

14th Annual

Umbrella

School Age Conference



Saturday, November 3, 2018
3176 St Clair Ave. East
Scarborough, ON

Sponsored by:



Umbrella Central Day Care Services

www.umbrelladaycare.com

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Phone: 416.689.9869 | Fax: 416.686.9870

WORKSHOP CHOICES

SESSION 1 9:00 - 11:00 a.m.

[1-A] COMPASSION FATIGUE - Tara Lew
Compassion Fatigue (CF) is known as the cost of caring. First diagnosed in the 1950's in the nursing profession, CF is experienced by people in various professions where the primary responsibilities are to care for and nurture others. While working in childcare is a very rewarding profession, it can also be stressful due to work environments and heavy workloads. As such, Supervisors and Early Childhood Educators are susceptible to CF. In this session participants will analyze triggers and symptoms associated with intense situations and focus on creating strategies to reduce the effects of CF and maintain a healthy work life balance.

[1-B] DIVERSITY, EQUITY AND INCLUSION FOR ALL! - Christina Cicchetti and Janarthany Thevakala
An interactive workshop that will challenge participants' way of thinking and doing as they explore practice strategies to respond to children's individual needs and make inclusion come to life in the classroom.

We will focus on the pivotal role of the Educator as the leader for planning and support for a child with identified needs. In addition, we will review helpful tools to plan for and support a child's transition into an early learning setting. At the end of this learning opportunity, participants will:

- understand the principles of inclusion, including benefits and barriers;
- rekindle their curiosity and gain new ways of looking at their classroom;
- develop new ways to enhance their role in planning and supporting children of all abilities;
- Recommit and reconnect to inclusion;
- identify new strategies to support their inclusive environment;
- feel empowered as a professional!

[1-C] INQUIRING MINDS WANT TO KNOW - Sally Kotsopoulos

Are you struggling to keep your school age children engaged in meaningful learning experiences throughout the year? Developing your understanding of inquiry-based play may be the key. This workshop will challenge you to explore inquiry and consider ways to offer it consistently in your program. Examples of inquiry and hands on experience will be key components of this workshop.

[1-D] TRIPLE R GAMES (RECYCLE, RENEW, REVIVE) - Jason Loiselle

This is an exciting, active, creative workshop intended to challenge how we think of traditional games. Triple R Games is all about adaption and motivation! It is designed to combat the ever increasing amount of time children are involved in sedentary activities. Participants will be actively involved in a variety of games that show you don't need a video screen or a lot of money to have a lot of fun. Participants will learn how to use RECYCLED or re-purposed items to RENEW interest and enthusiasm, and REVIVE play, creativity and innovation in their programs. *This workshop is also offered in Session 2. See workshop 2-W.*

[1-F] COMBINING STEM/STEAM WITH HOW DOES LEARNING HAPPEN? - Alan Thomson

This presentation will explore and give an overview of the STEM/STEAM movement that has been in the forefront of education for children of all ages in the United States for over two decades. Both STEM/STEAM and How Does Learning Happen? have a similar inquiry based approach, but there are also differences between the two approaches. Through hands-on activities and discussion we will examine how the principles of STEM/STEAM can be applied in several of the foundations and core principles of How Does Learning Happen? and the ELECT framework.

[1-G] MOVING AWAY FROM CUT-OUTS AND TEACHER-DIRECTED ART AND OTHER PRACTICES - Kathy Spinks

Children need ample time and open-ended materials to combine, transport and transform in order to express themselves as unique, competent and capable learners. Now that cut-out crafts, worksheets and planning curriculum around themes are practices of the past, what can educators do instead? This workshop is designed to assist educators in re-framing the way they look at art with children and will explore engagement and expression as it relates to fostering children's creative thinking, play, and creative art specifically.

More workshops next page

CONFERENCE LOCATION

See page 5

SESSION 1 WORKSHOPS (continued)

9:00 - 11:00 a.m.

[1-H] THE HATS WE WEAR - Andriana Mantas

Let's start with a short list: teacher hat, friend hat, nurses' hat, parent-helper hat, detective hat, fixer hat, and advisor to name a few. Wearing too many hats can lead to feeling overwhelmed and overworked, taking time away from your responsibilities. In this interactive workshop, we will discover the number of hats you wear, the purpose of the hats, switching hats and moving from one hat to another. The learning outcomes are as follows:

- Devise a plan to put some of the hats down
- Identify which hats belong to you
- Explore the options surrounding your hats

[1-J] HOW TO COPE WITH EXPLOSIVE BEHAVIOUR IN THE CLASSROOM - Amelia Bowler

Strategies that work for helping kids develop problem-solving, empathy and self-advocacy. Based on the work of Dr. Ross Green (author of the Explosive Child, Lost at School and Treating Explosive Kids: The Collaborative Problem-Solving Approach).

CONFERENCE SCHEDULE

8:00	Registration
8:45	Opening Remarks
9:00	Session 1 Workshops
11:00	Break
11:30	Session 2 Workshops

Door Prizes

Draws will be held between workshops for prizes generously donated by suppliers to the child care community.

See next page
for Session 2 workshops

[1-K] LEARN MATH...WITHOUT KNOWING IT - Cathy Crawford

This math workshop is a combination of "create & learn" tables and a PowerPoint presentation. The "create & learn" project will get things started and participants will be making four different "math projects" that can be used right away. Finished products will be on hand for examples along with a PowerPoint presentation viewing other math ideas. Throughout the workshop there will be an opportunity to share ideas and win prizes.

Roylco products will be used for this workshop, but alternative ideas for items that teachers/providers can use that are already on hand in classrooms or at home will also be shared. There will be a handout with step by step instructions and colour pictures will be provided to all participants. You will leave with 75 to 100 ideas for your classrooms! *This same workshop is also held in Session 2. See Workshop 2-P.*

[1-L] HOW TO DEAL WITH DIFFICULT PEOPLE - Merri Macartney

Many of us face dealing with difficult people in a multiple of circumstances, some personal, some professional. No matter which, it creates an unhealthy environment for us and potentially those who are likewise within our circle. This workshop will focus on the differing personality types and the strategies to help foster better relationships with each. Knowing how others react gives an advantage to engaging. Discover the key steps to understanding personalities and get equipped with the right tools.

[1-RP] REASONABLE RISK INCLUDES RISKY PLAY - Brianna Merith

Children thrive in programs where they can engage in vigorous physical play in any environment that encourages "reasonable" risk. Keeping in mind risk is not the same as hazard. How Does Learning Happen documents "While these environments need to be safe, it is also important for them to provide children with interesting opportunities for a reasonable degree of risk taking." (p. 29). This session will encourage deeper conversation on:

1. How can the indoor and outdoor environments be arranged to encourage children to engage in activities that involve an element of manageable risk (appropriate for children's varied capabilities and age group)?
2. How might you assess the benefits of risky play when considering experiences for children?
3. How might you empower children to consider their own safety and well-being in play?

This same workshop is also offered in Session 2. See workshop 2-RP.

SESSION 2 WORKSHOPS

11:30 a.m. - 1:30 p.m.

[2-M] 5 MORE MINUTES ARE UP! - Andriana Mantas

What to do next...when the child is not ready to move on! Transitions are a key component as to how children enter kindergarten, grade school, high school, and post secondary education. The link between transitions and flexibility enhances a child's development, social skills, and their ability to adapt. As part of this interactive workshop, the focus will be on the following outcomes

- Deepen your understanding around transitions
- Bringing in flexibility – explore options and provide choices
- Create a plan to address resistant situations

[2-P] LEARN MATH ...WITHOUT KNOWING IT - Cathy Crawford

This same workshop is also offered in Session 1. See workshop 1-K

[2-Q] KIDS HAVE STRESS TOO - Roberta Aquí

“School-aged children are often under more stress than we may think. All the different demands and expectations to achieve academically, socially and in extra-curricular activities can sometimes be overwhelming. Stress-related problems affect student's performance in school, and many stressors are related to the school environment.” (Psychologyfoundation.org)

Every day, ECE's and assistants are the first adults to come into contact with school age children before and after they negotiate the school environment.

The more we understand our own stress and how we react as well as the role that stress plays in the lives of young children, the more we can pass on important strategies that can help children learn to manage their stress with tools that can, and do, last a life time.

This workshop from the Psychology Foundation will help educators understand stress from the child's point of view and it will add resources to their 'tool box' of strategies. These ideas can be shared between co-workers or with families and teachers to help build a strong team to help children be the best that they can be.

[2-R] ARE YOU AS INCLUSIVE AS YOU THINK? - Sally Kotsopoulos

Before and after school programs face many challenges from physical environments, placement and acceptance in schools and interesting personalities in clientele. Being inclusive to all children and their families can prove to be a real challenge for many school age programs. Bussing challenges, being moved, small shared spaces make it difficult for school age educators to create programs where everyone is welcome, engaged and happy. This workshop will explore what it means to really be inclusive. It will ask participants to be candid about policies, set up, programming and the challenges they face. Participants will leave with tips, strategies, and ideas to reflect on and to have engaging conversations with their teaching teams and organizations.

[2-T] WOW AND BOOM! - Alan Thomson

These simple activities are sure to wow and amaze the children in your program – and even yourself! Easy to find household materials will be used in science activities that will bubble, fizz, pop, and maybe even BOOM! This will be a “funshop” with lots of hands-on involvement.

[2-V] HAVING DIFFICULT CONVERSATIONS - Tara Lew

Having Difficult Conversations is a necessary aspect of workplace development. Difficult conversations can strengthen relationships and assist in personal and professional growth. Using proactive strategies will turn a challenging situation into a positive outcome. In this session participants will learn how to recognize when a difficult conversation should take place and apply effective communication techniques to influence others

[2-W] TRIPLE R GAMES (RECYCLE, RENEW, REVIVE) - Jason Loiselle

This same workshop is also offered in Session 1. See workshop 1-D.

**DON'T BE
DISAPPOINTED!
REGISTER NOW!!!**

**More Session 2 workshops
next page**

**See you on
November 3rd**

SESSION 2 WORKSHOPS (continued)

11:30 a.m. - 1:30 p.m.

[2-X] WHAT TO DO WITH THE KIDS WHO LOVE TO SAY "NO" - Amelia Bowler

Reasons why children act in a defiant way and how to set them up for success. An introduction to functional assessment, functional communication training. Common classroom challenges for children (transitions, difficult academic tasks, attention-shifting), why children struggle, and strategies to help them cope.

Each participant will receive a personal Professional Development Certificate at the Conference. Please print your name clearly on your Registration Form so the name on your Certificate is correct.

CONFERENCE LOCATION

Our Lady of Fatima Catholic School
3176 St. Clair Avenue East
(Southeast Scarborough)



By TTC

70 O'Connor bus runs west from Warden Station on St. Clair to Coxwell station.

24 Victoria Park bus runs north from Victoria Park station to St. Clair Ave. Walk 200 meters east.

Parking - Parking is available in the school parking lot, or use side streets in the area.

[2-Y] CONFLICT RESOLUTIONS THAT WORK FOR ALL ! - Merri Macartney

Interpersonal conflicts are a fact of life and may arise in any situation be it professional or personal. The first step is to identify the root of the conflict and then to determine the best strategy to resolve it. This workshop will primarily deal with the three main types of conflict and consider best practices of five strategies to deal with them. Time is usually of the essence as delayed action tends to escalate the conflict in which case more than one strategy may be required. One key take-away for participants will be to identify early onset conflict. Another is to match strategies according to personality types.

[2-Z] SCHOOL-AGERS AND THEIR STRESSORS - FINDING BALANCE- Kathy Spinks

There are many hidden stressors that children and adults are faced with daily. Inspired by the work of Shanker, from the MEHRIT Centre in Toronto, this session will clarify the difference between misbehaviour and stress behaviour. Challenging behaviours can be difficult for everyone. Strategies for minimizing stress will be explored.

[2-RP] REASONABLE RISK INCLUDES RISKY PLAY - Brianna Merith

This same workshop is also offered in Session 1. See workshop 1-RP.



About Umbrella

Umbrella Central Day Care Services is a non-profit charitable corporation which provides support and resources to children and the child care community.

Great classrooms and programs begin with well-trained staff who are enthusiastic about implementing the curriculum effectively. To build a quality program and successfully implement curriculum, it is crucial to offer learning opportunities.

Umbrella has a history of providing innovative events and resources for our community. We strive to be leaders as we promote financially accessible quality child care.

Speaker Information

Roberta Aqui RECE

Roberta is passionate about sharing the Kids Have Stress Too program strategies with educators and parents in small group workshops whenever possible.

Amelia Bowler is a behaviour analyst with Positive Kids Inc. She helps parents and teachers look at challenging behaviour through a developmental and behavioural analytic lens.

Christina Cicchetti RECE is an Early Learning Inclusion Consultant with Resources for Exceptional Children and Youth – Durham Region. She has been working with families and children of all ages for over 10 years and supports the Early Learning and Child Care community through consultations and professional development opportunities to support inclusion.

Cathy Crawford, ECE has been a workshop leader for over 20 years. She has worked in various Early Years settings and has also taught visually and hearing impaired children.

Jason Loiselle has worked in the school age field for over eighteen years as a Supervisor, Program Coordinator and Consultant. He has presented workshops to hundreds of staff across southern Ontario and is based out of London. Jason is passionate about using the ability to “play” at work to motivate, coach and lead people to success. Be warned - his enthusiasm is contagious, come catch some!

Tara Lew designed and delivered first and second level courses in the Early Childhood Education Programs at Centennial, Sheridan and Humber College. Her extensive background in the ECE field enables her to share stories and provide relevant examples of her work with staff, families and young children. Tara’s experiences supporting families from diverse backgrounds allows her to maintain an open, flexible and thoughtful approach to teaching and learning.

Andriana Mantas is a registered psychotherapist working with individuals in the areas of anxiety, depression, grief and transitions. Her focus is to help individuals and their families address and manage their concerns, and to provide strategies to cope with challenges that arise.

Sally Kotsopoulos RECE, M.Ed. offers professional development on current topics in the ECE profession, specializing in behaviour, inclusion, Play, Inquiry and management and How Does Learning Happen and our current Ontario documents. She was manager of the Lab School at Ryerson University and Humber College as well as being coordinator and faculty in the ECE program at Humber College.

Merri Macartney provides communications-based workshops and motivational keynotes to numerous groups, associations and corporations. She is widely known for her infectious humour and dynamic delivery. As an author, she has published several books and wrote a “slice of life” column for Sun Media for four years.

Brianna Merith is currently the bilingual training coordinator for City of Toronto's children's services, quality and capacity building unit. She has been instrumental in supporting the French language sector in regards to professional learning and equity.

Kathy Spinks taught at Seneca College’s School of Early Childhood Education as well as supervised and coordinated field placements throughout York Region and Toronto. In her current role as an early learning consultant she continues to advocate for children and families.

Janarthany Thevakala RECE is an Early Learning Inclusion Consultant with Resources for Exceptional Children and Youth – Durham Region. She has worked in the field of supporting children and families for over 10 years and provides consultation services to the Early Learning and Child Care community to support inclusion.

Alan Thomson has worked in child care and before and after school age programs for 30 years, as both a front line staff and a supervisor. He believes simple programming is the cornerstone of a successful program.



**Please arrive
on time for
your
workshop.**

FEELING UNDER THE WEATHER?

If you have flu symptoms such as a fever, aches, tiredness and a cough, we ask that you do not attend the Umbrella conference to reduce the chance of infecting others.

If an individual cannot attend the conference (for whatever reason, illness or other), there are no refunds after October 26, 2018, but you can send a substitute in your place.

CONFERENCE GUIDELINES
PLEASE READ THE FOLLOWING INFORMATION
CAREFULLY BEFORE COMPLETING
YOUR REGISTRATION FORM

- Registrations are processed on a first-come, first-serve basis and will be placed according to availability at the time of registration.
- Everything possible will be done to honour your first choice workshop selection, but please provide second and third workshop choices in case your first choice workshop is filled.
- No more than 3 registrations from the same centre will be permitted in each workshop.
- Register early to get the workshops of your choice and avoid disappointment.
- Priority is given to fully-paid registrations.
- Attendance cannot be shared between two people.
- If a receipt is required, enclose a stamped, self-addressed envelope.
- Conference registrations ARE transferrable. If it becomes necessary to transfer your registration, please call and let us know.
- Take advantage of early bird pricing by registering before October 26, 2018 and save \$10. If you register after October 26 or at the door, the regular price applies.
- Payment of early bird registration must be postmarked no later than October 26, 2018.
- No confirmation of your registration will be sent, unless requested. (Request confirmation by e-mail, or supply a self-addressed stamped envelope.)
- When you arrive at the Conference, check in at the registration desk where you will receive your registration package.
- No refunds will be issued after October 26, 2018.
- Non-attendance does not constitute cancellation.
- Children are not permitted at the Conference.

PAYMENT METHOD

Please remit payment by cheque or money order *payable to Umbrella Central Day Care Services*. We **DO** accept VISA and Mastercard. Call the Umbrella Office at 416-686-9869.



THE UMBRELLA SCHOOL AGE CONFERENCE



SATURDAY, NOVEMBER 3, 2018

20 workshops for
**SCHOOL AGE
CHILD CARE PROVIDERS**

**Our Lady of Fatima Catholic School
3176 St. Clair Avenue East**

**WORKSHOPS FILL QUICKLY
REGISTER NOW TO
AVOID DISAPPOINTMENT!**



Hosted by:
Umbrella Central Day Care Services
1220 Kingston Road, Scarborough, Ontario M1N 1P3
Phone: 416-686-9869 FAX: 416-686-9870
www.umbrelladaycare.com



UMBRELLA

SCHOOL AGE CONFERENCE

Saturday, November 3, 2018



Registration Form

Should you make copies for your colleagues before filling this form out?

Name _____

I am a member of Umbrella I am not a member of Umbrella

Member Centre Name _____

Address _____

Address _____

Postal Code _____ Phone # _____

email _____

Become a member of Umbrella

Yes!
I would like to join Umbrella, and receive a rebate on my conference fee. (Please enclose a full non-member conference registration fee. You will be credited against your Umbrella membership fees, pending)

Save \$10.00 by registering early!
 Early registration saves you money.
If you register at the door, pay \$10.00 extra.
Register by Friday, October 26, 2018 and save \$10.



Conference Fee Schedule (Pre-registration prices)

Yes! I want to attend:

	Earlybird Price (postmarked by Oct. 26)	Regular Price (after Oct. 26)
<input type="checkbox"/> Member	\$95.00	\$105.00
<input type="checkbox"/> Non-Member	\$105.00	\$115.00

Make cheques payable to:
 Umbrella Central Day Care Services **Total Enclosed \$**

Only registrations with full payment are valid. If you register after October 26 or at the door, the earlybird discount is not available. Regular price is required.

Attendance cannot be shared between two people.

CHILDREN ARE NOT PERMITTED AT THE CONFERENCE.

Workshop Selection

Please enter the workshop you want to attend by number, along with your second and third choice, should the workshop be filled. Workshop preferences cannot be guaranteed, but everything possible will be done to honour your choices. Workshops are filled on a first-come, first-serve basis.

Session 1 (9:00 - 11:00) 1st _____ 2nd _____ 3rd _____

Session 2 (11:30 - 1:30) 1st _____ 2nd _____ 3rd _____

Please make a note of this information for your own records.

Registration Information

Registrations are processed on a first-come, first-serve basis. Register early to get the workshops of your choice and avoid disappointment.

Priority is given to fully-paid registrations. If a receipt is required, enclose a stamped, self-addressed envelope.

Please use one form for each person.

Conference registrations **ARE** transferable. If it becomes necessary to cancel your registration, please call and let us know.

For Office Use Only

Date in _____ Fee _____ Init. _____

Mail your Registration Form today!

Please make cheques payable to **Umbrella Central Day Care Services.**

Mail this registration form with your fees to:

Umbrella Central Day Care Services
 1220 Kingston Road

Scarborough, Ontario M1N 1P3

For information e-mail director@umbrelladaycare.com or call 416-686-9869

Thank you for your registration!

Mark your calendar for November 3, 2018. We look forward to seeing you at the Umbrella School Age Conference!

Please Note: No confirmation of your registration will be sent, unless requested. (Request confirmation by e-mail, or supply a self-addressed stamped envelope.) When you arrive at the Conference, check in at the registration desk where you will receive your registration package.