School-Age Care Professional Development

Fall 2025



All courses are available at no cost.

THE PENNSYLVANIA KEY

SAC Youth With Big Emotions

When youth have big emotions, they may display them through behaviors. This course will help providers identify big emotions with the youth and provide techniques to manage the big emotions. An overview of brain development including trauma will be reviewed as well as strategies to cope; including co-regulation. Through reflection and assessment activities, participants will apply knowledge learned during this course.

10.15.25, 10-11:30 AM
Register at
bit.ly/SACPD1015

OR

12.04.25, 11AM -12:30 PM
Register at
bit.ly/SACPD1204

All Courses are PQAS Credit

Introduction to Youth Behavior Reflection Support Tool (YBRST)

The Youth Behavior Reflection Support Tool (YBRST) was specifically developed for program teams to use when they are faced with challenging behaviors within their K-6 School-Age Child Care (SACC) program. The purpose of the tool is to help programs get started on looking at the behavior at hand, the youth's needs, their current practices, sorting through their feelings, their family connection, and begin adjusting the program to support SACC students. Through reflection and assessment activities, participants will apply knowledge learned during this course.

10.16.25, 12-1:30 PM
Register at
bit.ly/SACPD1016

OR

12.03.25, 6-7:30 PM
Register at
bit.ly/SACPD1203

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SAC Child Development

Explore what to expect at each stage of development from kindergarten through 6th grade. This session will focus on identifying developmentally appropriate milestones and how to design School-Age Care (SAC) programming that supports children's growth and needs at every stage.

12.01.25, 6-7 PM
Register at
bit.ly/SACPD1201

All Courses are PQAS Credit

School Age Care Spotlight on Social Emotional Standards

Talk of social-emotional learning is everywhere now, but what is it and how should out-of school time programs address it? This session will answer those questions, show participants how to incorporate social-emotional learning (SEL) into daily activities, and provide resources to support SEL with school-agers. This professional development event will meet twice, with a reflective homework assignment in between.

Part 1: 11.06.25, 6-8 PM
Part 2: 11.13.25, 6-7:30 PM
You must complete both sessions including a small homework assignment to get credit for the course.

Register at
bit.ly/SACPD1106

All Courses are PQAS Credit

What to do with Older SAC Kids

We will explore the developmental needs of 4-6th grade youth, their program needs and how to empower them to have a great afterschool experience.

11.24.25, 12:30-2:30 PM

Register at
bit.ly/SACPD1124

All courses are virtual.
Upon registration you will receive the Zoom Access Link.
All courses are available at no cost.

All sessions presented by Betsy O. Saatman, Pennsylvania Key SAC Specialist. Questions? Contact Betsy at betsaa@pakeys.org