

TRACKS: **STEM** - **CCR** - **SEL** - **UNLABELED**

Friday, Nov. 15

Workshop 1: 9:30 - 10:15 a.m.

Resources to Enhance Your Program - Connie Bobo, CEO at Infinite Wisdom Business Solutions, Inc

This workshop is aimed at helping centers leverage their resources. Since many afterschool programs are free to the public and operate on a limited budget, free and low-cost resources are critical to their success. This workshop will teach center managers how to identify program needs and match them to resources with little out-of-pocket expenses. By the end of the workshop, participants will walk away with at least 25 resources to strengthen their capacity, including promotions, program development, fund development, and organizational development.

Remaining Resilient: Mitigating Compassion Fatigue and Burnout Through Self-Care, Peer-to-Peer Accountability and Reflexive Practice - Renee Reed Miller, Columbia Housing Authority

Do you need a recharge? Are you tired, stressed, worn out and ready to crash at the end of the workday? Are you growing jaded, cynical, numb and restless in your role as a caregiver, instructor and/or community organizer? Unknowingly, you may be reeling from the effects of vicarious trauma. Come and learn about compassion fatigue, and how to effectively process it, before you reach a point of burnout. Join us for a refreshing analysis of targeted practices and self-care techniques useful in promoting resilience within high-stress work environments. We all love the meaningful work we do; but we don't need to let it "eat us alive."

Agriculture in Afterschool: STEM with Plants, Animals, and Outdoor Environments - Colleen Abbott, Kim Kaibel, Ginny Graf, and Sasha Seaton, Eldon LEAP

Food, fiber, and fuel are just a few of the items that make up agriculture in Missouri. Engaging students in where their food comes from and how science and math are all around are just a couple of the activities we will explore in this session. Caution: This session is not a sit & get. Be prepared for hands-on learning and fun to take back to your program on Monday!

Moomba: Let's Get Together & Have Some Fun! - Jana Ramsey, Parkway-Rockwood Adventure Club

Moomba is a completely interactive session that will give the attendee hours of unique games to help kids get to know each other, cooperate, and think quickly. The games involve teaching

stem skills along with theater and improvisation. The workshop will reinforce how to improve skills like flexibility, quick-thinking, and creativity.

60 Seconds That Can Change a Young Person's Life (For Administrators) - Jessie Jones, Young Entrepreneur Institute

"So, tell me about yourself?" That's a common question young people hear when interviewing for a job or college. The answer can have a big impact on their lives. The answer is their personal pitch. You will walk away from this session with everything you need to teach your middle and high school kids how to create and deliver an effective personal pitch. Help your kids (and you!) develop this critical life skill.

KIT

Workshop 2: 10:50 - 11:45 a.m.

What I Need to Know for my DESE 21st CCLC/SAC Grant - Cindy Heislen and James Reed, DESE Extended Learning

This session is for program directors/coordinators of DESE's current 21st CCLC or SAC grants. We will discuss common monitoring findings, budgets, programmatic aspects of the grant, and provide an opportunity to ask questions

How to Help Your Students Discover Their Career Interests - Jeff Beiswinger and Jay Webster, RPDC

This interactive session will demonstrate how to utilize Missouri Connections Implementation Frameworks to guide students through the discovery of their career interests and skills. Participants will learn how to access and navigate the Implementation Frameworks in addition to Career Exploration Resources that can be used to enrich a lesson and provide relevance to student learning. Current and relevant job market information will be shared with links for future research and actively engage students through investigation.

Girls Who Code: An Interactive Workshop for Prospective Club Facilitators and Prospective Community Partners - Mary Timmel, Girls Who Code

For our session today, I will be giving an introduction to Girls Who Code, and why our mission is so important. I will be giving an overview of our largest Clubs programming, the impact the program has already made, and how you can get involved. To give you a better understanding of what a Club could look like, we'll also be doing a deep dive into hands-on sample activities you can take back to your own students!

Raise Them Up! 4 Mindful Ways to Shift the Climate of Your Program - Julia Gabor and Dena Roberts, Kid-Grit

Do your social-emotional and character ed programs need a REFRESH? Learn hands-on activities in areas of mindfulness, health & nutrition, community engagement, and digital/social consciousness. This session provides a BRAND-NEW approach to the development of 21st-century skills with grit and resilience! It's time for something new- let's start here!

Understanding ACEs to Improve Your Afterschool Program - Michael Lemon, Kansas Enrichment Network

We will explain how toxic stress changes the way children respond to the world around them. By understanding triggers and other responses to toxic stress, you, the after school worker, can begin to arrange your program's environment to care for children who have suffered from ACEs. By building a safe, secure and nurturing environment, children coming from challenging home situations can begin to learn, heal and implement strategies that teach hope and resilience

KIT

Workshop 3: 2:00 - 3:15 p.m.

The MASN+220 Partnership - Matthew and Joseph Moheban

Come learn about the exciting new partnership between MASN and 220, a Chicago-based education company. MASN and 220 will be providing a statewide student leadership summit, access to powerful leadership and workforce curricula, and more. Join us to find out how you can get involved and benefit from this partnership!

4-H: All Access-Sarah Morefield and Vanessa New, 4-H Youth Development - Sarah Morefield

The 4-H: All Access program model was designed in partnership with the North Kansas City School District Adventure Club to bring the full 4-H experience into the world of after school. Clubs are created during the before/after school time and youth are full 4-H members participating in officer elections, presentations, project work, service opportunities and county/regional events

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Impactful Facilitator Tips: 8 Simple Strategies for Classroom Management - Julia Gabor, Kid-Grit

"How do I manage kids?" Ever wonder where to begin? Whether you are in the classroom or in afterschool program- join this session! Explore and engage in activities and dialogue about how to develop relationships with youth, lead by example, and inspire them to learn!

Growth, Mindset and Grit: What Impact Do You Want to Have? - Rita Carlos Neto Regencio, MU Adventure Club

Do we want to educate children that grow with confidence in their capabilities, achieve what they want to, and overcome challenges? Do we want to have that mindset ourselves? How do we promote a Growth Mindset and a Gritty attitude? Afterschool care is a privileged setting to promote and practice socio-emotional skills, including an optimal mindset and attitude toward personal development. We will learn how to identify a growth and fixed mindset and understand why having GRIT makes a difference. We will also identify thoughts and language that jeopardizes or promotes personal development of self, staff and children.

Element C: Curiosity and the Out-of-School Time Experience - Devan Blackwell, The After 3 EXP - Devan Blackwell

Curiosity is the enhancer of every meaningful, memorable learning experience. Creating a culture of curiosity in out-of-school time settings can reinvent traditional views of teaching and learning, and lead to transformative outcomes for students and practitioners alike. During this high-energy, interactive session, participants will learn how the natural curiosity of practitioners and youth can be combined to co-create a culture of curiosity in a learning space. They'll also learn how infusing elements of curiosity into out-of-school time can create possibilities for students (& practitioners) to self-actualize and thrive.

Workshop 4: 3:45 - 5:00 p.m.

History of Afterschool Documentary

Cooking Without a Kitchen: Teaching Kids How to Cook Tasty Treats in any Classroom - Colleen Abbott and Kim Kaibel, Eldon LEAP

The ability to cook healthy meal items is something we want to provide students with in our programs. BUT, this can be very difficult without a kitchen! This session will provide participants with multiple ways to teach cooking skills, including math and reading strategies, in any classroom with equipment costing less than \$100.

Taking Care of You: Managing Stress and Improving Health in Your Work and Life - Amy Bartels, Human Development Specialist, MU Extension

This session offers practical strategies and experiences to help individuals better manage their stress, which can lead to improvement in their overall health and well-being. This can allow individuals to improve their ability to provide care and support for the children they serve. The topics of discussion are based on the University of Missouri Extension, Taking Care of You: Body-Mind-Spirit program, an eight-session stress management program. Research on the use of this program in community settings provided evidence of reducing participants' perceived stress levels and improving healthy lifestyle behaviors.

Connecting Generations: Bridging the Age Gap Within the Workplace - Tyler Kearns, Clayton Kid Zone

From "Boomers to Gen Z" your team is made up of a variety of different age groups, but can they see past their generational differences to work together? Come explore the many generations among your team and learn to connect with those you work with.

EMM

MoSCORES and More: Linking Occupations to Training Outcomes - Ronda Anderson, Dept. of Higher Education and Workforce Development

Researching career and training options can be a daunting task for students of any age, making information and data key parts of the decision-making process. A new tool, MoSCORES, links education and training to wage, employment, and credential outcomes for both credit and noncredit programs. Additional career exploration resources; such as Missouri Connections, career pathways, and customizable occupation reports, help to identify options for those seeking career opportunities. In this session, learn how to use these resources to assist students in their search.

Sick Science - Misty Alexander and Ginger Keeton, Dixon R-1 Schools

Are you ready for a fun time? Come join Sick Science for some fun, hands-on, interactive, engaging activities to wow your afterschool crowd!

Saturday, Nov. 16

Extended Session: 9:15 a.m. - 12 p.m.

Movie (TBD)

Help your students land their Dream Jobs - Matthew and Joseph Moheban

Learn how to teach your students the resume, interview and career-readiness skills to land not just any job, but their dream job. This session will be led by 220, a Chicago-based social enterprise that helps visionary organizations deliver awesome learning experiences, scale their programs and create the student transformation they've always wanted.

EMM

Makerspace: What's That? - Laura Evans, Platte County 4-H

Come learn how to inspire youth to use the experiential learning model to create, connect and educate in the makerspace environment.

Let's Get Creative: Improvisation Theater Games and SEL - Julia Gabor, Kid-Grit

Get ready to get going, growing, glowing, gasping, growling, giggling & grinning! It's no secret that improv has been utilized for decades as a method of encouraging creativity, collaboration, critical thinking, and communication. We will show you how it can be used as a disguised tool for SEL! Learn how to lead simple improvisational theatre games & implement them with your staff and/or your students. We address public speaking, creative writing, language arts, character education, team building, and leadership.

KIT Responding to Aggressive Behavior

Workshop 5: 1:30 - 2:45 p.m.

Community Outreach - Candy Napier and Samantha Majors, Van Buren R-1 Afterschool

We will go over how to bring community members into your after school program on a regular basis, as well as increase your parental involvement. All of this with a clear path to success.

Improving SEL Skills through Observation and Intervention - Karen DeChant Ross, Aperture Education

Social emotional skills can be measured and taught, and it's time to take the next step to improve our understanding of youths' SEL skill sets. This workshop will focus on Intentional Observation of social and emotional skills, how to prepare you & your staff to look for and provide opportunities for skill growth. Then we'll look at a few specific strategies and how your team can alter them to fit different audiences, grade bands, and strengths within a group of youth.

Incorporating College & Career Readiness In Your Afterschool Program - Donna Garcia, and Gus Robinson, 4-H Youth Development Specialists

Would you like your afterschool youth to learn more about preparing now for future higher educational options and soft skills needed for employment? Missouri 4-H can help you help youth develop their pathways by connecting the skills and knowledge needed in making career connections and how to get there. Sometimes youth just need help putting the pieces together, creating and focusing on goals, and understanding the steps to reach their goals. Your program can help do this!

Oh No! I Have to Write a Lesson Plan! UGH! - Julia Gabor, Kid-Grit

Struggling with creating fun and innovative lesson plans for school or afterschool programs? In this workshop, we will review the basic components of a lesson plan with a twist of fun! We will learn by doing, discover, and create a lesson plan from scratch. We will share how to align lessons with standards while including opportunities for inquiry, collaboration, leadership, and reflection.

Making Career Connections and Nurturing Youth's STEM Identity - Perrin Chick, Afterschool Coaching for Reflective Educators in STEM (ACRES)

Research indicates that it is afterschool educators, like you, that make a huge difference in the career choices of youth. So how do you get youth to think about STEM careers that might be of interest to them? Join this session to experience engaging activities, learn strategies, connect with colleagues, and receive lesson plans and resources. We will also reflect on how you can nurture student's STEM identities. The ACRES team will help you infuse simple STEM activities into your program and highlight the difference you can make in the career paths of youth.

Dr. Bertice Berry - Keynote Speaker

Coding with Macramé - Joy Taylor Chevelle Stewart, St. Louis Public Schools Afterschool

Participants will combine stem and art to create a unique piece of jewelry to wear and share. Participants will select either Morse Code or Binary Coding to share their message. This is a fun introduction to coding and macramé jewelry making.

Workshop 6: 3:30 - 4:45 p.m.

Game Night All Night-Susan Dunn and Alexis Wetzel, Van Buren R-1 Afterschool - Susan Dunn

Wanting to host a family night with no tears? Come to this hands-on session and leave with all you need to successfully host a family game night!

60 Seconds That Can Change a Young Person's Life - Jessie Jones, Young Entrepreneur Institute

"So, tell me about yourself?" That's a common question young people hear when interviewing for a job or college. The answer can have a big impact on their lives. The answer is their personal pitch. You will walk away from this session with everything you need to teach your middle and high school kids how to create and deliver an effective personal pitch. Help your kids (and you!) develop this critical life skill.

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Trauma Sensitive, Expressive Intervention: Linking Targeted SEL Outcomes to Mental and Behavioral Support in an Afterschool Setting - Renee Miller and Janice Brooks, Columbia Housing Authority and Moving Ahead Program

The importance of socio-emotional learning and development, among all levels in an afterschool program, cannot be understated. However, researchers of various disciplines now assert the growing necessity of trauma-sensitive, non-traditional approaches. They move beyond mindfulness, to coping, healing and transformation—on an individual, family-based, and community-based level of learning. Join us to learn how one afterschool program successfully embedded trauma-informed values into workflow then integrated transformative practices into

the scaffolding of an innovative SEL approach. We will learn more about the neurodevelopmental, neurophysiological, and neurobiological effects of trauma, how to link SEL outcomes directly to mental and behavioral support, and to build a sustainable "growth mindset" within afterschool and community-building settings

It's More Than "Just PLAY"! - Tyler Kearns, Clayton Kid Zone

Let's go hands-on with "The Genius of Play" and discover the benefits behind play and learn games, activities, and resources to apply with program students and staff.

Books, Bubbles, & Beakers: Science the Quirkles and Fuddlebrook Way! - Terri Johnson and Sherry Cook, Creative 3, LLC and Creative 3 Publishing Company

Do you want kids to look forward to your program all day long? Do you want to channel some of that pent-up energy that's built up all day? It's easy! Come to Books, Bubbles, & Beakers: Science the Quirkles and Fuddlebrook Way and get ideas on how to integrate hands-on science with fun storytelling. Water will disappear, eggs will fly, and balloon rockets will zoom, all while making science relevant to the real world. Come prepared to participate in small groups and laugh a lot! We can't wait to see you!

Sunday, Nov. 19

Spark Session 1: 9:45 - 10:15 a.m.

A Description of Rural School-Age Children's Interests - Krista Tate and Janice Weddle, MU Extension, 4-H

Missouri 4-H offers a large variety of curriculum and activities ranging from robotics to sewing. The spark session would explain the preference of rural schoolchildren to 4-H curriculum based on the research of the two presenters. In addition, benefits to partnering with Missouri 4-H would be explored.

Girls Who Code: An Interactive Workshop for Prospective Club Facilitators and Prospective Community Partners - Mary Timmel, Girls Who Code

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Cooking Without a Kitchen: Teaching Kids How to Cook Tasty Treats in any Classroom - Colleen Abbott and Kim Kaibel, Eldon LEAP

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Afterschool Rockstars - Clint Darr, Missouri AfterSchool Network

Anyone familiar with the field of afterschool knows its tremendous potential and the difference it can make for students. In this informative, interactive session you will learn and share resources, tips, and strategies that will take your program to the next level! In addition, we will touch on other program quality topics such as creating a welcoming environment, youth engagement, service-learning, providing voice and choice, and relationship building. Come prepared to share YOUR best practices!

Spark Session 2: 10:30 - 11 a.m.

So you want to be a presenter?

Makerspace: What's That? - Laura Evans, Platte County 4-H

Come learn how to inspire youth to use the experiential learning model to create, connect and educate in the makerspace environment.

Reflection Strategies - Anne Reeder

Moomba: Let's Get Together & Have Some Fun! - Jana Ramsey, Parkway-Rockwood Adventure Club (Located in the Lookout room)

Moomba is a completely interactive session that will give the attendee hours of unique games to help kids get to know each other, cooperate, and think quickly. The games taught stem from theater and improvisation and the workshop will reinforce how improv skills (laughter, flexibility, quick-thinking, and creativity) can be useful in life.

Spark Session 3: 11:15 - 11:45 a.m.

CCR Resources

Sewing Your Way to Success - Charlye Clark, Van Buren R-1 Afterschool - Charlye Clark and Van Buren (Located in the Valencia A room)

We will go over how to implement sewing into an after school program - STRESS FREE

Play While You Wait...Make Transitions Fun - Tyler Kearns, Clayton Kid Zone (Located in the Valencia B room)

Waiting and transitioning with kids can be a staff nightmare... come explore some games and activities that can help pass the time and make "waiting" fun.

Let's Chat...with Chat Pack - Erica Kreisler, Kids' Safari Afterschool Program (Located in the Lookout room)

Have you ever thought of something to ask but just too nervous? Well, Let's Chat and make connections on all things Afterschool and Chat Pack. Chat Pack is a networking group on Facebook for afterschool professionals in Missouri. Some people think I wish I would have done that or asked that... Well with Chat Pack we are doing/asking for the families and students we serve.

