

# ANNUAL BACK TO SCHOOL CONFERENCE

**Saturday, October 14<sup>th</sup>**

**8:00am to 3:45pm**

NH Technical Institute, Grappone Hall

31 College Drive, Concord, NH 03301

Join us for a day of training specifically designed for out of school time directors, site directors, and staff. Earn 6.75 hours of professional development in NHCIS. Choose your trainings! There will be a raffle for OST prizes. Lunch is included. All participants will take home a gift for their program!

**The Last Day to Register in Eventbrite is October 6<sup>th</sup>**



Training sessions with the “Purple Finch and Treasure Chest” icon will include a **Materials Kit** for your OST site!



**Registration  
is \$30**

Check In  
8:00-8:30am

Keynote:  
8:30-9:15am

Morning  
Session:  
9:30-11:30am

Lunch:  
11:30am-  
12:30pm

Afternoon  
Session A:  
12:30-  
2:00pm

Afternoon  
Session B:  
2:15-  
3:45pm

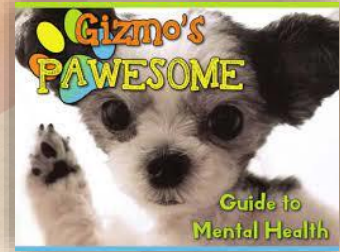
Raffle Prizes:  
3:45pm

All professional development hours will be awarded in your NH Connections Information Systems training transcript within 3-5 business days after the conference.

Keynote Address:

## Gizmo's Pawesome Guide to Mental Health

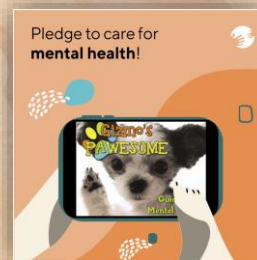
Presented by Shamera Simpson, Executive Director  
American Foundation for Suicide Prevention [afsp.org](http://afsp.org)  
Maine and New Hampshire Chapters



Gizmo's Pawesome Guide to Mental Health is an engaging book and guide to help children understand their emotions. Gizmo is a therapy dog. He has been comforting people when they are feeling sad, mad, or worried. Through his *Pawesome Guide*, he provides school age children with the tools they need to manage their mental health. Gizmo's *Pawesome Guide* takes an upstream approach to support the mental health and wellness of youth. It is data-driven and evidence-informed. This free program can be used with children virtually or in person.

Mental health issues have been increasing in recent years. The guide seeks to introduce mental health and wellness, and how to care for one's mental health in a nonthreatening way that encourages the self-identification of warning signs and when to apply the use of internal and external healthy coping strategies to help reduce risk. It introduces the characteristics of trusted adults, who may be one, how to practice talking with a trusted adult, and promotes proactive communication.

Our keynote presenter is Shamera Simpson, of the American Foundation for Suicide Prevention. Join us in welcoming Shamera and learn more about using this program and its free resources to engage children and promote emotional wellness in out of school time programs.



Scan here to request  
your Gizmo resources!

## MORNING SESSION: 9:30 - 11:30am (Choose one)

### Balls and Tracks: Engaging Engineering for OST (with Materials Kit)



Interested in using the designs of ski jumps and roller coasters with children? Learn how to use basic development of engineering principles (such as trouble shooting and optimization), exemplify the design process, and promote problem solving and creativity with balls and tracks projects. Come away inspired to implement plans and directions for projects that will motivate and excite the children in your program to engineer and have some fun! **Presenter:** Heidi Belle-Isle, M.Ed.; NH ASMP WT, PC, IM, NH ASA Level 5 and Leadership Endorsement Level 5 **Core Knowledge Area:** Learning Environments and Curriculum

### ART Matters! (with Materials Kit)



Art can encourage all areas of development and any one can do art activities if they are willing, especially if it is hands-on and imaginative. This session will explore new ideas on how to integrate art through a hands-on approach. We will discover and try some activities that provide an opportunity for any artist to connect to. Come experience some new ideas to bring back to your out of school time program- because art matters!

**Presenter:** Abigail Blodgett, B.S.; NH ASMP PM, WT and ADS Level 6 and ASA Level 3 **Core Knowledge Area:** Learning Environments and Curriculum

### Mindfulness Education in Out of School Time (with Materials Kit)



This workshop will provide an overview of Mindfulness Education (aka 'learning from the inside out') including recent research and strategies for out-of-school time programs for children of all ages 'and' those who care them. An integrated perspective that connects mindfulness education to social-emotional learning, including self-regulation, attention, healthy choices, empathy and compassion will be discussed. Participants will experience a few mindfulness activities and make-and-take a mind/calm jar that you can use and create/share with your children as well. Come away with a plan for a mindful moment and mindful teaching in your program every day! **Presenter:** Rick Alleva, Ed.D.; NH ASMP WT, F, AP **Core Knowledge Area:** Interactions with Children and Youth

### Cultivating a Positive Environment Through Your Leadership (with Materials Kit)



In this interactive workshop session, participants of all leadership levels will analyze where they are on their leadership journey and develop concrete steps for grow. By focusing on the concept of cultivating a positive work culture, participants will gain valuable insights and practical strategies for fostering a workplace that promotes collaboration, growth, and well-being. The goal of this workshop is for participants to leave with actionable strategies that can be readily applied to out of school time programs. **Presenter:** Laura Hesse Moran, M.S.; NH ASMP AP and Leadership Endorsement Level 3 **Core Knowledge Area:** Professional Development and Leadership

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## AFTERNOON SESSION A: 12:30 - 2:00pm (Choose one)

### Who's in Your Boat?

From navigating the waters of leadership to sharing best practices, insights, and tools around building and sustaining a great team, this training has it all. We will explore the root causes of burnout and how to both heal from and prevent burnout for ourselves and our teams. We will experiment with boundary setting to sustainably

and compassionately support those we lead and serve. Attendees will access free resources such as a well-being measurement tool and activities to continue the practices that benefit both themselves and their staff.

**Presenter:** Amy Upton, M.S.; NH ASMP WT, IM, PC, F, and Leadership Endorsement Level 5, and ASA Level 4 **Core Knowledge Area:** Professional Development and Leadership

### Trauma Informed De-Escalation for School Age Children

Children continue to develop their cognitive and social emotional skills, including self-regulation, throughout their elementary years. How can we help when a child is in distress? In this session we will learn about the child brain development and what happens when they “flip their lid.” You will walk away with ready to use strategies to help a child in distress and develop their skills for self-regulation. Most importantly, you will develop your knowledge and understanding of the complexities of children’s behavior. **Presenter:** Kimberly O’Donnell, M.S.; NH ASMP WT, IM, PC **Core Knowledge Area:** Interactions with Children and Youth

### Engineering Mindset 101

To create a generation of innovative problem solvers that will shape their world we need to engage youth in engineering activities. Engineering education promotes development of an engineering mindset—the values, attitudes, and thinking skills associated with engineering. This hands-on session introduces engineering mindset, how youth can start to think like engineers, and why it is beneficial to develop an engineering mindset in youth. Participants will engage in an engineering activity and consider how they can incorporate learning experiences that foster an engineering mindset. This training is provided by the STEM Next Million Girls Moonshot. **Presenter:** Shannon McManus, M.S.; Museum of Science, Director of Professional Learning **Core Knowledge Area:** Learning Environments and Curriculum

### Balloon Powered Cars: FUN-damental Engineering for Everyone (with Materials Kit)



Toy cars are appealing for children and adults, too! In this session you will explore a sequence of projects that can be used with children to acquire the skills of design, trouble shooting, and propulsion to create moving cars. Step by step directions, materials, and helpful management tips are included in this session. Come away with plans and directions to implement balloon powered car projects that will motivate and excite the children in your program to explore engineering- and have some fun! **Presenter:** Heidi Belle-Isle, M.Ed.; NH ASMP WT, PC, IM, NH ASA Level 5, and Leadership Endorsement Level 5 **Core Knowledge Area:** Learning Environments and Curriculum

### Out of School Time (OST) Orientation 3 hours (with Materials Kit)



This training is for Afternoon Sessions A&B: 12:30-3:30. Looking for an opportunity to refocus your out of school time program lens? Or are you new to the field of afterschool? This training is for those who work in out of school time programs. This interactive session offers an overview of the after-school field and supportive resources for OST professionals. We will review the key elements of a successful school age program, and what you need to know to be a key player in supporting positive development of children and youth. **Presenters:** Kathy Jablonski, M.Ed.; NH ASMP WT, F, IM, PC and Leadership Endorsement Level 5 & Rick Alleva, Ed.D.; NH ASMP WT, F, AP **Core Knowledge Area:** Child & Youth Growth and Development

## AFTERNOON SESSION B: 2:15 - 3:45pm (Choose one)

### Creating a Comfortable and Sensory Wise Environment for School Age Kids (with Materials Kit)

This workshop is designed to explore the awareness and implementation of utilizing sensory strategies and tools within your afterschool environment. Afterschool environments can be very overwhelming for some children with loud voices, numerous bodies moving around, and open or crowded spaces. Learn and explore how to create a comfortable and sensory wise environment for all children with practical strategies to start using right away.

**Presenter:** Kimberly O'Donnell, M.S.; NH ASMP WT, IM, PC

**Core Knowledge Area:** Interactions with Children and Youth

### Igniting Your Spark (with Materials Kit)

Sparks give people joy, energy, and direction! Sparks have the power to change a young person's life from "surviving" to "thriving." In this session we will explore the connection between thriving and sparks. Participants will identify sparks and the categories of sparks for themselves and the children and youth they support. You will leave energized and empowered to discover the sparks of the children and youth you work with!

**Presenter:** Amy Upton, M.S.; NH ASMP WT, IM, PC, F, and Leadership Level 5, and ASA Level 4

**Core Knowledge Area:** Professional Development and Leadership

### Supervisor School: What to Know to be an Effective Leader (with Materials Kit)

Back to school and you are taking on a new supervisory role! You're here because someone saw something in you that they believed would make you a great leader. You are excited to take on this new role but might be wondering - what exactly does a supervisor do? We will discuss everything from upholding policies and managing the responsibility of keeping everyone safe to how to effectively lead a group of your peers. This workshop is appropriate for people who are new to supervisory roles and for those looking to build skills and grow their leadership toolbox. **Presenter:** Sondra Jones, B.S & B.A.; NH ASMP WT, ADS Level 6, ASA Level 2 **Core Knowledge Area:** Professional Development and Leadership

### Equity in Afterschool STEM: Strategies and Resources

Many of our youth struggle to identify with and feel they belong in STEM, but afterschool programs have a unique opportunity to present STEM in new and exciting ways that counter persistent stereotypes about STEM and who is capable in STEM. This session will help out of school time educators provide relevant and engaging STEM opportunities to girls and youth who have been historically excluded from STEM due to gender, race, ethnicity, socioeconomic status, or other lived experiences. Participants will learn strategies for making afterschool STEM opportunities accessible, equitable, and fun, grounded in research and practice, and be introduced to free, high-quality resources to integrate into programming, including STEM-focused picture books. This training is provided by the National Girls Collaborative Project. **Presenter:** Nancy Scales-Coddington, Director of Strategic Partnerships, National Girls Collaborative Project **Core Knowledge Area:** Equity and Inclusion

Professional Development will be awarded in participants  
[New Hampshire Connections Information System \(NHCCIS\)](#)  
training transcripts within 3-5 business days after the event.



ACROSS NH is funded by the Bureau of Child Development and Head Start Collaboration.  
Our goal is to provide technical assistance and professional development opportunities to  
out of school time providers to support their work in creating high-quality, innovative  
programs for school age youth. Learn more at <https://www.acrossnh.org/>.

NHAN's mission is to actively support the development, sustainability,  
and accessibility of high-quality afterschool experiences for New Hampshire youth.  
Learn more at <https://www.nhafterschool.org/>.



ACROSS NH and NHAN would like to thank  
Aladdin Campus Dining for providing our lunch for our event!



The National Girls Collaborative Project (NGCP) brings together organizations committed to informing  
and encouraging girls to pursue careers in science, technology, engineering, and mathematics  
(STEM). NGCP connects, creates, and collaborates with advocates for transformative change to  
advance the agenda in gender equity and expand girls' participation in STEM. For 20 years, we have  
been transforming STEM. Learn more at <https://ngcproject.org/>.

Launched in 2020, the Million Girls Moonshot is a national initiative to develop an engineering mindset in one million more  
girls through afterschool and summer learning by 2025. Million Girls Moonshot leverages the 50 State Afterschool  
Network to effectively and efficiently reach more girls. It also shines a national spotlight on girls in STEM, changing  
narratives about who can be an engineer, a builder, an inventor, or a leader. Women remain significantly  
underrepresented in high-quality, highly paid STEM positions. They make up half the U.S. college-educated workforce, but  
only 29% of the science and engineering workforce. And of women STEM professionals, only 15% are in engineering – even  
less for women of color, with only 2% Latinx and 3% African American. STEM activities in after school and summer  
programs help kids build identity as an engineer and help them stay engaged in further STEM learning.

Learn more at <https://www.milliongirlsmoonshot.org/>.



## Meet Our Presenters:

### **Rick Alleva**

Rick 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 is 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.

### **Heidi Belle-Isle**

Heidi is a graduate of the University of Maine, and Antioch New England Graduate School. She has been teaching for 30 years and has classroom experience with children from preschool through high school. Currently Heidi is the elementary Library Media Specialist at 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.

### **Abigail Blodgett**

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.

### **Kathleen Jablonski**

Kathy is retired from a career of working with youth in New York, Maine, and New Hampshire. As a teacher of preschoolers to adults, she has been involved with teaching life skills, working on alternate education and dropout prevention. As a school administrator, she championed afterschool programs in the districts as well as writing grants. As Educator Emeritus of UNH Cooperative Extension, her job responsibilities included recruiting, screening, orienting, training, and supporting volunteers who conduct the 4-H Club and other 4-H delivery methods. Kathy's expertise has provided training in a wide range of curricula and positive youth development to a variety of youth serving organizations and after school providers, specializing in life sciences. Her volunteering background includes: 4-H leader, Girl Scout and Boy Scout leader, women's service club and Rotary International. Kathy earned a master's degree in Adult Education from University of Maine, Orono.

### **Sondra Jones**

Sondra 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.

#### **Laura Hesse Moran**

Laura has a master's degree in organizational leadership and a bachelor's degree in community health education. She is a trained facilitator of the CATCH Kids Club physical activity curriculum that brings fun and easy-to-play games to the OST setting, helping kids develop a lifelong love of healthy eating and active living. You might see her driving around with hula hoops and frisbees in the back of her car, always ready to play! She also works with OST professionals to develop leadership skills through the Birkman assessment and various leadership tools designed to help understand, empower, and motivate teams. Whether teaching physical activity or leadership development, her workshops are interactive and action-oriented, always leaving participants with immediate skills to apply.

#### **Shannon McManus**

Shannon McManus is an educator who strives to provide accessible and meaningful learning experiences for children and adults. She taught high school physics and integrated science for eight years and has designed and facilitated STEM professional development opportunities for youth workers and teachers serving students K-12 for over 15 years. She currently serves as the director of professional learning at the Museum of Science, Boston's Engineering is Elementary curriculum.

#### **Kimberly O'Donnell**

Kimberly is a pediatric occupational therapist with a background in early childhood and family studies. She has experience working in child care centers, after school programs, early intervention, and pediatric outpatient clinics. Kimberly earned her Master of Science in Occupational Therapy from UNH. In 2019, Kimberly developed her own pediatric occupational therapy clinic on 11 acres with a nature based approach. Special interests include nature based play, trauma informed practices, and sensory integration.

#### **Nancy Scales-Coddington**

Nancy Scales-Coddington, the Director of Strategic Partnerships with the National Girls Collaborative Project, is a passionate advocate for girls and women in STEM. With a strong focus on creating partnerships and engagement opportunities, Nancy works to bring awareness to STEM projects that aim to broaden the participation of traditionally marginalized audiences. For over twenty-three years, she has dedicated her career to serving as a STEM advocate in museums, classrooms, and public media. Nancy's expertise extends to being an award-winning producer, science communicator, and practitioner, with a global reach through her teaching and lecturing at universities and organizations. Recognized as an engaging public speaker, Nancy has captivated audiences at STEM conferences across the country, championing the importance of inclusion and diversity in the STEM community.

#### **Amy Upton**

Amy holds a Master of Science in Child and Family Studies and is credentialed as an Afterschool and Early Childhood Master Professional, Faculty, Program Consultant and Workshop Trainer. Amy has been in the field of afterschool for over thirty years. She is the founder and director of the East Side Learning Center in Concord, New Hampshire. Amy just recently retired after serving as an adjunct faculty member at New Hampshire Technical Institute. She is a trainer and consultant for ACROSS NH and is passionate about supporting quality programming and care for the children, staff, and families in NH.