



Potomac Association of Cooperative Teachers

www.PACTeachers.org

Fall 2015 Newsletter

Letter from the Co-Presidents

Happy Fall 2015, PACT members!

We are excited for another wondrous year working with children! In our tradition of bringing you inspiring workshops to refresh and renew your practice, we are pleased to offer a plethora of informative and intellectually invigorating workshops, thanks to the hard work of our Vice President of Programming Christine Waltz. Whether you are looking to delve into the world of three year olds, explore nature with children, bring mindfulness into your daily work, freshen up your Conscious Discipline tools, learn how to help children with anxiety, discover the power in play, bring puppets into your work with children, learn how to navigate complex topics in your parent/teacher conferences, hop on the *Energy Bus* or find ways to reuse and recycle in your studio, PACT's Fall Professional Development Day has something for you!

Looking forward to Spring, we are beside ourselves thrilled to have Bev Bos and Michael Leeman joining us for our Spring 2016 event. Bev Bos has authored books such as *Don't Move the Muffin Tins*, *Tumbling Over the Edge: A Rant for Play*, *Together We're Better*, *Before the Basics*, and together with Michael Leeman and Tom Hunter recorded the soundtrack for many of our classrooms. Their work at Roseville Community Preschool inspires and rouses us to provide learning environments that feed all of children's senses and nourish their souls.

Peering far into the future, we have Ann Lewin-Benham slated for Spring 2017. Her work at the Model Early Learning Center in DC informed her first two books, *Possible Schools* and *Powerful Children*, and later books, *Infants and Toddlers at Work* and *Eight Essential Techniques for Teaching with Intention: What Makes Reggio and Other Inspired Approaches Effective* leave us hungry for the knowledge and experience she'll share with us.

Please join us this year on October 21, 2015 and April 7, 2016. Register early as workshops fill quickly!

Warmly,

Nancy Renner and Jennifer DeBernardis, Co-Presidents

+++++

Workshop Content Description and Core of Knowledge Areas

1. Mrs. Brown You've Got a Lovely Daughter: Preparing for and navigating complex parent teacher conferences. This workshop will prepare participants for anticipating, participating in and recovering from challenging parent meetings. Participants will: receive a literature review of parent teacher conferences and learn five steps to follow in preparing for effective parent conferences. Practice 5 tools in leading and engaging in parent conferences including responding to unexpected parent/teacher conflict during the meeting. Describe the importance of and apply learned strategies for follow up and recovery from complex parent teacher meetings.

Sally Neuberger, LCSW-C

Professionalism .75 hour and Special Needs .75 hour (total 1.5 hours)

2. Play is power: The Importance of Play-based Preschools in a Time of Educational Reform.

Community Play School is a child-led, play-based preschool located in Northeast Baltimore. Our curriculum emerges from the play of the children in our care, the relationship between children and teachers, and our school environment. "Play is a child's work" is a familiar idea among educators of young children. Participants will investigate the meaning of the word "play" and take away specific ideas related to this concept connected to their own experience and applicable to their own work with children. The competent and capable child is an image of childhood valued by schools of Reggio Emilia. Participants will investigate the question, "Capable of what?" and will take away a sense of what Reggio inspired can mean for schools in DC, MD and VA. Participants will discuss the notion that knowledge is best constructed "from the inside out", rather than memorized "from the outside in", and take away questions and ideas relevant to their own experience as teachers and/or learners.

Courtney Gardner, Ben Dalbey

Curriculum .75 hour and Community .75 hour (total 1.5 hours)

3. Discovering Nature with Young Children Step into the shoes of young children and learn how to help them explore the natural world. We'll view slides of children at work, participate

in stations for hands on exploration and discuss how to implement the activities in your program. Help children become stewards of the natural world by first becoming comfortable in it. Extend their exploration with strategies to teach science concepts and appreciate the aesthetics of nature. Participants will experience five activities for discovering nature, learn techniques for helping children feel comfortable and be safe in nature, learn how exposure to natural settings develops stewardship of nature.

Peggy Ashbrook

Curriculum 1.5 hours

4. I don't Want To and You Can't Make Me! In this Conscious Discipline presentation, participants will learn how to help children shift from defiance to compliance. Learn how to build connections that will foster willingness and cooperation in children. Practice the Skill of Composure so that you can download calm to an upset child rather than being drawn into a power struggle. Understand how to A.C.T.-Acknowledge feelings, Communicate assertively and Teach pro-social behaviors.

Mandy Lloyd, National Conscious Discipline Certified Instructor

Child Development 1.5 hours

5. Mindfulness in Schools Participants will be given an introduction to mindfulness, learn about neuroplasticity and mindfulness, and take away techniques for using mindfulness in the classroom.

Gina Rollo White, Mindfulness Trainer

Health, Safety and Nutrition .75 hour and Curriculum .75 hour (total 1.5 hours)

6. How We Can Stay Positive and Encourage Positivity in Children—Using the Energy Bus This workshop will focus on ways we can set up a positive climate in our program, our classrooms, and build skills in children that build community. Come share with others and gain experiences for you and your children. Using the book *The Energy Bus: 10 Rules to Fuel Your Life, Work and Team with Positive Energy* by Jon Gordon as the base, participants will consider what it means to be a "positive passenger" that affects the energy in a classroom and/or program. Participants will understand the "10 Rules for the Ride of Your Life" that can be used to set up a positive, caring environment for teachers, children, and families. Participants will look at specific ideas that can be used to create an environment that is positive and creates community.

Jacky Howell, MA, Early Childhood Education Consultant and Author

Curriculum .75 hour and Community .75 hour (total 1.5 hours)

7. Anxiety in Young Children: What It Looks Like and How to Help

Participants will learn to recognize the signs of different types of anxiety in young children, understand the role of avoidance in maintaining anxiety and will take away at least three ways to help young children when they are feeling anxious.

Dr. Kelly O'Brien, Alvord, Baker Associates

Special Needs 1.5 hours

8. Three Year Olds: Active, Inquisitive, Impulsive, Reactive, Emotional and In the Moment:

How wonderful and complex three year olds are! In this workshop, we will talk about the variety of behaviors that a class full of three year olds can bring, and how to respond to their needs. Social and emotional skills are the most important at this age and we will look at how to support and guide them. We will share engaging activities and games that will meet their energetic and inquisitive selves. We will review classroom spaces, routines and transitions that will help your day go a little smoother. We will talk about how to get the most out of your coop parents!

Janise Allyn-Smith, Director/Teacher Silver Spring Nursery School, Consultant, Guiding Parents/Guiding Children

Child Development .75 hour and Curriculum .75 hour (total 1.5 hours)

9. A Show of Hands: Using Puppets with Young Children The purpose of this workshop is threefold: to give teachers new ideas for using puppets to support curriculum, to help develop teachers' confidence in using puppets and to offer management techniques so puppets don't become weapons. Designed especially for teachers of young children, this step by step demonstration on how to animate puppets includes creative dummy jiggling, the *Anything* puppet and more. Teachers learn how to transform items from the dollar store and other accessible materials into puppets that are easy to manipulate and fun to watch. Fundamental puppeteering techniques of eye focus, lip sync, funny voices, and Ingrid's *school of laughter* will help the teachers to use this powerful and motivating teaching tool-The Puppet!

Ingrid Crepeau, Artist, Educator, Puppeteer, Author

Curriculum 1.5 hours

10. Building Up: Reuse Materials as a Resource for Creating in the Preschool Setting

Exploring and creating with reclaimed reuse materials provides children with unique, yet

inexpensive resources for creative self-expression. We look at reuse materials not for their original use or purpose, instead we consider their properties and potential for creating. Children deepen their understanding by having multiple experiences with materials that are facilitated by teachers who help them make connections from one experience to another. Further, when children have the time and occasion to explore reuse materials, the materials become a part of their world. Practical ideas for the exploration and integration of reuse materials in the preschool environment will be shared. Hands on experiences include clay and building up with an assortment of reclaimed materials.

Susan Miranda and Kelly Organek, Co-Founders Upcycle, Creative Reuse Center
Curriculum 1.5 hours



Presenter Biographies

Janise Allyn-Smith has been a teacher/director at Silver Spring Nursery school for 23 years. Janise’s talent for instilling social and emotional skills in 3 year olds evolved into her classroom Share and Care meeting. Janise works with families and children through her consulting business, Guiding Parents/Guiding Children, and is a sought after parent education speaker at area cooperative schools.

Peggy Ashbrook is an early childhood science teacher and writer—the National Science Teachers Association’s Early Years column in *Science & Children* and companion blog (www.nsta.org/earlyyears), and author of *Science Is Simple* (2003, Gryphon House). She began teaching science to young children in her home as a day care provider in 1988. Peggy is active in professional associations—National Science Teachers Association (NSTA), National Association for the Education of Young Children (NAEYC), and NoVA Outside Early Childhood Committee, presenting at local, area, and national conferences. She is a co-facilitator for the NAEYC Early Childhood Science Interest Forum (ECSIF). Currently, Peggy teaches children and mentors teachers in schools, and provides professional development on early childhood science inquiry. Her favorite place is where the worlds of early childhood and science learning overlap.

Ingrid Crepeau has been designing and constructing puppets of all kinds for over 30 years. In 1971 she joined The Allen Stevens Puppet Company at the Smithsonian Institution where she designed, constructed, costumed and performed in productions for 2 years. A co-founder of Patchwork Puppet Productions, Ingrid is the winner of two regional Emmy Awards and one of her creations is in the historical collection at the Smithsonian. In October of 1984 she built and played five life size dinosaurs at the Smithsonian Discovery Theatre which evolved into Dinorock Productions and their first fossil fantasy Dinosaur Rock, the company she co-owns with Michele Valeri and Michael Stein. Dinorock’s musical CD Dreamosaurus was nominated

for a Grammy in 2000. When she is not touring with Dinorock, Ingrid is a master artist with The Wolf Trap Institute for Early Learning and does teacher training workshops and classroom work all over the country, including workshops for national conferences such as the NAEYC. In October of 2003 Ingrid and her friend Ann Richards became published authors when *A Show of Hands: Puppetry in the Early Childhood Classroom* came out on Redleaf Press.

Courtney Gardner has been working and playing with young children and their families for over 20 years. She has taught in public, private and non-profit schools in Baltimore, Maryland for most of her career. She is the founder/director of Community Play School, a play-based, child-led preschool in Baltimore City.. She recently contributed to the book, *Landscapes for Young Children: Connecting Children, Community, and Culture by Sandra Duncan.*

Ben Dalbey lives in Baltimore, Maryland, and is a parent of two children attending Baltimore City Public Schools. This is his fifth year working with young children at Community Play School, a play-based, child-led, private preschool. Outside of the classroom, Ben is active in the movement against high-stakes standardized testing and is an advocate for public schools.

Jacky Howell, MA has worked in the field of early childhood education for over 40 years. She has been a teacher and director, and is currently an author, training and technical specialist, coach/mentor, as well as a workshop and keynote presenter locally, nationally, and internationally. She has worked extensively with teachers and families of young children. Jacky and her co-author have just published a book *Rituals and Traditions: Fostering Community in Preschool*. Her presentations are based on knowing and understanding how wonderful and unique young children and those who work with them can be. Her sessions are informative and inspiring.

Mandy Lloyd has been a Conscious Discipline Certified Instructor since 2007. She was first introduced to Conscious Discipline in August of 2003, when she was the Lead Teacher of the 4 year old classroom at Little Beginnings Child Development Center in Arlington, VA. She soon discovered that Conscious Discipline is a program that works! In both her roles as the Assistant Director and Director of Little Beginnings, Mandy helped to implement the Conscious Discipline program in all of the classrooms with children ages 3mo to 5 years. In July 2013, Mandy resigned from her full time job at Little Beginnings in order to provide a better work-life balance for her family, which includes her husband and two children. She enjoys staying connected in the field of early childhood education by volunteering at her daughter's elementary school, participating in her son's cooperative preschool program, as well as providing training to teachers and parents in Northern Virginia. Mandy's workshops have been described as "fun and interactive". Participants are encouraged to connect with each other through music and movement and small group discussions. Teachers and parents appreciate and relate to the real life examples Mandy shares from her home and time in classrooms. Mandy has a passion to share the CD program with teachers and parents so that they, too, can experience more loving, connected interactions with the children in their lives and know the peace that comes from self-control.

Susan Miranda: UpCycle Co-Founder and Artistic Director: For as long as Susan can remember, art has been a part of her life. Susan considers herself a “dabbler” as she loves to try all sorts of art making. She cannot pick just one medium for creating. She feels great satisfaction from the process of creating. Susan began her teaching career teaching art in the Fairfax County Public Schools. Susan then shared her enthusiasm for creating with children ages 2.5-5 years old as the Studio Teacher at Beverley Hills Church Preschool in Alexandria, Virginia from 2007-2013. At UpCycle, Susan infuses her knowledge of materials and resourceful ways to use them into UpCycle’s programs and Workshops.

Kelly Organek: UpCycle Co-Founder and Administrative Director: Kelley is a Reggio-inspired educator with a background in preschool and elementary education. After spending 11 years teaching and working as an administrator in the Alexandria City Public Schools, she was the Director of Beverley Hills Preschool in Alexandria, Virginia from 2008-2012. At UpCycle, Kelley is committed to providing a space for people of all ages to be creative, innovative and resourceful.

Sally Neuberger is a licensed clinical social worker with extensive experience working with children and families within typical and special needs school and community settings. She provides school consultations, teacher/staff training and individual counseling to worried and anxious children and families in the metro DC area. Sally is also a professional potty coach and is nationally known for helping parents navigate all things potty.

Kelly O’Brien, Ph.D. is a licensed psychologist. Dr. O’Brien provides evidence-informed, cognitive-behavioral and family based approaches to assessment and treatment of child and adolescent anxiety, depression, ADHD and behavior problems. Dr. O’Brien has expertise in Parent Child Interactive Theory, an empirically supported treatment for young children with attention and behavior problems. In addition to her work with Alvord, Baker and Associates, she is also a research consultant.

Gina White is an experienced Mindfulness practitioner and instructor. Gina has completed the UC Berkeley Mindfulness Training program, is trained to teach mindfulness through various Mindful Schools programs, and is currently working on her contemplative master’s degree in Mindfulness at Lesley University. This pioneering graduate program offers the nation’s only masters level degree in contemplative science. Gina believes that for optimum health it is important to train not only your body, but also your mind. She currently teaches mindfulness practices across a diverse set of people and environments including; youth, adolescents, adult one-on-one, classrooms, organizations, and retreats.

Professional Day Information

Venue: [First Christian Church of Falls Church](#), 6165 Leesburg Pike, Falls Church, VA 22044

Schedule:

9:00 - 9:30 Registration, refreshments, displays and exhibits

9:30 - 9:45 Business Meeting

9:45 - 11:15 First workshop session

11:15 - 11:45 Break - light lunch is served

11:45 - 1:15 Second workshop session

Further details: www.PACTeachers.org

PICK YOUR WORKSHOPS AND SIGN UP BELOW

Please mail the completed form to Annette Fitzpatrick, 7203 46th St., Chevy Chase, MD 20815. If you have any questions, e-mail Annette at Annette.fitzp@gmail.com or call 301-986-5161.

The registration form and \$40.00 membership fee (payable to PACT) must be received by Friday, October 9, 2015.

PLEASE PRINT

Name _____ Phone Number (home) _____

Home Address _____ Zip _____

E-mail address (will be used only for communication concerning PACT) _____

School name _____ Director's name _____ School Phone _____

How many years have you been involved with Early Childhood Education?

____ Rookie (0-3 yrs) ____ Veteran (4-10 yrs) ____ Seasoned Veteran (10+ yrs)

Are you interested in serving on the PACT Board? Yes ____ Maybe, need more info! ____ No ____

Workshop Choices: Indicate the NUMBER of the workshop below*:

1st session # _____ 2nd session # _____ Alternates # _____

*Each workshop will be capped at 35 people. Alternate choices will be assigned after a workshop is full.

Members may register via e-mail (include name, phone #, e-mail address, school, workshop choices) or attach a scanned registration form, however priority in workshop choices will be given to members whose fees have been received. Sign up early to ensure you can attend your first choice!
