

SATURDAY, APRIL 22ND

1:00 PM – 4:00 PM

Litchfield High School

- Exciting, hands-on workshops for students in Grades K-8
- Informative speakers for parents and educators
- Vendors featuring programs, summer camps, and more



Enrichment Workshops for Students

Paint on the Walls!	Fun with Dough	Dissect Your Heart Out	Bounce!	Investigate Forensics
Pre-Engineering	News Reporting	Back to the (Birds) Basics	Jr. Robotics	Exploring Agriscience
Get Set to be a Vet	Eat A Rainbow	Nature's Not So Cuddly	Joy of Song	At Home in History
Rigamajig Builders	Checkmate!	The Sky's (Not) the Limit	Game On!	Take the Stage
Science of Cooking	Coding for Kids	Career in Public Service	ArtSmart	Calling Future Doctors

Programs for Adults (at no charge)

Keynote: "Mindfulness in Parenting"
Presented by Amanda Votto, a Mindfulness-based Stress Reduction (MBSR) instructor.

Workshop Topics
Financial Family Planning
Controversies in Nutrition
Growing Up in a Consumer Culture
What Kids Need to Grow, Learn, Be Happy & Successful

Register Today at www.ctgifted.org

- \$25 registration fee per student (\$20 for siblings)
- Fee includes student enrollment in two workshops
- Registration deadline is April 16th

Workshops fill quickly – register early to secure your top choices!

FINANCIAL AID IS AVAILABLE

Presented by...



In cooperation with...



Mind in Motion is **FOR EVERYONE...**

FOR KIDS...an afternoon of fun learning that enables children to explore areas of interest not always available in their everyday classroom.

FOR ADULTS...a learning experience, with the opportunity to attend a keynote address and workshop on relevant topics affecting families today.

FOR EDUCATORS...a chance to find out what is inspiring their students, as well be inspired themselves by adult presentations relevant to the climate in which they teach.

FOR COMMUNITY...a way to be involved in the conversation around excellence in education, as well as give local organizations the opportunity to share their mission.

FOR SCHOOLS...a fundraiser that puts money back into the schools. Local proceeds go to Litchfield Education Foundation to fund more education and enrichment programs in the schools and community.

SCHEDULE

For Students

For Parents/Teachers

12:00 – 12:45

CHECK IN

12:00 - 12:45

LUNCH / CHECK IN / EXHIBITS

Grades K-1

12:45

ESCORT CHILDREN TO WORKSHOPS

1:00 – 2:00

1ST WORKSHOP

1:10 - 2:30

KEYNOTE ADDRESS

2:05 – 2:55

SNACK/BREAKOUT

2:30 – 3:00

BREAK

3:00 – 4:00

2ND WORKSHOP

(visit exhibits, grab a snack, log in to Wi-Fi)

Grades 2-8

3:00 – 4:00

CHOICE OF WORKSHOP

1:00 – 2:25

1ST WORKSHOP

4:00

PICK UP / SIGN OUT CHILDREN

2:35 – 4:00

2ND WORKSHOP

Parents are asked to stay on site.

- A Food Truck will be on the premises at 12:00 to offer lunch.
- Exhibitors will be set up for the entirety of the event.
- Volunteers will be on hand to direct adults & students around the building.

REGISTRATION

To register your child for their MIM workshops, please complete the registration form included at the end of this packet and mail (with a check) to: **LEF, Minds in Motion, P.O. Box 874, Litchfield, CT 067659**

Or you may register online (with a credit card) at www.CTgifted.org or www.LEFforstudents.org

STUDENT WORKSHOPS

GRADES K-1

Pre-engineering with LEGOs - Let your imagination run wild with tens of thousands of LEGOs. Under the guidance of an experienced instructor, build engineer-designed projects such as boats, bridges, mazes, motorized cars or your own unique design!

Dawn Spatta or Larisa Berson, Play-Well TEKnologies

Nature is Not So Cuddly – Be a hero to creatures that often get overlooked because of their unhuggable appearance. Get up close and personal with a live turtle and snake and then learn to construct your own snake bracelet to take home.

Marlow Shami, White Memorial Conservation Center

Eat A Rainbow - Learn how eating fruits and vegetables of different colors helps your body grow strong and healthy. Then we will use those fruits & veggies to create & taste nutritious smoothies... YUM!

Alisa Wright, Wellness Teacher/TAG Mentor Region 6

Paint on the Walls! - Join us for the creative process of painting on your own terms with non-toxic tempera paints. The wall is your canvas; let your creativity run wild!

Jessica Jane Russell, Teaching artist & owner, Art Room Atelier

Rigamajig Builders - Join us as we use this large scale, wooden building kit conceived for hands on play and learning. Wooden planks, pulleys, nuts, and bolts allow children to follow their curiosity through play.

Kids Play Museum

Play with Dough – An introduction course to the art of bread-making, little ones will follow the recipes of local bakers, creating dough and, even better, manipulating it! Students will shape the dough and have it oven-ready to bake & savor at home.

Niles Golovin & Amanda Golovin Vega, Bantam Bread

Take the Stage - Experience the excitement of drama-based activities which will help you to imagine new worlds, become multi-faceted characters, and share colorful, interesting stories.

Sari Max, Music & Movement & More with Sari Max

K-1 workshops will be 1-hour long. In between sessions, students will have a nut-free snack and be assigned to a Storytime or movement activity.



STUDENT WORKSHOPS (continued)

GRADES 2-3

Game On! - Create your own board game. Design a game with a clear objective using a variety of available components, including a spinner, dice, board, and cards. We will look at some famous games for inspiration. Each student will leave the workshop with his or her own game that has been tested and played!

Lisa Shaia, Children's Librarian, Oliver Wolcott Library

Science of Baking - Baking is a great way to explore science with children...combining ingredients and analyzing the results, weighing & measuring, melting, freezing & fizzing - kids not only love it, but can learn so much from it! Local pediatrician, Dr. Karen Dettmer, will share her love of baking and mind for science in this hands-on workshop.

Karen S. Dettmer, MD, Litchfield County Pediatrics

Take the Stage – Participants will experience improve games, the use of props, script work, basic theatre terms, comedy, drama, and fun with their imagination, expression, and enthusiasm.

Sari Max, Workshop Leader: acting, music, & multimedia projects

Introduction to Coding - Our day-to-day lives include so much technology that is based on coding. In this workshop, students will learn to program simple codes and functions and see their ideas brought to life. Coding is a great, fun way for kids to relate to the technology around them.

Peter Sorenson, Quizzicle

Checkmate! - Chess playing is known for having a positive correlation with student academic performance. It doesn't matter if you are a beginner or have been playing for years, you will leave this workshop with new strategies, chess secrets, and cognitive skills.

David J. Aldi, Scholastic Chess Instructor, Coach & Tournament Director

The Sky is (Not) the Limit - Explore the wonders of space. Students will learn about size and composition of the planets and scale of the solar system. They will be taught to use a telescope and what to look for in the sky. Weather permitting, solar viewing may allow students to find sunspots & solar flares!

Denis Williamson, Litchfield Hills Amateur Astronomy Club

Get Set to be a Vet – Here's the chance to work alongside an actual veterinarian. Students will examine a live dog and view x-rays and anatomical models. They will discover which food and plants are dangerous to dogs and cats and learn the proper care of domestic animals.

Dr. Ron Celella, DVM & Lorin Celella, CVT, Davis Companion Animal Hospital

Bounce! – Construct your own bouncy ball and put it to the test while exploring the concepts of energy in different stages. You will be bouncing off the walls with science exploration!

Ashley Bame, Associate Director, Nature's Classroom

Junior Robotics – Are you child curious about computer programming, robotics, mechanics, electronics? This workshop will feed that curiosity. Using Parallax Boe-Bot and other equipment, students will learn "how they work" and "how one makes them work". Young tinkerers will love it!

Kai Hackley-Baker, Robotics Instructor

I Want to be a Doctor! - Discover the fascinating world of medicine in this workshop with a local surgeon. Dr. Ugurlu will share his medical tools and exciting stories from the operating room in a kid-friendly, discussion. Come be inspired!

Dr. Mustafa Ugurlu, General Surgeon, Sharon Hospital

STUDENT WORKSHOPS (continued)

GRADES 4-6

Coding for Kids - Our day-to-day lives include so much technology that is based on coding. In this workshop, students will learn to program simple codes and functions and see their ideas brought to life. Coding is a great, fun way for kids to relate to the technology around them.

Peter Sorenson, Quizzicle

ArtSmart - A hands-on workshop that encourages a deeper interaction with fine art. Works are presented and children can discuss what they see, what the artist intended, and how the piece makes them feel. Discussion is followed by an artist-inspired project.

Donielle Hawley, ArtSmart Facilitator

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A Mindful Moment - Take time to experience how yoga and mindfulness can positively affect how you move about your day at home, school, and play. Students will create their own calming kit, complete with an anti-stress glove, glitter cool down jar, worry stone, and aromatherapy sachet.

Alisa Wright, Wellness Teacher/TAG Mentor Region 6

Dissect Your Heart Out*- A healthy heart keeps a body nourished with oxygen and nutrients, but how much more do you know about it? This hands-on dissection of a sheep's heart is an engaging way for students to learn about the anatomy and function of the heart, while highlighting ways to keep it healthy.

*There is a \$5.00 additional fee for this workshop. If registering online, please bring \$5 on the day of event.

Steve Saunders, PA, New Milford Orthopedic Associates

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David J. Aldi, Scholastic Chess Instructor, Coach & Tournament Director

I Want To Be a News Reporter! – A former TV news anchor & reporter will give you a hands-on look inside the exciting world of television. You'll decide what story is worth telling, learn how to write it in TV news form, and sit in an anchor chair yourself to report the story on camera.

Amanda Bergen, Principal, Stage Harbor Communications

Back to the (Bird) Basics - Investigate what makes birds unique. We will apply our new knowledge and observations to technology & its effects on humans, our technology, and sustainability. This program stresses the importance of natural history research.

Ben Sonnenberg, Director of Environmental Education, Livingston Ripley Waterfowl Conservancy

Joy of Song* - Do you dream of being a singer, song writer, or playing in a band? This workshop examines the possibilities in the music world. Everyone leaves with a harmonica to continue their own musical direction.

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Nat Worden, Band Member, Switch Factory

STUDENT WORKSHOPS (continued)

GRADES 7-8

Investigate Forensics - Join in as we learn about scientific evidence used to help solve crimes. We will learn how to take and identify fingerprints to match to a suspect, identify bones to match to a missing person, and make DNA visible as the best evidence to identify suspect or victim!

Ms. Susan M. Clarkin, Teacher at Wamogo High School

Who Elected You? – Drawing on his 18 years in the CT legislature and 4 years in CT Superior Court, Judge Roraback will engage students on the demands and rewards of careers in public service. Participants will discuss how to best prepare themselves for lives as involved citizens and what to consider as they contemplate a life in government or the law.

Judge Andrew Roraback, CT Superior Court

Calling Future Doctors – Considering med school? Join a discussion with local surgeon, Dr. Mustafa Ugurlu, as he shares tales from the operating room and explains the road to becoming a doctor, including the challenges and gratifications of practicing in a small town. Opportunity to sample instruments from the operating room as well!

Dr. Mustafa Ugurlu, General Surgeon, Sharon Hospital

At Home in History – How does your daily routine compare to everyday life for Litchfield's 18th and 19th century residents? Study artifacts, handle reproductions, and try your hand at important skills from the past to discover what life was like at home in history.

Kate Zullo, Curator of Education, Litchfield Historical Society

Exploring Agriscience – A student led workshop that will explore the expansive world of agriculture and a high school Vo-AG program through fun activities that include a food sensory experiment, survival tips and a planting lab.

Mackenzie Joray & Rachelle Talbot, Vo-AG students at Wamogo High School

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Nat Worden, Band Member, Switch Factory

ADULT PROGRAM

ADULTS ARE INVITED TO ATTEND THE KEYNOTE AND ONE WORKSHOP
(Please make sure to register!)

KEYNOTE ADDRESS by Amanda Votto, PA, MBSR Instructor

Mindful Parenting: Building Connection and Compassion Through Present Moment Awareness

In this fast-paced, data-driven world, we often times can feel as if we are stretched to full capacity. This may leave us feeling overwhelmed and disconnected from ourselves and those we love the most. Mindfulness is an intentional training of our attention to be in the present moment where we can find freedom within our busy lives. It is this present moment awareness that builds self-connection and connection with others, especially our children. Through mindful practice, we learn how to create healthy boundaries with our children, respond instead of react and create the conditions for our children to thrive. It is by attuning to the deep needs of our children that we build a trusting relationship that empowers them to live a life that is full of compassion, purpose and authenticity.

Amanda Votto, PA-C, is a mindfulness teacher trained at the University of Massachusetts Medical Center for Mindfulness. She leads a weekly meditation group, teaches the 8-week Mindfulness-Based Stress Reduction (MBSR) series at Copper Beech Institute, instructs mindful parenting courses, and authors her own blog, www.divinewithin.me. Amanda's particular areas of interest include mindful parenting, education and mindfulness in the healthcare setting.

WORKSHOP #1 by Matthew Terzian, CFA, CFP

Investing and Building Wealth for Young Families

An open conversation focusing on simple strategies to meet your family's short term and long term financial goals. Topics will include saving and investing for college, as well as a successful retirement.

Matthew Terzian CFA, CFP, Vice President, Portfolio Manager, Resources Management Corp.

WORKSHOP #2 by Tricia Ericson, Registered Dietician

Controversies in Nutrition

Do you know what is in the food you feed your family? Many of our foods today contain GMOs (genetically modified organisms), pesticides, preservatives, artificial ingredients and petroleum-based food dyes. What are the long term effects of eating these foods? Come learn more about the controversies surrounding our food supply and discover how to create a grocery list including brain-boosting foods to keep everyone's "minds in motion".

Tricia Erickson, MS, RD

WORKSHOP #3 by Caroline Ugurlu, Ph.D.

Growing Up in a Consumer Culture:

Help Your Kids Navigate and Separate their Possessions from Their Identities

We live in the most consumer-orientated country in the world. Many companies that make, market and advertise products have targeted our children. This has many harmful effects. The majority of children in the United States believe that clothes and brands are essential for social status. Kids and marketers join forces to pressure caregivers to buy the "right" stuff. This results in anxiety for both the children and the caregivers. How can we deal with the pervasive messages in our consumer culture that tell us to buy more & more often? During this workshop, we will look at the facts, begin a discussion of the issues, and brainstorm ways to address the issues in our community.

Caroline Wilcox Ugurlu, P.h.D. is a scholar and a teacher. Her areas of interest include: marketing to children, the adolescent obesity epidemic, experience marketing in an on-line environment and social media's transformative effects on existence, identities and experience.

WORKSHOP #4 by Timothy Breslin, Ph.D.

Thinking Differently About What Kids Need to Grow, Learn, and Be Happy and Successful

This workshop will explore some approaches that parents and teachers should consider taking in order to increase the odds that children will grow, learn, and become reasonably successful, happy, and contributing human beings.

Timothy Breslin, P.h.D., has been principal of Newtown, Litchfield, and Farmington High Schools. He also worked for the Connecticut Association of Schools where he was an assistant executive director. Currently, he is a consultant with the Avon Public Schools and a writer for the Connecticut Association of Public School Superintendents.



REGISTRATION FORM

Please complete the ENTIRE Registration Form and mail to:
LEF, Minds in Motion, P.O. Box 874, Litchfield, CT 06759
Or you may register online at www.CTgifted.org

Every child will participate in 2 workshops.

Please list 4 choices for each child, in order of preference.

Classes will be assigned on a first-come, first-served basis.

Child #1 Name _____ **Grade** _____

Student Workshop Choices:

- 1) _____ 2) _____
- 3) _____ 4) _____

Sibling Name _____ **Grade** _____

Student Workshop Choices:

- 1) _____ 2) _____
- 3) _____ 4) _____

Sibling Name _____ **Grade** _____

Student Workshop Choices:

- 1) _____ 2) _____
- 3) _____ 4) _____

*Workshops may be photographed or video-recorded for MIM promotional materials and records (no names used).
If you do not want your child(ren) to be included, please initial here _____*

Adult Name _____ **Email:** _____

Address _____

City _____ **State** _____ **Zip Code** _____

Best Telephone Number _____

Emergency Contact _____ **Phone** _____

**Adults are invited to attend the keynote address and one workshop, free of charge.
Pre-registration is appreciated. Please circle what you will attend:**

Adult #1: Keynote / Workshop # 1 2 3 4 Adult #2: Keynote / Workshop # 1 2 3 4

Please check if you are willing to be an adult volunteer at the event _____ **Grade preference** _____

Volunteer Name: _____

Email (if different from above): _____

REGISTRATION FEES

CAG Member:

\$15.00 per child \$ _____

CAG Member rate may be used if already a CAG Member, or if new or renewed CAG membership is paid with registration.

CAG Annual Membership:

\$25.00 per family: \$ _____

Non-CAG Member:

\$25.00 per child
\$20.00 each sibling \$ _____

Extra Fee (Dissection / Joy of Song)
\$5 \$ _____

TOTAL FEE: \$ _____

Check payable to:

CT Association for the Gifted

All children are encouraged to attend!
Please e-mail LEF at
BOD@lefforstudents.org or call
Kathleen Reidy, (917)903-9031 for help
with financial aid or special needs.

**Registration Deadline:
Sunday, April 16th**