



ACROSS NH

Annual Back to School Conference for Out of School Time

Saturday, September 10, 2022

8:00am to 3:45pm

NHTI, Sweeney Hall, Concord, NH



Plan to join us for a day of training designed specifically for out of school time directors, site directors, and staff! There will be a raffle for 3 curriculum themed baskets for OST each valued at \$150, and all participants will receive a gift to bring back to their program.

Professional development will be awarded in **NHCIS**. Lunch is on your own in Concord (a list of local food options will be provided). We would like to thank the **NH Afterschool Network** for sponsoring our morning Coffee and Check In!

Click Here to Register in Eventbrite by September 6th!

<https://www.eventbrite.com/e/395226532197>

NHTI, Sweeney Hall, 31 College Drive, Concord, NH 03301

Face masks will be available and are optional.

8:00-8:30am

Coffee and Check In



8:30-9:15am

Keynote: Gizmo's
Pawesome Guide to
Mental Health



Training Sessions:

9:30-11:30am

12:30-2:00pm

2:15-3:45pm

REGISTRATION FEE
\$35

Includes 5.75 hours PD,
resources, 1 raffle ticket,
and a gift for you!

SCHEDULE FOR THE DAY:

8:00-8:30	<p style="text-align: center;">“Check In and Coffee in the Lobby” Sponsored by NHAN</p>				
8:30-9:15	<p style="text-align: center;">“Gizmo's Pawesome Guide to Mental Health” by Shamera Simpson, American Foundation for Suicide Prevention Auditorium</p>				
9:30-11:30	<p>“Social Emotional Curriculum for Regulation,” by Kimberly O’Donnell</p>	<p>“Trauma Informed Care in Out of School Time,” by Rick Alleva</p>	<p>“Building Positive Relationships with Youth, Families, and Staff,” by Amy Upton</p>	<p>“Every Monday Matters: A Kickoff to Promote Positive Change All Year,” by Bobi White</p>	<p>“Inspiring Leadership in Children and Youth,” by Melanie Smith</p>
11:30-12:30	<p style="text-align: center;">Lunch On Your Own</p>				
12:30-2:00	<p>“The Positive Effects of Well-Regulated Adults,” by Kimberly O’Donnell</p>	<p>“Belonging and Connection for All,” by Rick Alleva</p>	<p>“Afterschool Orientation,” by Kathy Jablonski (3 hours)</p>	<p>“ACES, Trauma, and Wellness,” by Theresa Peck</p>	<p>“Math in Disguise: Activities that Promote Math in Out of School Time,” by Heidi Belle-Isle</p>
2:15-3:45	<p>“Mindful Me: A Mindfulness Curriculum,” by Kendra Lewis, UNHCE</p>	<p>“Making Learning FUN for Students and Staff,” by Dianne Chase, BCDHSC</p>		<p>“Child Care Licensing and Using the NH Connections Website,” by Theresa Peck and Melanie Smith</p>	<p>“FUN Games that Build Cognition: Unplugged Coding for Grades 1-5,” by Heidi Belle-Isle</p>

* **Lunch:** Please see the “Lunch Options” handout in your folder for nearby options for lunch!

KEYNOTE: 8:30 - 9:15am

Gizmo's Pawesome Guide to Mental Health



Gizmo's Pawesome Guide to Mental Health© was launched by the **American Foundation for Suicide Prevention**. Gizmo's Pawesome Guide is an engaging book and guide to help children with when they may feel sad, mad, or worried. This program takes an upstream approach to support the mental health and wellness of youth and can be used with children virtually or in person. Come join Shamera Simpson, of the American Foundation for Suicide Prevention, and learn more about using this program to engage children and promote emotional wellness in out-of-school time programs.

Presented by Shamera Simpson

NH and ME Area Director

American Foundation for Suicide Prevention afsp.org



**American
Foundation
for Suicide
Prevention**

MORNING SESSION: 9:30 - 11:30am (2 hours)

Choose one of the following sessions for 9:30-11:30am:

Social Emotional Curriculum for Regulation

We all encounter trying circumstances that test our limits from time to time. Regulation is something everyone continually works on- whether we realize it or not. If we can recognize when we are becoming less regulated, we are able to do something about it, manage our feelings, and get ourselves to a healthy place. Self-regulation is a skill that can be taught and practiced. The Zones of Regulation curriculum uses a common language with strategies to help children learn how to recognize, manage, and regulate their feelings and as a result, make healthier choices.

Trainer: Kimberly O'Donnell, M.S.; NH ASMP WT, IM, PC

Core Knowledge Area: Interactions with Children and Youth

Trauma Informed Care for Out of School Time

Growing numbers of young people encounter a variety of adverse childhood experiences (ACEs), witnessing and directly experiencing traumatic events that greatly impact their health and well-being. This workshop will overview the original ACEs research and additional traumas children and families are struggling with today. 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 trauma-informed care practices that can be implemented in out of school time settings to foster safety, trust, empathy, and supportive relationships.

Trainer: Rick Alleva, Ed.D.; NH ASMP WT, F, AP

Core Knowledge Area: Interactions with Children and Youth

Building Positive Relationships with Youth, Families, and Staff

Healthy relationships involve honesty, trust, respect, and open communication between partners, and they take effort and compromise from both people. There is no imbalance of power in a healthy relationship. Partners respect each other's independence, can make their own decisions without fear of retribution or retaliation, and share decisions. This training will address strategies and tools to implement to promote open positive relationships with all those we work with.

Trainer: Amy Upton, M.S.; NH ASMP WT, IM, PC, F, and Leadership Level 5, and ASA Level 4

Core Knowledge Area: Professional Development and Leadership

Every Monday Matters: A Kickoff to Promote Positive Change All Year

Every Monday Matters® (EMM) inspires people to understand how much they matter and it empowers them to get involved and make a difference. I Matter, You Matter, We Matter- that is the focus of Every Monday Matters. Let's explore the EMM theme together. We will learn about the **free** EMM monthly sub-themes and activities that you can lead for the children in your program. Together we can positively promote change in our programs to bring happiness and goodness to our world.

Trainer: Bobi White, M.Ed.; NH ASMP WT, IM, PC, and Leadership Level 5

Core Knowledge Area: Interactions with Children and Youth

Inspiring Leadership in Children and Youth

Why do we need to inspire leadership in our children? They will run the world someday! We have the opportunity to build incredible leaders for the future- now. 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.

Trainer: Melanie Smith, M.Ed.; NH ASMP WT and Leadership Level 5

Core Knowledge Area: Youth Engagement

AFTERNOON SESSION A: 12:30 - 2:00pm (1.5 hours)

Choose one of the following sessions for 12:30-2:00pm:

The Positive Effects of Well-Regulated Adults

If we can stay well-regulated, then those around us will more likely reciprocate in a positive way. As adults, we have many worries, demands, and responsibilities that challenge us to stay well-regulated. However, our behavior is the model that children learn from. Learn the self-awareness that will help you to manage the daily challenges as an adult, and the ability to better stay in the moment to give it your best, and promote positivity.

Trainer: Kimberly O'Donnell, M.S.; NH ASMP WT, IM, PC

Core Knowledge Area: Interactions with Children and Youth

Belonging and Connection for All

This training will provide an overview of issues and opportunities to promote a sense of belonging and connection for everyone involved with our out-of-school time programs. We all have a human need to belong, and children are especially seeking connection (rather than attention) with each other and the trusted adults in their lives. This session will draw from Social, Emotional & Mindful Learning, Positive Youth Development and Diversity/Social Justice Education. Participants will be encouraged to share experiences with children, staff, and families, as we explore strategies and resources to promote belonging and connection for all.

Trainer: Rick Alleva, Ed.D.; NH ASMP WT, F, AP

Core Knowledge Area: Interactions with Children and Youth

ACEs, Trauma, and Wellness

This training will provide an overview of adverse childhood experiences (ACEs) and we will identify the impact of traumatic events and how it informs behavioral responses in children. The session will include best practices to support you in creating responses to better support children with a trauma-informed, and compassionate lens. Participants will develop action plans for immediate family and student support.

Trainer: Theresa Peck, M.A.; NH ASMP F and Leadership Level 5

Core Knowledge Area: Interactions with Children and Youth

Math in Disguise: Activities that Promote Math in OST

This is a hands-on and highly interactive workshop where you will learn, play, and experience math in a variety of ways. Strategies and games will be shared that support your ability to increase your children's age-appropriate math skills and confidence. Children will be having so much fun with these activities that they won't even realize that they are engaging in academics!

Trainer: Heidi Belle-Isle, M.Ed.; NH ASMP WT, PC, IM, and NH ASA Level 4

Core Knowledge Area: Interactions with Children and Youth

Afterschool Orientation (*This training is 3 hours- select Afternoon Sessions A and B*)

Looking for an opportunity to refocus your out of school time program lens? Are you new to the field of afterschool? The Afterschool Orientation training is for those who work in out-of-school time programs. This interactive session offers an overview of the afterschool field and supportive resources for OST professionals. It also includes the key elements of a successful school age program, and what you need to know to be a key player in supporting positive development of children and youth. This training is for Afternoon Sessions A and B: 12:30-3:45 with a 15 minute break.

Trainer: Kathy Jablonski, M.Ed.; NH ASMP WT, F, IM, PC

Core Knowledge Area: Learning Environment and Curriculum

AFTERNOON SESSION B: 2:15 - 3:45pm (1.5 hours)

Choose one of the following sessions for 2:15-3:45pm:

Mindful Me: A Mindfulness Curriculum

4-H Mindful Me is a mindfulness curriculum to use for children ages 5 to 8 years old. It uses children's literature and engaging activities to promote mindful practice. The curriculum also leads to improvement in children managing their own goals, developing a sense of self, improving time management, developing stress management skills, practicing self-regulation, and develop mindful eating practices. Teachers who have used this curriculum have noted increases in children identifying and expressing emotions, listening to others, focusing of attention, and more pro-social skills.

Trainer: Kendra Lewis; NH ASMP WT, F

Core Knowledge Area: Learning Environment and Curriculum

Making Learning FUN for Students and Staff: Linking Standards to Your Curriculum

Join us for an interactive workshop on creating easy and fun project-based curriculum for out of school time that supports NH Elementary Education Standards. These engaging projects are designed for elementary age students to expand and reinforce grade-level skills and have fun! Participants will leave this session with many ready-to-use activities, and a template for building more activities.

Trainer: Dianne Chase, M.Ed.; Assistant Bureau Chief in the Bureau of Child Development and Head Start Collaboration at the Department of Health and Human Services in New Hampshire

Core Knowledge Area: Learning Environment and Curriculum

Child Care Licensing and Using the NH Connections Website

Join child care licensing staff in an interactive discussion about licensing rules and procedures with a focus on school age programs. We will answer your questions about the rules and take you on a walkthrough of the NH Connections website. You will see firsthand what you can currently do in NH Connections and see what is coming for the licensing aspect of this system.

Trainers: Theresa Peck, M.A.; NH ASMP F, and Leadership Level 5 and Melanie Smith, M.Ed.; NH ASMP WT and Leadership Level 5

Core Knowledge Area: Professional Development and Leadership

FUN Games That Build Cognition: Unplugged Coding Games for Grades 1-5

Looking for unplugged games that will engage children, be fun AND give them an edge on coding skills? Join Heidi for step-by-step instructions on games and activities that build math skills, writing skills, creativity, confidence, organization, resilience, communication, empowerment, life skills, and prepare them for success! These games are geared for children in grades 1-6.

Trainer: Heidi Belle-Isle, M.Ed.; NH ASMP WT, PC, IM, NH ASA Level 4

Core Knowledge Area: Learning Environment and Curriculum

Afterschool Orientation (This training is 3 hours- select Afternoon Sessions A and B)

This training is for Afternoon Sessions A and B: 12:30-3:45 with a 15 minute break.

Trainer: Kathy Jablonski, M.Ed.; NH ASMP WT, F, IM, PC

Core Knowledge Area: Learning Environment and Curriculum

Professional Development will be awarded to your **New Hampshire Connections Information System** (NHCIS) professional registry account within 3-5 business days after the event.



ACROSS NH is here for you!

For more information or to request a training, or technical assistance, please email Jamie Nadeau, Project Director, at jnadeau@seresc.net or call 603-206-6875.

Sign up for our weekly mailing list at acrossnh.org and receive support, resources, training and event announcements.

- Fall and Spring Conferences
- Mini Winter Virtual Conference
- Leadership Institutes
- Social and Emotional Learning Cohort
- Social, Emotional, and Mindfulness Learning Series
- Quality Readiness Cohort
- Strengthening Your Business Practices Series
- CATCH Kids Club Trainings
- Consultation and Technical Assistance

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 out of school time providers to support their work in creating high-quality, innovative programs for school-aged youth.

PRESENTER BIOS

Rick Alleva

Rick has a history of leadership in developing community-based education, activity, and intervention programs on behalf of young people and their families, including those experiencing significant personal and social challenges. He provides training and technical assistance in academic enrichment and social/emotional learning topics for afterschool, school, other service providers, and also leads programs for parents and youth as well. Rick worked on UNH Cooperative Extension's Youth & Family Resiliency Team, developing and supporting out-of-school time activities for children across the state, including 4-H and 21st Century Community Learning Centers. He is a certified Youth and Teen Mental Health First Aid instructor and is trained to implement the Mindful Schools curriculum with school aged youth. Rick is especially interested in helping young people express their voice, overcome challenges and experience emotional wellness through mindful, kind, and peaceful practice.

Heidi Belle-Isle

Heidi is a graduate of the University of Maine, and Antioch New England Graduate School. She has been teaching for 30 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.

Dianne Chase

Dianne currently serves as the Assistant Bureau Chief in the Bureau of Child Development and Head Start Collaboration at the Department of Health and Human Services in New Hampshire. Prior to joining the State in 2018, Dianne worked as an early childhood/school age consultant with non-profit, private, university and military organizations and programs, nationally providing training and technical assistance in areas ranging from curriculum development to strategic planning and management. She also served as the Interim Director of Accreditation for the National Afterschool Association, the Afterschool Programs Coordinator for the Austin Texas School District, Executive Director of the Texas Afterschool Association, Executive Director of the Hill Country Boys and Girls Clubs, and founded the Achieving Program Excellence (APEX) afterschool and early childhood college-level staff training program in Boston (a TEACH model) with funding from the DeWitt Wallace/Reade. Dianne held positions from teacher to director in a wide variety of child care settings in both afterschool and early childhood. She holds an undergraduate degree from DePauw University in Communications/Marketing and Psychology and a Masters from Wheelock College at Boston University in early childhood education and development with an emphasis on out-of-school time programs and previously served as an NAEYC validator and NAA endorser. Dianne is a New England native with family in New Hampshire dating back to the early 1600's.

Kathleen Jablonski

Kathy is retired from a career of working with youth in New York, Maine, and New Hampshire. As a teacher of preschoolers to adults, she has been involved with teaching life skills, working on alternate education and dropout prevention. As a school administrator, she championed afterschool programs in the districts as well as writing grants. As Educator Emeritus of UNH Cooperative Extension, her job responsibilities included recruiting, screening, orienting, training, and supporting volunteers who conduct the 4-H Club and other 4-H delivery methods. Kathy's expertise has provided training in a wide range of curricula and positive youth development to a variety of youth serving organizations and after school providers, specializing in life sciences. Her volunteering background includes: 4-H leader, Girl Scout and Boy Scout leader, women's service club and Rotary International. Kathy earned a Master's degree in Adult Education from University of Maine, Orono.

Kendra Lewis

Kendra is a State Specialist for Health & Wellbeing at UNH Extension. Her work focuses on coordinating and delivering social, emotional, and mental health programming to NH residents. She has a background in human development, a proficiency in program evaluation, and a passion for social emotional learning. She has extensive experience in evaluating both school-based and out-of-school-time social-emotional and positive youth development programs. She is a co-author of two mindfulness curricula, *Mindful Me* (ages 5-8 years old) and *Mindful Mechanics* (teens and adults).

Kimberly O'Donnell

Kim 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 UNH, 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.

Theresa Peck

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 masters degree in Educational Administration from the University of Iowa. Terri is also an adjunct faculty member at NH Technical Institute and Plymouth State University.

Melanie Smith

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 M.Ed. 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.

Amy Upton

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. Amy just recently retired from serving as an adjunct faculty member at New Hampshire Technical Institute.

Roberta White

Bobi is a highly experienced educator and trainer. As a former administrator, teacher, early interventionist, parent, and grandmother she has extensive experience and background that brings professional development to life. Bobi has a Master's degree in Early Childhood Administration from the University of North Texas and Bachelor's in Early Childhood and Psychology from the University of Iowa. Bobi is an educational site supervisor for Grand Canyon University and writes curriculum for Every Monday Matters. In her free time Bobi can be found in her garden on the NH seacoast or playing with one of her 5 grandchildren which provides humorous real-life adventures to her trainings.

Would like to thank our amazing presenters for providing their trainings for today's conference!