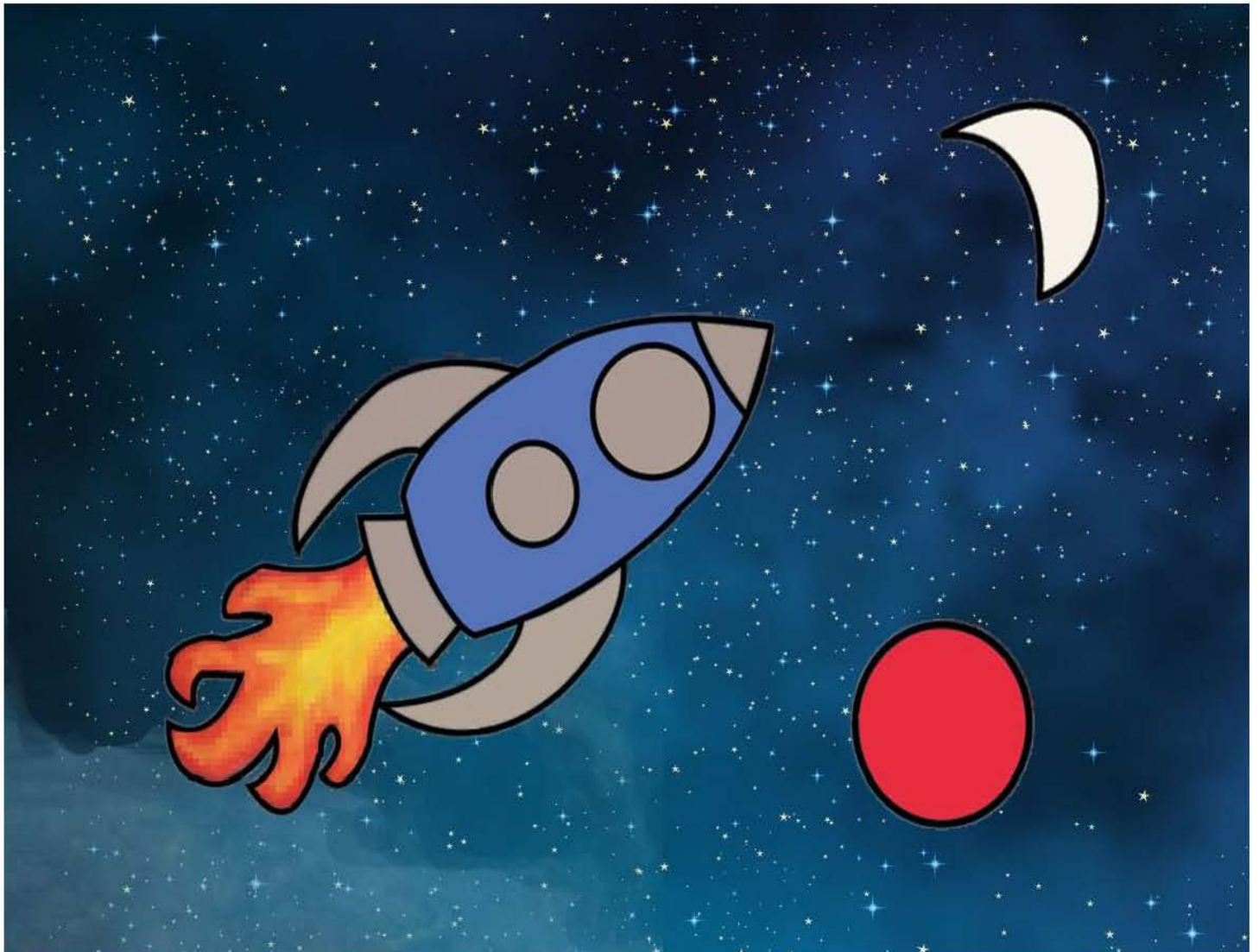


CONNECTICUT AFTER SCHOOL NETWORK



2018 ANNUAL FALL CONFERENCE

BUILDING BRIGHTER FUTURES

For All of Connecticut's Children

SATURDAY NOVEMBER 3, 2018

RED LION/RADISSON Cromwell, CT

CONNECTICUT AFTER SCHOOL NETWORK

The Connecticut After School Network is dedicated to promoting young people's safety, healthy development and learning outside the traditional classroom. We do this by providing training and technical assistance to improve program quality; influencing policy on behalf of youth and families; and expanding funding opportunities.

AFTER SCHOOL: BUILDING BRIGHTER FUTURES

Join us on **Saturday, November 3rd** at the Connecticut After School Network's Annual Fall Conference. The theme this year is "After School: Building Brighter Futures." We will explore the many ways after school programs help kids grow academically, socially, emotionally and physically towards a bright future. Choose from among 24 different workshops in addition to our interaction opening session, network with other professionals, learn about innovative products and services from our vendors, and maybe walk away with one of our great door prizes!! Hope to see you there!!

CONFERENCE SCHEDULE

7:45 am - 8:30 am Registration and Continental Breakfast

8:30 am - 9:15 am Opening Session

9:30 am – 11:00 am Session 1

11:15 am - 12:45 pm Session 2

12:45 pm - 1:45 pm Lunch & Door Prizes

2:00 pm – 3:30 pm Session 3

OPENING SESSION: Building Brighter Futures

Join Fred Wasiak, national afterschool trainer and consultant, for a lively, interactive workshop to help everyone wake up, show up and be present. Prepare to help the kids in your program build essential life skills by increasing your own awareness of how you interact with others.

BONUS! FREE with registration

Eight hours of on-line afterschool trainings at the National AfterSchool Association Virtual Convention
November 2-15, 2018

FREE with Connecticut conference registration

More information here: naaweb.org/naa-events/virtual-convention

GENERAL INFORMATION

LOCATION

Red Lion Hotel (formerly the Cromwell Radisson/Crowne Plaza), 100 Berlin Road, Cromwell, CT (exit 21 off I-91) <https://www.redlion.com/cromwell>

CELL PHONES AND DEVICES

Please be respectful and turn your cell phones and pagers off during plenary and workshop sessions.

LUNCH OPTIONS

Vegetarian and Gluten Free options will be included in our menu.

EVALUATIONS

The Network is very interested in your feedback on the conference. A general conference evaluation will be available on-line, a link will be in your conference program. Please take a few minutes immediately following your session to complete these evaluations. We appreciate you taking the time to complete the evaluation, they are useful tools in our efforts to provide the highest quality training events and conferences for you.

INTERNET ACCESS

Internet access is free in the hotel lobby and other general meeting areas. Please adhere to all hotel policies and procedures.

PARKING

The Red Lion offers free self-parking services to its guests.

SMOKING POLICY

The Red Lion is a completely smoke-free hotel, which includes all public spaces.

FACEBOOK/TWITTER

Communicate with other attendees while at the conference and receive updates. Comment on sessions you attend and let us know which sessions or presenters you enjoyed. Check-in and write your comments using #CTafterschool. Follow us on Facebook @CTAfterSchoolNetwork, Twitter @CTASN and/or Pinterest @CTafterschool.

WORKSHOP KEY

Our workshops are classified to assist you in choosing the appropriate training to fit your individual professional goals.

Staff Experience NS = New Staff ES= Experienced Staff AD = Directors

Age Group EE = Early Elementary OE = Older Elementary

MS = Middle School HS = High School

Topic Areas Marked in **Blue**

CONFERENCE SCHEDULE

- 7:45 - 8:30 am **Registration & Continental Breakfast & Vendor Fair**
- 8:30 – 9:15 am **Opening Session**
- 9:30 - 11:00 am **Session 1**
1. Making Math Fun! 🧮
 2. Children and Trauma in Physical Activity Settings
 3. Staff Empowerment 🧠
 4. A Sea of Emotions: OST Programming as a Vessel for Social and Emotional Learning 🏠
 5. Engaging Students 101
 6. Mixed Age Grouping in Family Child Care
 7. ACES 101: Adverse Childhood Experiences
 8. Maintaining Regulatory Compliance 🧠
- 11:15 - 12:45 pm **Session 2**
9. The STEM Ideology 🧮
 10. Tools and Strategies for Implementing a Running Club
 11. Staff Supervision 🧠
 12. Community Building and Social Emotional Learning 🏠
 13. Multicultural Math 🧮
 14. Seeing Yourself As a Leader 🧠
 15. Coloring Outside the Lines: Leading in an Era of Unprecedented Change
 16. Mindful Yoga Breaks: Tools to Calm Kids
- 12:30 – 1:45 pm **LUNCH**
- 2:00 - 3:30 pm **Session 3**
17. Breaking the Code: Puzzle Culture and Digital Media 🧮
 18. Cardio Drumming
 19. Mindfulness for Children and their Caregivers
 20. The Impact of Afterschool Mentoring Programs on Social Emotional Learning 🏠
 21. Where is Social Emotional Learning Going in After School? A Leadership Roundtable 🧠 🏠
 22. Making Downtime Fun!!
 23. Data, Numbers and Program: Make Them Work for You 🧠
 24. Behavior Management
 25. Grade Level Reading is More Than Literacy



Leadership Track



STEM Track



SEL Track

WORKSHOP CHOICES

SESSION 1: 9:30 am – 11:00 am

1. *Making Math Fun!*

Learn how to get your kids excited about math (and you!) at your after school center! Improve student performance and make your homework time stress free. Cut down on homework time prep and use games instead of worksheets. Individuals participating in this workshop will take home a number of free/low cost math learning center games to use in your after school program.

Melissa Cahill, Tolland

ES-EE, EE-OE, Curriculum/Programming, STEM

2. *Children and Trauma in Physical Activity Settings*

In the noise and chaos of active environments like the gym, it can be challenging for some children to maintain their equilibrium and self-control. In this workshop, participants will explore strategies to help children affected by trauma to be successful in these environments.

Amanda Amtmanis, Cobalt

All, EE-MS, Active/Nutrition, Social Skills

3. *Staff Empowerment*

Creating a positive environment for your employees will help with the morale within your program. This presentation will give you tips and tricks to use in your program to increase the positive attitude and pride your employees have for the program. For a youth-based program, when your staff is enthusiastic for the program, the children will also feel the same enthusiasm. Join us and build your overall positive atmosphere.

Connie Filintarakis & Amanda Gorski

All, EE-HS, Supervision/Management

4. *A Sea of Emotions: OST Programming as a Vessel for Social Emotional Learning*

Workshop participants will learn how emotions and social emotional learning impact out of school time (OST) programs. Attendees will be provided with opportunities to: explore different emotion concepts; expand emotion language to support personal skill development; and practice strategies that can help mediate challenging conversations between and among program staff and youth. Additionally, participants will learn co-regulation strategies that can be used in an OST program.

Madeline Chaffee and Karina Villareal Medved, Yale Center for Emotional Intelligence, New Haven

All, EE-MS, Social Skills

5. *Engaging Students 101*

Engaging students is not an easy task; as out of school practitioners we try our best to engage all of our students, but at times it can be a struggle to do it very well. This workshop is designed to model the very best strategies proven to engage and motivate all students. Active learning is a critical strategy that increases student engagement. Participants will learn ways to get into the learner-centered mindset, which promotes student's ability to relate and connect to the learning objective.

Tiana Brown, Norwalk Housing Authority, Norwalk

AD, EE-MS, Social Skills, Supervision/Management

WORKSHOP CHOICES

6. *Mixed Age Grouping in Family Child Care*

Family child care providers really are just like a family! No one is the same age! This means planning activities that are engaging to everyone from the toddler to the school-ager is a huge challenge. This workshop will share advice and activities to use that can s-t-r-e-t-c-h to meet this demand.

Kathy Wilby, Manchester

All, EE-OE, Curriculum/Programming

7. *ACES 101: Adverse Childhood Experiences*

Both positive and negative childhood experiences have a tremendous impact on a person's future. The Adverse Childhood Experiences (ACEs) Study shows us the true affects trauma experienced as a child can have on a person's lifespan and how those experiences can be linked to the development and prevalence of a wide range of problems, including those associated with violence victimization and perpetration, health and opportunity. In this workshop you will learn general information about the ACEs Study, explore neurobiology that explains why ACEs impact people's lives, and learn how ACEs informs prevention work.

Krystal Rich, CT Children's Alliance, Hartford

All, EE-HS, Social Skills, Supervision/Management

8. *Maintaining Regulatory Compliance*

A review of the licensing regulations and inspection process for Child Care Centers, including administration, staffing, record keeping and health & safety, as well as the differences in physical plant requirements for programs that serve exclusively school age children. We'll touch base on background checks, investigations and the enforcement process.

Laurie Audette, Child Care Licensing Supervisor, Laura Fournier, Child Care Licensing Supervisor Licensing Division, CT Office of Early Childhood

AD, EE-MS, Supervision/Management

SESSION 2: 11:15 am – 12:45 pm

9. *The STEM Ideology*

STEM is a way of thinking, not a list of subjects or fields. Developing quality STEM activities and creating an environment for students to take a STEM approach starts with building the mindset. This workshop will define the exceedingly ambiguous acronym and supply concrete examples and logic to its execution in after school.

Kevin Riendeau, Farmington EXCL, Farmington

All, EE-HS, STEM, Curriculum/Programming

10. *Tools and Strategies for Implementing a Running Club*

Running clubs are incredibly inclusive programs, simple and adaptable for many fitness levels. After school programs are an ideal setting for a running club to get children active and excited about running. This workshop will explore strategies for organizing and managing a running club effectively.

Amanda Amtmanis, Cobalt

All, EE-MS, Active/Nutrition



WORKSHOPCHOICES

11. *Staff Supervision*

Effective supervision of staff involves the ability to set clear expectations, to monitor staff performance and to provide constructive feedback in order to help staff meet programmatic expectations. All of which is integral to maintaining the quality and effectiveness of programming for the children and families in your care. However, being the “supervisor” is not always comfortable for some people, especially when it involves dealing with staff with whom you have become friends and/or staff who are not meeting expectations. This workshop will examine the challenges and the rewards of effectively supervised staff.

Leisa Pasquariello, New Britain-Berlin YMCA, New Britain

ES-AD, EE-MS, Supervision/Management

12. *Community Building and Social Emotional Learning*

This workshop will provide simple activities that will help build community within a group of students. The session will explore why this is important and how it effects students’ development of social-emotional skills. Through practical experiences, the group will leave with tangible activities and projects to use with students to create an atmosphere of inclusion, acceptance and community.

Jane Bielefield and Evan Goodchild, Educational Resources for Children, Enfield

All, OE-MS, Social Skills

13. *Multicultural Math*

Make writing your STEM and homework after school curriculum enjoyable and easy with multicultural math games. Expose students to 21st century math skills – problem solving, collaboration, and more without them even knowing! Learn and play games from Asia, Africa, and South America that students will love and share with their peers for years to come. With these games you will learn ways to support counting skills, encourage critical thinking, and promote positive peer conversations with ease. Individuals participating in this workshop will leave with several multicultural math games to use with students.

Melissa Cahill, Tolland

NS-ES, EE-OE, STEM

14. *Seeing Yourself as a Leader*

Afterschool leadership is something that happens either by intention or by accident. We are often promoted into running a program by doing a good job as a site staff. Because of this quick transition, we do not see ourselves as leaders in the field, just someone who runs a program. As our field evolves and professionalizes, confidence in your leadership will be a critical part of moving the field forward. In this session we will talk about your perceptions of leadership and how to rally your team for success.

Teresa Nieves, MSMOL, New Britain

ES-AD, EE-HS, Supervision/Management



WORKSHOP CHOICES

15. *Coloring Outside the Lines: Leading in an Era of Unprecedented Change*

In a society of unrest and injustice, we must face the challenges of leading affectively, and developing leaders. Dissecting what goes right, when we question barriers and boundaries, change can be fostered. For learners it is never too early to lead, and if not now, when? And if not you, who?

Dr. Marquita Taylor, Yale University, Dwight Hall Center for Public Service and Social Justice, New Haven

NS-ES, EE-HS, Social Skills

16. *Mindful Yoga Breaks: Tools to Calm Kids*

Mindful Yoga Breaks workshops help anyone working with children to bring focus, self-regulation, and fun to the program while fostering social-emotional learning. You will learn “lifesaver tools” such as breathing exercises, mindfulness activities, yoga poses, yoga and mindfulness games, and relaxation techniques. Participants will leave with dozens of ideas to add to the teaching toolbox that can be used in little breaks (one, five, 10 or 15 minutes) throughout the day. A manual is provided with descriptions of everything you learn as well as sample lesson plans.

Lani Rosen-Gallagher, Mindful Yoga Breaks & Full of Joy Yoga, New Haven

All, MS-HS, Social Skills, Active/Nutrition

SESSION 3: 2:00 pm – 3:30 pm

17. *Breaking the Code: Puzzle Culture and Digital Media*

In this hands-on workshop, we will explore different ways to engage young people using the excitement, empowerment, and think-on-your-feet learning environment of solving puzzles. From Geocaching to Mystery Skyping to Escape Rooms, Digital Media and Puzzling are coming together in unique ways right now. Join us in the immersive workshop to learn how to energize your students while incorporating a variety of educational digital puzzle activities into your program.

Evan Goodchild and Jane Bielefield, Educational Resources for Children, Enfield

All, OE-MS, STEM

18. *Cardio Drumming*

In this active workshop, participants will be introduced to this inclusive fitness activity that has physical, emotional and cognitive benefits.

Amanda Amtmanis, Cobalt

All, EE-MS, Active/Nutrition

19. *Mindfulness for Children and their Caregivers*

As children navigate through developing peer relationships, life experiences, and grow their independence, they can often become overwhelmed with stress and anxiety. Mindfulness can be used to help decrease anxiety and promote happiness and overall wellbeing. This workshop will teach you the basics of mindfulness and give activities, to not only help children, but also their caregivers, practice it. Wellness in the teacher is just as important as the wellness of the child.

Elizabeth Whitney, WACCC – BASE Program, Winsted

All, EE-HS, Social Skills, Behavior Management

WORKSHOP CHOICES

20. *The Impact of Afterschool Mentoring Programs on Social Emotional Learning*

Using tenets of SEL, this presentation will discuss the role of student leaders in effective mentoring relationships. We will draw on examples from current programming, allow students to speak for themselves, and present a blueprint for leadership development in other programs.

Dr. Marquita Taylor, Yale University, Dwight Hall Center for Public Service and Social Justice, New Haven

All, OE-MS, Social Skills

21. *Where is Social Emotional Learning Going in After School? A Leadership Roundtable*

Where should Connecticut After School Network's SEL work go in 2019? Join us in a discussion of the tools and trainings YOU would like to see the Network develop next – what's already out there and where are the gaps? Hear about our upcoming plans and help us strategize what's next.

Michelle Doucette Cunningham, Connecticut After School Network

ES-AD, EE-HS, Supervision/Management

22. *Making Downtime Fun!!*

In this workshop participants will learn proven strategies that will help youth workers engage children in a fun and interactive way.

Taiwan Richardson, Richardson Training and Consulting, Hamden

All, EE-MS, Social Skills

23. *Data, Numbers and Program: Make Them Work for You*

We enter data daily and it sits. What if you could use the data you are already collecting to continuously improve your program? What if you could use the data to take an introspective look at your program offerings, staff relationships with children, and assess the overall quality of your program? We will conduct a gallery walk of data for general attendance and enrichment attendance and formulate a story to enhance our programs.

Christina Morales, Bloomfield Public Schools

AD, EE-HS, Supervision/Management

24. *Behavior Management*

This workshop will review the philosophy of positive discipline and discuss techniques on how to make the process of discipline work in school age programs. Participants will learn different techniques to help manage the behavior of children in the after school program. Participants will discuss how to set expectations for children and how to help them follow expectations.

Leisa Pasquariello, New Britain-Berlin YMCA

All, EE-MS, Social Skills

25. *Grade Level Reading is More Than Literacy*

Helping children, families, and communities takes a coordinated effort. Research shows that children who are unable to read at grade level by 3rd grade are more likely to drop out of school and become incarcerated later in life. In this session we will discuss factors that impede children from being successful including chronic absenteeism, summer learning, and health determinants and the role afterschool programs can play in helping them succeed. Come away with ideas on how to connect your program with the larger Campaign for Grade Level Reading.

Ken Anthony, Ed.D., Connecticut After School Network, Hartford

All, EE-HS, Curriculum/Programming

BECOME A MEMBER OF THE NETWORK!

Together We Can Build A Community That Supports Student Success

ANNUAL MEMBERSHIP FEE

\$50.00 per person

WHAT WE DO

To achieve our vision where every young person can participate in great learning opportunities after school and during the summer, we:

- provide training and technical assistance to improve program quality;
- influence policy on behalf of youth and families; and
- expand funding opportunities.



JOIN US AS WE:

- Advocate for more state and federal investments,
- Build a statewide system to enhance program quality,
- Connect leaders and innovators in Connecticut and across the nation, and
- Demonstrate the impact of programs.

WHY SHOULD YOU JOIN?

- Do you value afterschool and summer programs and the benefits it provides our families and youth in Connecticut? Together our voices are more powerful, stronger, and able to communicate a unified message. Join us and make a difference!
- Do you attend professional development trainings, conferences, or workshops? Network membership more than pays for itself with tremendous discounts at all our trainings. Join us and save money!!
- Do you want to connect with others? Build a community of practice – helping others and getting the help you need. Be a part of the premier membership association for professionals who serve families in after school and in the summer in Connecticut. Join us and become part of the afterschool family!!

BENEFITS:

- \$50 discount for the Connecticut After School Network Annual Conferences registration.
- \$25 discounts on registration fees for Network professional development trainings and events, including Deep Dive Sessions, First Fridays, Summer Staff Kick-Off, and on-site trainings.
- Access to the Network's Resource Library, more than 250 print and digital resources on a huge variety of afterschool topics.
- Ability to post after school and summer job openings on the Network's website to reach a wider audience.
- FREE National After School Association Ambassador membership (optional)

REGISTRATION INFORMATION

PAYMENT

- Online Registration – We accept check/money order, purchase order and credit card via the online registration process.
- Payment by Check – Make check payable to Connecticut After School Network, and send payment with registration form (if not registering online) to Connecticut After School Network, 12 Melrose Avenue, Branford, CT 06405

DELAY, CANCELLATION & REFUND POLICY

- Due to inclement weather (snow, ice, flooding, etc.) or other emergencies, events may be delayed or cancelled. Participants are responsible to check the CT After School Network website or Facebook Page for delay or cancellation notices.
- Refunds will be granted to registrants who cancel their registration by email at mberrios@ctafterschoolnetwork.org no later than **November 1st**.
- Refunds will not be provided to registrants who neither cancel nor attend the event. Confirmed registrants who are unable to attend the event may send a substitute in their place at no additional cost. Substitution information must be received by the CT After School Network no less than two business days before the start of the event.

QUESTIONS

- For any conference registration questions, contact Marla Berrios, Business Manager, via phone at (203) 483-1846 or via email at mberrios@ctafterschoolnetwork.org.
- For any general conference questions, contact Monica Whalen, Conference Coordinator, via email at mwhalen@ctafterschoolnetwork.org.

TERMS OF REGISTRATION

Submission of your conference registration authorizes the CT After School Network to publish in any format and use for promotional and educational purposes your name and any photos, videos, and audio recordings taken of you at the conference. It also authorizes the CT After School Network to contact you by mail, phone or email.

Consent to Photograph, Film or Videotape Participants for Non-Profit use (e.g. educational, public service, or health awareness purposes)

- As a conference participant, I acknowledge and grant permission to the Connecticut After School Network to use my image (photographs and/or video) for use in Connecticut After School Network publications including videos, email blasts, recruiting brochures, newsletters, and magazines and to use my image in electronic versions of the same publications or on the Connecticut After School Network website or other electronic forms of media.
- I hereby waive any right to inspect or approve the finished photographs or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the image.

CONNECTICUT AFTER SCHOOL NETWORK
Conference Registration Form

ANNUAL FALL CONFERENCE
SATURDAY, NOVEMBER 3, 2018

TO REGISTER BY MAIL

Please mail completed form with check or purchase order to:

Connecticut After School Network

12 Melrose Avenue
Branford, CT 06405

CHECKS PAYABLE TO

Connecticut After School Network

Pre-registration is required. No walk-in registration will be allowed. Checks or purchase order required prior to conference date. Conference fee must be paid unless written cancellation is received at info@ctafterschoolnetwork.org by **November 1st**.

CONFERENCE LOCATION

Red Lion/ formerly the Radisson Hotel Cromwell
100 Berlin Road, Cromwell, CT

REGISTRATION DEADLINES

Early Bird: October 12, 2018

Final: October 26, 2018

EARLY BIRD FEES - REGISTER BY OCT. 12, 2018

- \$120 Member
- \$175 Non-member
- \$170 Conference plus membership

REGISTRATIONS RECEIVED AFTER OCT. 26, 2018

- \$145 Member
- \$200 Non-member
- \$195 Conference plus membership

CONFERENCE REGISTRATION FEE INCLUDES

Attendance at three workshops of your choice (based on availability and pre-registration is required), opening session, continental breakfast, and lunch. Certificates of attendance will be available for each workshop attended.

Each registration also includes access to the 2018 NAA Virtual Convention for free! Log in information will be forwarded via email in late October once payment is received.

Online registration, additional conference information, and workshop descriptions available online at:

<https://bit.ly/2Q6yRuw>

PARTICIPANT INFORMATION:

Name : _____

Organization: _____

Address: _____

City/ State / Zip Code: _____

Email: _____

Work Phone: _____ Fax Phone: _____

FEE: Check **ONE** Box from the following registration choices below.

- Member
- Non-member
- Conference plus membership

Amount Enclosed:

****To get Early Bird Pricing - Register by October 12, 2018!***

View FULL workshop descriptions at

PARTICIPANT SIGNATURE:

WORKSHOP SELECTIONS

A first, second and third choice must be indicated for each session.

Session I (9:30 - 11:00 am)

Session II (11:15 - 12:45 pm)

Session III (2:00 - 3:30 pm)

CONSENT TO PHOTOGRAPH, FILM, OR VIDEOTAPE PARTICIPANTS FOR NON-PROFIT USE (e.g. educational, public service, or health awareness purposes) As a conference participant, I acknowledge and grant permission to the *Connecticut After School Network* to use my image (photographs and/or video) for use in *Connecticut After School Network* publications including videos, email blasts, recruiting brochures, newsletters, and magazines and to use my image in electronic versions of the same publications or on the Connecticut After School Network website or other electronic forms of media. By registering, I hereby waive any right to inspect or approve the finished photographs or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the image.

CONNECTICUT AFTER SCHOOL NETWORK

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Executive Director

Ken Anthony, Ed.D
Director of Professional Development & Research

Monica Whalen
Conference/Training Coordinator

Rose Dugas
Program Assistant

Marla Berrios
Business Manager & Data Training and Support Specialist

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