



A Comprehensive Resource for Out-of-Schooltime Staff



BACK TO SCHOOL VIRTUAL SERIES FOR AFTERSCHOOL

AUGUST 17 – SEPTEMBER 4, 2020

PRESENTED BY ACROSS NH ON ZOOM

- Registration is FREE and you can choose your trainings in the [NH Professional Registry](#). Enroll for the morning, day, or evening session that works best for your schedule. All trainings are presented by ACROSS NH master trainers.
- Registration for all trainings will open on **July 21st** in the [NH Professional Registry](#). Registration for each training will close one day before the training is scheduled.

Training topics include preparing for reopening, social emotional learning, active games, STEM, transitions, inter-generational communication, intentional relationships, leadership, trauma-informed care, mindfulness, well-regulated and self-aware adults, developmental assets, child care licensing Q&A, leading in the new normal, and more!

ACROSS NH is a project of **SERESC** funded by the Bureau of Child Development and Head Start Collaboration. Our goal is to provide statewide technical assistance and professional development opportunities to after school providers to support their work in creating high-quality, innovative programs for school-aged children.

Susan Gimilaro, Project Director • Cathy Hazelton, Project Assistant

Registration for Trainings

- **When:** Registration opens in the [NH Professional Registry](#) on July 21st. Enrolled participants will receive an email invitation to join the training through Zoom the day before the training.
- **Cost:** Registration is free! All trainings will be in the [NH Professional Registry](#) and you may choose which trainings suit your needs and your times.
- **Intention:** Please select your trainings with intention. We ask that you please only register for the trainings that you **will be** attending. Space is limited and we wish to accommodate participants in their desired choices.
- **Withdrawing:** If you are enrolled in a training and you cannot attend, please withdraw from that training. This is a courtesy to the trainer, and to people who are on the waitlist.



Training Sessions

- Each ACROSS NH training in this series will be offered 2 different times between Monday August 17th and September 4th. Please understand that training dates and times may need to be canceled or rescheduled due to enrollment.
- Training sessions will be 1 ½ hours each, except for the Afterschool Basics Modules, which will be 2 hours each.
- All trainings will be presented using Zoom. Once you are enrolled in the [NH Professional Registry](#), a Zoom invitation email will go to the email address in your registry account on the day of the training.
- [Click here](https://support.zoom.us/hc/en-us) for support on how to join a Zoom meeting. For more support, go to <https://support.zoom.us/hc/en-us>.

NH Professional Registry

- You need to have an account in the [NH Professional Registry](#) to access all of the trainings in this series. Please be sure that your account email address, your employment information, and your general information is **up to date!**
- For more support and FAQs on using the NH Professional Registry, go to the [ACROSS NH Professional Registry](https://www.acrossnh.org/nh-professional-registry) support page at <https://www.acrossnh.org/nh-professional-registry>.
- If you need further assistance, please email cathy@seresc.net for support.

Professional Development

- You will receive your professional development hours for each training in your [NH Professional Registry](#) Training Transcript once you have completed the training **and** have completed the training evaluation on Survey Monkey.

Questions

- If you have questions about any training sessions, or registration for trainings, please contact cathy@seresc.net.



Free Gift

- Participants that complete six (6) or more trainings will receive a free “Zentangle Gift Bag” from ACROSS NH. Gifts will be sent to the mailing address in your [NH Professional Registry](#) account- please be sure your address and General Information are up to date!



Training Descriptions

The trainings in the Back to School Series are organized into the following headings: Social and Emotional Learning, Afterschool Basics, Leadership, Programming, and Curriculum. To learn more about our ACROSS NH master trainers, visit our [ACROSS NH Team](https://www.acrossnh.org/across-team) webpage or go to <https://www.acrossnh.org/across-team>.

Social and Emotional Learning

- **“Afterschool: Intentional Relationships: Anywhere Anytime”**

Any group of children you have will come from different backgrounds, socioeconomic statuses, abilities, and even daily temperaments. No matter the differences, all children want to feel connected with a sense of belonging. Building intentional and inclusive relationships with children is crucial for fostering every area of development. We will also explore ways to build relationships that aren't always face to face or in-person.

Presented by Kimberly O'Donnell, M.S.; NH ASMP WT, IM, PC

Dates Offered: August 19th and August 24th

- **“Being Mindful in Afterschool”**

This workshop will review the benefits of mindfulness for children as well as adults who support and care for them afterschool. An integrated approach that connects being mindful to social-emotional learning, including self-regulation, positive relationships, healthy decision making, and empathy will be presented. This session will blend some mindful practice with an exploration of strategies and resources (audio/video/apps) for use in our programs. Being mindful can go a long way towards being emotionally well, resilient, and helpful to others. Come away with plan to implement a mindful moment and mindful teaching with your children every day!

Presented by Rick Alleva, Ed.D.; NH ASMP WT, F, PC

Dates Offered: August 20th and September 3rd

- **“Building Social and Emotional Learning Using the SACERS-U”**

Social and emotional learning can be supported through daily routine and planned

interactions in your school age program. This training will define the main pillars of social emotional learning. Then participants will be familiarized the SACERS-U tool with a focus on the subscale of Interactions. We will explore how specific communication and supervision strategies and tools can be implemented into daily interactions to aid healthy social and emotional development in the children in your program.

Presented by Stephanie Sturgis, M.S.; NH ASMP WT and Cathy Hazelton, M.Ed.; NH ASMP WT, PC, IM and LE Level 2 and NH ADS 6

Dates Offered: August 25th and August 31st

- **“Supporting Healthy Developmental Relationships in Afterschool”**

Gain a better understanding of how you can work with children by understanding "Assets"- the supports and strengths that young people need to be successful in life. By understanding these assets, you will learn how to develop positive relationships with kids, create a program that supports asset building, and create an environment that encourages the skills and strengths that kids have.

Presented by Stephanie Sturgis, M.S.; NH ASMP WT

Dates Offered: August 26th and August 31st

- **“Afterschool: Well-Regulated and Self-Aware Adults”**

If we are able to 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, we are the models that children to 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!

Presented by Kimberly O'Donnell, M.S.; NH ASMP WT, IM, PC

Dates Offered: August 26th and September 3rd

- **“Trauma-Informed Care Afterschool”**

Growing numbers of young people encounter a variety of adverse childhood experiences (ACES), witnessing and experiencing traumatic events that impact their health and well-being. Our afterschool work needs to be trauma-informed if we are to be able to meet the needs of ‘all’ children in our programs. This workshop will overview the ACES research and trauma-informed and resiliency-building

practices. Developing a deeper understanding of the nature of trauma that children experience can help us to better engage, comfort and promote resiliency. We will explore trauma-informed strategies that can be implemented in afterschool settings to foster safety, trust, empathy, and supportive relationships.

Presented by Rick Alleva, Ed.D.; NH ASMP WT, F, PC

Dates Offered: August 17th and September 2nd

- **“Developmental Assets Interactive Workshop”**

The Search Institute identified 40 positive supports and strengths, known as Developmental Assets, that young people need to succeed. Half of the assets focus on the relationships and opportunities they need in their families, schools, and communities (external assets). The remaining assets focus on the social-emotional strengths, values, and commitments that are nurtured within young people (internal assets). Participants will apply their learning to relevant situations by collaborating in small group break out groups. Break out groups will then relate their findings with the larger group.

Presented by the Office of Social and Emotional Wellness at the Bureau of Student Wellness, NH Department of Education

One Date Only: August 20th

Afterschool Basics

- **“Afterschool Basics Module 1: Child & Youth Growth and Development”**

In this virtual interactive workshop, we will explore and discuss the typical benchmarks for child and youth growth and development. What happens when you have multiple children in your program of varying development needs? In this workshop we will learn strategies for meeting the needs of all children and youth in a mixed-age group.

Presented by Abigail Blodgett; NH ASMP PM, WT and ADS Level 6 and ASA Level 3

Dates Offered: August 17th and August 19th

- **“Afterschool Basics Module 2: Learning Environments and Curriculum”**

Environments and curriculum are the foundation of your afterschool program! In this virtual interactive workshop, you will learn how to create engaging environments and prepare curriculum that provide fun and enriching activities. The session will also explore how children and youth learn through activities and play. You will leave knowing how to design and implement learning opportunities that include goals and objectives.

*Presented by Abigail Blodgett; NH ASMP PM, WT and ADS Level 6 and ASA Level 3
Dates Offered: August 25th and August 27th*

- **“Afterschool Basics Module 3: Child & Youth Observation and Assessment”**

Effective out of school time programs depend upon the observation skills of the staff. We learn best about children when we have had the opportunity to observe them in their daily routines. But how do we observe children when our afterschool schedules are so busy? Join us in this engaging virtual workshop to learn more about observation and assessment in an afterschool program, and how it can enhance your program, ultimately benefiting the children.

*Presented by Abigail Blodgett; NH ASMP PM, WT and ADS Level 6 and ASA Level 3
Dates Offered: August 28th and September 1st*

- **“Afterschool Basics Module 4: Interactions with Children and Youth”**

The promotion of positive behavior is the foundation of a quality afterschool program. This virtual session will present the importance of establishing effective relationships and communication through developmentally appropriate guidance techniques, and strategies that positively support children and youth in their development. Participants will leave with a greater understanding of how to provide a supportive environment in which children and youth can learn and practice acceptable behaviors.

*Presented by Abigail Blodgett; NH ASMP PM, WT and ADS Level 6 and ASA Level 3
Dates Offered: September 3rd and 4th*

Leadership

- **“Afterschool Directors and Site Coordinators: Preparing Staff for Reopening”**

This training is for directors and site coordinators. This session will be a discussion with a focus on programs that have stayed open, have reopened, and are preparing to reopen. The focus will be on what has worked, what has not worked, and there will be guidance for programs that are yet to open. Federal and state guidelines continue to update and change. We will discuss the guidelines and various strategies to adhere to guidelines.

Presented by Amy Upton, M.S.; NH ASMP WT, F, IM, PC and LE Level 5, ASA Level 4

Dates Offered: August 18th and August 19th

- **“Afterschool: Communication Skills with Inter-generational Teams During the COVID-19 Pandemic”**

With multiple generations making up today's workforce, conflicts and hidden opportunities are bound to arise - especially as we try to find success through collaboration in these uncertain times. In this session, we will explore how to communicate with our colleagues in ways that benefit everyone; including the staff, children and families at our programs.

Presented by Kristin Pineo, M.Ed.; NH ASMP WT

Dates Offered: August 18th and August 25th

- **“Afterschool: Leading in the New Normal”**

What does it mean to lead when everything has changed? How can you be the most effective leader and guide your staff through new and different expectations?

Leaders are needed now more than ever. In this workshop we will discuss strategies you will employ to be a strong leader, build strong communication, and support the staff in your program.

Presented by Stephanie Sturgis, M.S.; NH ASMP WT

Dates Offered: August 19th and August 24th

- **“Stories of Our Time: Afterschool 2020”**

Our world has been turned upside down. How can there be ‘afterschool’ when there is no ‘school’? And yet, we persisted. We have a story to tell! Join me in this workshop as we explore the power of storytelling. We will discover that stories are

more than simply sharing facts and information. Storytelling is a powerful way to share experiences, emotions, disappointments, and hopes - and a means to advocate for ourselves and the youth we serve.

Presented by Susan Gimilaro, M.A.; NH ECMP & ASMP WT, F, IM, PC and LE Level 5

Dates Offered: August 17th and September 3rd

- **“Dual Capacity-Building Framework Interactive Workshop”**

Based on existing research and best practices, the Dual Capacity-Building Framework for Family-School Partnerships is designed to support the development of family engagement strategies, policies, and programs. The Framework should be seen as a compass, laying out the goals and conditions necessary to chart a path toward effective family engagements efforts that are linked to student achievement and school improvement. Participants will apply their learning to relevant situations by collaborating in small group break out groups. Break out groups will then relate their findings with the larger group.

Presented by the Office of Social and Emotional Wellness at the Bureau of Student Wellness, NH Department of Education

One Date Only: August 21st

Programming

- **“Afterschool Child Care Licensing Q&A”**

Come to this information session and meet with Child Care Licensing Supervisor, Terri Peck. This is the perfect opportunity to ask all those questions about the rules you always wanted answers to. Listen to how others successfully manage licensing requirements within their program. Leave with a confident and up to date understanding of licensing. Note: The Child Care Licensing Unit cannot abide or interpret the public health guidelines for COVID-19.

Presented by Theresa Peck, M.S.; NH ASMP F, LE Level 5

Dates Offered: August 18th and September 1st

- **“What Will My Afterschool Program Look Like on Day One?”**

This training is for direct service staff. Are you wondering what your program will be like in the new normal? This session will be a discussion with a focus on programs that have stayed open, have reopened, and are preparing to reopen. The focus will

be on what has worked, what has not worked, and there will be guidance for programs that are yet to open. Federal and state guidelines continue to update and change. We will discuss the guidelines and various strategies to adhere to guidelines.

*Presented by Amy Upton, M.S.; NH ASMP WT, F, PC, IM and LE Level 5, NH ASA Level 4
Dates Offered: August 20th and August 27th*

- **“Afterschool: Choose Your Own Weather”**

This training will help you find your freedom and power to choose your own weather in your daily life. You may ask yourself, what does that mean to choose your own weather? We all have the power within us to choose to be proactive or reactive. We will explore some activities to help us choose positive and proactive weather in our own lives. You will leave this virtual training with activities and ideas to use with your students to help them become more proactive in their lives.

*Presented by Jessica Ireland, B.A.; NH ASMP WT and LE Level 3, and NH ASDS Level 6
Dates Offered: August 27th and September 2nd*

Curriculum

- **“Dollar Store STEM for Afterschool”**

Do you feel that you do not have the budget or curriculum to include science, technology, engineering, and math activities for your program? STEM activities do not have to be expensive! In this virtual training, learn about the simple items you can buy at the dollar store that can be used to teach STEM. Do the projects with Jessica! Have these items ready to go: glow sticks, electric toothbrush, toothpicks, spoons, rubber bands, craft sticks, playing cards, straws, spaghetti pasta, masking tape, aluminum foil, and playdough. You will leave with several STEM activities that you can do with students K-5 (kindergarten through fifth grade).

*Presented by Jessica Ireland, B.A.; NH ASMP, WT and LE Level 3, NH ASDS Level 6
Dates Offered: August 18th and August 21st*

- **“Afterschool: What Do I Do with the Kids? A Decision Making Tool”**

When we are pressured with the everyday schedules of a program, we need to use

all the tools we can to make us better teachers, enrichment providers and program supervisors. Using the “Decision Making” process can help. This simple tool, along with goal setting and the management process can help you, no matter what role you have in an afterschool program, to better manage your time and energies as well as resources. Besides an introduction to the process, participants will practice it in small group breakouts and use program examples to combine the processes in their daily routine. Familiarize yourself with your program's mission statement prior to attending.

Presented by Kathleen Jablonski, M.Ed.; NH ASMP WT, IM, F, PC

Dates Offered: August 20th and August 27th

- **“Virtual Games to Promote Academic and SEL Skills”**

Whether students are learning in person or virtually, using games that promote academic and social emotional learning (SEL) skills is a sure-fire way to keep them engaged and entertained. Participants will not only get an overview of how to use a variety of online games but will also have a blast playing the games in the process! Get ready to learn new games and be prepared to play!

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

Dates Offered: August 24th and August 25th

- **“Keeping Kids Active: Physically Distanced Group Game Fun”**

Join us to virtually play small group and solo physical activity games that will encourage your kids to engage and have fun during these unique times. Keep kids moving so they can get their wiggles out while still respecting new guidelines for social distancing at school. Learn a sequence of games for K-5 learners, and brainstorm solutions to challenges at your program. We will be reviewing the free "Health at Home" resources newly developed by CATCH that include videos demonstrating games and resources to share with parents. We may not be running around a gym for this workshop, but we might still work up a sweat!

Presented by Laura Hesse Moran, B.S.; NH ASMP AP

Dates Offered: August 26th and August 31st

- **“Transitions and Games Staff Play in Afterschool”**

Looking for quick activities to fill 5, 10, or 15 min? Or something to do during transition times? This workshop is filled with ideas and activities to do when you

have limited or no place for extra materials but want to keep kids engaged and thinking during transition times. Participants will play games that keep kids using their brains in such a fun way they will not know they are still learning and develop tools to start using in program right away!

Presented by Melanie Smith, M.Ed.; NH ASMP PM, WT

Dates Offered: August 31st and September 2nd

- **“Every Monday Matters: Empower Students and Create Change”**

Do you think it is time for a change? Students have the power to change the future and educators play a key role in that change process. There are opportunities every day in our programs to empower our students and demonstrate to them that they matter- for themselves, for each other, and for the world. EMM has created curriculum that can be adapted by any program, in various time slots, using minimal materials, online or in person, and these lessons and activities are FREE! This session will present a brief overview of the EMM curriculum and its resources that you can use in your program.

Presented by Bobi White, M.Ed.; NH ASMP WT, PC, F and LE Level 5

Dates Offered: September 1st and September 2nd