

## WELCOME

Windham School Age Child Care welcomes you to a conference for child care providers.

### "Connecting Kids: How We Impact The Whole Child"

This conference is organized by the staff of the school age program with all proceeds benefiting the program's general fund. We hope you enjoy your day.

#### Menu

**Breakfast:** donuts, muffins, bagels, fresh fruit, juice, coffee/tea (available all morning)

\*\*\*\*\*arrive early as no food or drinks are allowed into the auditorium

**Lunch:** bulky rolls/bread, wraps, chicken salad, ham, turkey, cheese, veggies, pasta , soup, chips, cookies, drinks. (Those who require dietary considerations should bring their own lunch.)

*Vendor exhibits will be located in the lobby all day.*

#### GENERAL INFORMATION

**Date of Conference: April 1, 2017**

**Location: Windham High School**

**406 Gray Road**

**Windham, Maine**

**Registration fee - \$55.00**

Registration and Breakfast: **7:00-8:00 A.M.**

**Deadline for Registration: March 11, 2017**

**No Refunds After: March 18, 2017**

A \$15.00 fee will be assessed per person for refunds.

Eligible refunds will be issued after the conference.

No registrations will be accepted at the door.

Confirmations will be sent via e-mail address furnished on the registration form.

**We do not cancel or give refunds due to inclement weather.**

Facilities are handicapped accessible.

A certificate for training hours will be issued at the end of the day.

Evaluation forms, in folder, should be filled out at the end of each workshop and turned in at the end of the day in the lobby.

**There will be no CEU's given.**

Smoking is prohibited on all school grounds and is strictly enforced.

To register, choose a first, second, and third choice for EACH session.

Enter the building via the canopy. Doors open at 7:00 a.m.

At morning check-in, you will receive a folder of information including your workshop assignments. **Early registration increases your chances of getting your first choice.** Class limits and deadlines will be enforced. No more than two people from the same facility will be assigned to the same workshop. Make your choices accordingly.

**We are not set up to be able to take phone registrations or credit card payments so register early.**

Water Safety - additional cost - \$30.00

Registration information: Donna Cobb - 892-2002  
Email for inquiries: [windhamconference@gmail.com](mailto:windhamconference@gmail.com)

Vendor information: Sue Nadeau-894-0414 e-mail for vendor questions:  
[windhamconference@gmail.com](mailto:windhamconference@gmail.com)

### SCHEDULE

7:00-8:00	Registration and Continental Breakfast		
7:50	Announcements		
8:00-8:30	Keynote Speaker: Mary Levens		
8:45-10:45	Session I Workshops	A-N	
11:00-12:15	Session II Workshops	O-V	<b>choose only 1 workshop</b>
11:00-12:30	Session II Workshops	W-BB	<b>from session II</b>
12:15-1:30	Lunch		
<b>12:50</b>	<b>Lunch time comedy show - Auditorium</b>		
1:30-3:30	Session III Workshops	CC-NN	

**\*\*\*Session 11 has 2 different dismissal times depending on the class you choose (O-BB)  
\*\*\*\*choose only 1**

**There will be vendors at the conference all day.**

**Scholastic Books  
Port City Photography  
Maine After School Network  
Maine Yoga Kids  
Let's Go  
Tupperware  
Cheryl Johnson, Children's book author  
Agy Wilson, Children's book author  
Maine Association for Infant Mental Health  
And Others**

## **Keynote Speaker**

**Mary Levens**

In our world, it is really evident that children are impacted by everyone they encounter either in the present or future. Not the least of these “encounters” that make up the “puzzle of life” is how after school care impacts the total child academically, socially and behaviorally and cannot be the missing piece! Even though you may be an “expert” in the age of child that you work with, it is the first time at that age for your students. How are you impacting them in the one and only year you work with them at that particular age?

Mary Adair Levens is a veteran educator, retiring after 43 years in the public schools. She taught all elementary grades, middle school grades, and adult education over the years. She has many experiences having taught in Oklahoma, Kentucky and South Carolina, as well as being raised an “Air Force Brat”, traveling the world as a child. She was named Reading Teacher of the Year and Teacher of the Year in her school district. She served as president of the SC Science Council, Master Teacher for Induction Teachers, named Distinguished Woman of the Year, and member of the General Federation of Women’s Clubs. She was the editor of “*Parent Talk*” a news-magazine that went home to all elementary students in her county. She was a Parent Facilitator for Title One schools achieving success with developing a parent component to Marie Carbo’s method of teaching reading for children.

Currently, she is the Archivist for the SC Science Council, serves on their Advisory Board, and is the Office Manager for the Spartanburg Science Center. She has been married for 44 years and has two children and six grandchildren all 5 and under! She lives with her husband and Basset Hound Graeme in Spartanburg, SC.

## Session I 8:45-10:45

### **A. From Soup to Nuts!**

**Karen Ross; Childcare Educator**

*all ages*

Includes; Topics covered but not limited to:

Preschool & curriculum, field trips & transporting, planning preschool graduation and parties., late pickup, sick kids, fee's and much more.

Dealing with difficult parents, parent provider interviews, , retirement, (when do you know it's time) parents handbooks, & contracts. ( Bring your handbook if you wish) ( we may be able to help)

Workshop: no handouts. I will share my 35 Yr. of the good, bad and ugly.

Anyone is more than welcome to jump in and share as well.

I'll do some role playing. Nothing more fun and educational than a group of providers sharing.

Promises to be a fun-filled workshop.

### **B. Control Yourself! Teaching Children the Self-Regulation Skills They Need to Succeed**

**Elizabeth Richards, MS Teacher/Director, Portland Nursery School and early  
Childhood Trainer**

*preschool*

Self-regulation skills are some of the most important elements for a child to learn. When a child can control their body, actions and emotions, they are ready to learn. But lecturing 3 to 5 year olds simply doesn't work. This workshop will present tips and activity ideas that build skills in problem solving, body control and handling strong emotions. Through large and small group discussion, brainstorming, role play and sample activities participants will build a better understanding of how to effectively assist children in regulating their own behavior, resulting in calmer, happier, and more effective classrooms.

### **C. Early Literacy**

**Mallory Banks Harnden; Early Childhood Educator**

*Infant/toddler, Preschool*

The exposure young children have to language and print directly correlates with their abilities to read and write later in life. In this session we will discuss specific strategies to support print awareness, integrate oral language activities, code-focused instruction (alphabet knowledge and phonological awareness) and shared reading in daily curriculum, and create a literacy-rich childcare environment supporting play-based and teacher-directed instruction.

**D. Successful After School Programs: Incorporating Developmental Assets into your Work**

**Margaret Jones, M.Ed, Trainer/Consultant with Maine After School Network**  
*school age*

A high quality out of school time program offers young people support, guidance and opportunities to be their best selves. Whether a program's success is school success, health or fitness related, community involvement or some other outcome, this interactive workshop will help participants understand what's working in their programs and how to incorporate the 40 Developmental Assets into program improvement.

**E. Juggling Fun**  
**Deborah Buxton**  
*Preschool/school age*

Whether you already know how to juggle or not, you can easily bring it into the classroom for children to enjoy. We all know the fascination people have with this art, and let me tell you, it is fun to learn how. Juggling teacher, Deborah Buxton will provide step-by-step instruction to help you understand the concept and how to easily share it with children of all ages. The process of juggling provides great focus, coordination, and self-confidence. Learn about a variety of juggling materials to bring into the classroom and have fun too!

**Students should dress comfortable and bring a water bottle.**

**F. Cognitive Development**  
**Jane Brennan M.Ed.**  
*infant/toddler/preschool*

All children learn in their own time frame. Some children learn quickly while others take more time. This training will offer an overview of children's learning styles. Come prepared to discuss activities that children have had fun with while they learned new things.

**G. Sharing Information With Stakeholders**  
**Heather Marden and Jenn Boisvert**  
*all ages*

This workshop will examine ways to communicate results of assessments, observations, and portfolios to parents and stakeholders. We will discuss ways to build trusting relationships that allow for open, honest communication and give guided examples on how to deliver information that may be hard to receive as a parent. Please be ready to discuss and brainstorm scenarios you are faced with and we will use this group opportunity to develop strategies tailored to your needs.

## **H. Kindergarten Readiness, What to expect as a child enters Kindergarten**

**Hannah Bernier, Kindergarten Teacher**

*infant/toddler/preschool*

Kindergarten expectations have changed quite a bit over the last 10+ years. This workshop will go over what skills many Kindergarten teachers hope students have as they enter their first year of school. We will go over these hopes in the areas of social/emotional/physical/academic development. We will also talk briefly about screening. This is an interactive workshop and will include hands-on activities to try and test for yourself. A raffle for developmentally appropriate materials and time to ask questions will also be included in this session.

## **I. Developmental Milestones**

**Jean Rice**

*preschool*

Do you ever wonder if a child is meeting developmental milestones within a certain time frame? This training will provide handouts which offer guidance and information for providers. Information will present a foundational understanding of chronological age, developmental age, and emotional age. There will also be discussion on sharing this information with families.

## **J. Civilian Response to Active Shooter Events**

**Officer Matt Cyr**

*owners/directors/staff*

Students will learn the psychology behind people's reactions to the active shooter events as well as response to such events. This class will help students to better prepare mentally for a disastrous event.

## **K. Music For Early Childhood**

**Patricia Gordan; Music Teacher/ RSU#14**

*preschool/school-age*

Come prepared to sing, move and play instruments. Learn songs and activities for pre-school aged children.

## **L. Emerging Infants into Nature**

**Tabitha Cummings; Owner of Creative Explorations**

*infant/toddler*

*A child who has been supported while fostering and developing their own curiosity and creativity in their early years of development will become stronger problem solvers, hold higher respect for each other and all living things, and will choose sustainable living throughout life. With this foundation, children become capable learners ready for higher education and society as a whole.*

Join the discussion on how to emerge infants in their natural world and foster a love and respect for their environment. We will explore safe ways to support infants and young toddlers through hands-on learning experiences with nature, seasons, weather and life cycles. Using invitations that stimulate our senses, we will analyze how natural materials can support a lifelong curiosity for the world around us.

This training is designed around the belief that children are capable of making conscious decisions that positively guide their learning. Therefore, the environment and activities are child centered and play based.

**M. Water Safety**  
**Safety Educators of Maine**  
*all ages*

**double session**

This course is designed for daycare providers or any individual taking care of persons in or around a body of water. Covers “throw don't go method” , wading assists, pool safety and checklist, beach and lake safety. DHHS State of Maine approved, 3 year certificate.

**additional \$30.00 for this class**

**N. Yoga in the Classroom**  
**Cayce Lannon, Founder of Maine Yoga Kids**  
*preschool/school-age*

Are you curious about how to integrate yoga and mindfulness practices into your classroom? In this workshop, we will explore the basics of yoga in the classroom: what it is, how it can benefit both you and your students, and how to weave it into your daily routine and curriculum

**Session II 11:00-12:15**

**O. Water Safety - continued**  
**Safety Educators of Maine**  
*all ages*

2nd half of Water Safety

**P. Summer is Coming; Are you Ready?**  
**Pamela Prevost, MS Ed.**  
*school age*

As you plan for your program this summer, do you wonder how you are going to keep those School-aged children busy? What about handing the planning over to the children and youth? This interactive workshop will describe how your readiness to let go of the control, according to

implementation science, can make things easier on you, and give children a voice in planning activities that meet their needs and interests.

**Q. Roundtable Discussion: Best Practices in School-Age**

**Meagan Michaud**

*school age*

This workshop focuses on the unique environment of school age care. We will discuss a wide range of topics, from activity ideas to time management. Please come prepared to share ideas/methods that work for your program.

**R. Small Business and Taxes**

**Crystal Rogers, Tax Preparer**

*all ages*

Are you self-employed? Is tax season a disorganized rush every year? Most importantly, are you paying a lot in taxes? If so, this class is for you!

**S. Money Strategy Workshop**

**Judy Simoneau, Primerica**

*all ages*

Learn about: Improving credit scores, reducing debt, lowering insurance costs, investing, retirement planning and education investments.

**T. Motor Development**

**Jean Rice**

*infant/toddler/preschool*

Do you have children who haven't rolled over or crawled yet, who cut with their tongue sticking out, or who cannot stay sitting in a chair? This training will provide guidelines of children's motor development. Large motor and fine motor skill development will be discussed.

**U. Sad Monster, Glad Monster: And other Ed Emberley books that help children identify emotions**

**Heather Marden**

*preschool*

This workshop will look at a 3-step process of helping children develop healthy responses to emotions while using characters and storylines from Ed Emberley books to engage children in a fun way. There will be visual examples of activities for participants to interact with. Each participant will receive a set of stick puppets to use in their settings.

## **V. "Peace Education and a Practice in Mindfulness"**

**Rosemary Barsalow Jordan, M. Ed.**

*toddlers/preschool*

This workshop is geared toward preschoolers, but aspects may be used with toddlers. Join Rosemary B. Jordan, Owner and Director of Little Log Cabin Montessori School on a journey of peaceful reflection and mindfulness. Learn ways to teach preschoolers peaceful conflict resolution skills and how to be mindful citizens in the classroom, home, and world. We'll also take a look at our own inner peace and mindfulness.

### **Session II 11:00-12:30**

## **W. Science and Art...the way for kids to learn Science**

**Mary Levens**

Retired Educator, Manager for Spartanburg Science Center, Spartanburg, SC

*all ages*

Through research we are finding that using drawings, as a way of taking notes or communicating knowledge is showing amazing results. The discussion of this new research and demonstrations of allowing kids to communicate in their preferred method is showing wonderful results. This technique is proving usable in all academic areas as well as behavioral. It has been around for years but never applied in this manner. Come and see for yourself the benefits that educators are getting!

## **X. Arts and Crafts Time**

**Deborah Buxton**

*preschool/school-age*

Creative Arts Teacher and owner of Let's create, LLC, Children' Creative Arts Studio in North Yarmouth, Deborah Buxton shares with us her creativity and energy. We all know how important arts and crafts projects and activities are to our curriculum in our classrooms. This course offers new ideas and approaches to Creative Arts while weaving it further into other domains of the early learning guidelines. Come prepared to make some art and to share your good ideas and experiences with the group as well.

## **Y. Where Have all the Children Gone?**

**Jane Brennan**

*preschool/school-age*

On the last snowy day how many children did you see outside building a snowman, having a snowball fight or making a snow angel? Or on a sunny day, kicking a ball, running, or laughing. Where are the children? At this training we will share outside activities that we do with children and we will also do some playing and have some fun!

## **Z. STEM( Science, Technology, Engineering and Math)**

**Hannah Bernier**

*preschool/school-age*

Want to learn more about how to include STEM into your learning space? Come enjoy some challenges that students can explore. Many of the activities and challenges that I share are based off of books we have read. Some challenges include gross and fine motor work also. We as educators sometimes push students to find a solution quickly; however, giving students time to explore and problem solve can also be much more valuable to their learning. This is a hands on/interactive workshop that is guaranteed to be a lot of fun!

## **AA. Natural Playscapes**

**Mallory Banks Harnden**

*all ages*

Explore ways to encourage creative play by enhancing your outdoor playground. We will look at different natural playscapes from around the globe and discuss specific designs for revitalizing your outdoor space and curriculum! We will focus on engaging with the features of your natural landscape, creating multi-sensory experiences, and adding loose parts to stimulate different kinds of play

## **BB. Mindfulness for Everyday Use**

**Deb Bergeron**

*preschool/school-age*

Many of us are experiencing a great deal of stress these days because of the never-ending demands and pressures of everyday life. Mindfulness Skills You Can Use Everyday consists of simple tools and strategies to soothe and calm in times of stress while increasing the ability to resolve challenges and to enjoy life.

**In this session you will learn how to:**

- Cultivate and develop more presence and compassion in your daily life
- Use mindfulness to deliberately engage the neuroplasticity of the brain to rewire or reprogram the brain so it works more effectively
  - Use guided mindfulness meditations to calm down your ‘monkey brain’
  - Experiment with Purposeful Pauses to support you during even the most chaotic days
- Integrate mindfulness into daily life and build and sustain a personal mindfulness practice

## **Session III      1:30-3:30**

### **CC. Yoga For Child Care Providers**

**Deborah Buxton**

*all ages*

Unwind, relax, rejuvenate and aspire. It takes a lot of energy to provide care to groups of children as you do on a daily basis. It is important for caregivers and teachers to recharge their batteries. This yoga class offers a chance to replenish while learning how to bring yoga into the classroom for children to enjoy as well. Yoga provides great exercise and focus while building body awareness, control and coordination. In the field of child care herself, Certified Yoga Teacher, Deborah Buxton creatively integrates the needs of both teachers and children in this beginner level class. This class will incorporate the fundamentals of yoga through an instructed slow flow of postures aligned with our own breath, followed by gentle and restorative poses designed for caregivers and teachers to practice in class and at home.

**participants should dress comfortable, bring water bottle, notepad, yoga mat, yoga block and strap. Some yoga mats, blocks, and straps are available for those without.**

### **DD. Tricky Transitions!**

**Elizabeth Richards**

*preschool*

Tricky Transitions: From Terrible to Terrific!: Transitions often incorporate two challenges for young children-stopping and waiting. But transitions don't need to be chaotic! Participants will learn tips and tricks for making transitions fun and active segments of the learning day.

### **EE. Digital Payments/Credit Card Acceptance**

**Darren Jermacans; Account manager**

*all ages*

The benefits of digital payments and how it can benefit both businesses and parents.

### **FF. Basic Self-Defense**

**Terrell L. Koczynski: Sensei in Hen-San Ryu**

*all ages*

This workshop will teach a few basic self defense skills, which can be used to protect yourself in an emergency situation. Ability to move/bend/balance is required.

## **GG. Social and Emotional Development**

**Jane Brennan**

*all ages*

Do you have children who do not know how to ask to play with peers? Do you have children who melt down for unknown reasons? This training will offer strategies to guide positive social and emotional development. Please bring concerns for group brainstorming towards new solutions.

## **HH. Using Your Five Senses**

**Jean Rice**

*all ages*

Have you ever wondered why when one sense is not functioning at full capacity the other senses become more acute? This and many more questions will be discussed. We will practice using each of our senses and how we can incorporate that use into our day and throughout children's environment.

## **II. Teaching STEM through Fairytales**

**Heather Marden**

*preschool/school-age*

This hands-on workshop will provide you with simple activities to engage children in STEM concepts while indulging in some of their favorite fairytales. Participants will be offered materials for challenges that various fairytale characters face and discuss our problem-solving strategies, use of materials, and outcomes. We will summarize how we can utilize these activities in our settings and tailor them to the ages we teach.

## **JJ. Labor Law Regulation and Compliance**

**Pamela Megathlin: Director, Bureau of Labor Standards, Maine Department of Labor**

*all*

This workshop will discuss labor law regulation and compliance with a focus on the current status of the overtime regulations on both federal and state levels and how the new state minimum wage increase directly impacts overtime requirements. This presentation will provide analysis of the minimum wage, overtime and overtime exemption issues based on Maine and federal law, their key differences, and priority items to ensure compliance and limit an employer's liability.

**KK. ABC's and 123's - Integrating Kindergarten Readiness Skills into a Family Child Care**

**Anne Bachner**

*preschool*

Family Child Care Providers do it all! Working with many age groups can be a challenge, especially helping children transition to Kindergarten confidently. This workshop will demonstrate an easy way to incorporate some kindergarten readiness into your day.

**LL. Practical Life in the Montessori Classroom; How to Build Confident and Independent Young Children"**

**Rosemary Barsalow Jordan, M. Ed.**

*preschool*

Have you ever wondered what a Montessori environment is like? Join Rosemary B. Jordan, Owner and Director of Little Log Cabin Montessori School for an insightful workshop to find out. We'll take a closer look at the Montessori environment and how it compares and contrasts to other learning environments and philosophies. We'll examine the facets of the Practical Life/Everyday Living Area and how it aids a child in becoming more confident and independent. Participants will have an opportunity to explore exercises in Practical Life and walk away with ideas to implement in their early childhood setting.

**MM. Let's Go! 5-2-1-0: Engaging Community Partners to Help Reach Healthy Eating and Active Living Goals**

**Allie Harvell Let's Go! Program Coordinator**

*all ages*

Let's Go! is a nationally recognized childhood obesity prevention program implemented throughout Maine and in a few communities in neighboring states. We partner with schools, child care and out-of-school programs, healthcare practices and community organizations to change environments where children and families live, learn, work and play. We developed 5-2-1-0 as the foundation for change. This workshop will cover an overview of 5-2-1-0 Let's Go! including the 5 step path to success, 10 strategies for success, and how both can be integrated into your child care. Local and state programs will be incorporated into the session. Join us and learn how these partnerships can help increase healthy eating strategies at your site.

**NN. Reading and Science---A Perfect Pairing!**

**Mary A. Levens—Retired Educator/Office Manager for Spartanburg Science Center, Spartanburg, SC**

*all ages*

Come and experience the pairing of science and reading (yes even beginning readers) to easily create a STEM/STEAM lesson for your students. This will be a hands-on activity. Science is a natural hook for kids and when you add reading skills it becomes a powerful lesson that is hard for kids to forget!

## DIRECTIONS

### From I-95 Exit 48- Portland

At light- Turn Right (North) onto Riverside Street  
Turn Left (North-West) onto US-302/ Forest Ave.  
Turn Right (West) at Windham Traffic Circle onto US-202  
Heading towards Gorham (NOT GRAY)  
Go through the light  
Windham High School will be on the Right

### From I-95 Exit 63- Gray

At light- Turn Left (South-West) onto US-202/Gray Road  
Turn Right (West) at Windham Traffic Circle onto US-202  
Heading towards Gorham  
Go through the light  
Windham High School will be on the Right

### From Gorham

Take US-202 (East)  
Windham High School will be on the Left

### From I-295- Portland

At Exit 6, turn Left (North-West) onto US-302  
Turn Right (West) at Windham Traffic Circle onto US-202  
Heading towards Gorham (NOT GRAY)  
Go through the light  
Windham High School will be on the Right

### From US-302- Bridgton

Go East on US-302  
Turn Right (West) at Windham Traffic Circle onto US-202  
Heading towards Gorham (NOT GRAY)  
Go through the light  
Windham High School will be on the Right

**Windham Child Care Conference  
April 1, 2017**

**Registration Form**

Name: \_\_\_\_\_

Address \_\_\_\_\_

Town, State, Zip: \_\_\_\_\_

e-mail: \_\_\_\_\_

work phone: \_\_\_\_\_ cell phone: \_\_\_\_\_

**PLEASE INDICATE THE LETTERS OF YOUR WORKSHOP CHOICES:  
please include additional \$30.00 if you are signing up for Water Safety**

1st choice    2nd choice    3rd choice

Session I:    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

Session II    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

Session III    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

**Registration Fee \$55.00 made out to WSACC**

DEADLINE FOR REGISTRATION: March 11, 2017

NO REFUNDS AFTER: March 18, 2017

**SEND COMPLETED FORM AND PAYMENT TO:**

**Windham SACC  
6 Park Road  
Windham, Maine 04062**