



May 6, 2017

Early Years: Growing Healthy Children

Registration Form

Please register by sending conference registration form and a check payable to PSU. Registration must be received by April 24, 2017. Limited space!

Please pick your first and second choices for each time period.

Paid Registrations and your check should be sent to

Erin Goodling

2120 Cornwall Road Room 140 Lebanon, PA 17042.

Phone: 717-394-6851

Registrations coming to the office will be accepted and entered on a first-come first serve basis. Registering early allows for a better chance of receiving your top workshop selections. Save a copy for yourself.

The location of the Conference is:

Calvary Church - Harvest Fields
150 Harvest Fields Dr, Boalsburg, PA 16827

Registration form with fields: Name and Registry ID # found on PAKeys Intranet front page after logging in, Business Name, Street, City, State, Zip, Phone #, E-mail, Type of Child Care Practitioner, Home or Family, age of children served, Group or Center, age of children served, School-Age, age of children served, Director, age of children served, Other (please describe)

Cost is \$55.00 per participant for the day and includes snacks, a full lunch buffet, and workshop materials.

Registration fees are non-refundable.

Table with 7 columns and 6 rows detailing workshop sessions: 8:00-10:00, Break, 10:15-12:15, Lunch (1:00-3:00), and Keynote 3:15. Sessions include topics like Nature Immersion, Red Flag Delays, Autism in Infants, and The Empowered Educator.



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Class Descriptions-For your information

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<p>A. Nature Immersion in the Early Years <i>Tracy Doughtie</i></p> <p>A look at nature immersion in education programs for young children. WE will analyze and discuss the benefits of nature and unstructured outdoor play. Participants will evaluate nature education from the perspective of: children, families, and educational settings. Finally, participants will assess and learn practical ways to implement nature immersion ideas and activities in various educational settings.</p> <p>K2.11.C3</p>	<p>B. Relationship Behavior and Environment <i>Kelly King</i></p> <p>Challenging behavior is one of the most frustrating issues facing early child care teachers. Participants will learn how the child’s environment at home and school can affect behavior, how to objectively look at the classroom environment, and determine improvements that can improve behavior for children with special needs and challenging behavior.</p> <p>K1.9.C2</p>	<p>C. Universal Design of Learning <i>Cherie Neely</i></p> <p>The definition of Universal Design of Learning is meeting the needs of all children, regardless of their abilities, needs, or cultural heritage and giving them access to a rich learning environment. In this session preschool educators will identify strategies to apply major principles of universal design to their early childhood classrooms including embedding learning opportunities into routines and effective differentiation of instruction.</p> <p>K2.09.C3</p>
<p>D. Coaching and Me <i>Beth Huertas</i></p> <p>Participants will learn the components of a supportive mentoring relationship and an effective coaching framework and how to use the relationship and framework to support professional development and program quality improvement.</p> <p>D8.12.C2 K8.12.C2</p>	<p>E.A Population at Risk Providing Safe Food to Children <i>Sharon McDonald</i></p> <p>Safe food handling practices by the caregiver are critical in preventing foodborne illness. The good news is that there are many things that caregivers can do to prevent a foodborne illness from occurring. Participants in this session will have a better understanding of the causes of foodborne illness and more importantly the importance of safe handling practices in their role as a caregiver.</p> <p>K7.14.C3</p>	<p>F. Learn Grow Eat Go <i>Cynthia Pollich</i></p> <p>LGEG is focused on getting children to participate in school activities where they can learn important science, math and language arts concepts and at the same time be more physically active, improve healthy eating habits and have fun. LGEG activities promote leadership and responsibility in children and, according to teacher surveys, have improved classroom participation.</p> <p>K2.15.C2 K2.12.C2 K2.9.C2</p>



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	D7.14 C3	
<p>G. Play Adventures with Recyclables <i>Beth Huertas</i></p> <p>Play Adventures with Recyclables is an interactive 2 hours professional development that will help participants think “out of the box” about child’s play. Participants will share, discuss and implement best practices that can be used to enhance learning materials and enrich classroom learning environments. In addition, they will reflect on their lesson planning and leave with ideas on ways to boost their own program learning environments on limited budget.</p> <p>K3.1 C2 K2. 14 C2</p>	<p>H. Red Flag Developmental Delays in Young Children <i>Pamela Coleman</i></p> <p>Ever been unsure of whether an infant, toddler or pre-school child is simply lagging behind their peers or experiencing a developmental delay? This 2-hour course is designed to equip early childhood practitioners with the necessary tools to develop confidence and competence in this area that impacts children, families and childcare providers. After examining certain red flags related to developmental milestones, we will review components such as observation, parent inquiry and knowledge of in the pre-referral process. Finally, the course will provide a practical framework to help practitioners to partner with parents throughout the process.</p> <p>K3.4 C2 K1.5 C2</p>	<p>I. Autism in Infants and Toddlers <i>Valerie Postal</i></p> <p>Join us for this 2-hour interactive presentation to learn how to recognize the subtle signs of a potential autism spectrum disorder and increase your observational skills. More importantly, we will walk through easy to implement strategies to support young children who’s learning and daily interactions may be impacted by characteristics of an autism spectrum disorder. Finally, if this is an area of ongoing interest for you, the presentation will conclude with an opportunity for you to continue your own learning by participating in an ongoing, self-paced learning course – at no charge to you! The earlier we act, the better the outcomes, for all of us!</p> <p>K1.5 C2 D1.5 C2</p>
<p>J. Professionalism and Leadership <i>Laurie Welch</i></p> <p>Strong Leadership is essential to make any business, including child care, successful in the future. This workshop will help any staff member, whether you are a family child care provider, group home, staff member or director of a child care center, help develop personal leadership skills.</p> <p>K6.1 C2</p>	<p>K. Cleaners Bleach and Lice Oh My! <i>Dion Leman</i></p> <p>This session will explore health hazards to children (and staff!) that may not be thought about, including the use of cleaners, sanitizers, air fresheners, pesticides, and other chemicals, as well as head lice and other pests. Practical tools and strategies will be explored. Participants will learn how to help maintain the health and safety of their facility.</p>	<p>L. Daniel Finds a Poem <i>Anita Ditz</i></p> <p>Experience Poems in a hand on session. Think of poetry as painting a moment with words. Nursery rhymes are poems; lyrics for songs are poems too, and the rhyming and rhythm help listeners remember the words more easily. Join us on Daniel’s Journey.</p> <p>K2.9 C2</p>



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	K7.8 C2	
<p>M. Yogarate Ron Shuali, M.Ed. (Pronounced Yoga-Rah-Tay) The children begin with the high energy, body strength building, respect filled martial arts class and flow smoothly into yoga with a few sun salutations followed by an age appropriate calming meditation. The martial arts focused on respect and following rules. The yoga portion teaches belly breathing and when are the good times to take 2 deep breaths (When we are angry, sad or frustrated, just to name a few). Namastahyah!</p>	<p>N. Partners in Inclusion <i>Pamela Coleman</i></p> <p>This course is designed to help teachers better understand how to utilize the IFSP/IEP as a means of supporting a child with special needs. The course will also provide a framework to show practitioners how to collaborate with families and special education professionals and para-professionals.</p> <p>K3.9 C2 K5.9 C2</p>	<p>O. Lazy Brains and Unintentional Intolerance – Even Nice People Experience These <i>Patreese Ingram</i></p> <p>This workshop will help us understand human behavior in a world of human differences, and help us to become more cognitively flexible and behaviorally adaptable.</p> <p>K3.3 C2</p>
<p>P. Strengthening Fiscal Management <i>Beth Huertas</i></p> <p>This dynamic 2-hour training for center-based providers will strengthen their foundational knowledge of sound fiscal management practices. This training builds participants understanding of three key financial reports and reviews the importance of strong internal controls. Learn a process for building a budget and how to use it for decision-making throughout the year. Identify ways to adjust spending and increase revenue in order to improve the bottom line. K8.2 C2 D8.2 C2</p>	<p>Q. Bone Builders Robin Kuleck</p> <p>Healthy bones are key for healthy ageing. The foundations of a healthy skeleton are laid down early in life, but our dietary and lifestyle habits throughout life also play an important role determining bone health later in life. Participants will learn what foods are high in calcium and vitamin D, and describe how calcium and vitamin D contribute to bone health. Participants will have an opportunity to sample various food sources of calcium and practice exercises to help maintain bone health. K7.12 C2</p>	<p>R. Revitalize Your Circle Times <i>Cynthia Pollich</i></p> <p>The real goal of circle time is far more than teaching children to sit and listen — it is to help children join together and form a community. Learn what makes circle and group times successful. This lesson offers tips and ideas for gathering children together and keeping them involved. K2.15 C2</p>
Key Note: Ron Shuali, M.Ed.		



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150 Harvest Fields Dr, Boalsburg,
PA 16827

DIRECTIONS to Harvest Fields. *Please do not turn into the old Harvest Fields entrance off the 322 Bypass - this is EXIT ONLY and RIGHT TURN ONLY.*

150 Harvest Fields Dr, Boalsburg, PA 16827
The Harvest Fields entrance is via Discovery Drive off South Atherton.

Financial Support Provided by:

Cen-Clear Child Services, Inc.
Mid State Regional Key
Penn State Extension

Registration form (first page) and payment must be received by April 24th, 2017

Please send registration form and a check for \$55.00 payable to: PSU

For questions regarding registration, contact Cynthia Pollich at 717-394-6851

Participants receive 7 PD training credits and Act 48 professional development hours, In order to receive Act 48 hours, you need to bring your personal identification number.

Remember to check the training calendar published on the PA Learning Keys website—<http://www.pakeys.org>—for a complete listing of educational workshops for early childhood educators and practitioners. If you have any questions about our trainings, please call Cynthia Pollich 717-394-6851.

Sincerely,

Jacque Amor Zitzelberger

And

Cynthia Pollich

Extension Educators

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Cynthia Pollich, before your participation or visit.



PennState Extension

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