

NH OST Convention:

Inspire, Lead, Thrive!

Annual Celebration & Conference



Saturday, April 6, 2024

8:30am-3:15pm

Waterville Valley Resort

1 Ski Area Road, Waterville Valley, NH 03215

Keynote: "Inspire and Empower"
Presented by Shannon Desilets

Making a Difference in OST Awards, Recognition of Afterschool Credentials, Recognition of Granite Steps for Quality in OST, Awards for Champions of OST, Give Aways, Raffles, Trainings, and Vendors for OST

[Click Here to Register in Eventbrite by March 31st](#)



Registration is \$20:

Includes breakfast, lunch, professional development, materials, and more!

**ALL OST PROVIDERS
ARE INVITED!**

Check-In and Breakfast:
8:30-9:30am

Celebration of OST:
9:30-10:00am

Keynote:
10:00-11:00am

Morning Training:
11:00am-12:30pm

Lunch and Vendor Tables:
12:30-1:15pm

Afternoon Training:
1:15-3:15pm

Raffle Winners:
3:15pm

Professional Development
will be awarded in the
NH Connections Information
System (NHICIS)

This out of school time (OST) event is made possible through the collaboration of ACROSS NH, funded by the Bureau of Child Development and Head Start Collaboration, & the NH Afterschool Network, funded by the Charles Stuart Mott Foundation.

CELEBRATION OF OUT OF SCHOOL TIME PROFESSIONALS: 9:30am

Welcome!

Making a Difference in OST Awards, Recognition of Afterschool Credentials, Recognition of Granite Steps for Quality in OST, and Awards for Champions in OST.

KEYNOTE: 10:00am

Inspire and Empower: Building a Compassionate and Resilient Society

Shannon Desilets is excited to celebrate you all! This keynote will take us on a journey into the power of sharing our stories, and how Social Emotional Learning can be used to inspire and empower children, youth, and families to create a more compassionate and resilient society.



Shannon is the Governor-appointed Program Director of the Jesse Lewis Choose Love Movement for the State of NH. Her position is now within DHHS, Division for Behavioral Health, and involves outreach and presentations across the state, increasing awareness and integration of the Choose Love Movement to schools, communities, parents, police departments, EMS, universities, youth groups, pediatric offices, hospitals, DHHS/DCYF, Department of Safety, Department of Corrections, and various agencies and organizations across the state. The goal of her work is to improve the well-being and safety of NH's students, families, citizens, and communities, while uniting individuals and professions across the state. She is also an instructor integrating Choose Love into NH's Foster Parent Training, working with the Child Welfare Education Partnership within the University of New Hampshire.

Welcome to the Choose Love Movement:

<https://chooselovemovement.org/>

Learn more about the

Choose Love Movement Story:

<https://chooselovemovement.org/about/#story>

Learn about the

Choose Love Curriculum:

<https://chooselovemovement.org/education/#curriculum-overview>



MORNING TRAINING CHOICES: 11:00am - 12:30pm (1.5 hours)

Select one of the following trainings for 11:00am-12:30pm:

Mindful Me: A Mindfulness Curriculum for OST

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 and programs who have used this curriculum have noted increases in children identifying and expressing emotions, listening to others, focusing of attention, and building pro-social skills.

Trainer: Kendra Lewis, M.S., Ph.D.; State Specialist for Health & Wellbeing at UNH Extension, NH ASMP WT, F

Core Knowledge Area: Learning Environments and Curriculum

Gliders: Taking Your STEM Curriculum to New Heights

In this workshop, participants will learn how to guide students through a series of well-designed and easy to follow instructions to “discover” what characteristics are needed to construct an object that will glide through the air. This is a hands-on workshop, so come prepared to think like an engineer, build, test, and rebuild a variety of glider designs using common, easy to find, and cheap to purchase materials. Curriculum guides will be shared with all participants.

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

Core Knowledge Area: Interactions with Children and Youth

The Transformative Power of SEL

Join Shannon Desilets and delve into the transformative power of social emotional learning (SEL) and its impact on individuals and communities. She will share more about the Choose Love Movement, and how you can utilize the Choose Love formula to help bring lasting, positive impact to the children and youth that you serve. You will walk away with actionable steps you can bring back with you for immediate use.

Trainer: Shannon Desilets, Choose Love Movement, Community Wellness Administrator, NH Department of Health & Human Services

Core Knowledge Area: Interactions with Children and Youth

Ready, Set, Go (with STEM!)

Are you nervous about doing science activities? Do you feel pressure to have your activities include more STEM? Join this fun hands-on session to learn different strategies to help you facilitate activities with children and youth of all ages. You will be surprised at how comfortable STEM teaching can be when you look at activities through the lens of *Giving Youth More Voice and Choice* and when you *Ask Purposeful Questions*. This engaging session will give you a glimpse at the free resources available and provide you with plenty of opportunities to reflect on practice and connect with your colleagues. This training is designed to inspire you to lead amazing STEM lessons where you and the youth in your program can thrive and have FUN!

Trainer: Perrin Chick, STEM Education Specialist/ACRES (Afterschool Coaching for Reflective Educators in STEM) Project Lead

Core Knowledge Area: Learning Environments and Curriculum

Creating Equity and Inclusion in STEM

This session will guide OST program directors to consider and address equity in their science, technology, engineering, and mathematics (STEM) programs and activities. A representation in STEM in the U.S. will be presented and participants will engage in a discussion of opportunities for afterschool programs to encourage girls and other groups historically excluded in STEM. Participants will learn strategies for making afterschool STEM opportunities inclusive, accessible, and equitable, and grounded in research and practice. The session will introduce several activities that can be implemented with children and youth that focus on creating meaningful conversations about equity, STEM identity, and diverse representation. Participants will also have the opportunity to learn from one another's experiences and develop a short-term plan for their own practice.

Trainer: Kata Lucas and Amanda Sullivan, National Girls Collaborative Project (NGCP)

Core Knowledge Area: Learning Environments and Curriculum

LUNCH: 12:30- 1:15pm



AFTERNOON TRAINING CHOICES: 1:15- 3:15pm (2 hours)

Select one of the following trainings for 1:15-3:15pm:

SEML: Mindful Activities and Putting it Into Practice

This is the culminating session to the ACROSS NH Mindful March SEML training series, but all are welcome! Please join us to explore mindful activities to promote social and emotional learning in our OST programs. In this session, we focus on experiencing Social, Emotional, and Mindful Learning (SEML), including where to find activities and how to implement them into your program. Come prepared to relax and experience some SEML activities for children of all ages.

Trainers: Rick Alleva, Ed.D.; NH ASMP WT, F, AP & Abigail Blodgett Argentine, B.S.; NH ASMP PM, WT and ADS Level 6 and ASA Level 3

Core Knowledge Area: Interactions with Children and Youth

Plungers, Bumpers, and Traps! Designing a Pinball Game

Are you looking for a project for your students that combines high engagement, engineering, physics, math, collaboration, and fun? If you are, then this science, technology, engineering, and math (STEM) workshop is for you! Participants in this workshop will use supplies from their local hardware store to build simple pinball games complete with flippers and plungers, bumpers, and traps. Curriculum guides will be shared with all participants.

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

Core Knowledge Area: Learning Environments and Curriculum

Effective Staff Meetings: Getting The Most Out of Your Time and Theirs

Are you ready to be excited for your next staff meeting?! In this workshop we will explore strategies on leading effective and engaging staff meetings. Participants will discuss what facilitation methods do and don't work, and we will learn additional tips for keeping your staff engaged and interacting. We will discuss meeting frequency, creating and keeping to agendas, team building strategies, and when it's best to have one-on-one meetings versus staff meetings. Participants will leave with action ideas for planning and facilitation.

Trainer: Sondra Jones, B.A., B.S.; NH ASMP WT, NH ASA Level 2, NH ADS Level 6

Core Knowledge Area: Professional Development and Leadership

Building Blocks for Increasing Engineering Engagement

Join Click2Engineering to learn about free resources on the “10 Practices for Developing an Engineering Mindset” and increasing engineering engagement for all through development of staff’s engineering teaching practices. We will do an engineering activity together and then pick it apart to examine core engineering practices such as Exploring Materials, Envisioning Multiple Solutions, and Balancing Criteria & Constraints. Participants will leave this interactive hands-on session with a deeper personal understanding of how to take existing engineering activities and make them into great engineering experiences and activities for children.

Trainer: Rebecca Swanson, Ph.D.; Assistant Professor of STEM Engagement/4-H STEM Specialist

Core Knowledge Area: Learning Environments and Curriculum

Supporting Pathways for Children and Youth into STEM

Exploration of STEM (science, technology, engineering, and mathematics) careers and career pathways is a key strategy to encourage youth’s participation in STEM opportunities and identification with STEM, especially girls and other youth who have been historically excluded from STEM. This workshop will introduce strategies and resources for effectively integrating STEM career information into afterschool programming, including high-quality online resources that showcase diverse STEM professionals and STEM careers. Participants will engage in activities designed to help youth see a variety of interesting (and sometimes surprising) career paths STEM professionals have experienced. Local resources focused on engaging youth in STEM career exploration and guidance for connecting to STEM professionals locally will also be shared. **Bonus Interactive Session: Meet [Mizzen Education](#), a free platform for afterschool, summer learning, camp, and out-of-school-time spaces, designed to empower youth-serving professionals to create incredible learning experiences for children and youth. You will experience Mizzen hands-on and learn more about what Mizzen has to offer!*

Trainers: Kata Lucas and Amanda Sullivan

Core Knowledge Area: Learning Environments and Curriculum

RAFFLE WINNERS ANNOUNCED: 3:15pm



MEET OUR PRESENTERS

Rick Alleva

Rick is an ACROSS NH master trainer. He 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 has been 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. Credentials held: NH ASMP WT, F, AP

Abigail Blodgett Argentine

Abigail is the Social Emotional Learning (SEL) Coordinator for ACROSS NH. Abigail holds a bachelor's degree from Plymouth State University in Early Childhood Studies and is working toward earning a Master of Arts in Child Study and Human Development at Tufts University. Creating opportunities for youth development professionals to enhance their SEL practice in their programs is Abigail's favorite part of her work with ACROSS NH. In her 19 years of experience, she has worked with children from infants through age 12 in a variety of settings and has engaged adult learners in workshops and trainings on various topics. Engaging children and youth in art and music learning experiences has been one of her key passions in her work. Abigail believes deeply in advocating on behalf of children, youth, families, and the fields of early childhood education and out of school time. In her spare time, she enjoys making and listening to music, staying active, being outdoors, and being with her family, friends, and her beloved terrier mix, Jasper. Credentials held: NH ADS Level 6, NH ASA Level 3, NH ASMP WT PM, NH ECT Level 6, NH ECMT level 2, NH ECMP IM WT

Heidi Belle-Isle

Heidi is an ACROSS NH master trainer. She is a graduate of the University of Maine, and Antioch New England Graduate School. She has been teaching for 29 years and has classroom experience with children from preschool through high school. Currently Heidi is the library media specialist 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. Credentials held: NH ASMP WT, PM, ASA Level 4 and Leadership Endorsement Level 5

Perrin Chick

Perrin joined Maine Mathematics & Science Allegiance (MMSA) in 2016. She currently serves as the project lead on the ACRES (Afterschool Coaching for Reflective Educators in STEM) project, which is totally free for educators. Perrin works to connect out-of-school providers to STEM resources through in-person and virtual professional learning. Perrin began her career as a classroom teacher in Lawrence, Mass. She taught math and science. Perrin went on to work as the Education Director of Seacoast Science Center located within Odiorne State Park in Rye, NH. Perrin has an undergraduate degree in Environmental Conservation and a Master of Education degree both from UNH, where she focused her efforts on integrating technology into informal education.

Sondra Jones

Sondra is an ACROSS NH master trainer. She graduated from Keene State College with degrees in Elementary Education, Music, and Teaching Music to Young Children. She worked in early childhood education and preschool for 15 years before moving into recreation and youth programming for the Town of Waterville Valley Recreation Department. Sondra oversees out-of-school time programming year-round and manages the training and day-to-day

operations of staff directly involved in the planning and implementation of youth programs at WVRD. Sondra is a Safe Sitter certified instructor, teaching middle schoolers basic safety, first aid, and skills needed to start babysitting and staying home alone. In her time working with youth and managing staff Sondra has developed a calm, gentle approach to leadership and enjoys sprinkling a bit of humor into the classes that she teaches. Credentials held: NH ASMP WT, NH ASA Level 2, NH ADS Level 6

Kendra Lewis

Kendra is an ACROSS NH master trainer. She is a State Specialist for Health & Well-Being 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 and mental wellness. Kendra earned her PhD and MS from Oregon State University in Human Development and Family Studies, and BA from California State University, Chico in Child Development. 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). Credentials held: NH ASMP WT, F

Kata Lucas

Kata Lucas is a Senior Researcher with the [National Girls Collaborative Project \(NGCP\)](#), supporting efforts to communicate research-to-practice through professional development training, written products, and program design. She manages the program implementation for BRITE Girls Online STEM Practices: Building Relevance and Identity to Transform Experiences, an NSF AISL research-to-practice grant. She is interested in the impacts of role model engagement on girls' STEM identity development and is passionate about communicating and integrating intersectionality and feminist research into practice. Kata has a Master's in International Affairs from The New School.

Amanda Sullivan

Dr. Amanda Sullivan is a Senior Program Developer at the [National Girls Collaborative Project \(NGCP\)](#) where she works on a variety of projects that connect research to practice. Her work includes developing NGCP's national webinars, writing STEM curriculum, and developing research-based blog posts and educational resources. Amanda manages the curriculum development for BRITE Girls Online STEM Practices: Building Relevance and Identity to Transform Experiences, an NSF AISL research-to-practice grant. Amanda holds a Master's and Ph.D. in Child Development from Tufts University. Her research explores strategies for breaking gender stereotypes and engaging girls in STEM from an early age. She is the author of the book [Breaking the STEM Stereotype: Reaching Girls in Early Childhood](#).

Rebecca Swanson

Dr. Swanson is an Assistant Professor of STEM Engagement and [4-H STEM Specialist at University of Nebraska–Lincoln](#). She is a former children's science museum educator turned STEM Education Researcher, with over two decades of professional experience supporting K-12 and out-of-school time educators in developing fun, engaging, research-based STEM teaching practices. Dr. Swanson's expertise in engineering is based on the years she spent as a postdoctoral fellow with Tufts University's Center for Engineering Education and Outreach. She is also a credentialed K-12 science teacher (CA) and has taught every grade, pre-K through graduate students. Current major projects include Click2Engineering.org (free website offering virtual professional development resources for out-of-school time educators) and research on engineering educator talk moves.



VISIT OUR VENDORS (8:30 - 9:30am & 12:30 - 1:15pm)

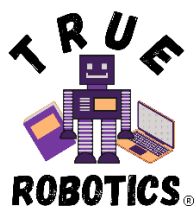
The New Hampshire Department of Education has partnered with [Discovery Education](#) to provide paid access to Experience (our main platform of supplemental multimodal resources for PreK-12 across the subject areas) to all NH schools through June 2025. Professional learning customized to meet your school's needs is included at no cost. How can we help you prepare learners for tomorrow? Our solution is simple—to serve as your daily learning platform. It's one secure place you can rely on for timely, relevant content + useful tools and resources to engage students, track progress, and gain professional inspiration every day.



[Click2Science, Click2ComputerScience, and Click2Engineering](#) is designed to address the need for affordable, high-quality STEM professional development for OST program professionals. High-quality, well-facilitated science, technology, engineering, and mathematics (STEM) activities encourage youth to be curious, ask questions, and make connections with

the world around them. These are essential skills for success in life and increasingly important in the global economy, and OST STEM programs can help ensure that young people have these skills.

[University of Nebraska–Lincoln 4-H Youth Development](#). In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. We are America's largest youth development organization—empowering nearly six million young people across the U.S. and 140,000 across Nebraska with the skills to lead for a lifetime. We do this through clubs, camps, school enrichment, afterschool, special interest, and clover kid programs.



[True Robotics, Inc.](#) was founded in August of 2021 to inspire and educate more students about Science, Technology, Engineering, and Math (STEM). Through our innovative robotics kits, curriculum, and professional development services, we aim to make STEM accessible, engaging, and hands-on for elementary and middle school students. We offer two distinct classroom packages for schools: Taking Off with Pilot for students in grades 4-5, and Introduction to Robotics for students in grades 6-8. These programs are highly adaptable, having been successfully implemented in a variety of settings including traditional, alternative, and sub-therapeutic classrooms, as well as after school programs and summer camps.

(Climate and Health Initiative for Caregivers and Kids) [CHICKs](#) is a grassroots, cross-sector, and community-integrated program under development to protect the emotional and physical health of young children in the face of a warming climate. Critical to the programming success of CHICKs is a coordinated and regional messaging campaign to close the awareness gap around the impact of climate change on the health of the developing child. This work begins by listening to and building relationships with children, family members, teachers, and those organizations that children interface with in their community. We hope to continue this important work through parent climate cafes, education, and advocacy.



Climate and Health Initiative
for Caregivers
and Kids