



Illinois AfterSchool Network Core Workshop Descriptions

***Topic: Guiding Children and Youth Behavior in our After School Program**

This workshop session focuses on developing positive and preventive strategies to effectively guide and facilitate children and youth's behavior. The workshop encompasses an activity on self-inventory, the six elements of operating a high-quality after school program along with developing a "PEACE-PLACE" in our programs to help children and youth solve their own problems through effective conflict resolution management. We will also discuss "Bullying Prevention" and share tips/resources you can use to benefit your After School program. Come prepared to share your successes and concerns while having fun during this interactive session.

Target Audience: After School Teachers and support staff

***Topic: Homework Strategies in Action!**

New solutions to typical homework help barriers will be discussed. The workshop will place emphasis on the importance of homework along with tips and resources on homework assistance with the children/youth in your After School Youth Development Program. We will discuss creative ways to transform your homework time and space into a time for building independent learning skills, time management along with having the appropriate supplies (homework kit), on hand. We will also discuss making meaningful connections between in-school and out-of-school time. Come prepared to share your successes and concerns all while having fun during this interactive session.

Target Audience: After School Teachers and support staff

***Topic: New Approaches to Extending Learning Opportunities (ELO)**

This round table discussion will provide providers the opportunity to learn more about Extended Learning Opportunities (ELO). Participants will be briefed on current educational policy trends and be provided tools to develop innovative and hands on programming to engage young people and families in extended day programming. Participants will brainstorm and leave with strategies that emphasize school needs but are not structured or managed in the traditional school day fashion.

Target Audience: All

***Topic: Developmentally Appropriate Practice & Successful Room Arrangement in After School**

This interactive workshop focuses on the ages and stages of development for after school children and youth along with appropriate scheduling and effective activity planning. We will also discuss the learning styles of children and the importance of PLAY as they play important factors with planning for our children and youth during program hours. We will share tips and resources you can use to benefit your program. Come prepared to share your successes and concerns all while having fun during this interactive session.

Target Audience: After School Teachers and support staff

***Topic: Building Positive Relationships with Parents and Families in our After School Programs. It's a Partnership!**

This interactive workshop will focus on building positive, lifelong relationships with parents/families essential for effective and holistic program service delivery. We will examine our attitudes toward parent involvement along with tips and strategies for building and maintaining lifelong relationships. Come prepared to share your successes and concerns all while having fun during this interactive session.

Target Audience: All

***Topic: Science and Math Engagement for Youth Practitioners**

Youth Practitioners will learn fun and easy ideas along with inquiry based hands on activities to spark their youth interest in STEM (Science, Technology, Engineering, and Mathematics). During the session we will discuss creative and strategic ways to engage students in science and math. Come prepared to have fun during this interactive and educational session!

Target Audience: After School Teachers and support staff

***Topic: Celebrating Diversity and Sensitivity in the Workplace!**

See the benefits of and strategies for celebrating, supporting and embracing "Diversity" in the workplace. Through interactive exercises, we will discuss inclusion, tolerance and how to make our environment safe and friendly so that ALL children and youth have the opportunity to experience belonging to a developmentally holistic and positive environment while matriculating in your

program. Please come prepared to share your experiences with an “open mind” as we discuss this topic.

Target Audience: All

***Topic: Five Core Principles to a Trauma-Informed Setting in After School**

During this session, we will discuss how to implement the five core principles of trauma-informed care into the after school setting. 1. Review safety; 2. Staff and students trustworthiness; 3. Providing trauma-informed choices; 4. Incorporating empowerment; 5. Work in Collaboration with youth and family. By the end of training programs will receive the core principles and strategies to promote a trauma-informed environment in the after school space.

Target Audience: All

***Topic: Community Service Projects in After School**

Service Learning is a fun way to explore and learn about the world and how to make it a better place. Ideas will be generated, lively discussion and instructions will be provided to begin the process of service learning projects. We will also discuss the importance of “older youth” in our programs with a connection to service learning projects. Please come prepared to share your successes while having fun during this interactive session.

Target Audience: After School Teachers and support staff that work with older youth

***Topic: Summer Program Planning: Secrets of Success! Are YOU ready?**

This interactive workshop will focus on the basis elements of operating a high quality summer after school program. We will discuss and brainstorm in the following areas: Programming (Activities), Marketing, Staff Recruitment, Summer Handbook, Safety, Evaluation and Program Celebration!! Please bring your creative ideas as we will have fun piecing together our summer programs for children and youths!

Target Audience: All

***Topic: Developing a Social Emotional Learning Climate in our After School Program**

When developing a SEL climate, all elements of an institution i.e. discipline, classroom management, curriculum, etc. must reflect and uphold the skills and attitudes of social and emotional competence. Attendees will gain strategies on

how to create safe spaces, learn creative check-ins, check-outs and participate in activities to encourage continued social and emotional learning through instruction.

Target Audience: All

***Topic: Healthy Out-of-School Time Training – (Three hour session)**

Please join us as we explore ways your Healthy Out-of-School Time Program (before/after school and summer programs) can begin Fostering School, Out-of-School Time and Community Connections strengthen the health eating and physical activity environment for the students you serve.

The research in Out-of-School (OST) has proven that students who get the nutrients they need and stay physically active are better learners, stay on task, and have better attendance. Come discover how your Out-of-School Time program is positioned to play an essential role in impacting the health and wellness of the students you serve. You will learn about the CDC's Whole School, Whole Child, and Whole Community Model (WSCSS) where OST fits into the model, the impact your program(s) can make in Illinois collaboration with schools and communities. We will also explore national health eating and physical activity standards and how your OST program can get started implementing policies and practices that support those standards.

- Understand how schools and OST programs can create winning partnerships
- Understand how physical activity and healthy eating fit into the OST environment and how to lead implementation efforts in your school community (Whole School, Whole Child, Whole Community Model (WSCC), School Wellness Committees (SWC) and Local Wellness Policies (LWP)
- Understand how the OST school health components support wellness policies and develop implementation action steps

Explore tools and resources to support OST programs implementing healthy eating and physical activity standards

Target Audience: All

***Topic: Rookies in After School (three-part workshop series)**
From the classroom to the forefront as leaders in the field
(First Time Supervisor's Training)

This interactive series of trainings are designed to support after school and youth development program coordinators who have been in a position of supervision and oversight of staff for two years or less. During the three (3), two – hour sessions, the group will focus on the following:

- ✓ Leadership in the new millennium
- ✓ Exercise: The BEST SUPERvisor
- ✓ Examining our leadership styles
- ✓ Supervision – examining control and guidance principles
- ✓ Difference between Supervising, Coaching and Mentoring
- ✓ Situational Leadership- role play exercises
- ✓ Reflective Supervision – Why is it important?
- ✓ Teambuilding (building strong teams)
- ✓ Recruiting and Retaining Staff
- ✓ Termination and Suspension
- ✓ Professionalism and Ethics in the workplace
- ✓ Evaluation and Assessment

Expectation: Because this is a three-session series, it is imperative that participants attend all three sessions. Also, at the beginning of sessions two and three, we will build in time to reflect on the previous session.

Target Audience: New and emerging supervisors, coordinators; senior group and youth workers.