



A Comprehensive Resource for Out-of-Schooltime Staff

FALL CONFERENCE FOR AFTERSCHOOL

October 5, 2019

7:30am Check In Begins

8:30am Keynote and Sessions Begin

3:45pm Sessions End

Early Bird Registration Rate is \$35 through September 14th
After September 14th the Registration Rate is \$40



Exercise Break Provided by:

boks

*Registration includes
lunch, raffles, materials,
7 hours of PD, resources,
and a gift for you!*

Manchester Community College
1066 Front Street, Manchester, NH 03102

Call **ACROSS NH** at (603) 206-6848 or email **acrossnh@seresc.net**

Register and Pay Online at <http://bit.ly/2KXi6Qy>

Deadline to Register and Pay is Thursday, September 26th

ACROSS NH is a project of SERESC (Southeast Regional Service Education Center) that is funded by the Bureau of Child Development and Head Start Collaboration. Our goal is to provide technical assistance and professional development opportunities to afterschool providers to support their work in creating high-quality, innovative programs for school-aged youth.

SCHEDULE FOR THE DAY

7:30 - 8:30am	Check In at Main Entrance, Main Level 2
8:30 - 9:30am	Welcome and Keynote Auditorium, Room 126, Ground Level 1
9:30 - 11:30am	Morning Sessions, Classrooms, Top Level 3
11:30 - 12:15pm	Lunch at the Café, Main Level 2 Afterschool Credential Support, Raffle Winners Announced Leadership Institute Reunion in “The Pit”
12:15 – 12:30pm	Exercise Break with BOKS ® near the Café!
12:40 - 2:10pm	Afternoon Sessions A, Classrooms, Top Level 3
2:15 - 3:45pm	Afternoon Sessions B, Classrooms, Top Level 3

WELCOME AND KEYNOTE: 8:30 – 9:30am

“Welcome to the ACROSS NH Annual Fall Conference for Afterschool”

By Susan Gimilaro, M.A.; NH ECMP & ASMP WT, F, IM, PC and Leadership Level 5

Keynote Presentation:

“Building Community and Inclusivity in Your Afterschool Program”

A strong community is the key to helping all children and youth feel valued and accepted in your program. This foundation also will enable individuals to feel connected, competent, contributing, and empowered to support each other. Forrest will share the necessary strategies and methods needed to develop a strong and inclusive community in your afterschool.



**Presented by Forrest E. Carter, Jr., M.Ed.; NH ASMP WT, F, IM, PC
Program Director of Seabrook Adventure Zone**

MORNING SESSIONS: 9:30 – 11:30am

Staying Inspired and Motivated

Often times we get caught up in the day to day expectations and stressors of the job. Our routines can cause us to forget why we choose to do the work we do. During this two-hour workshop we will identify and learn how to use our *WHY*. This workshop will help us feel re-inspired and connected to the work we do for our community. We'll discuss self-care and how we cannot pour from an empty cup and additionally learn ways to support one another when one of our teammates is starting to fade. The goal is to leave re-energized and ready to continue working in your programs.

Presented by Nicole Burke, NH ASMP WT, PC

ART Matters!

Art can encourage all areas of development and any one can do art activities if they are willing, especially if it is hands-on and imaginative. This session will explore new ideas on how to integrate art through a hands-on approach. We will discover and try some activities that provide an opportunity for any artist to connect to. Come experience some new ideas to bring back to your afterschool program- because art matters!

Presented by Abigail Blodgett, NH ASMP PC, IM, WT and ADS Level 6 and ASA Level 3

Spiraling an Activity into a Multi-Week Enrichment

We often tell our students that mistakes are an opportunity to learn. If that's the case, then why do we let them make mistakes one week and then move on to something else the next week? In this session we will take a fun hands-on activity, learn how to create a multi-week enrichment that allows kids to rethink and recreate their engineering designs, and all while pulling in multiple academic subjects and skills.

Presented by Heidi Belle-Isle, M.Ed.; NH ASMP PC, IM and ASA Level 4

Understanding Trauma Informed Care and ACES

Growing numbers of young people encounter a variety of adverse childhood experiences (ACES), witnessing and directly experiencing traumatic events that impact their health and well-being. Our afterschool work needs to be trauma-informed if we are to be able to meet the needs of 'all' children in our programs. This workshop will overview the ACES research and trauma-informed and resiliency-building practices. Developing a deeper understanding of the nature of trauma that children experience can help us to better engage, comfort and promote resiliency. We will discuss and explore trauma-informed strategies that can be implemented in afterschool settings to foster safety, trust, empathy and supportive relationships.

Presented by Rick Alleva, Ed.D., NH ASMP WT, F, PC

Games to Break the Ice and Build Relationships

It's a new year, with new group dynamics, and you're ready to start the year off strong! Learn how to use game time to build relationships and create a safe space for kids to learn more about each other. In this session, we will play a sequence of games that encourage interaction, relationship building, and a positive routine. Join us for fun ideas, and bring your own to share. Participants should wear comfortable shoes and clothing.

Presented by Laura Hesse Moran, NH ASMP AP and Certified CATCH Trainer

Afterschool Basics, Workshop 1: Child & Youth Growth and Development

In this workshop, we will discuss the typical benchmarks for child and youth growth and development. What happens when you have multiple children in your program of varying development needs? Join us in this workshop to learn strategies for meeting the needs of all children and youth in a mixed-age group.

Presented by Amy Upton, M.S.; NH ASMP WT, F, IM, PC and Leadership Level 5 and ASA Level 5

AFTERNOON SESSIONS A: 12:40 – 2:10pm

Creating Meaningful Clubs in Afterschool

Children in afterschool often share interests on themes or topics at the same time- so why not to bring them together and start a club? Legos, drama, music, community service, bugs, or magic... follow their lead! We will explore the ins and outs of forming a club in afterschool, and most importantly, we will discuss how to successfully create a meaningful club. This session will explore strategies to bring children together using a common interest, build community, and simultaneously strengthen child and youth developmental skills!

Presented by Kimberly O'Donnell, M.S., NH ASMP WT, IM, PC

How to Engage Kids in Afterschool

Keeping children happily engaged is one of the biggest challenges in out of schooltime programs! But with a plan of action and some simple tools, you and your staff can become masters of managing a group of energetic after-schoolers. This workshop will provide interactive experiences, strategies, tools and discussion focused on keeping children engaged and involved.

Presented by Melanie Smith, M.Ed., NH ASMP WT, PC

Family Night on a Shoestring!

If you are looking for an educational, fun, easy and affordable family night, this presentation is for you. Participants in this workshop will leave with almost everything they need to put on a successful family night. Presentation material can also be used as an exciting math enrichment. All activities are linked to Common Core Standards. This is a hands-on presentation, so be ready to play and have some fun!

Presented by Heidi Belle-Isle, M.Ed.; NH ASMP PC, IM and ASA Level 4

Building SEL using Project Based Learning

Project based learning is the perfect opportunity to build social and emotional learning skills such as working together, accepting other's ideas, and maintaining self-control. This hands on session will use elements of the "Connected and Respected" curriculum that focuses on conflict resolution. Participants will learn how the approach and strategies of PBL can infuse learning with greater authenticity and meaning.

Presented by Jody Peters, M.Ed.

Functional Fitness Curriculum: Presented by BOKS ©

This 12 week curriculum provides a day to day lesson plan to get kids moving before or after the school day three times a week in a safe, fun environment using play, developing confidence and lifelong healthy habits. All BOKS© classes focus on a functional fitness skill of the week (squat, push up, plank) and follow the same

format including warm up, community building, cool down and nutrition tip of the week.

Presented by, of BOKS @ <https://www.bokskids.org/program/>

Afterschool Basics, Workshop 2: Learning Environments and Curriculum

Environments and curriculum are the foundation of your afterschool program! In this session, you will learn how to create engaging environments and prepare curriculum that provide fun and enriching activities. The session will also explore how children and youth learn through relationships, activities, and play. You will leave knowing how to engage children and youth in activities that meet individual needs, interests, development, and skill levels.

Presented by Amy Upton, M.S.; NH ASMP WT, F, IM, PC and Leadership Level 5 and ASA Level 5

AFTERNOON SESSIONS B: 2:15 – 3:45pm

Mindfulness in Afterschool

Join us for an orientation to the field of mindfulness education and its relationship to positive youth development. Connecting mindfulness education to social/emotional skills, empathy, generosity, self-control, and healthy choices will be shared. Participants will experience a few mindfulness activities that may be used to engage young people in afterschool settings. Additionally, recent mindfulness education research, curriculum developments, and implementation opportunities will be discussed. Please bring any ideas or questions to this open workshop format.

Presented by Rick Alleva, Ed.D., NH ASMP WT, F, PC

Starting the Year on the Left...I Mean, Right Foot

This hands-on training will provide you with strategies to start the year off with a positive and creative approach that will kick off the momentum for a successful school year! Participants will learn the importance of having students help take attendance, write a mission statement, and other useful strategies that will support students becoming leaders in their afterschool program.

Presented by Jessica Ireland, NH ASMP WT

Building SEL using Project Based Learning

Project based learning is the perfect opportunity to build social and emotional learning skills such as working together, accepting other's ideas, and maintaining self-control. This hands on session will use elements of the "Connected and Respected" curriculum that focuses on conflict resolution. Participants will learn how the approach and strategies of PBL can infuse learning with greater authenticity and meaning.

Presented by Jody Peters, M.Ed.

Inspiring Leadership to Grow Future Leaders

Why do we need to inspire leadership in our children? They will run the world someday and we have an opportunity now to build incredible leaders! This workshop will explore what we as adults can do now to help nurture and build a foundation for the next generation of leaders. Participants will leave this workshop with ideas and lesson plans ready to bring back to their programs and start growing leaders.

Presented by Melanie Smith, M.Ed., NH ASMP WT, PC

Music and Movement in Afterschool: No Music Background Required!

Music and movement activities with children can connect and support growth in every area of development. Music can be used as a tool to communicate, build skills, and to have fun! This workshop will explore several music-movement activities that anyone can facilitate regardless of their musical knowledge. You will leave with ideas to use with the children and youth in your program.

Presented by Kimberly O'Donnell, M.S., NH ASMP WT, IM, PC and Abigail Blodgett, NH ASMP PC, IM, WT and ADS Level 6 and ASA Level 3

Normal Isn't Real – Succeeding with Learning Disabilities & ADHD

This workshop is a pilot screening of the film *Normal Isn't Real*, and a discussion on how we can support children with learning differences in an out-of-school setting. We will view the stories of 2-4 young adults who have found success despite their learning differences. These stories show the viewer the daily lives of each young adult showcasing their talents, venting their frustrations, and employing some of the strategies they use to work around their difficulties and utilize their strengths. The goal is to share the experiences of successful people with learning differences in the hope of inspiring young people like them, their families, and teachers to persevere, accept and celebrate their differences.

Presented by Theresa Peck, M.A.; NH ASMP F and Leadership Level 5

Afterschool Basics, Workshop 4: Interactions with Children and Youth

The promotion of positive behavior is the foundation of a quality afterschool program. This session will present the importance of establishing effective relationships and communication through developmentally appropriate guidance techniques, and strategies that positively support children and youth in their development. Participants will leave with a greater understanding of how to provide a supportive environment in which children and youth can learn and practice acceptable behaviors.

Presented by Amy Upton, M.S.; NH ASMP WT, F, IM, PC and Leadership Level 5 and ASA Level 5

MEET OUR ACROSS NH TRAINERS

Rick Alleva, Ed.D.

Rick has worked on UNH Cooperative Extension's Youth & Family Team since 2002. He has a history of leadership in developing community-based education and intervention programs on behalf of young people and their families, including those experiencing significant personal and social challenges. He currently oversees the 4-H Youth Development Programming in Rockingham County and is a member of the NH Afterschool Network's Leadership Team. Rick provides training and technical assistance in academic enrichment and social/emotional learning topics for afterschool, school and other providers as well as parents and youth themselves. He is a certified Youth Mental Health First Aid instructor and is trained to implement the Mindful Schools curriculum with school aged youth. Rick is especially interested in empowering young people to express their voice and take meaningful action to make a difference in their lives, and that of their community and their world. Credentials held: NH ASMP WT, F, PC

Nicole Burke

Nicole is currently a licenser with the State of New Hampshire, but, began her career mentoring youth when she, herself, was in high school. Nicole's love for working with children continued through college where she worked at a local after school program and a summer camp. Although Nicole taught Kindergarten and worked as an infant/toddler and preschool teacher, the bulk of her career has been leading school age youth

programming to children in both MA and NH. Nicole has a passion for training with her goal being to give others new insight, confidence, and tools to walk away with - all while having fun! Nicole grew up in York, Maine and holds a Bachelor's Degree from UNH. She currently resides in southern NH with her two daughters, Cora and Olive. During her free time, Nicole can be found drinking coffee, taking pictures and running around after her two children. Credentials held: NH ASMP WT, PC

Heidi Belle-Isle, M.Ed.

Heidi is a graduate of the University of Maine, and Antioch New England Graduate School. She has been teaching for 22 years and has classroom experience with children from preschool through high school. Currently Heidi teaches 6th grade in Conway, New Hampshire, and is the Site Director of the Morning and Afterschool Programs at Pine Tree Elementary School. Heidi has presented at the state and national level and enjoys leading adults in engaging, hands-on workshops. Credentials held: NH ASMP WT, PC, IM, NH and ASA Level 4

Abigail Blodgett

Abigail holds a bachelor's degree from Plymouth State University in Early Childhood Studies. In her 15 years of experience, she has worked with children from infants through age 12 in a variety of settings. Engaging children and youth in art and music learning experiences is one of her key passions in her work. Abigail believes deeply in advocating on behalf of children, youth, families, and the field of early childhood and afterschool care. In her spare time, she enjoys playing with her dogs, playing the piano, training in self-defense strategies, and being with her family and friends. Credentials held: NH ADS Level 6, NH ASA Level 3, NH ASMP WT PM, NH ECT Level 6, NH ECMT level 2, NH ECMP IM WT

Jessica Ireland

Jessica Ireland is a native to the Seacoast of NH. She earned her degree in Childhood Studies and her NH Teaching Certificate from Plymouth State University. Jessica began her career in afterschool in Portsmouth, NH. She later accepted a position at the 21st Century Community Learning Center Program of Manchester where she is currently a Site Coordinator. Jessica has 15 years of experience working with children in the afterschool setting and particularly enjoys curriculum building and connecting state standards to afterschool time. Credentials held: NH ASMP WT

Laura Hesse Moran, Certified CATCH Trainer

Laura is a consultant with the Foundation for Healthy Communities where she manages the CATCH Kids Club Program in New Hampshire. In this role, she works with afterschool and summer camp programs in their training and implementation of CATCH Kids Club. This includes helping sites create a successful and sustainable program all while working to establish policies that support healthy eating and physical activity. With extensive experience in health promotion, Laura has worked in a variety of areas including worksite health, health and nutrition coaching, childhood obesity prevention, trainings, and education. Credentials held: NH ASMP AP

Kimberly O'Donnell, M.S.

Kimberly is a pediatric occupational therapist with a background in early childhood and family studies. She has experience working in child care centers, after school programs, early intervention, and pediatric outpatient clinic. Kimberly earned her Master of Science in Occupational Therapy from University of New Hampshire and she holds active licenses to practice occupational therapy in NH, MA, and VT. Special interests include nature based practices and sensory integration. Kimberly also works as a consultant for Preschool Technical Assistant Network (PTAN). Credentials held: NH ECMP & ASMP WT, IM, PC

Terri Peck, M.A.

Terri has been a supervisor at Child Care Licensing since February 2008. Previous to that she was a director for afterschool and group child care programs in the White Mountains and Lakes Region area. Terri has a BS in Early Childhood and Elementary Education from Salem State College, and a master's degree in Educational Administration from the University of Iowa. Terri is also an adjunct faculty member at NH Technical Institute and Plymouth State University. Credentials held: NH ASMP F

Melanie Smith, M.Ed.

Melanie is a former Afterschool Program Site Director of 10 years at a K-2 elementary school. She holds a BS in Early Childhood Administration and Family Education from Granite State College and Masters of Education from Capella University. In her role as an Afterschool Site Director, she developed and implemented several strategies for working with youth and their families. In her current role as a Licensing Coordinator for Child Care Licensing, she spends a lot of time in centers and afterschool programs working with and mentoring professionals. She has a hands-on approach to training and believes that people learn by experiencing, exploring, and experimenting. Credentials held: NH ASMP WT, IM, F, PC

Amy Upton, M.S.

Amy holds a Master of Science in Child and Family Studies and is credentialed as an Afterschool and Early Childhood Master Professional, Faculty, Program Consultant and Workshop Trainer. Amy has been in the field of Afterschool for over thirty years, during which time she has founded and directs East Side Learning center in Concord, New Hampshire. East Side provides care for over three hundred children and families. Additionally, Amy is an adjunct faculty member at New Hampshire Technical Institute and University of New Hampshire. She is also a trainer and consultant for ACROSS NH and Preschool Technical Assistant Network. Credentials held: NH ECMP & ASMP WT, F, PC, IM and NH ASA Level 4