



2021 Arts Education Conference
Rest and Renew

A day of centering, energizing,
and inspiring creative
experiences designed to
refresh and uplift our arts
education community.

Recorded Session Links from
April 16, 2021

Collective Breath Moment

Pre-Conference Yoga Session

Access Recorded Session & Resources

Session Description

Yoga practitioner and artist **Dr. Auburn Ellis** will take you through various chair yoga practices that can be utilized in the professional realm or in the comfort of your own home to relieve tension, stress, or anxiety. These techniques encourage multiple ways to access meditation, reflection, and healing.

What You'll Need for this Session

- If possible, a quiet space that will allow for concentration and focus
- If possible, comfortable clothes (gym attire or appropriate lounge clothing)
- A sturdy chair that allows to the freedom to move, stretch, and follow along with the demonstrated exercises
- A bottle or glass of water
- A towel (if needed) to wipe away any perspiration
- An open mind, body, and heart



Dr. Auburn E. Ellis is the founder of Studio 5400, & creator of Art and Yoga Flow. A visual artist with studios in KC & Chicago, she works in traditional mediums like ceramics, collage & painting. Her work explores the use of traditional mediums for art reflective of the African Diaspora. Dr. Auburn's recent publications and lectures focus on art as a form of advocacy, anti-racism, restorative justice and community revitalization. Visit auburnaesthetic.com for more info.

Keynote Presentation

[Access Recorded Session](#)

Session Description

Heather Ireland Robinson will open up this year's Conference as she riffs on the theme *Rest and Renew*. Heather will share real-life stories about how she has survived and thrived this past year leading a non-profit organization and a family of five. From struggles and tears to triumph and laughter, she bares it all, including ideas on how to find joy and strength through the work of authentic leadership and creativity. Renowned cellist **Tomeka Reid** and student pianist **Devin Shaw** (Whitney Young HS) will entertain participants at the start of the speech and end with an original tune composed on the spot in response to Heather's keynote.



Heather Ireland Robinson

Executive Director, Jazz Institute of Chicago

Tomeka Reid

Cellist, Composer, & Educator



Devin Shaw

Senior, Whitney Young HS
JIC Jazz Links Student Council Member



Meet our Keynote Speakers



Heather Ireland Robinson is the Executive Director of the Jazz Institute of Chicago. Born and raised on Chicago's south side, Heather's nearly 20-year career in our culturally-rich city has included leadership, programming, and management with some of Chicago's foremost institutions including the Beverly Arts Center, the South Side Community Art Center, After School Matters, Gallery 37, The Chicago Park District, Marwen, Marriott Bridges and the Quad Communities Development Corporation. Heather taught theatre and poetry performance at the South Shore Cultural Center and has developed various performing, arts integration, and teaching workshops. As a writer and storyteller, her children's plays and performances have been produced at the DuSable Museum, the African Festival, and the Chicago Cultural Center. She was the founder of The People's Jazz Theatre, whose youth productions graced venues across Chicago. Heather holds a Bachelor of Science from the University of Illinois at Urbana and a Master of Fine Arts from DePaul University.

Cellist and composer **Tomeka Reid** has emerged as one of the most original, versatile, and curious musicians in Chicago's jazz and improvised music community over the last decade. Reid grew up outside of Washington D.C., but her musical career began after moving to Chicago in 2000. She is a Foundation of the Arts and 3Arts Awardee, and received her doctorate in music from the University of Illinois, Urbana-Champaign. Reid released her debut recording as a bandleader in 2015 with the Tomeka Reid Quartet; their second album, *Old New*, was released in 2019. Reid has been a key member of ensembles led by legendary reedists like Anthony Braxton and Roscoe Mitchell, as well as a younger generation of visionaries including flutist Nicole Mitchell, vocalist Dee Alexander, and drummer Mike Reed. She co-leads the string trio Hear in Now, and in 2013 launched the Chicago Jazz String Summit, an international festival of cutting edge string players. In 2019, Reid became the Darius Milhaud chair in composition at Mills College.



Devin Shaw is a senior at Whitney Young High School and has been a member of the JIC Jazz Links Student Council (JSLC) since 2018. The JSLC gives high school jazz musicians the opportunity to develop musically and professionally through exposure to live music, workshops with professional musicians, and performance opportunities throughout the city. Devin studies piano at Whitney Young under the direction of Jim Barbick. He studied classical music at the Merit School of Music and has pursued jazz studies through the Chicago Youth Symphony Orchestra and the Ravinia Jazz Scholars programs. In 2019 and 2020 he was selected to play piano in the Illinois Music Educators Association (ILMEA) statewide festival at the highest level in the Honors Jazz Combo.



Breathing to Create Change

[Access Recorded Session & Resources](#)

Session Description

Led by CPS dance teachers **Elisa Foshay**, **Gina Spears**, and **M.K. Victorson**, participants will reflect on the school year as a group and then experience a guided movement meditation. Through guided practice, participants will learn to use breath as a tool to boost (as well as balance) energy. Designed to share movement and breath as a vehicle for renewal and reflection, the session will culminate in a discussion of classroom connections to the activities.

What You'll Need for This Session:

- If possible, a quiet space that will allow for concentration and focus
- Paper and a writing utensil



Elisa Foshay earned a BA in Dance from Columbia College Chicago, and a MFA in Choreography and teaching license at the University of North Carolina at Greensboro. She currently serves as an Arts Instruction Specialist for the CPS Department of Arts Education, and is the Dance Program Director at Jones College Prep HS.



Gina Spears teaches dance (PreK-8) at Portage Park Elementary School. She is also an Arts Instruction Specialist and a Framework Specialist for the district. She mentors new teachers through the CPS New Teacher Cohort and through the National Dance Education Organization. She is excited to present today!



M.K. Victorson (MFA, MEd) teaches K-6 dance at Hibbard Elementary School and serves as an Arts Instruction Specialist for the CPS Department of Arts Education. M.K. is a graduate of the Dance Education Lab at the 92nd St. Y in New York and a 2017 Fund for Teachers Fellow.

Creative Connections: Music, The Arts, and SEL

Access Recorded Session & Resources

Session Description

Explore the power of music as it intertwines with art, poetry, and social-emotional learning. Join CPS music teachers **Jenai Jenkins**, **Frank Cademartori**, and **Leo Park** as we engage in interactive activities and explore research promoting positive health-based outcomes for adults and students alike. Leave the session with lesson ideas and an appreciation for the social, emotional, and cognitive benefits of incorporating music into your own and your students' lives.

What You'll Need for This Session:

- Scrap paper
- A writing utensil
- Coloring supplies (crayons, colored pencils, markers, etc)
- A flat surface for writing and drawing
- Headphones (if possible)



Jenai Jenkins, PhD, a 25-year CPS veteran, teaches general music and band at Pritzker Elementary, and serves as a CPS Arts Liaison and Arts Instruction Specialist. Along with traditional music teaching, Jenkins enjoys writing original curricula and professional learning resources for general music. She has used African Drumming, Poetic Drumming and writing haikus with instrumentation as tools to integrate history and ELA.



Frank Cademartori is a 12-year teaching veteran with the last eight spent teaching music at a local charter on the north side of Chicago. Additionally, he serves as the Enrichment Coordinator for his charter network, as well as a CPS Arts Instruction Specialist. He is passionate about incorporating technology, student voice and choice, and arts integration into his classroom practice.



Leo Park is in his 20th year as music educator at Northside College Prep High School. He teaches orchestra and modern band, and previously taught a secondary general music course titled *Experiences in Music*. He currently serves as a CPS Arts Instruction Specialist and has taught music education courses at Northeastern Illinois University, North Park University, and VanderCook College of Music.

Once Upon Our Time Capsule: Encapsulating Our Past Year

Access Recorded Session & Resources

Session Description

Led by Chicago Children's Theatre teaching artists **Lizzy May**, **Terry Guest**, and **Micah Figueroa**, participants will be guided through the process of honoring and releasing the past year and imagining and stepping courageously into a new future. Each participant will create a time capsule of their strength and bravery. Communally, we will share our experiences, reflecting our heroism to each other.

What You'll Need for This Session:

- Paper for drawing and writing
- Coloring/writing utensils of any kind
- Any other crafting or decorating supplies
- A container to serve as a time capsule (an envelope, inside of a paper towel roll, bottle, etc.)



Lizzy May is a Chicago-native artist and educator. As a Diverse Learning and Theatre teacher in CPS, Lizzy developed a trauma-responsive devising curriculum. As the founder of Backyard Chicago Ensemble, Lizzy has devised and directed several original pieces in an inter-generational ensemble; notably, *The Angels Will Let You Fall* (2016). Lizzy currently consults and teaches with the Chicago Children's Theatre.



Terry Guest is a Chicago based playwright, actor and teaching artist. As an actor he has worked with theatre companies across the country including Steppenwolf, The Goodman Theatre, and The Story Theatre (Chicago), Alliance Theatre, Actors Express, Aurora Theatre (Atlanta), and Arts Garage (West Palm Beach). His play *At The Wake of a Dead Drag Queen* is the recipient of the 2018 Out Front Theatre Spectrum Series Grant and had its world premiere at The Story Theatre.



Micah Figueroa is Chicago based teaching artist, actor, director, and choreographer. As an actor, he was most recently in *20,000 Leagues Under the Seas* and *Moby Dick* at Lookingglass Theatre. Micah is a frequent collaborator with Walkabout Theatre, having most recently performed in *Tall Girl and the Lightning Parade* and has worked with Writer's Theatre, Erasing the Distance Theatre Company, First Floor Theatre, 20% Theatre Company, and Redmoon Theatre in Chicago.

Write it Out: A Self-Care & Journaling Workshop

[Access Recorded Session & Resources](#)

Session Description

Multidisciplinary artist **Rhonda Wheatley** will lead this exploration of journaling as a multi-faceted tool for healing, growth, and personal transformation. We'll discuss how journaling can help you move through blocks and limitations, uplift your energy, cultivate creativity, manifest your goals, and tap into your authenticity. We'll cover tools, prompts, and tactics for sustaining a self-affirming journaling practice, for beginners and experienced journalers alike.

What You'll Need for this Session:

- A writing utensil
- A journal, notebook, sketchbook or something else to write on, or a preferred audio recording device



Rhonda Wheatley is a multidisciplinary artist who seeks to cultivate healing and personal transformation through visual art, interactive projects, and wellness workshops. She's exhibited with Hyde Park Art Center, DePaul Art Museum and the MCA and facilitated workshops with Creative Capital, 6018North, 3Arts, the University of Chicago and more.

Closing Session

Access Recorded Session & Resources



Okay, Let's Breathe

Activity Description

Led by CPS music educator **Dave Stahlberg**, you'll experience firsthand the benefits of a short guided breathing technique/meditation. You'll also gain access to a website containing a series of 5-minute breathing/meditation videos that you can use in your personal and classroom practice to promote calmness and focus.



Dave Stahlberg has taught band in CPS for 22 years. He felt angry and frustrated a lot of the time, and tried just about everything to change this. Then five years ago, he discovered meditation. He hopes to share this whole new way of being with today's attendees.



Closing Ritual and Celebration

Activity Description

Engage in creative reflection and optimistic closure led by the Conference Planning team and the **CPS Arts Student Voice Committee (ASVC)**. Featuring an original Conference theme by **Cole DeGenova** (with lyrics inspired by the ASVC)!



Eclectic pianist, vocalist, producer, and composer **Cole DeGenova** began his career at age 16 as a jazz pianist around his native Chicago. Cole has released four albums of original music. His most recent, *Really Human*, was released in Spring 2020 via Ropeadope Records. He has also recorded and/or performed with the likes of Chance the Rapper, Lupe Fiasco, Gallant, Brett Dennen, Paula Cole, Dave King, and more.



The Arts Student Voice Committee (ASVC) is a diverse group of CPS high school students who work with the Department of Arts Education to discuss, create, and execute strategies for improving arts education in Chicago Public Schools. They also contribute their ideas and talents to DAE events and programs. *For a full list of ASVC members, see the following page.*

Resources for Well-Being

General Resources

[Mindful Art Studio](#) | Amy Maricle

An art therapist and visual artist shares the healing power of art with anyone and everyone—from those who seek a creative outlet for stress relief to experienced artists who want to weave more intuition, mindfulness, and freedom into their work. Blog posts, classes, videos, guidebooks, and more.

[On Being: What's Happening in Our Nervous Systems?](#) | Krista Tippett

Host Krista Tippett speaks to clinical psychologist Christine Runyan about the physiological effects of a year of pandemic and social isolation and what we can do to regain our fullest capacities for the world ahead.

[Top Self-Care Tips for Taking Care of You During the Coronavirus Pandemic](#) | Sarah DiGiulio & Elizabeth Millard, *Everyday Health*

COVID-19 has upended our daily routines, our future plans, and our lifestyles. This article offers a myriad of effective ways to manage stress, sleep, physical activity, eating well, and more.



[Rest & Renew Playlist](#) | 2021 Conference Team & CPS Teachers

Need a song to calm you down or pick you up? We asked CPS arts teachers across the district to tell us what their go-to tunes are whenever they need to “rest or renew,” and compiled a sampling of their responses into this playlist for you to enjoy!

[Unlocking Us: Burnout and How to Complete the Stress Cycle](#) | Brené Brown

On her renowned podcast. Brené Brown joins Drs. Emily and Amelia Nagoski to talk about what causes burnout, what it does to our bodies, and how we can move through emotional exhaustion.

[Okay, Let's Breathe](#) | Dave Stahlberg

CPS music educator Dave Stahlberg created this website containing a series of 5-minute breathing/meditation lessons with accompanying scripts that you can use in your personal and classroom practice to promote calmness and focus.

[Bright Morning Podcast & Guided Meditations](#) | Elena Aguilar

Teacher, coach, writer, leader, and podcaster Elena Aguilar shares strategies to build resilience, cultivate courage, and take action towards fulfilling your life's purpose in the *Bright Morning Podcast*. She also offers meditations focused on cultivating compassion, relaxation, and other techniques.

[Ahsante the Artist, Tara Brach, Yoga with Adriene](#) | Well-Being Channels on YouTube

Tune into these YouTube channels for mindful-living tips, resources, and strategies. Multimedia creative and storyteller Ahsante makes videos that inspire social awareness and encourage self care; meditation guru Tara Brach offers hundreds of meditation resources; and yogi Adriene Mischler provides high-quality, accessible yoga practice for “all levels, all bodies, all genders, all souls.”

Resources for Well-Being

Resources for Educators

[50 Self-Care Ideas for Teachers](#) | **The Counseling Teacher**

A printable infographic with a list of 50 self-care ideas for teachers and specialists to get into the self-care zone. Includes a color version and a black-and-white “zen version” to color in.

[2020 Teachers of the Year on Practicing Self Care](#) | **Google for Education**

Google’s 2020 Teachers of the Year offer ideas on how they take care of themselves.

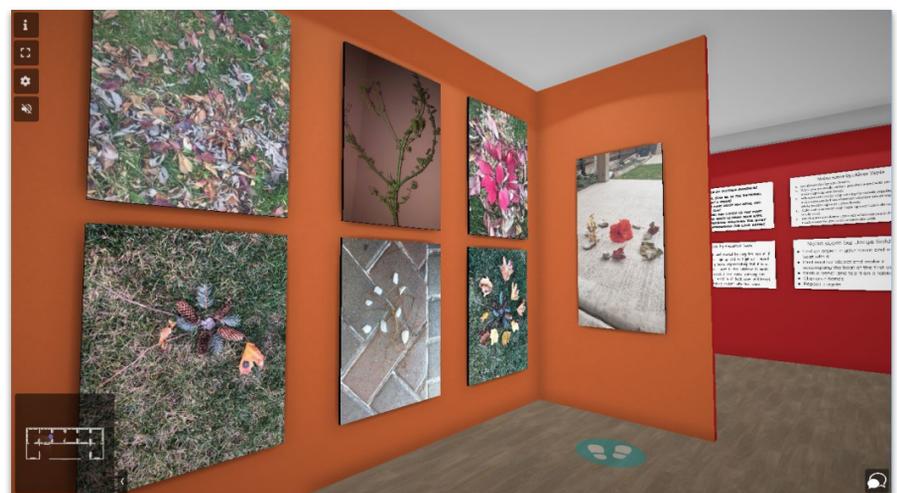
[Art of Ed Podcast: Self-Care for the Art Teacher](#) | **Tim Bogatz, The Art of Education**

Host Tim Bogatz (The Art of Education University) and Elizabeth Peterson (The Inspired Classroom) discuss why we need to take stock of the stress in our lives, strategies for self-care, and ideas that work for creative people.

[Self-Care is Self-Love](#)

School Partnership for Art & Civic Engagement (SPACE) at the MCA

This virtual exhibition created by students at Curie Metropolitan High School is a response to the challenges of virtual learning in a pandemic. Focusing on self-care and self-love, students worked together virtually to curate this exhibition to elevate ways that members in their community can practice self-care.



[Why It’s So Hard for Teachers to Take Care of Themselves \(and Four Ways to Start\)](#) |

Jennifer Gonzalez, The Cult of Pedagogy

This article by Gonzalez also includes an interview with Angela Watson (founder, The 40 Hour Teacher Workweek Club) on the barriers to teacher self-care and how to overcome them.

[“Self-Care Bingo” for Teachers and Students](#) | **Jennifer Ward, jenniferward.org**

High school teacher and blogger Ward created this free, printable self-care challenge for her students—it’s great for adults too! Highlight each task as you complete it and reflect on each one.

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