

VC Connect 2020

- A** Activities **F** Food/Refreshments **G** General Session 1 **N** General Session 2 **R** General Session 3
K Keynote **P** Personal Enrichment Session **C** Pre Conference

MARCH 5 • THURSDAY

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|-----------------|---|--|
| 2:30pm – 3:30pm | C (Pre-Conference) Coffee & Snack Shop
<i>Speakers: Matthew Ross</i>
If you are planning to attend a Pre-Conference session, starting at 3:30pm, you are welcome to come to the High School teacher's lounge for some coffee and snacks from 2:30-3:30. | HS Teachers Room |
| 2:30pm – 3:30pm | C (Pre-Conference) Helpdesk Live!
<i>Speakers: Jared Moore</i> | ITC (100 Skyway Drive, San Jose, CA 95111) |
| 3:30pm – 5:00pm | C (Pre-Conference) Basics of Small Unmanned Aerial Systems (sUAS)
<i>Speakers: Roger Apolinar</i>
In this session, we'll spend about an hour in the classroom learning basics of sUAS and then an hour and a half flying! | Football Field (100 Skyway Drive, San Jose, CA 95111) |
| 3:30pm – 5:00pm | C (Pre-Conference) Bike Repair Shop
<i>Speakers: Jim Coleman</i>
Come learn basic bike repair with Jim! You will learn tire repair, brake and derailleur adjustment along with the proper fitting of the bike to the rider. This will be an interactive bicycle maintenance workshop, allowing participants hands on experience performing these skills. | Outside Scene Shop |
| 3:30pm – 5:00pm | C (Pre-Conference) Coffee Brewing & Latte Art
<i>Speakers: Matthew Ross</i>
<u>BYOM - BRING YOUR OWN MUG!</u>
Have you ever wanted to make the perfect cup of coffee, but were overwhelmed by the variety of brewing methods out there? Are you one of the sad souls that drinks...dare I say it... INSTANT COFFEE (shudders) because you have always thought at home methods would take too much time in the morning? Want to ditch the Keurig and the ridiculous amounts of single-use plastics for something that tastes 100X better? Do you just want to drink coffee?
If any of those incredibly specific leading questions pique your interest, then sign up now for a crash course in coffee brewing. During our session, we will go over everything you need to start brewing the best tasting, cafe-quality coffee at home. Learn how to use 6 of the most popular brewing contraptions available today, and taste for yourself the differences between each method. If time permits, we'll do a basic latte art lesson!

Brewing course will cover best brewing practices for the Chemex, V60, French Press, Aero Press, Siphon, and Auto-Drip Machines. | HS Teachers Room |
| 3:30pm – 5:00pm | C (Pre-Conference) Esports Experience: Diving into the World of Competitive Gaming Through Rocket League
<i>Moderators: Matthew Boman, Brian Nguyen, Owen Kamp</i>
Staff will get an understanding of the world of esports with Rocket League; A team-based, 3v3 fast paced competitive game that combines soccer and rocket powered cars into a high energy game. Participants will be assisted in the basics of Rocket League with the help of the Digi-X VCHS esports Rocket League Varsity Team, and participants will form teams and compete against each other to claim the title of best rocket league team of VCS. No prior experience is necessary. If desired, please provide your own game controller or earbuds/headphones. We will have keyboards, mice and headsets provided. | Innovation Center (100 Skyway Drive, San Jose, CA 95111) |
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3:30pm – 5:00pm	C (Pre-Conference) Hands-on AR/VR with Merge EDU (Skyway Campus) <i>Speakers: Jared Moore</i> Merge EDU lets students experience learning in ways never before possible. Touch and hold science lessons, interact with STEM concepts, and be transported to virtual places. With fun and engaging activities designed to enhance lessons, the classroom will be a place where children are engaged, amazed and inspired to learn more all year long.	ITC (100 Skyway Drive, San Jose, CA 95111)
3:30pm – 5:00pm	C (Pre-Conference) Miss Buron's Cool Classroom <i>Speakers: Courtney Buron</i> Come check out some classroom technology that may be coming your way at some point – Google Classroom, GoGuardian, and Vivii! You can also ask questions about Google Apps for Education and Chromebooks.	Leigh Campus - Buron's Room
3:30pm – 5:00pm	C (Pre-Conference) Screenagers, The Next Chapter <i>Speakers: Lauren Chaplin</i> Filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level with Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience—a film that examines the science behind teen’s emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and depression in our digital age. SCREENAGERS: Growing up in the Digital Age—Delany Ruston’s award-winning 2016 film—was the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions. Screened more than 8,000 times (and counting) to 4 million people in more than 70 countries, it has been featured on PBS News Hour, the Today Show, Good Morning America, Dr. Oz, the New York Times, the Washington Post, and more. What started as a personal story grew into a national movement, helping millions of youth and their families find their way in a world with instant access to screen time. In Screenagers NEXT CHAPTER, we follow Delaney as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. She sets out to understand these challenges in our current screen-filled society, and how we, as parents and educators, can empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience. We witness Delaney as she finds her way from ineffective parenting to much-improved strategies. We follow other personal stories of families from an array of backgrounds with a spectrum of emotional challenges. We also observe approaches in schools that provide strategies relevant beyond the classroom setting. Interwoven into the stories are surprising insights from brain researchers, psychologists, and thought leaders that reveal evidence-based ways to support mental wellness among our youth. The impact of social media and other screen time is incorporated in all the topics raised in Screenagers NEXT CHAPTER, how it may be affecting our teens' mental health, and what we can do to help foster youth in the face of struggles.	E219

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MARCH 6 • FRIDAY

6:30am – 7:30am **F Coffee Cart** SLC (100 Skyway Drive, San Jose, CA 95111)
 Do you need some caffeine to start your morning? Come get an espresso drink to start things off right. The line will close at 7:30 am, so that all staff can be ready in the Conservatory Hall by 8:00 am.

8:00am – 9:20am **K Worship and Keynote "Unplugging: A Christian Act of Resistance"**
Speakers: Gary Alan Taylor Conservatory Hall (100 Skyway Drive, San Jose, CA 95111)
 Pop Culture never stops. The average person touches their phone over 2,000 times a day, while spending upwards of nine hours each day engaged in media, entertainment, or screen time. All this time, energy, and engagement are shaping who we are, what we think, and how we interact with the world around us. In short, we are being formed daily into the very image of our culture. What would it look like to resist this formative process and regain our fully humanity as image bearers of the divine and not image bearers of the pop cultural empire? To start, we must return to an ancient Christian posture of cultural resistance, a posture that is ingrained in the DNA of God's people whenever they found themselves living in and amongst a culture of dehumanization. We will discuss a theology of Christian resistance while providing practical ways you can resist the siren song of pop culture in the modern world.

9:35am – 10:25am **G Finding Peace** Conservatory Chapel
Speakers: Jessica Adams
 In the world we live in it's hard to find peace. Our everyday lives are surrounded by distractions, emotions, tragedy, and chaos that make true peace seem impossible. However, God promises us a different mindset, a perfect harmony where nothing can affect us. From the smallest inconvenience to a deadly struggle, God's peace is designed for even the most difficult and uncertain times. Together we will work through some simple and easily applicable steps to attaining the peace God promises.

9:35am – 10:25am **G How the Brain Learns: The Neuroscience Behind Best Teaching Practices** E205
Speakers: Jen Gerlach
 This session will describe how the brain develops, learns, retains, and recalls information at all ages. The best pedagogical practices for each developmental stage will be discussed and many simple, easy-to-implement classroom applications will be given.

9:35am – 10:25am **G I Unplug to...** C307
Speakers: Ryan Hinn
 There is no doubting that technology, as a way of life, will only become more prevalent as time moves on. While there is nothing inherently "bad" or "evil" about technology, learning how to find a healthy balance will only become more critical over the upcoming years. What does this "balance" look like? Is there a template to finding this balance? No, there is not a cookie cutter template for us all to follow when it comes to finding a healthy rhythm of unplugging. One primary hope I have for our time together is to allow for each of us to take a step back, look at our lives from a distance, and see what our natural rhythms of life already look like. In so doing, perhaps we might be able to identify spaces and places in our life that are already in place that might be most conducive to unplugging from the necessary use of technology on a more regular basis. Ultimately, hopefully, this will serve as a good time to unplug from technology and 're-plug' back into the sustainer and giver of life, Jesus Himself.

9:35am – 10:25am	<p>G Keynote Message Follow-Up with Q & A C309</p> <p><i>Speakers: Gary Alan Taylor</i></p> <p>There is a fundamental distinction between art and entertainment, between beauty and banality, between cultivating our imaginations as a prophetic act of resistance against the dominant culture or simply amusing ourselves to death. This talk will compare and contrast art with entertainment while creating a holistic and practical guide cultivating beauty as a daily act of worship.</p>
9:35am – 10:25am	<p>G Mount Hermon Book Fair Main Gym (100 Skyway Drive, San Jose, CA 95111)</p> <p>VC Connect and the Mount Hermon Bookshop are excited to partner to bring you a Christian book fair! Come browse and buy popular new titles, a variety of enneagram titles, others on simplifying, unplugging, and resting, children's books, a variety of gift items and some Mount Hermon gear. See you at the store!</p> <p>Forms of payment accepted will be cash, check, credit or debit card.</p>
9:35am – 10:25am	<p>G Screenagers, The Next Chapter E219</p> <p><i>Speakers: Kristen Cunningham</i></p> <p>Filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level with Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience—a film that examines the science behind teen's emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and depression in our digital age. SCREENAGERS: Growing up in the Digital Age—Delaney Ruston's award-winning 2016 film—was the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions. Screened more than 8,000 times (and counting) to 4 million people in more than 70 countries, it has been featured on PBS News Hour, the Today Show, Good Morning America, Dr. Oz, the New York Times, the Washington Post, and more.</p> <p>What started as a personal story grew into a national movement, helping millions of youth and their families find their way in a world with instant access to screen time. In Screenagers NEXT CHAPTER, we follow Delaney as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. She sets out to understand these challenges in our current screen-filled society, and how we, as parents and educators, can empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience. We witness Delaney as she finds her way from ineffective parenting to much-improved strategies. We follow other personal stories of families from an array of backgrounds with a spectrum of emotional challenges. We also observe approaches in schools that provide strategies relevant beyond the classroom setting. Interwoven into the stories are surprising insights from brain researchers, psychologists, and thought leaders that reveal evidence-based ways to support mental wellness among our youth. The impact of social media and other screen time is incorporated in all the topics raised in Screenagers NEXT CHAPTER, how it may be affecting our teens' mental health, and what we can do to help foster youth in the face of struggles.</p>
9:35am – 10:25am	<p>G Spotting Signs of Mental Health Symptoms in Students (K-5)</p> <p><i>Speakers: Alicia Hess</i> Conservatory Hall (100 Skyway Drive, San Jose, CA 95111)</p> <p>Do you have students whose behavior makes you feel concerned about their emotional health? How can you work effectively with students whose emotional needs seem to go beyond what can be handled within a classroom setting? How can more emotionally fragile or very anxious or aggressive students be supported within the learning environment? In this seminar you will learn: how to better respond and support students who may be experiencing mental health difficulties; common health conditions in youth and how they are manifested; understand common symptoms and behaviors, and give appropriate classroom strategies and accommodations.</p>
9:35am – 10:25am	<p>G Top Five Techniques for Creating a Successful High School Connection Group E206</p> <p><i>Speakers: Nate Smith</i></p> <p>This session is the beginning step to ensure you have a well-executed connections group. Tips and tricks along with more details as to the overall plan for VCHS connection group. You can bring your laptop or iPad, but it is not required.</p>

9:35am – 10:25am

G World Without Waste, Amen-Amen!

E221

Speakers: Cara Galleher

What are the three R's? (I'm not talking about reading, 'riting, and 'rithmetic).

Did you guess "Reduce, Reuse, Recycle?" Great job!

How about the four R's?

How about the five R's? (bring your correct answer to the session and receive a Hershey's kiss!) (We'll recycle the aluminum wrapping).

As stewards of the earth (Gen. 2:15), we can't help but be concerned about the amount of waste we generate.

We've heard that China is no longer accepting recyclables, that mixed paper is no longer marketable, that no one wants to recycle glass (it's too heavy), and that polystyrene (plastics with the #6 in the little arrows on the bottom) can't be recycled at ALL. We wonder what more we can do...we wonder what our school is doing to address our waste problem!

In this session, participants will have opportunity to learn about new ideas to promote Valley's recycling efforts.

We'll also learn about the City of San Jose's Zero Waste Goals and an exciting new innovation called Biocollection. Environmental Club students will share about their four-phase recycling action initiative. They'll be there to take questions!

We'll close out our session with information about San Jose's Climate Smart Challenge and Ecosia (a search engine that plants trees)!

Hope you can join us!

10:40am – 11:30am

N Biblical Integration

E206

Speakers: Kristin Annab

Have you ever wondered what Biblical integration means and why you are asked, as a Valley Christian teacher, to Biblically integrate into every subject? Those attending this session will walk away with a better awareness of what Biblical integration is, why you are asked to do it and how it can be done in all subject areas.

Please bring a lesson plan you use in the classroom and a writing utensil.

10:40am – 11:30am

N Cultivating Beauty in a Banal World

C309

Speakers: Gary Alan Taylor

There is a fundamental distinction between art and entertainment, between beauty and banality, between cultivating our imaginations as a prophetic act of resistance against the dominant culture or simply amusing ourselves to death. This talk will compare and contrast art with entertainment while creating a holistic and practical guide cultivating beauty as a daily act of worship.

10:40am – 11:30am

N Developing Focused and Connected Sports Teams in a Hyperdistracted World

E221

Speakers: David Klein

A hands on experience for coaches and leaders to learn new strategies and activities for creating a connected, positive team culture in today's pressure packed sports world: You will learn: How to incorporate and implement a healthy digital team culture; lessons and common athlete pitfalls related to one's online footprint and recruiting; the role of coaches in today's pressure packed society; strategies for establishing more focus at practice; how to develop core covenants; mindfulness techniques for getting "in the zone"; how to inspire players to "buy in" and why that is important.

10:40am – 11:30am

N How the Brain Learns: The Neuroscience Behind Best Teaching Practices

E205

Speakers: Jen Gerlach

This session will describe how the brain develops, learns, retains, and recalls information at all ages. The best pedagogical practices for each developmental stage will be discussed and many simple, easy-to-implement classroom applications will be given.

10:40am – 11:30am	<p>N I Unplug to...</p> <p><i>Speakers: Ryan Hinn</i></p> <p>There is no doubting that technology, as a way of life, will only become more prevalent as time moves on. While there is nothing inherently “bad” or “evil” about technology, learning how to find a healthy balance will only become more critical over the upcoming years. What does this “balance” look like? Is there a template to finding this balance? No, there is not a cookie cutter template for us all to follow when it comes to finding a healthy rhythm of unplugging. One primary hope I have for our time together is to allow for each of us to take a step back, look at our lives from a distance, and see what our natural rhythms of life already look like. In so doing, perhaps we might be able to identify spaces and places in our life that are already in place that might be most conducive to unplugging from the necessary use of technology on a more regular basis. Ultimately, hopefully, this will serve as a good time to unplug from technology and ‘re-plug’ back into the sustainer and giver of life, Jesus Himself.</p>	C307
10:40am – 11:30am	<p>N Mount Hermon Book Fair</p> <p>VC Connect and the Mount Hermon Bookshop are excited to partner to bring you a Christian book fair! Come browse and buy popular new titles, a variety of enneagram titles, others on simplifying, unplugging, and resting, children’s books, a variety of gift items and some Mount Hermon gear. See you at the store!</p> <p>Forms of payment accepted will be cash, check, credit or debit card.</p>	Main Gym (100 Skyway Drive, San Jose, CA 95111)
10:40am – 11:30am	<p>N Personal Reflection & Integration Planning</p> <p>Do you find it a challenge to make the time to implement all of those great new ideas, when you attend a conference? If so, this session is for you! Utilize these 45 minutes to think through what you have been inspired by and learned in order to create an action plan for implementing these new ideas into your classroom or ministry at VCS. You can brainstorm by yourself or use this time to collaborate with others.</p>	Library (100 Skyway Drive, San Jose, CA 95111)
10:40am – 11:30am	<p>N Screenagers, The Next Chapter</p> <p><i>Speakers: CJ Clark</i></p> <p>Filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level with Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience—a film that examines the science behind teen’s emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and depression in our digital age. SCREENAGERS: Growing up in the Digital Age—Delany Ruston’s award-winning 2016 film—was the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions. Screened more than 8,000 times (and counting) to 4 million people in more than 70 countries, it has been featured on PBS News Hour, the Today Show, Good Morning America, Dr. Oz, the New York Times, the Washington Post, and more.</p> <p>What started as a personal story grew into a national movement, helping millions of youth and their families find their way in a world with instant access to screen time. In Screenagers NEXT CHAPTER, we follow Delaney as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. She sets out to understand these challenges in our current screen-filled society, and how we, as parents and educators, can empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience. We witness Delaney as she finds her way from ineffective parenting to much-improved strategies. We follow other personal stories of families from an array of backgrounds with a spectrum of emotional challenges. We also observe approaches in schools that provide strategies relevant beyond the classroom setting. Interwoven into the stories are surprising insights from brain researchers, psychologists, and thought leaders that reveal evidence-based ways to support mental wellness among our youth. The impact of social media and other screen time is incorporated in all the topics raised in Screenagers NEXT CHAPTER, how it may be affecting our teens’ mental health, and what we can do to help foster youth in the face of struggles.</p>	E219

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10:40am – 11:30am	N	Unconscious Bias: What is "Covering" and what does it have to do with Bias? <i>Speakers: Sonia Avilucea</i> Find out why some people downplay traits in order to fit in. TO DO AHEAD: Click on the following online link: https://implicit.harvard.edu/implicit/ Pick any one of the implicit bias tests and take it. Print out your results and bring them to the session.	E228
11:40am – 12:00pm	F	Blue Rock BBQ Main Gym (100 Skyway Drive, San Jose, CA 95111) Lunch will be catered by Blue Rock BBQ. Our menu includes Pulled Pork, Pulled Chicken, Beef Brisket, Macaroni & Cheese, Baked Beans (both regular & vegetarian options), Grilled Vegetables, Mixed Green Salad, and Slider Buns. You will not leave hungry! You must register for lunch and bring your "Lunch Ticket" if you plan to eat the catered lunch provided by Blue Rock BBQ. If this menu does not meet your preference or dietary restrictions, please feel free to bring your own lunch.	
12:00pm – 12:10pm	A	Raffle Drawing Main Gym (100 Skyway Drive, San Jose, CA 95111) We have some great prizes for our raffle this year. You can win a Segway tour in San Francisco, Paint Party for four, and more!	
12:10pm – 12:20pm	F	Ice Cream Sundaes Main Gym (100 Skyway Drive, San Jose, CA 95111) To finish off our meal, we will have an Ice Cream Sundae station. Possible ice cream flavors are: Vanilla, Cookies N' Cream, Mocha Almond Fudge and Raspberry Sorbet. There will also be toppings! You must register for dessert and bring your pink "Dessert Ticket" with you in order to enjoy the dessert provided.	
12:25pm – 1:15pm	R	A Grieving Student Perspective <i>Speakers: Chloe Diepenbrock</i> Have you ever had a student mention the passing of a loved one in class, and you had no idea how to respond? Maybe you said something, but then felt like it was the absolute <i>wrong</i> thing. Whether we know it or not, many students are grieving every day and, unfortunately, are too ashamed or scared to open up about it. Learn how to come alongside and walk with your grieving students. I'll be sharing from my own personal testimony, as well as stories of others who have faced grief at a young age about what helps, what doesn't, and what grief looks like through the eyes of a young person.	Conservatory Chapel
12:25pm – 1:15pm	R	Academic Integrity <i>Speakers: Alexis Schneider</i> Did you know that 86% of high school students believe that "most students cheat at some point." And according to ETS, "between 75 and 98 percent of college students surveyed each year report having cheated in high school." Cheating to get ahead academically is not only becoming more common, it's also seen as more acceptable among students. What's a teacher to do? In this session, we'll take a look at cheating and plagiarism (going into detail about what is and isn't problematic), discuss strategies for how to approach this in the classroom and in conversations with students (before, during, and after cheating has taken place), and we'll take a look at how the administration follows up with these students after they've been turned into the office.	E206

12:25pm – 1:15pm	R	Amazing Office Staff Best Practices Discussion <i>Speakers: Lisa Samuleson</i> Come and join us for a rousing discussion about topics such as Handling Difficult Parents, Absenteeism (what's excused, what's not, etc), Medication, Safety on Campus, Getting Students out of class and the good the bad and the ugly of our Raptor system. We want to find out how each of our campus' are handling some of these issues with the idea that we can all discover new and better ways to handle situations, equipment, etc. Office staffers, this is for you!	HS Conference Room
12:25pm – 1:15pm	R	Discover Your Spiritual Hardwiring <i>Speakers: Ellen Steele</i> Have you ever wondered why you're drawn to a certin kind of church, worship, Bible passage, or ministry area? And have you ever wondered why someone else is drawn to a kind of church, worship, Bible passage or ministry area that you JUST CAN'T relate to? The answer is in your spiritual hardwiring - the unique ways God has intentionally designed you to connect with Him . Using an assessment tool, you will identify the top 2-3 natural "spiritual pathways" that God has hardwired you with. Come join us for a fun and insightful session that will help you discover more about your own spiritual hardwiring, some best practices for maintaining your spiritual vitality, and an appreciation of how the spiritual hardwiring of others contributes value to the community of faith.	E205
12:25pm – 1:15pm	R	Exploring Axis Teacher Resources <i>Speakers: Gary Alan Taylor</i> In this session we'll explore the resources, content, and curriculum available to you through the partnership Axis has with VCS and how to utilize those resources to disciple the next generation into life long faith. We will discover the feature film documentaries, teacher guides, and online resources available to you to help you start conversations with your students about faith, sexuality, gender, social media, anxiety, and depression.	C309
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12:25pm – 1:15pm	R	Improving the Quality of Work and Attention Through Reducing Digital Distractions <i>Speakers: David Klein</i> Offering proven strategies and methods to allow for more "deep work", both at home and in school. This program is designed to help teachers develop a personal practice which will allow them to be more productive in their own work and more present in their home life. Additionally teachers will be exposed to strategies which can help their students manage digital distractions. Teachers and administrators will learn about: The multitasking misconception; attention residue; batching; dopamine and variable rewards system; decision fatigue; deep work; habit stacking; mindfulness in teaching; emails, meetings and interruption management; internal/external distractions; dozens of actionable tips and tricks for practical application.	E221
12:25pm – 1:15pm	R	Mount Hermon Book Fair VC Connect and the Mount Hermon Bookshop are excited to partner to bring you a Christian book fair! Come browse and buy popular new titles, a variety of enneagram titles, others on simplifying, unplugging, and resting, children's books, a variety of gift items and some Mount Hermon gear. See you at the store! Forms of payment accepted will be cash, check, credit or debit card.	Main Gym (100 Skyway Drive, San Jose, CA 95111)

12:25pm – 1:15pm	R Personal Reflection & Integration Planning Do you find it a challenge to make the time to implement all of those great new ideas, when you attend a conference? If so, this session is for you! Utilize these 45 minutes to think through what you have been inspired by and learned in order to create an action plan for implementing these new ideas into your classroom or ministry at VCS. You can brainstorm by yourself or use this time to collaborate with others.	Library (100 Skyway Drive, San Jose, CA 95111)
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1:30pm – 2:30pm	P Agility Dog Training <i>Speakers: Jessica Adams</i> Participants will get to interact with a very excited, friendly dog and learn the basics of a high reward canine sport. Agility is a stress free, fun environment for both dog and owner! Run the course twice with or without hands on help, and go at whatever speed you are comfortable with. Amount of runs offered to each individual is based on twenty people attending. Depending on how the pup is doing and attendance, there may be a possibility of more runs. Wear: comfortable athletic shoes.	Football Field (100 Skyway Drive, San Jose, CA 95111)
1:30pm – 2:30pm	P Animation Station <i>Speakers: Cierra Maach</i> Participants will be able to bring their drawings to life by creating a small flipbook. This is an event to get your creativity flowing and put your drawing skills to the test. WILL BE PROVIDED: Flip book paper BRING: Pencils & erasers	E215 (100 Skyway Drive, San Jose, CA 95111)
1:30pm – 2:30pm	P Bike Repair Shop <i>Speakers: Jim Coleman</i> Come learn basic bike repair with Jim! You will learn tire repair, brake and derailleur adjustment along with the proper fitting of the bike to the rider. This will be an interactive bicycle maintenance workshop, allowing participants hand's on experience performing these skills.	Outside Scene Shop

1:30pm – 2:30pm

P **Coffee Brewing and Latte Art**

HS Teachers Room

Speakers: Matthew Ross

BYOM - BRING YOUR OWN MUG!

Have you ever wanted to make the perfect cup of coffee, but were overwhelmed by the variety of brewing methods out there? Are you one of the sad souls that drinks...dare I say it...**INSTANT COFFEE** (shudders) because you have always thought at home methods would take too much time in the morning? Want to ditch the Keurig and the ridiculous amounts of single-use plastics for something that tastes 100X better? Do you just want to drink coffee?

If any of those incredibly specific leading questions pique your interest, then sign up now for a crash course in coffee brewing. During our session, we will go over everything you need to start brewing the best tasting, cafe-quality coffee at home. Learn how to use 6 of the most popular brewing contraptions available today, and taste for yourself the differences between each method. If time permits, we'll do a basic latte art lesson!

Brewing course will cover best brewing practices for the Chemex, V60, French Press, Aero Press, Siphon, and Auto-Drip Machines.

1:30pm – 2:30pm

P **Everyone Has a Story**

E206

Speakers: Julie Wilson

Everyone has a story to tell. Even if you do not consider yourself a writer, you have the treasures of your life experiences to plumb. Come try a few ways to put them into words. I'll start by giving you a few (hopefully) helpful ways to inspire your work, and then we'll spend some time writing. No sharing required, and no judgment! My hope is that the quiet reflection writing provides will be a catharsis or at least a reprieve from the fast pace of life.

1:30pm – 2:30pm

P **Fun with Lumber**

Scene Shop (100 Skyway Drive, San Jose, CA 95111)

Speakers: Justin McPherson, Jeremy Denouden

Participants will build something out of wood.

WEAR: clothes that you don't mind getting dirty with sawdust (and maybe some paint). If you have your own work gloves and safety glasses, you can bring those too. Lastly, please wear closed toed shoes.

PROVIDED: Building materials, paint, work gloves and safety glasses (if you do not have your own).

1:30pm – 2:30pm

P **Next on the Tee...**

Santa Teresa Golf Club

Speakers: Mark Lodewyk

Head over to the beautiful short course at Santa Teresa Golf Club where Mark will help you pitch and putt your way to par! Guaranteed! All duffers and hackers are not only welcome but encouraged to come! Green Fees are taken care of!

1:30pm – 2:30pm

P **Paint Party**

C415 (100 Skyway Drive, San Jose, CA 95111)

Speakers: Jill Carlson

Step-by-step instructed painting session or free-painting session.

1:30pm – 2:30pm

P **Practicing the Presence of God**

C307

Speakers: Debbie Buron

Prayer, solitude, meditation, study, confession, celebration...avenues to relationship with God, passed down from the Ancients. Done in bites rather than banquets - not just talking about them, but actually PRACTICING them in small chunks. Transformative! Experiential, thoughtful and engaging!

We sometimes read about these things and say to ourselves "I don't live in a monastery, I'm off the hook!" But, neither did Jesus. When did He do these things?

The Classic Spiritual Disciplines/Practices done in a group setting.
BRING: A Bible and a Notebook.

1:30pm – 2:30pm	P Ribbon Wreath Making	E231
	<p><i>Speakers: Rachel Tozer</i></p> <p>Participants will learn how to make a ribbon wreath styled with their personal touch. We will use burlap as a base, but you can bring any assortment of decorations to add to your wreath. Will be provided: Wreath frames, ribbon, glue guns</p> <p>Bring: any additional decorations you would like to add. examples include: accent ribbon (you'll likely need a whole spool), flowers, bows, small signs. Pinterest can give lots of inspiration!</p> <p>The finished product will look wonderful either in your classroom window or as a friendly greeting on your front door!</p>	
1:30pm – 2:30pm	P Stand-Up Comedy Workshop	C309
	<p><i>Speakers: Adam Walls</i></p> <p>Are you a fan of comedy? Do you enjoy entertaining your friends and family? Are you looking for a way to freshen up your lectures? This might be the place for you. In this session, Adam Walls will regale you with some stories and tips for doing stand up comedy. There will also be an opportunity for you to turn your own stories into stand up and test it out. Even if you are not looking to jump up in front, this will be the perfect place to relax. Don't worry about bringing anything, except for yourself.</p>	
1:30pm – 2:30pm	P The Art of Floral Design	SLC (100 Skyway Drive, San Jose, CA 95111)
	<p><i>Speakers: Maribeth Wiens</i></p> <p>Come play with flowers! We will be creating a guided spring flower arrangement for you to take home! No experience necessary.</p>	
1:30pm – 2:30pm	P Walking Club	Track (100 Skyway Drive, San Jose, CA 95111)
	<p><i>Speakers: Judi Fuller</i></p> <p>Whether you want exercise or relax and enjoy being outside, come and enjoy the comradery that walking can give you.</p>	
1:30pm – 2:30pm	P Your Identity in Christ	E422
	<p><i>Speakers: Suzy Parmenter</i></p> <p>In a worshipful, independent, and relaxing environment, participants will read several selected articles discussing our Identity as a Christians. Selecting 10-12 Scriptures from the articles, they will then complete an exercise to personalize these verses. Once they feel ready, participants will create a Sunday School style, yet meaningful, craft to keep as a reminder of their Identity in Christ. BRING: just yourself!</p>	