

WELCOME TO NEW JERSEY'S
ANNUAL CONFERENCE ON AFTERSCHOOL
FRI NOV 21 – SAT NOV 22 2014

FINDING THE BALANCE





Welcome	3
Important Conference Information	4
NJ Quality Standards for Afterschool	5-6
Partnerships	7-8
Special Events	9
Workshops	
Friday Session 1	10-11
Friday Session 2	11-12
Friday Session 3	12-13
Saturday Session 1	14
Saturday Session 2	15-16
Saturday Session 3	16-17
Workshops At A Glance	18
Fees/Directions	19



The mission of the New Jersey School-Age Care Coalition (NJSACC) is to promote and support the development, continuity and expansion of quality programs for children and youth during out-of-school time.



THE STATEWIDE NETWORK FOR
NEW JERSEY'S
AFTERSCHOOL COMMUNITIES

Dear Colleagues:

It is my pleasure to invite you to attend the 2014 NJSACC Annual Afterschool Conference entitled Finding the Balance.

Finding the Balance for a fulfilling afterschool program takes time and effort. We need for our youth and ourselves to be healthy: emotionally, mentally and physically. We want our programs to be well balanced so that we can meet the needs of those we serve to the best of our abilities.

This year we welcome our national partner, Alliance For a Healthier Generation. They, along with numerous afterschool professionals from New Jersey and around the country, will provide this year's workshops that will help you achieve personal and programmatic success. And like last year, the workshops have been categorized using the NJ Quality Standards for Afterschool.

Afterschool settings can play a key role in developing a child's healthy eating habits. Access to nutritious foods in out-of-school time settings can help to shape a young person's diet. Providing opportunities for physical activity help children to move throughout the day which can turn into a lifetime commitment to an active lifestyle.

I look forward to seeing you; learning with you and helping you develop more and better opportunities for New Jersey's children. Enjoy the Conference!

Diane M. Genco

Diane M. Genco
Executive Director

Conference at a Glance	
Friday, November 21, 2014	
8:00 am - 9:00 am	Registration Begins & Continental Breakfast
9:00 am - 9:25 am	Opening Session
9:30 am - 11:00 am	Session 1
11:15 am - 1:00 pm	Showcase Alley and Lunch
1:15 pm - 2:45 pm	Session 2
3:00 pm - 4:30 pm	Session 3
Saturday, November 22, 2014	
8:00 am - 9:00 am	Registration Begins & Continental Breakfast
8:45 am - 9:30 am	Opening Session -- Gizmo Guys
9:45 am - 11:45 am	Session 1
12:00 pm - 1:00 pm	Lunch
1:15 pm - 2:45 pm	Session 2
3:00 pm - 4:30 pm	Session 3



Welcome



Important Information to Make the Most of Your Conference Experience

BEFORE CONFERENCE

- ✧ Registration is on a first-come, first-served basis. Workshops fill up quickly so register early! Last day to register is November 7, 2014.
- ✧ Invoices, receipts for payment and confirmations of registration will be available online only. If you need assistance in registering, contact Jessica Heiberg @ 908-789-0259.
- ✧ Group registrations may also be done online. The individual registering the group will be responsible for payment and communication to the group members.
- ✧ Registration fee includes continental breakfast, continuous break stations and a buffet lunch daily. Vegetarian options are always available.
- ✧ No registration refunds will be given after November 7, 2014. However, substitutions may be made at any time. Sorry, no exceptions will be made, regardless of whether or not you attend.
- ✧ If not paying online with a credit card, please mail check or PO with printout of online registration confirmation. Payment by mail MUST be received by November 7, 2014. Send to NJSACC, 231 North Avenue West #363, Westfield, NJ 07090.
- ✧ All conference participants will receive documentation of completed professional development hours.
- ✧ The cut-off date to reserve a hotel room is Friday, November 7, 2014. See Accommodations on page 19.
- ✧ Conference Questions? Please call NJSACC at 908-789-0259.
- ✧ When you complete your registration you will receive a confirmation via email. If no confirmation is received, the registration is incomplete, please call the NJSACC Office at 908-789-0259.

AT THE CONFERENCE

- ✧ Please dress in layers as room temperatures can fluctuate.
- ✧ Please be courteous to your presenters and fellow attendees as elevated noise levels can be disruptive during workshop sessions.
- ✧ Please put cell phones on silent or vibrate setting.
- ✧ Workshops are selected when you register online. You must attend the workshops that are listed on your nametag or you will be asked to leave the session.
- ✧ Please be patient with hotel staff, NJSACC staff and volunteers. We will do our best to help you should you need assistance.

While we at NJSACC love children and they are a driving force behind the work we do, children may not attend the conference. The conference is a professional development opportunity for adults, and as such, we respectfully request that you take this time to focus on you. If you do bring children, we must insist that you make other arrangements during conference hours. Children will not be permitted in the lunch area or in the workshops.





Finding the balance to a quality afterschool program is an ongoing process. NJSACC: The Statewide Network for NJ's Afterschool Communities - with support from the C. S. Mott Foundation and the NJ Department of Education - convened a group of afterschool leaders to answer the question, "What does quality look like in an afterschool program?"

The NJ Quality Standards for Afterschool are organized into seven categories

- Administration
- Human Relationships
- Safety and Environmental Health
- Indoor and Outdoor Environment
- Programming and Activities
- Special Needs and The Whole Child
- Health Behavior: Nutrition and Physical Activity.

The Standards for each category are numbered and in bold. The Standard Elements are listed under the bold heading with letters (a, b, c, etc.). The standard elements will help you understand how to interpret the standard and what the important things to look for are. On the following page you will see each category along with the icon that represents it. Below each Standard you will see the workshops listed by number that fall under that category. Some workshops fall into more than one category and may be listed under multiple standards.

For more information on the **NJ Quality Standards for Afterschool** please visit our website at www.njsacc.org.

Below you will find a listing of the workshops by number according to what categories they fall under in the NJ Quality Standards for Afterschool. Some workshops may be listed more than once if they fall into multiple categories.



Administration

Friday: 2, 3, 4, 9, 13, 18, 22, 25

Saturday: 29, 34, 35, 37, 43, 46, 51



Human Relationships

Friday: 4, 5, 6, 7, 12, 13, 17, 22, 23

Saturday: 8, 32, 34, 42, 43, 47, 54



Safety and Environmental Health

Friday: 2, 14, 21

Saturday: 44



Indoor/Outdoor Environment

Friday: 11, 15, 23

Saturday: 40



Programming and Activities

Friday: 5, 6, 7, 8, 9, 17, 24, 26, 27

Saturday: 30, 31, 32, 36, 38, 39, 41, 45, 48, 50, 52, 53



Special Needs and The Whole Child

Friday: 6, 15

Saturday: 33



Health Behavior

Friday: 1, 10, 11, 16, 19, 20

Saturday: 31, 38, 40, 46, 49





The Healthy Out-of-School Time (HOST) Website: Getting Started

Out-of-school time providers (afterschool programs, community centers, faith-based organizations, summer camps, parks & recreation facilities, etc.) play an essential role in creating environments for young people where healthy eating and physical activity options are accessible and encouraged.

[The Alliance's HOST Framework](#) helps out-of-school time sites achieve recently created National AfterSchool Association Standards for Healthy Eating and Physical Activity (HEPA) by implementing a continuous quality improvement process. By following the HOST Framework organizations are able to:

- improve access to healthier foods
- increase physical activity opportunities
- engage youth

Is your site ready to join the movement?

The Alliance's HOST Initiative offers a comprehensive set of online tools and resources to help out-of-school time providers create healthy environments for young people. The Alliance's HOST online tools include:

- Easy-to-use **inventory** and **action plan tools** to help sites and programs identify strengths and opportunities in the areas of healthy eating and physical activity
- **Roadmaps** and **other resources** to guide and support sites in implementing their goals
- **On-demand** and **live learning opportunities** that give out-of-school time staff and stakeholders the opportunity build new skills and expand their knowledge
- Direct access to **Healthy Eating, Physical Activity, and Youth Engagement Experts**

To learn more visit <http://HOST.healthiergeneration.org>.





ALLIANCE FOR A **HEALTHIER GENERATION**



Partnerships

This conference is funded in part by the:

- ✧ NJ Department of Human Services, Division of Family Development as part of a Federal CCDF Block Grant Earmark
- ✧ Federal Elementary and Secondary Education Act, as amended (Title IV, Part B of No Child Left Behind), 21st Century Community Learning Centers grant funds awarded to the NJ Department of Education





Gizmo Guys:

Combine world-class juggling and solid links to science and math. Mix in a load of laughs and you've got the Gizmo Guys. Exhibiting incredible teamwork and coordination, the Gizmo Guys wow students with their mastery of patterns, symmetry and fun!

This performance is a child-friendly variety show. The Gizmo Guys move from one hilarious skit to the next, astounding the audience with their talents and humor. They weave in the history of juggling, and talk about how juggling illustrates math and science concepts like gravity, inertia and patterns.

Showcase Alley

Friday

11:15am – 1:00pm

Once again, Showcase Alley will feature interactive demonstrations of great program ideas, commercial exhibits and lots of fun and excitement! Remember to bring your business cards along since this is a great chance to network!



Special Events

Friday Session 1: 9:30am – 11:00am

1. Strengthening Afterschool By Advancing Healthy Out-of-School Time

In this interactive workshop participants will discuss the National AfterSchool Association evidence-based healthy eating and physical activity standards. Participants will learn how to utilize nationally recognized tools, resources and experts to help programs follow best practices for nutrition education, physical activity and positive youth development. Attendees will leave with concrete next steps and tangible resources to take action when they return home.

Daniel Hatcher, National Healthy Out-of-School Time Advisor, Alliance for a Healthier Generation, Washington, DC

2. All You Need to Know About Licensing

Are you thinking about starting an afterschool program? Maybe you already run a program but just have some questions about regulations. Staff from the Office of Licensing are here to help by presenting the most current information available on licensing regulations and answering all of your licensing questions.

Staff, Office of Licensing, Trenton

3. Using Data to Create Positive Child and Youth Outcomes

Data and Positive Youth Outcomes are all the buzz in afterschool. In this workshop participants will learn: how to connect program quality and youth outcomes data to deepen quality improvement efforts within a site, across multiple sites, and/or at a system level; how to bring multiple stakeholders together to agree upon and promote desired outcomes; how to explore and interpret data to identify

opportunities for improvement; ways to introduce data and findings to staff and other stakeholders.

Ellen Gannett, MS Ed, Director, NIOST, Wellesley, MA

4. Creating a Professional Development Plan for Career Success in Afterschool

Make an investment of your time and energy into your growth and career advancement as an afterschool professional. Learn how to prepare and carry out a personalized professional development plan to reach your goals supported by utilizing technology through the NJ Registry for childhood professionals. The process will guide you through reflective practice, goal setting, self-discovery, and creating action steps based on your own interests and needs as part of elevating the quality of our afterschool workforce.

Kim M. Cornell, Director of New Initiatives, Professional Impact New Jersey Adam Cruz, Communications Coordinator, NJSACC, Westfield

5. Community Connections

They say it is better to give than to receive, and that is just what the Community Connections program is all about. This workshop will provide you with innovative ideas to better connect your program with your community. Learn creative ways to increase your program's visibility while encouraging families to give back to people, animals and the earth. Discover how to partner with organizations to build a better tomorrow.

Chris Jorn, Site Coordinator, Prime Time, Cranford

6. Kids with Autism in Afterschool Programs – Best Practices for Inclusion

Inclusion is more than letting children with disabilities into your afterschool program. The true essence of inclusion is the sense of belonging. This presentation will highlight important areas related to providing a welcoming and nurturing environment for children of all abilities. Although there is no standard methodology for inclusion, participants will discover some best practices of understanding and embracing differences, sharing strengths, guiding and adapting activities, supporting different levels of need, and facilitating meaningful relationships. The group will work together to discover strategies for educational supports, inclusive recreational activities, and social interactions.

Adrienne P. Robertiello, Autism Educator, Children's Specialized Hospital, Mountainside

7. More Than Community Service

Civic Engagement is more than just community service. Are your youth striving to be "good citizens"? Do they have constructive solutions to address local matters? Would you like to engage youth more in the community? The Out-of-School Time (OST) setting provides a unique platform to give students access and opportunity to truly make an impact on the community. Come and hear about a few strategies in which youth can participate in the life of a community in order to improve conditions for others or to help shape the community's future. This workshop will provide examples of activities, web resources and explore service opportunities in the state.

Haydee Perez-Livingston, Coordinator, Extended Educational Services Unit, Office of Student Support Services, New Jersey Department of Education, Trenton



8. Putting Learning First in Service Learning

Service learning has become a buzz phrase in recent years. From school classrooms to afterschool programs, service learning has become part of both formal and informal educational activities. Interested to learn about the essential elements of service learning and how learning becomes a primary goal? This workshop will cover the K-12 Service-Learning Standards for Quality Practice from the National Service-Learning Clearinghouse.

Sharon Kinsey, Camden County 4-H Agent, Rutgers Cooperative Extension of Camden County, Cherry Hill

Jeannette Rea-Keywood, NJ State 4-H Agent, Rutgers Cooperative Extension, Bridgeton

9. Aligning Your After School Program to Common Core State Standards

Plainfield Public Schools' afterschool program aligns itself with the school day curriculum to supplement student learning. By doing so, we can address the achievement gap by providing students of all learning levels with standards based, innovative instruction, whether one-to-one, small group, paired, or project based, to reinforce content skills students are to know at the end of a grade level. This workshop will emphasize methods used by the Plainfield Public Schools staff to complement school day learning in an engaging way. Workshop participants will define and review the history of CCSS as well as learn how to effectively integrate CCSS into after school lessons, particularly in the areas of ELA and Math.

Zelda Spence, Project Director, 21st CCLC Program, Plainfield Board of Education

Jenabu Williams, Site coordinator, 21st CCLC Program, Plainfield Board of Education

Friday Session 2:

1:15pm – 2:45pm

10. Select To Protect – Strategies for Obesity Prevention

In this interactive session participants will learn about a state-wide campaign called "Select To Protect" that targets parents and caregivers of infants, preschoolers and children in the elementary schools. Since obesity has become such a big issue in New Jersey and across the Nation, the aim of the campaign is to assist parents in adopting behaviors that will help them protect their children from obesity. The campaign includes bi-lingual nutrition education materials, nutrition workshops and short lessons adapted to the needs of the organization or event. For example, a booth with an interactive game may be used at an afterschool club, whereas a presentation may be given at a PTA meeting. Come join us to learn about these fun activities that you can use.

Philippa Bebbington, M.S.,RD, Shailja Mathur, M.S., M.Ed., RDN, Senior Project Administrator, NJ SNAP-ED/EFNEP, Rutgers, New Brunswick

11. Simple Strategies to Help Your Program Implement National Physical Activity Best Practices

Research shows that regular physical activity increases concentration, improves academic performance and boosts self-esteem. This skill-building and activity based workshop will get you up and moving to discover inexpensive ways to infuse physical activity into your existing programming and meet the National AfterSchool Association best practices for physical activity.

Daniel Hatcher, National Healthy Out-of-School Time Advisor, Alliance for a Healthier Generation, Washington, DC

12. The Importance of Teaching Social Skills in Out-of-School Time Programs

This workshop focuses on intrapersonal social skills such as integrity, self-confidence, personal responsibility, optimism and perseverance. Hands-on activities will allow participants to practice using a variety of resources and strategies. Participants will leave with a better understanding of how to incorporate or enhance social skill instruction in their programs.

Liz Joye, Out of School Time Specialist, EDJ Consulting, Charleston, SC

13. Engaging Parents in Out-of-School Time Programs

Engaging parents in the education and activities of their children is vital to the success of youth and youth-serving programs. However, engaging parents continues to be challenging for many programs due to time constraints (for both staff and parents), language and literacy issues, and a lack of resources to devote to effective parent involvement. This workshop will discuss the benefits of parent involvement, identify different approaches, and suggest strategies for engaging parents.

Tamika Chester, 21st CCLC Program Officer, New Jersey Department of Education, Trenton

14. Imagine: Afterschool Space That Works

This interactive workshop will explore the components of quality indoor space design for afterschool programs, focusing on a variety of resources and techniques. This workshop is based on the book *Imagine: Afterschool Space That Works*, written by Mav Pardee and published by NJSACC.

Sarah Cruz, Special Assistant, ELT, Newark Public Schools, Newark



Friday Session 3:
3:00pm – 4:30pm

15. Friends Like You. Friends Like Me. Activities to Encourage Understanding and Positive Interactions between Children of all Abilities

Many students learn about differences and disabilities in school presentations or reports. Afterschool programs provide the venue to raise the bar – encouraging children to recognize similarities and the common desire to be accepted and have friends. This interactive “hands-on” workshop provides thought-provoking and exciting ideas, activities, and resources to help demystify “disabilities” in an age-appropriate manner and promote inclusion, respect, and friendship between children of all abilities in all facets of their lives. These types of resources and activities nurture acceptance and inclusion and can help to reduce intimidation and bullying.

*Adrienne P. Robertiello, Autism Educator,
Children’s Specialized Hospital, Mountainside*

16. Finding Your Balance in OST - Managing Stress

Life and work can be busy and demanding, undoubtedly causing stress. In this workshop you will learn about the “4 As” of dealing with stress from Avoiding stress through good decision making to Altering the situation if possible and to Adapting to the stress or Accepting those aspects of life which may not be controllable. Assessing your own methods of coping with stress will enable you to evaluate sources of stress, personal habits and attitudes towards stress, how to increase personal emotional and physical wellbeing and find your balance.

*Sharon Kinsey, Camden County 4-H Agent,
Rutgers Cooperative Extension of Camden County,
Cherry Hill*
*Jeannette Rea-Keywood, NJ State 4-H Agent,
Rutgers Cooperative Extension, Bridgeton*

17. Developing a Mentoring Program for Afterschool Youth: Evidence-Based Practice

Mentoring is one of the most powerful methods for helping youth reach their potential, succeed in school, and avoid risky and violent behaviors. Afterschool programs and other agencies serving youth are increasingly looking to develop programs that provide structured, personalized mentoring to their youth. These programs may rely on volunteer mentors or on staff who already work in the afterschool program. This workshop will walk you through the basic questions to ask yourself and the basic elements to include when you’re developing a mentoring program. You’ll leave with plenty of tools, tips, and resources to get you started. All of our guidance comes from research into what works in mentoring and from our experience working with mentoring programs throughout Newark and New Jersey.

Elizabeth Weisholtz, Trainer, NJSACC, Westfield

18. What is Quality? NJ’s Quality Standards for Afterschool

After an inclusive development process led by representatives from a diverse mix of afterschool programs and state agencies, NJ’s first Quality Standards for Afterschool Programs are complete! This hands-on workshop will walk you through the Standards and allow you to try the Assessment Tool.

Mike MacEwan, Director of 21st CCLC and STEM Initiatives, NJSACC, Westfield
Development Specialist II, Office of Student Support Services, New Jersey Department of Education, Trenton

19. Select To Protect – Strategies for Obesity Prevention

In this interactive session participants will learn about a state-wide campaign called “Select To Protect” that targets parents and caregivers of infants, preschoolers and children in the elementary schools. Since obesity has become such a big issue in New Jersey and across the Nation, the aim of the campaign is to assist parents in adopting behaviors that will help them protect their children from obesity. The campaign includes bi-lingual nutrition education materials, nutrition workshops and short lessons adapted to the needs of the organization or event. For example, a booth with an interactive game may be used at an afterschool club, whereas a presentation may be given at a PTA meeting. Come join us to learn about these fun activities that you can use.

*Philippa Bebbington, M.S.,RD, NJ SNAP-ED/EFNEP,
Rutgers, New Brunswick*
Shailja Mathur, M.S., M.Ed., RDN, Senior Project Administrator, NJ SNAP-ED/EFNEP, Rutgers, New Brunswick

20. Coping Skills for Practitioners

You have devoted your professional career to caring for, educating and assisting children in pursuing their life’s goals, but no one ever said it was an easy job. Teachers, childcare providers and similar professionals are natural nurturers and caretakers; however who takes care of you? Learn some techniques in this workshop for self-care in your daily job.

Ebony Grace, Director of Expanded Learning Opportunities, NJSACC, Westfield



21. Optimizing Outdoor Time and Environments

Looking for ways to enhance the time spent outside in your program; then join us in this session as we explore the rationale for and importance of spending time outside. The essential elements of quality outdoor environments and activities will be introduced in this session and a wide array of strategies and resources will be shared that you can take back and use with your program. So please join us as we open the door to all that we can do when we go outdoors!

Liz Joye, Out of School Time Specialist, EDJ Consulting, Charleston, SC

22. School Climate and Social-Emotional Learning

This presentation will focus on the connection between social-emotional learning and the building of a positive school climate. Information will be provided on research-based social-emotional learning skills, dimensions of school climate, the correlation between a positive school climate and reduction in at-risk behaviors. Additionally, the presentation will focus on ways to embed social-emotional learning activities in after-school programs. Participants will be provided with a list of resources to support efforts in implementing social-emotional learning skills.

Kelly Allen, School Climate Specialist, Safe and Supportive Schools Unit, Office of Student Support Services, New Jersey Department of Education, Trenton

23. NJDCF Father Engagement in Education

This workshop will provide an opportunity to learn about NJ's Department of Children and Families Father Engagement Initiative. Par-

ticipants will have an opportunity to discuss how children and youth benefit from greater engagement by fathers.

Jonathan Sims, Jr., Coordinator, Office of School Linked Services, Division of Prevention and Community Partnerships, Trenton

April Scott, Supervising Integration Specialist, Office of School Linked Services, Division of Prevention and Community Partnerships, Trenton

24. Implementing Technology with Dr. Green Screen

Bridging the gap between education and technology, this workshop will provide participants with the opportunity to successfully incorporate audio-visual themes and skills into their afterschool programs. It will take participants through the full step-by-step process, beginning with a brainstorming segment and working right up to the finished product. Let your creativity be the star!

Bryan Zerio, Program Coordinator, Farmington Extended Care and Learning, Farmington, CT

25. Strengthening the Bridge – the Importance of School Culture and Climate When the Bell Rings

Leaders of this interactive session will share their experiences with successfully building partnerships to support schools in addressing school culture and climate. Participants will work to develop their own strategies to strengthen the bridge between schools and afterschool programs.

Patricia C. Heindel, Ph.D., Dean, Human and Social Development Director, Center for Human and Social Development & the Center's School Culture and Climate Assessment Lab, Co-Director, YEA/CSE School Culture and Climate Initiative, College of Saint Elizabeth, Morristown

Maryann M. Walsh, MPH, MCHES, Program Coordinator, Atlantic Healthy Schools,

Atlantic Health System, Morristown
Elizabeth Warner, Community Impact Manager, Education, YEA Project Leader, Co-Director, YEA/CSE School Culture and Climate Initiative, United Way of Northern New Jersey, Morristown

26. Mastering the Common Core: Seamlessly Connecting the School Day to Afterschool

The description is as follows: In an effort to demonstrate that afterschool programs offer more than just childcare services, participants in this session will discover how incorporating the Common Core Standards can boost their a programs to a higher level. Simply put, our goal is to provide participants with a better, more clarified understanding of the Standards and how they can easily and successfully be incorporated into their afterschool programming. Session participants will become more comfortable navigating the Standards and are guaranteed to walk away with an idea or two that they can immediately take back to their programs. incorporated into their

Karen Marino, Site Supervisor, Farmington Extended Care and Learning, Farmington, CT

27. College and Career Ready

The New Jersey Chamber of Commerce Foundation (NJCCF) has been working with middle and high schools for nearly 20 years providing today's students with tough but honest messages about what it really takes to get into college and get out with a degree and how to be truly prepared for the world of work. This session will provide you with an overview of the workshops, interactive games and simulation projects available through the NJCCF and how your afterschool program can tap into these resources to motivate students to be college and career ready. Programs are ideal for after-school and summer sessions.

Donna Custard, Vice President, New Jersey Chamber of Commerce Foundation, Trenton



Saturday Session 1: 9:45am – 11:45am

28. The Importance of Teaching Social Skills in Out-of-School Time Programs

The focus of this training will be interpersonal social skills such as communication, empathy, problem solving and collaboration. Participants will leave feeling more confident in how to help the children in their programs learn effective ways of interacting with others and how to manage their feelings and emotions. Small group activities will demonstrate effective techniques and expose the participants to valuable resources

Liz Joye, Out of School Time Specialist, EDJ Consulting, Charleston, SC

29. What is Quality? NJ's Quality Standards for Afterschool

After an inclusive development process led by representatives from a diverse mix of afterschool programs and state agencies, NJ's first Quality Standards for Afterschool Programs are complete! This hands-on workshop will walk you through the Standards and allow you to try the Assessment Tool.

Mike MacEwan, Director of 21st CCLC and STEM Initiatives, NJSACC, Westfield

30. What a Character!

In this session, participants will be "in-role" as students and devise a series of non-verbal scenes that originate from a simple storyline. The objective is to create action and to move from narrative into drama. Activities include creating a visual (collage or 3-D artistic representation of what the scene evokes), movement exercises, dramatic gestures, and presentations of silent scenes (in groups that include a director and actors).

Paul Caruso, Teaching Artist, Instructor of Dramatic Writing, Montclair State University, Montclair

31. "CATCH" Kids Afterschool: Build Healthy Behaviors!

Be inspired and become aware of CATCH: Coordinated Approach to Child Health evidence-based resource. CATCH Kids Club builds healthy physical activity, nutrition knowledge and eating habits for your K-8 afterschool programs and also impacts parents. Have fun with physical activities that encourage participation without elimination, and see how CATCH nutrition learning activities and snack prep help influence children to be active and eat right in and out of school. CATCH is also a childhood obesity risk-reduction program resource. Learn which CATCH tools, training options and support are right for your program.

Shannon Frank, Youth and Family/SACC Director, Fanwood-Scotch Plains YMCA, Scotch Plains

32. Adventures in Peace

This workshop is designed to help staff in afterschool programs teach children effective, nonviolent ways to resolve conflict. It was developed to meet the unique needs of program providers and will focus on implementing instruction in key conflict resolution concepts, further developing children's skills using experiential education strategies and developing approaches for resolving conflict in childcare settings. The focus will be on "The Peaceable Program" model and will use an adventure based approach to teaching conflict resolution.

Dagmar Wojcik, Trainer, NJSACC, Westfield

33. Success for Students with ADHD

This workshop introduces NEW listening, inquiry and empathy skills to successfully support children with ADHD in afterschool settings. We will discuss characteristics of ADHD and temperament differences. Participants will learn strategies for success including environmental considerations, building social skills and creating a sense of belonging for all children.

Jane Sharp, Sharp Ideas Consulting, Allentown

34. Darkness to Light

A child's safety is an adult's job. Coaches, teachers, clergy and parents are authority figures children feel they can trust. Yet, a large percentage of those who sexually abuse children are from this group. These are adults who have the opportunity to "groom" children with affection and attention, making it difficult for children to identify certain behaviors as abuse. This workshop presents 7 steps to preventing, recognizing and reacting to child sexual abuse. Participants will receive a booklet outlining the 7 steps to protecting children that includes additional information and resources for those who need assistance.

*Kathy Barros, Child Care/Preschool Director, Fanwood-Scotch Plains YMCA, Scotch Plains
Susan Morton, Senior Director Child Care, Camp, Teen Services, Westfield Y, Westfield*

35. Social Networking: A Valuable Tool for Your Program

Are you looking for a way to take your program to the next level? Come join us to learn the essentials of social networking for your organization or program. In this session you will learn how to determine which social network/s works best for your program, basic steps to attracting and promoting to an online audience, basic etiquette and rules regarding communicating online to your audience, how to stay up to date with social networks and much more! This workshop will help you maximize your outreach so your program can reach its full potential.

Adam Cruz, Communications Coordinator, NJSACC, Westfield

36. Crafts, Crafts, Crafts!

In this fun workshop you will learn a variety of crafts and crafty ideas to bring to your program and take home your new creations!

Adrienne Mtume, SACC Director, South Mountain YMCA, Maplewood



Saturday Session 2:
1:15pm – 2:45pm

37. Creating a Professional Development Plan for Career Success in Afterschool

Make an investment of your time and energy into your growth and career advancement as an afterschool professional. Learn how to prepare and carry out a personalized professional development plan to reach your goals supported by utilizing technology through the NJ Registry for childhood professionals. The process will guide you through reflective practice, goal setting, self-discovery, and creating action steps based on your own interests and needs as part of elevating the quality of our afterschool workforce.

Kim M. Cornell, Director of New Initiatives, Professional Impact New Jersey
Adam Cruz, Communications Coordinator, NJSACC, Westfield

38. Yoga in Your Program – On Your Way to Namaste

Provide your students with a fun, healthy way to unwind after a long school day! By implementing yoga in your after school program, you will create a peaceful, productive environment and develop an awareness of the importance of physical and emotional health. The benefits of yoga for children are numerous—from easing anxiety and tension to improving confidence and self-esteem. The participants who attend this session will learn ways to include yoga as a program component, and how to lead a yoga class created for kids. Come ready to sample some of the favorite stretches of young yoga enthusiasts!

Thea Pace, Area Manager, Marlboro Township Champions Program, Morganville
Anne Leonardi, Site Director, Frank J. Dugan Elementary School Champions Program, Marlboro

39. Stories Without Words

By creating a character, students can more fully understand drama, the art of storytelling, and acting. Facilitators will be “in-role” as students during this workshop, followed by a de-briefing to better understand the process of the exercises. The session includes creating character biographies, interviews, props and costumes, and a “hot seat” exercise where participants remain in the roles of the characters that they have developed.

Paul Caruso, Teaching Artist, Instructor of Dramatic Writing, Montclair State University, Montclair

40. Fun, Simple, and Inexpensive Ideas for Promoting Healthy Eating at Your OST Site

Are you looking for simple resources and tools to help you promote healthy eating at your out-of-school time site? This interactive skill-building workshop will offer inexpensive ideas and tools to ensure your OST snacks are as healthy as possible. National evidence-based guidelines will be reviewed and implementation strategies that engage youth in nutrition enrichment will be shared. Participants will experience hands-on activities that can be used to engage staff and children of all ages.

Daniel Hatcher, National Healthy Out-of-School Time Advisor, Alliance for a Healthier Generation, Washington, DC

41. Joining the JOIDES

Engage in the science of earth’s secrets! Explore beneath the ocean floor with the JOIDES Resolution, a seagoing research vessel that drills core samples and collects measurements from beneath the sea. The JOIDES Resolution is the American workhorse of the International Ocean Discovery Program (IODP). Learn how joining the JOIDES Resolution online can engage students in science through ship to shore

SKYPE sessions with scientists, online tours and games, art projects, youth recognition opportunities and hands-on experiments. Come aboard and unearth the wealth of resources available to instill passion for discovery and expose youth to emerging career paths in science, engineering and technology.

Julie Karavan, County 4-H Agent, Rutgers Cooperative Extension, Millville

42. An Unforgettable Approach for Positive Outcomes

Extraordinary behavior of youth begins with your first impression and leadership characteristics. This exhilarating and interactive workshop will help you understand the essential role you have in building strong relationships, leading youth to express themselves in an acceptable manner, and understand the importance of age appropriate expectations through character building. The participant will walk away with a balanced set of back pocket tools, strategies and experiential activities.

Fred Wasiak, M.S., CPC, Owner, Humanics Consulting, LLC, Medford Lakes

43. Managing Professional Interactions in the Workplace

You love working with children but do not always love what comes with working with children... anxious parents, stern administrators and stressed out colleagues. However, you must develop and practice skills to manage these relationships for the success of your students. Join us in this workshop to learn and practice skills to contend with challenging interpersonal relationships in the workplace.

Ebony Grace, Director of Expanded Learning Opportunities, NJSACC, Westfield



44. ABCs of Playground Safety

Using the National Program for Playground Safety Safe Supervision Kit, you will learn how to analyze the playground for potential problems and hazards; how to recognize unsafe play; how to effectively monitor play areas; how to develop methods of communication for use in emergency situations and how to develop an effective supervision plan to reduce injuries and promote safe play.

Joyce Fircha, Supervisor of Recreation, Edison Recreation Department, Edison

45. Games, Games, Games!

This workshop for new staff will keep the ball rolling with new ideas for non-competitive games to play with school-age children. A variety of cooperative games that can be utilized with large and small multi-age groups will be taught in this fun and interactive workshop. Be prepared to participate!

Dennis Groomes, Trainer, NJSACC, Westfield



Saturday Session 3:
3:00pm – 4:30pm

46. Providing Healthy Snacks on a Budget

Providing healthy snacks is something that everyone wants to do but we don't want it to break the bank. This sessions will help give you ideas for healthy and affordable snacks for your afterschool program. Participants will learn about NJSACC's Healthy Snack Food Guide which includes information about the At-Risk Meals Program, nutrition guidelines, sample snack menus with price breakdowns and much more!

Ashley Hynes, Child Nutrition Awareness Intern, NJSACC, Westfield

47. Coping Skills for Middle and High School Students

Do you work with school-aged children and wonder how they deal with the pressures of today? Wonder how you can help them face daily stressors like peer pressure, bullying, academics, etc.? This workshop will provide you with skills to assist your students with coping mechanisms and techniques to help them positively cope with everyday challenges.

Ebony Grace, Director of Expanded Learning Opportunities, NJSACC, Westfield

48. 21st Century Afterschool Science Project (21st CASP)

See a demonstration of a free curriculum funded by NJ DOE. This curriculum is designed to enrich student learning through inquiry-based, interactive science experiences with everyday materials.

Willa Thayer, Trainer, NJSACC, Westfield

49. Engaging Youth to meet Healthy Eating and Physical Activity Best Practices

The National AfterSchool Association standards for Healthy Eating and Physical Activity provide an opportunity for adult allies to engage youth, raise youth voices and create partnerships with youth to positively affect health outcomes by connecting healthy eating and physical activity best practices with youth development methods. The session will be structured to allow participants to share their personal experience, dialogue with each other and practice using simple tools and resources they can utilize back home.

Daniel Hatcher, National Healthy Out-of-School Time Advisor, Alliance for a Healthier Generation, Washington, DC

50. Brick Building - Finding the Balance

Engage youth in the Engineering Design Process, critical thinking, STEM and team building with LEGO based afterschool programs. Discover how a LEGOPALOOZA kickoff event can generate excitement in youth and families and provide a platform for cooperative partnerships with agencies such as 4-H, county libraries, US Sailing and more! LEGOPALOOZA engages youth in STEM through hands-on activities, cooperative learning and recognition opportunities. Learn how partnerships mix with technology and toys to incite scientific inquiry and ignite your afterschool program!

Julie Karavan, County 4-H Agent, Rutgers Cooperative Extension, Millville

51. Aligning Your After School Program to Common Core State Standards

Plainfield Public Schools' afterschool program aligns itself with the school day curriculum to supplement student learning. By doing so, we can address the achievement gap by providing students of all learning levels with standards based, innovative instruction, whether one-to-one, small group, paired, or project based, to reinforce content skills students are to know at the end of a grade level. This workshop will emphasize methods used by the Plainfield Public Schools staff to complement school day learning in an engaging way. Workshop participants will define and review the history of CCSS as well as learn how to effectively integrate CCSS into after school lessons, particularly in the areas of ELA and Math.

Zelda Spence, Project Director, 21st CCLC Program, Plainfield Board of Education
Jenabu Williams, Site coordinator, 21st CCLC Program, Plainfield Board of Education

52. Crafting with A.C. Moore

In this hands on workshop, designers from A.C. Moore will provide easy, fun and inexpensive crafting ideas for your afterschool program. Workshop includes make and takes and extra ideas for crafting on a budget.

Representative, A.C. Moore, Berlin

53. Build, Tinker, Create - Incorporating Maker Programming Afterschool

The maker movement is a DIY-based approach to creating and exploring through active hands-on projects, incorporating either technology or traditional tools and materials. The values embodied in maker culture include embracing failure as a path to success, modifying the world around you, as well as encouraging creative problem-solving and collaboration among peers. During this workshop, the presenters will discuss how the maker movement is being incorporated in leading programs for school-age children and teens in a variety of ways. Topics covered will include creating an environment for young makers, tools and materials for projects, activity planning, best practices for successful programs, educational resources, and more. The workshop will also include a hands-on opportunity for participants to actively make projects themselves, become familiar with various types of tools and resources, as well as gain insight into successful implementation of these types of programs.

Doug Baldwin, Emerging Technologies Librarian, Piscataway Public Library, Piscataway
Dave Franz, Director, Hillsdale Public Library, Hillsdale
Laura Leonard, Librarian, Hillsdale Public Library, Hillsdale

54. An Unforgettable Approach for Positive Outcomes

Extraordinary behavior of youth begins with your first impression and leadership characteristics. This exhilarating and interactive workshop will help you understand the essential role you have in building strong relationships, leading youth to express themselves in an acceptable manner, and understand the importance of age appropriate expectations through character building. The participant will walk away with a balanced set of back pocket tools, strategies and experiential activities.

Fred Wasiak, M.S., CPC, Owner, Humanics Consulting, LLC, Medford Lakes



Your Conference Road Map – Registration Online Only

Friday Session 1: 9:30 am – 11:00

1. Strengthening Afterschool By Advancing Healthy Out-of-School Time
2. All You Need to Know About Licensing
3. Using Data to Create Positive Child and Youth Outcomes
4. Creating a Professional Development Plan for Career Success in Afterschool
5. Community Connections
6. Kids with Autism in Afterschool Programs Best Practices for Inclusion
7. More Than Community Service
8. Putting Learning First in Service Learning
9. Aligning Your After School Program to Common Core State Standards

Friday Session 2: 1:15 pm – 2:45 pm

10. Select To Protect Strategies fo Obesity Prevention
11. Simple Strategies to Help Your Program Implement National Physical Activity Best Practices
12. The Importance of Teaching Social Skills in Out-of-School Time Programs
13. Engaging Parents in Out-of-School Time Programs
14. Imagine: Afterschool Space That Works
15. Friends Like You. Friends Like Me. Activities to Encourage Understanding and Positive Interactions between Children of all Abilities
16. Finding Your Balance in OST – Managing Stress
17. Developing a Mentoring Program for Afterschool Youth: Evidence-Based Practice
18. What is Quality? NJ's Quality Standards for Afterschool

Friday Session 3: 3:00 pm – 4:30 pm

19. Select To Protect Strategies for Obesity Prevent
20. Coping Skills for Practitioners
21. Optimizing Outdoor Time and Environments
22. School Climate and Social-Emotional Learning
23. NJDCF Father Engagement in Education
24. Implementing Technology with Dr. Green Screen
25. Strengthening the Bridge – the Importan of School Culture and Climate When the Bell Rings
26. Mastering the Common Core: Seamlessly Connecting the School Day to Afterschool
27. College and Career Ready

Saturday Session 1: 9:45 am – 11:45 am

28. The Importance of Teaching Social Skills in Out-of-School Time Programs
29. What is Quality? NJ's Quality Standards for Afterschool
30. What a Character!
31. "CATCH" Kids Afterschool: Build Healthy Behaviors!
32. Adventures in Peace
33. Success for Students with ADHD
34. Darkness to Light
35. Social Networking: A Valuable Tool for Your Program
36. Crafts, Crafts, Crafts!

Saturday Session 2: 1:15 pm – 2:45 pm

37. Creating a Professional Development Plan for Career Success in Afterschool
38. Yoga in Your Program On Your Way to Namaste
39. Stories Without Words
40. Fun, Simple, and Inexpensive Ideas for Promoting Healthy Eating at Your OST Site
41. Joining the JOIDES
42. An Unforgettable Approach for Positive Outcomes
43. Managing Professional Interactions in the Workplace
44. ABCs of Playground Safety
45. Games, Games, Games!

Saturday Session 3: 3:00 pm – 4:30 pm

46. Providing Healthy Snacks on a Budget
47. Coping Skills for Middle and High School Students
48. 21st Century Afterschool Science Project (21st CASP)
49. Engaging Youth to meet Healthy Eating and Physical Activity Best Practices
50. Brick Building – Finding the Balance
51. Aligning Your After School Program to Common Core State Standards
52. Crafting with A.C. Moore
53. Build, Tinker, Create – Incorporating Maker Programming Afterschool
54. An Unforgettable Approach for Positive Outcomes



CONFERENCE FEES

\$273 / 2 days

\$163 / 1 day

Conference Location and Accommodations:

The Marriott Princeton Hotel and Conference Center at Forrestal
(formerly the Doral)
100 College Road East, Princeton, NJ 08540

ACCOMMODATIONS:

Room Rates: \$119 per night

Reservations must be made by individual attendees directly with
Marriott reservations at (800) 228-9290 or (609) 452-7800.

Room reservations must be made on or before Friday, November 8,
2014.

When you call make sure to mention the NJSACC Conference and the
dates of the conference in order to receive the conference rate.



www.njsacc.org

DIRECTIONS

From Northern New Jersey:

- Take the Garden State Parkway South to Exit 130, Route 1 South.
- Take Route 1 South approximately 22 miles to College Road East.
- Take College Road East, Marriott Princeton is the second driveway on your right.
- -OR-
- Take the New Jersey Turnpike South to Exit 9 - New Brunswick.
- Follow Route 18 North for approximately 1/4 mile to Route 1 South.
- Take Route 1 South approximately 13 miles to College Road East.
- Take College Road East, Marriott Princeton is the second driveway on your right.

From Southern New Jersey:

- Follow I-295 North to Route 1 North (Exit 67).
- Take Route 1 North for approximately 6.5 miles to College Road East.
- Exit right on College Road East, Marriott Princeton is the second driveway on your right.

From Philadelphia:

(50 miles)

- Follow I-95 North into New Jersey to Route 1 North (Exit 67).
- Take Route 1 North for approximately 6.5 miles to College Road East.
- Exit right on College Road East, Marriott Princeton is the second driveway on your right.

*If you get lost along the way,
call the Marriott at 609-452-7800 ext. 5180.
Marriott Guest Services staff will be happy
to assist you with directions.*