Faculty Wellness Initiative

**School Team:** St. Ignatius, San Francisco

**Thread and 3x3x3 Location:** Personal/Individual/All

**Goal:** To develop a faculty wellness program to help formalize, structure, extend, and possibly incentivize some of the work already being done by Marla Bottner (trainer) and Tony Calvello (fitness coach).

**Program:** Would include all or most of the following: yoga, Weight Watchers, pilates, weight training, cardio work, hydration drive.

**Rationale:** A healthy faculty is a happy faculty, and a psychologically, physically, and emotionally well teacher is a better teacher (<[http://www.theatlantic.com/magazine/archive/2010/01/what-makes-a-great-teacher/7841/?single\\_page=true](http://www.theatlantic.com/magazine/archive/2010/01/what-makes-a-great-teacher/7841/?single_page=true)>). Furthermore, a healthier faculty may even be more cost-effective to insure.

**Leadership:** Shaina Lynch (HR Director), Tom Lagomarsino (Faculty Representative, Salary & Benefits Committee, Board of Regents), Paul Molinelli (PD Director), Marla Bottner (School Trainer), Tony Calvello (Strength & Conditioning Coach), Wellness Coordinator (TBD?)

**Resources/Network:** Our health insurers (Kaiser, Aetna?), Edgewood and the Grace McGill Project, Jen LaMaster (Brebeuf), San Francisco Wellness Initiative at <[sfwellness.org](http://sfwellness.org)> (DPH, SFUSD). **Facilities:** Campus exercise rooms/weight rooms, track, pool.

*Seth Watts (Jesuit, Dallas) describes their Wellness initiative: makeshift spot for faculty with equipment and a locker room away from the students. Nutrition guidelines from members of the Athletic Department. Currently pushing for an altered faculty menu: more salads/healthy choices rather than eating the same food as the kids. Principal supported and embraced the initiative; formed a committee to address faculty needs. Administrators were not involved except to support the initiative. Seth suggests surveying the faculty to see what they desire: individual, workout buddy, group, types of activities. Jesuit Dallas to connect us with the Wellness people at their school.*

**Time Frame:** Exploration and research, Fall 2012, to determine feasibility and funding. Potential launch in Fall 2013.

**Accountability:** TBD, pending the hiring of our new Wellness Coordinator. Ultimately, the effectiveness of the program will be determined by the relative health of faculty/staff over a significant period of time.