



2006-2007

"You Are the Essential Piece"
Bridges After-School Training

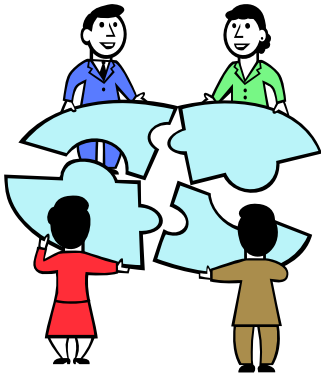
Isn't it a wonderful thing that we're all different? Each of us has strengths and skills to share. When we link our individual strengths together we're invincible!



BRIDGES AFTER-SCHOOL PROGRAM

4333 Hackberry Lane
Carmichael, CA 95608
Phone: 575-2386
Fax: 575-1917

Training Dates
August 9-18 2006



Bridges After-School Program 2006-2007 Training

Leadership Contact Information

Senior Supervisor

Nicole Craine – 575-1984

Carmichael Regional Office 575-2386

Judie Shotwell – Supervisor

Phone: 768-3812

Brad Shebesta – Specialist

Phone: 799-6874

Billy Mitchell, Cameron Ranch, Carmichael, Charles Peck, Churchill MS, Deterding, Garfield, Pasadena, Starr King (MS & Elem.), Thomas Kelly, Will Rogers (MS)

Citrus Heights Region Office 725-6499

Debra Middleton – Supervisor

Phone: 715-8957

Kristy Gleaves – Specialist

Phone: TBA

Carriage, Citrus Heights, Coyle, Grand Oaks, Kingswood, Lichen, Mariposa, Northridge, Ottomon, Skycrest, Sylvan MS

Arden/Arcade Region:

TBA– Supervisor

Yvette Cheam – Specialist

Phone: 802-9447

Cottage, Del Paso Manor, Dyer Kelly, Encina HS, Greer, Howe, Jonas Salk MS, Thomas Edison

Central Office 575-1984

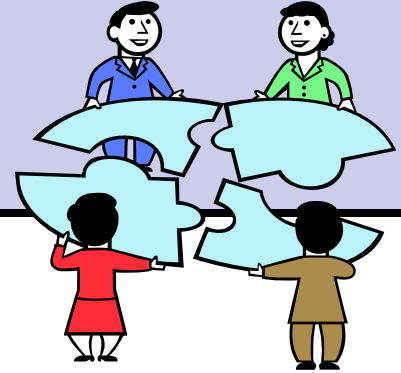
Kim Smith-Supervisor

Phone: 502-5074

Maria Mahon-Specialist

Phone: 870-5946

Schedule



Wednesday, August 9th

Registration

9:45-10:00

Welcome/Teambuilding

10:00-10:30

Michael Koerner

10:30 - 11:15

Expectations for 2006-2007

11:15-12:00

Lunch

12:00-12:30

Are You Insane? Think Different

12:30-4:30

Thursday, August 10th

Cooperative Learning SC

10:00-12:00

Role Modeling/Boundaries PS

10:00-12:00

Lunch

12:00-12:30

Positive Parent Relations SC

12:30-2:30

Cooperative Learning PS

12:30-2:30

Positive Guidance I

2:30-4:30

Friday, August 11th

Multi Cultural Cur SC

10:00-12:00

Lesson Planning/Facilitation PS

10:00-12:00

Lunch

12:00-12:30

School/Community Involvement SC

12:30-2:30

Multi Cultural Cur PS

12:30-2:30

Universal Precautions

3:00-3:30

Mandated Reporting

3:30-4:00

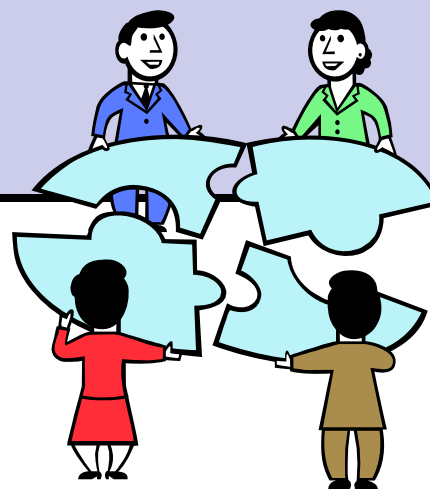
Workshops have been coded according to their targeted audiences:

SC= Site Coordinator PS=Program Staff

NSC=New Site Coordinator RSC =Returning Site Coordinator

NPS=New Program Staff RPS=Returning Program Staff

Schedule



Monday, August 14th

Communication

10:00-12:30

Lunch

12:30-1:00

Coaching as a Way of Supervising SC

1:00-4:00

Getting Started PS

1:00-2:30

Behavior Training Put into Practice PS

2:30-4:00

Tuesday, August 15th

Positive People Management SC

10:00-1:00

Responsible Mentoring 101 PS

10:00-1:00

Lunch

1:00-1:30

Special Needs Students SC

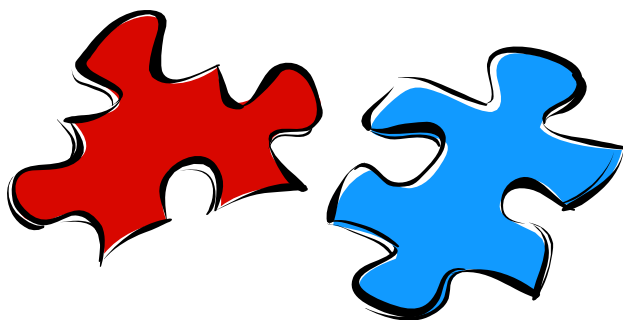
1:30-3:30

Responsible Mentoring 101 Con't PS

1:30-4:00

Lesson Planning/Site Preparation SC

3:30-4:30



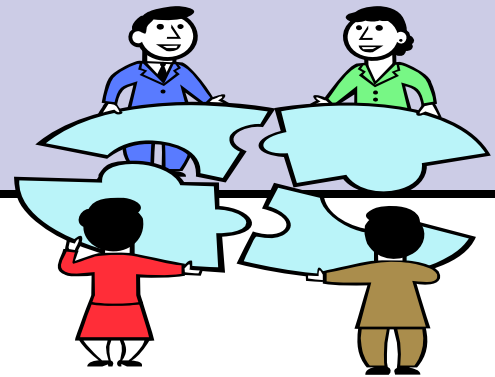
Workshops have been coded according to their targeted audiences:

SC =Site Coordinator PS=Program Staff

NSC=New Site Coordinator RSC =Returning Site Coordinator

NPS=New Program Staff RPS=Returning Program Staff

Schedule



Wednesday, August 16th

5 A Day SC

10:00-11:00

Transitions/On the Spot Games PS

10:00-11:00

Positive Guidance 2 SC

11:00-12:30

5 A Day PS

11:00-12:00

Lunch PS

12:00-12:30

Lunch SC

12:30-1:00

Positive Guidance 2 PS

12:30-2:30

Speed Stacking SC

1:00-2:30

Lesson Planning SC

2:30-3:30

Evaluation SC

3:30-4:00

Speed Stacking PS

2:30-4:00

Thursday, August 17th

Designing Clubs

10:00-11:30

Paperwork Training NSC

11:30-12:30

Computer Brush Up RSC

(If Needed)

11:30-12:30

Lesson Plans PS

11:30-1:00

Lunch SC

12:30-1:00

Computer Training NSC

1:00-2:30

Lunch PS

1:00-1:30

A Typical Day NPS

1:30-2:30

A Typical Day NSC

2:30-4:00

Lesson Planning PS

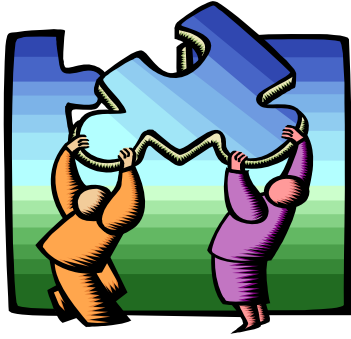
2:30-4:00

Workshops have been coded according to their targeted audiences:

SC=Site Coordinator PS=Program Staff

NSC=New Site Coordinator RSC =Returning Site Coordinator

NPS-New Program Staff RPS=Returning Program Staff



Wednesday

August 9th

Keynote Speaker

Michael Koerner, Program Manager

Office of Student Assistance and Prevention Programs

Expectations for the 2006-2007 School Years – Nicole Craine

Bridges After-School, San Juan USD

Are You Insane? Think Different? – Mike Martin and Scott Winter

Learning Change, Chico

Albert Einstein is credited with saying, “Insanity is doing the same thing over and over, and expecting different results.” This energetic session explores this popular definition of insanity through a series of fun and often revealing interactive and cooperative activities. Participants walk away with new activities and strategies to engage youth in fun, meaningful activity and inquiry.

The Importance of Measuring and Managing Outcomes in After School

Programs – Nicole Craine, Bridges After-School, San Juan USD

This workshop focuses on the importance and use of outcome data collected by after school program staff to improve participant satisfaction, program quality and sustainable funding. Participants will learn to effectively proctor after school surveys, use evaluation tools and facilitate focus groups.

Thursday

August 10th



Cooperative Learning – Cheri Chord and Jennifer Campbell, CalSAC

Join us for a FUN, INTERACTIVE workshop where participants learn effective methods of “teaching” children positive ways to resolve conflict. Learn noncompetitive games that facilitate group problem solving in an atmosphere that is fun, supportive and challenging.

Role Modeling/Boundaries – June Farren, CalSAC

Most of what the children learn from an adult is never spoken. Your actions set a silent tone for what is acceptable and unacceptable. What messages are you sending? What messages do you want to be sending? How does a verbal expression of a rule get lost in the way it is presented? You are a role model. Come learn how to make it all work in a positive way for you.

Positive Parent Relationships – Iris Diamond, CalSAC

Come learn how to take a positive approach to working with parents and building positive relationships with them through communication, newsletters, and learning techniques to deal with challenging parents.

Positive Guidance 1 (Using the Right Ingredients) – Brad Shebesta, Bridges After-School, San Juan USD

This workshop significantly expands on some of the basic Behavior Management that was explored last year. Topics include kindness; rules, roles, and expectations; positive reinforcements and consequences; how having fun at work promotes positive behavior; and much more! This workshop provides tools for both site coordinators and program staff simultaneously.



Friday

August 11th

Multicultural Across the Curriculum – Iris Diamond, CalSAC

This workshop focuses on how to infuse culture into after-school program components by learning about traditions and customs that make each student unique. Participants will also experience the rich cultures of those abroad.

Lesson Plan and Facilitation – Jennifer Campbell, CalSAC

This workshop explores the steps needed for planning quality after-school program activities that engage and entertain youth. Learn successful ways to implement fun activities that promote academic achievement.

School/Community Involvement – June Farren, CalSAC

Learn how to tap into the various community resources available in your area and improve connections and communication with school site staff.

Universal Precaution – Dianne Normandin, Bridges After-School, San Juan USD

Learn how to protect yourself from harmful germs and viruses that can be contracted from everyday occurrences. From scrapped knees to bloody noses, understanding universal precautions can help keep you and your students safe.

Mandated Reporter – Yvette Cheam, Bridges After-School, San Juan USD

Learn what it means to be a mandated reporter and become aware of mandated reporting responsibilities.



Monday

August 14th

Communication- (Effective Communication Skill Building) – Betsy Haas, Esteemed Human Development International

Communication is the most important tool we have in creating healthy relationships. Communication styles are individualistic ways we hear and speak, both verbally and non-verbally. This workshop focuses on how to identify, appreciate and understand personal work/communication styles, and how each style contributes to the good. Once we learn the skill of speaking the other person's language, we can be more effective and get much greater results. It's not what we say, it is how we say it that makes THE DIFFERENCE.

Coaching as a Way of Supervising – Betsy Haas, Esteemed Human Development International

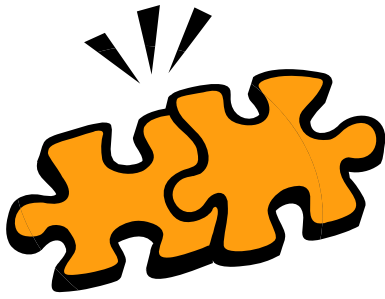
Coaching and mentoring takes skill. Successful people rely on personal performance, effective team players, and excellent coaching. This workshop is designed to take individuals, teams and leaders to higher levels of commitment and productivity in an after-school setting. Creating a winning environment for empowerment helps staff to achieve the highest level of performance!

Getting Started – Kim Smith, Bridges After-School, San Juan USD

This workshop is designed to give program staff an understanding of after-school operating procedures and program policies. In addition, it allows program staff the opportunity to complete necessary employment paperwork and fulfill other related job requirements needed.

Behavior Training Put into Practice – Brad Shebesta, Bridges After-School

This workshop provides program staff time to practice bits and pieces of what was learned from the Behavior Management workshop. Participants will physically go through the motions, practicing what to say, how to say it, and gaining confidence to implement effective behavior plans in after-school.



Tuesday

August 15th

***Positive People Management – Betsy Haas, Esteemed Human
Development International***

By providing training, team building, career opportunities, coaching, developing employees and managers, you assist and maintain of your best organizations assets, YOUR STAFF! This workshop will assist you in developing a plan to focus on growth and retention of staff. We will explore and create a peaceful culture where people want to work and be productive. This is the key to quality after-school programs.

***Responsible Mentoring – Dana Goodrow, Center for Applied Research
Solutions (CARS)***

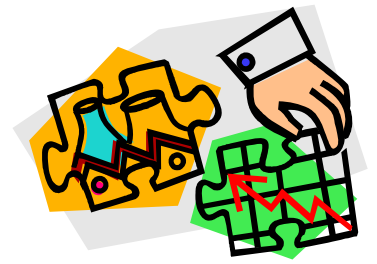
This workshop helps staff understand the basic concepts of mentoring, and learn how to relate with youth in an after-school setting. Understand the definition of mentoring, expectations, boundaries, and best practices in a mentoring program.

Special Needs Students – Lisa Heitzler, Alta California Regional Center

This workshop offers ways to better understand terms such as IEP or a 504 used with many students in after-school programs. Other topics include communication with teachers/parents, strategies and modifications, and how to facilitate positive relationships with other students in after-school programs.

Wednesday

August 16th



5 A Day-Power Play! – Melissa Ming, California Children's 5 a Day

Come and learn about all the great resources that California Department of Health Services has to offer through their 5 A Day program including 4th and 5th grade curriculum, nutrition decathlon, and much more. Learn how students in after-school can earn incentives while they learn to eat smart.

Transition, Non-equipment & "on the spot" games - Jose Palafox, Sunrise Recreation and Park District

This workshop offers tools that demonstrate smooth transitions and non-equipment games that can be used on the spot. Program staff learn the value of transition games, tactics that make non-equipment games of interest to children and what to avoid while leading transitional "on the spot" games. Participants will be provided with outlining points of interest as well as a list of transition and non-equipment games.

Speed Stacking – Sacramento Start

Speed Stacking is now the fastest growing new sport in the country! Come and learn why this sport is growing so quickly and how it benefits students both athletically as well as academically.

Positive Guidance 2 (Grind Your Daily Peppercorn) – Brad Shebesta, Bridges After-School, San Juan USD

This workshop is all about applying concepts on a daily basis in your programs. Utilize concepts and ideas covered in the Positive Guidance 1 workshop and find creative ways to apply them in after-school programs. Become part of a brainstorming process that works together to ensure student behavior becomes a strength in your program!

Lesson Planning – Eng Bee and Melissa Madrigal, Bridges After-School

Experienced site coordinators share their best practices and provide an opportunity for questions and sharing of ideas.

Thursday

August 17th



***Designing Clubs for All Ages – Debbie Middleton and Yvette Cheam,
Bridges After-School, San Juan USD***

This workshop provides insight into the benefits, design and implementation of clubs to enhance programs serving students of all ages. Learn to use the simple "club web" as a tool to plan clubs for after-school programs.

Computer Brush-Up – Brad Shebesta, Bridges After-School, San Juan USD

This is an opportunity for returning site coordinators to brush up on computer programs such as Microsoft Excel, Word, and Publisher. Gain practical knowledge that can be used for paperwork, marketing, information tracking etc.

Paperwork Training– Judie Shotwell, Bridges After-School, San Juan USD

New site coordinators learn how to process monthly paperwork as well as other required documents. This workshop includes tips on how to organize paperwork and keep it neat and accurate.

Computer Training – Brad Shebesta, Bridges After-School, San Juan USD

Newer site coordinators gain a basic understanding of Excel as it pertains to monthly paperwork due at the beginning of each month. Various tips and tricks will be shared that will ensure paperwork is accurate, neat, and orderly. Time saving advice for paperwork will be offered as well.

Group Facilitation for Middle Schools – Melissa Macias, Student Assistance Program, San Juan USD

This workshop is designed to assist middle school site coordinators with facilitation of life skills in after-school programs. Learn about boundaries, and how to get and keep the interest of the students in the program; as well as techniques on how to facilitate a good group time.

...Thursday

August 17th

Programming "Planning makes it Possible" – Jose Palafox, Sunrise Recreation and Park District

This workshop provides a breakdown what after-school programming and recreation coordination is all about. Program staff learn to consider all aspects of programming including time, space, and equipment with an emphasis on safety. Program staff also learn useful strategies to prevent arguments over rule disputes and how to improvise and manipulate games to fit their surroundings. Participants will receive an outline of key points to success, as well as a month of recreation activity lesson plans.

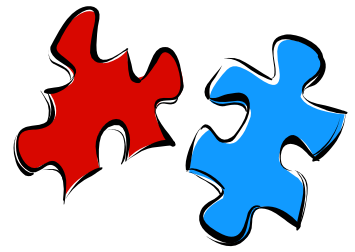
A Typical Day for Site Coordinators – Maria Mañon

This workshop is designed to give new site coordinators a better understanding of day to day roles and job expectations. New site coordinators will learn how to develop after-school program structure, provide oversight to program staff and students, and coordinate other job duties.

A Typical Day for Program Staff – Maria Mañon

This workshop offers program staff a better understanding of after-school program structure and job responsibilities. Program staff will learn what a typical day looks like by learning how to prepare, plan and facilitate program components.

Workshop Presenters



The Bridges After-School Program (BASP)

The San Juan USD comprehensive Bridges After-School Program provides academic intervention and pro-social enrichment in a safe and positive environment. Students realize academic success through academic support, enrichment/disguised learning, pro-social skills/recreation, and parent support and empowerment. In order for a student to be successful in the program, strong relationships between program staff, school staff, parents, and students are needed. Relationships are key!

Nicole Craine
Debbie Middleton
Kim Smith
Judie Shotwell
Yvette Cheam

Kristy Gleaves
Maria Mahon
Brad Shebesta

The California Children's 5 a Day – Power Play!

The California Children's 5 a Day – Power Play! is a campaign administered in part by the public health Institute and is led by the California Department of Health Services in cooperation with the National 5 A Day program.

Melissa Ming

California School-Age Consortium

CalSAC is dedicated to supporting the needs of after-school and school-age care professionals in providing high-quality programs. CalSAC produces more than 30 local and statewide training events each year to give after-school professionals the skills and resources they need to deliver quality programming.

Cheri Chord
June Farren
Jennifer Campbell
Iris Diamond

Center for Applied Research Solutions (CARS)

The Center for Applied Research Solutions provides assistance for Community Prevention Institute, Safe and Drug Free Schools and Communities, support for the California State Incentive Grant and CARS Mentoring. The CARS Mentoring provides assistance to California school and community based mentoring programs that serve youth ages 5 to 18.

Dana Goodrow

Esteemed Human Development International

Esteemed Human Development, International is a training company, specializing in private consulting for corporations, non-profit, and organizations involved in the development and child-care industry. Among the many areas of expertise are team building, personal effectiveness, communication, stress management, as well as performance standards.

Betsy Haas

LearningChange

LearningChange is a creative and professional services company that provides design and business consulting services to commercial, nonprofit, government, and educational organizations. Web and print designs, corporate identity systems, strategic leadership, group facilitation and training are just a part of what LearningChange is about.

Mike Martin
Scott Winter

Lisa Heitzler, M.A.

Lisa Heitzler is currently a Behavior Analyst for Alta California Regional Center and has worked in the field of Special Education for over 13 years. In her current position, Lisa provides educators, parents and families with training, consultation and technical assistance to support behavior challenges for children and adults with special needs. She has extensive experience working with children diagnosed with autism spectrum disorders and the behaviors that frequently accompany these diagnoses. Lisa holds a moderate/severe special education teaching credential and, prior to consulting, worked with students (P-12) and adults with a variety of disabilities and behavioral challenges in an educational environment

The Office of Student Assistance and Prevention Programs (OSAPP)

The Office of Student Assistance and Prevention Programs is dedicated to providing comprehensive prevention, intervention and intensive support services that promote academic success for all San Juan USD students. Established in 1980, the office provides opportunities for students to build on their strengths and become more caring, connected, confident, contributing, and competent. The Office of Student Assistance and Prevention Programs uses a broad asset-based approach to positive youth development.

Michael Koerner

Sacramento Start (Students Today Achieving Results for Tomorrow)

START began operating in 1996 and after 8 years has become a local state and national model for after school programming for grades K-6. START is a part of the City of Sacramento Parks and Recreation Department and serves 7,000 children daily across 6 school districts.

The Student Assistance Program (SAP)

The Student Assistance Program addresses substance use, cessation and recovery as well as anger management and life skills for students at all 10 of the High School campuses in San Juan USD. Support groups develop insight, teach skills, and prepare students to respond to stressful influences in their environment. Program staff also refer students to helpful district and community resources as needed.

Melissa Macias

Sunrise Recreation and Park District

Sunrise Recreation and Park District provides organized recreation activities to the residents in the City of Citrus Heights. Sunrise Recreation and Park District a respected partner with the Bridges After-School Program providing high quality programs for students after-school.

Jose Palafox