Connect with other After School Professionals to enhance your skills and programming.

**NEW LOCATION!**
Ayer-Shirley Regional Middle School
1 Hospital Road, Shirley, MA 01464

**$50 TO REGISTER**
scan QR code or click the link
https://forms.gle/XMHUKt5zNaalVpLS7

**SATURDAY 14 OCTOBER**

**Conference Schedule**
8:00 AM  Registration
8:15 AM  Breakfast & Socializing
8:45 AM  Welcome & Announcements
9:00 AM  Keynote: Holly Elissa Bruno
9:45 AM  break
10:00 AM Workshop Session I
11:15 AM break
11:30 AM Workshop Session II
12:45 PM Evaluations
Water off a Duck’s Back:
The Art & Science of not getting hooked by narcissists
Adults who manipulate via gossip, shining, gaslighting can deflate even the most buoyant of us. Keep your sense of playful joy intact: do not get hooked by narcissistic zingers.
Holly Elissa Bruno

After School: The Learning Place for Social Skills
Most of us of a certain age may remember coming home from school and being sent out to play until dinner time. With large shifts in our culture, including safety concerns, homework loads, structured activities and families with two working parents, most kids are no longer afforded this neighborhood, in the trenches social learning experience. Social learning is now happening during recess periods and in after school programs. This workshop focuses on providing after school program personnel Donna’s in-the-moment social coaching challenges to help children find social success and to navigate social challenges that occur for all kids. The workshop will introduce key phrases for social coaching children in-the-moment and provide actionable strategies to help children initiate, maintain and sustain positive peer interactions. Topics will include problem-solving, sharing, frustration management, sportsmanship, tattling, managing mean behaviors and more.
Donna Shea
The Peter Pan Center

Teaching Self-Regulation
Self-regulation is a complex set of skills that exert influence over internal sensations and states. These skills are necessary for consistent performance, behavior and school readiness. Without them, a child may experience a life of chaos characterized by explosiveness, violence, anxiety, substance abuse, impulsivity, hyperactivity, distractibility or mood disorders. This skill development begins at the point of conception and continues into the late twenties. This session examines self-regulatory functions through a developmental lens and offers proven strategies to develop and strengthen them.
Jeanine Fitzgerald

The Teachable Moment
Can girls marry each other? Why don’t the people in Javi’s family match? My child told me there is a girl using the boy’s bathroom at school. Welcoming schools know how challenging it can be to effectively respond to questions and comments from students and families. As such, we have developed and will share resources with participants that offer examples of age-appropriate responses to common questions about LBGTQ+, gender and family topics. We will work together in this session to review and practice responses so that you will feel prepared to address teachable moments throughout the school year.
Danielle Murray
from the Human Rights Campaign Foundation

Service Learning Awareness
This workshop is designed to help educators develop a basic understanding of the KIDS Consortium’s award winning service-learning model. Through interactive games and visuals, particants will learn the difference between community based learning, community service, and service-learning, and why service-learning is an effective teaching strategy. Participants will leave with enthusiasm to begin a KIDS service-learning project in their school and/or community.
Tracey Harkins
from The Harkins Consulting Group
Building Connections through Conversation: Get Youth talking using an SEL approach

Building social and emotional competencies is an evidence-based approach that has been found to be successful in decreasing problem behaviors and increasing achievement. After school programs can foster the development of SEL skills through simple conversations that develop self-awareness, social awareness, and relational skills. This workshop provides after school educators and leaders practical approaches to building conversations between youth. These strategies sprinkle SEL skills in your program to build connections through natural interactions. Participants will learn from an experienced facilitator as well as sharing and learning from others. Resources will be provided so participants can build and SEL toolkit packed with ideas and activities that can be implemented in their programs.

Lisa Demoulis from MAPP

Supporting Children’s Play

Through understanding the function of play, adults can define their role in children’s most natural learning style. By asking ourselves difficult questions, we can start to comprehend how our involvement helps or hinders children’s discovery of their world. During close, informed, and continuing observations of spontaneous play, adults can learn each child’s personality, learning style, and preferred mode of learning. This is the groundwork for developing powerful curriculum. Grasping the importance of play sets the wheels in motion for adults who become planners, assessors, communicators, scribes, players, mediators, and stage managers. Filled with stories, this workshop helps all adults understand the significance of their role while children are engaged in the multi-faceted exercise we call “play”.

Scott Noyes

Positive Education for Mental Health & Well-being

Positive Education focuses on specific skills that assist students to strengthen their relationships, build positive emotions, enhance personal resilience, promote mindfulness, and encourage a healthy lifestyle. Now more than ever schools acknowledge their roles span beyond delivering academic programs. Equipping staff with research based approaches for supporting mental health and well-being is becoming essential. Luckily, there is over 30 years of research on human flourishing and resilience that can be easily applied in the classroom. In this workshop, participants gain an overview of the comprehensive science of Positive Education. Participants will understand how to help students, staff, and themselves toward greater well-being through an array of simple, effective, and hands-on classroom activities.

Patricia Ehret from Minding Your Mind
Play’s the thing:  
Using humor and fun to uplift your workplace
Have you convinced wary parents that their children’s play is the pathway to intelligence? If that can be daunting, imagine convincing grown-ups that adults’ playing is as essential as adults’ breathing! Join us for fun, laughter, creativity and brain science behind flipping the assumption that adults have outgrown their playful selves.

Holly Elissa Bruno

Emotionally Challenging Children:  
What to look for and How to help
This is a workshop focused on potential challenges that a child has that may be contributing to disruptive behavior in the classroom, the program, or at home. These are the A+ kids. Awesome with a little extra “plus”. We will explore possible signs of Anxiety, Attention challenges, Anger and mood, Autism spectrum and more.

Donna Shea

When Kids Don’t Play Nice
Dozens of parents and professionals have expressed concern with the social difficulties children experience. The social isolation, rejection and humiliation children experience every day is heart-wrenching. Playing nice requires the personal intelligences and this session covers field-tested ways to develop these skills.

Jeanine Fitzgerald

Intentional Programming, Intentional Teaching
What is a program? Is it a collection of projects, activities, Legos and snacks? Or is it a place where all kids are able and encouraged to learn and grow? Intentional programming can take you from the first to the second. What are you accomplishing each day? Do you feel like you are exhausting yourself trying to instill order on chaos when you want to facilitate students gaining the skills to be successful in life? Intentional teaching will give you the tools to do that. Intentionality is your superpower. Come explore some tips and tricks to be more intentional and successful with group management and facilitation of skill building activities.

Carol White

Communication Professional Development
In this training, participants will engage in role playing, improvisational activities and games designed to encourage conversation about, and new ways of looking at, how we contribute with each other, customers, students, etc. This is a fun and friendly way, so that a deeper discussion can develop among colleagues. Participants will also explore team building techniques that are silly and fun, but promote collaboration.

Meredith Charles

Play-Based Approaches to SEL for After School Programs
This workshop is designed to support staff who work directly with kids grades K-6 in after school settings. Play can be a powerful tool to explore and practice vital social and emotional skills with youth. We build stronger connections with others through the joy and laughter promoted through play. During the session, participants will participate in playing 2-3 activities that they can implement at their own organizations to promote connection and problem-solving within their youth populations. Participants will be introduced to strategies that support students as they explore how to play with others.

Ashley Lynch

Supporting Children’s Play
continuation of topic from session I

Scott Noyes

Service Learning Awareness

REPEAT OF SESSION I
Tracey Harkins
The Harkins Consulting Group

Project Adventure

Intentional programming, Intentional Teaching