ESM School Spotlight & Trauma-Informed Care Resource!
September 2018

Spotlight
Windy Cardarelli from East Syracuse-Minoa School District

East Syracuse-Minoa School District (ESM) embraces innovative, interdisciplinary STEM learning opportunities that focus on problem-based learning to foster curiosity, questioning, creativity, and innovation for college, career, and citizenship readiness. ESM is proud to have one of only 11 schools in New York State designated as a comprehensive high school with numerous Career and Technical Education programs, a student-led credit union, and many courses for advanced placement and college credit. We spoke to Windy Cardarelli of ESM about her work with students, STEM, and expanded learning.

Windy began her love of afterschool, summer, and expanded learning time several years ago. She realized while doing student teaching in the 90s how precious building relationships with students in afterschool translated to a positive school day climate. Windy stated that she enjoys seeing kids develop skills and gain confidence in their learning and discovery in this setting. Windy is especially thrilled when she sees girls dive in and try things that they may not have tried in the normal school day. Windy can recall not being offered these same opportunities as a young girl. She remembers growing up and being told, “you’re a people person...you’d make a cute secretary with your bubbly personality.” She was told she did not need to take science or math her senior year and went to college feeling overwhelmed and behind because of this. After becoming a certified teacher, Windy knew she never wanted another girl to feel limited by what career choices they had because of their gender.

Windy volunteered several years ago with Girl Scouts and ran Robotic and Rocket Clubs with business sponsorships. She had had much success with these clubs, so she brought her experiences to the schools she works in. Windy added that the kids really love hands-on and experimental learning in a positive environment, and that these clubs lend themselves naturally to a beneficial
learning opportunity. Windy looks for ways to get free to low cost materials and trainings through organizations such as the California Academy of Sciences and the National Girls Collaborative. This tends to give her new energy to share with the kids. This previous summer Windy was able to share Citizen Science through eBirds and iNaturalist at the summer camp in the ESM middle school building.

Windy truly believes that kids are naturally curious. She urges that, "we need to encourage this excitement and nurture this love to learn with opportunities in STEM learning. We are creating future citizens that will have jobs in careers that haven't been created yet." With these STEM clubs, kids are discovering and growing in skills and confidence to try new things. After time, Windy believes this confidence will translate to focused learning in the classroom and going further in college and trade schools in the future.

When asked what her favorite part of her job was, Windy stated, "I love those magical moments when kids are beaming with pride because they attempted something they never dreamed of trying before coming to a club or STEM camp." For instance, Windy had a group of 8th grade girls that were not so sure about the Bug Safari module. After several sessions, they were among the first to volunteer to try the "pooter" aka bug vacuum! This is just one example of how important it is to make STEM programs accessible to all youth and how expanded learning programs, like the ones through ESM, are doing just that.

**Trauma Can Impact Learning, Behavior, and Relationships at School.**

Recent neurobiological, epigenetics, and psychological studies have shown that traumatic experiences in childhood can diminish concentration, memory, and the organizational and language abilities children need to succeed in school. For some children, this can lead to problems with academic performance, inappropriate behavior in the classroom, and difficulty forming relationships. Learning about the impacts of trauma can help keep educators from misunderstanding the reasons underlying some children's difficulties with learning, behavior and relationships.

Learning to read, write, take part in a discussion, and solve mathematical problems rests on many underlying foundations—organization, comprehension, memory, the ability to produce work, engagement in learning, and trust. Another prerequisite for achieving classroom competency is the ability to self-regulate attention, emotions, and behavior. Not surprisingly, trauma resulting from overwhelming experiences has the power to disturb a student's development of these foundations for learning. It can undermine the development of language and communication skills, thwart the establishment of a coherent sense of self, compromise the ability to attend to classroom tasks and instructions, interfere with the ability to organize and remember new information, and hinder the grasping of cause-and-effect relationships—all of which are necessary to process information effectively. Trauma can also interfere with the capacity for creative play, which is one of the ways
children learn how to cope with the problems of everyday life.

This video below explores the impacts of trauma on academic performance, and the importance of relationships and having a safe place for students impacted by trauma. This shows how providers can help students who have experienced trauma and be more perceptive to the effects of trauma.

https://www.youtube.com/watch?v=dw1R_tlWE04

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**Register for the 2018 Rochester Regional Training Institute!**

**Saturday, November 10, 2018**

Radisson Hotel Rochester Airport 175 Jefferson Rd, Rochester, NY 14623

Take advantage of the Early Bird Rate until September 30!

Register Now

**High-Quality Professional Development**

- Six OCFS training hours
- Variety of topics
- Appropriate for supervisors, teachers, and frontline staff working with school-age children
- Networking opportunities
- Buffet lunch

**For More Information:**

Visit our Regional Institute Webpage

**Scholarships**

Scholarship funding to participate in this training may be available through the Educational Incentive Program (EIP). For more information or to apply for a scholarship, please visit www.ecetp.pdp.albany.edu. You may also contact EIP at eip@albany.edu or 800-295-9616. If you have received an EIP, please sign it and mail it to the Network along with your registration.

**For any questions or to register via check or EIP,** please contact Erin@networkforyouthsuccess.org.
Now Accepting Proposals for the 2019 Annual Conference!
Friday, May 10, 2019 to Saturday, May 11, 2018
Saratoga Embassy Suites in Saratoga Springs, NY

This event brings in over 200 afterschool professionals (administrators, executive directors, directors, teachers, and frontline staff) from across the state. We are accepting proposals in the following topics, but are also open to new and innovative ideas. The workshops are either 90 minutes or 30 minutes.

- Diversity and Inclusion
- Social and Emotional Learning
- Science, Technology, Engineering, Art, and Mathematics (STEAM)
- Guiding Children’s Behaviors
- Program Sustainability
- Program Quality Improvement
- Leadership Development for Professionals
- Family Engagement
- Trauma-Informed Care
- Arts
- Self-Care
- Movement

Submit Your Proposal Today!
All submissions are due by October 24, 2018. Selected presenters will be notified by November 30, 2018. Accepted presenters also receive free admission to the conference on the day of their presentation.

Feel free to share this RFP with your colleagues and friends!

The link to the RFP:

More information on the event:
http://networkforyouthsuccess.org/annual-conference/

To register as a participant:
Registration will begin in December!

If you have any questions, please contact Erin@networkforyouthsuccess.org.

How does your afterschool program make a difference in the lives of young people?
Tell Us How!

The Ralph C. Wilson, Jr. Foundation is interested in learning more about afterschool programs in your area to better inform its grant-making. The foundation has asked Grand Valley State University to conduct a survey of afterschool programs to better understand the afterschool landscape and where
funding is most needed. Can you help?
Taking the survey is easy and will only take about 15 minutes of your time!

What kinds of questions will be asked?

- What geography is served by your program(s)?
- Who are the youth your program(s) reaches?
- What is special and unique about the youth you currently serve?
- When are your programs offered?
- What are the activities and outcomes of your program(s)? What aspects of your work need more support?

What can I do to make sure my organization is included?

Please schedule your interview today by following this link! Your work is important, and we want your afterschool programs to be included!

Questions? Want a copy of the results?
Contact Dr. Aaron Van Oosterhout, Research Manager, at (616) 331-9030 or vanoosaa@gvsu.edu.

Thank you in advance for your help!
Upcoming Events

9/11- 12/18: Distance Learning SAC Credential I Prep Course
The Network offers an alternative way to gain and document skills to earn your SAC Credential if you don’t live near a Host Agency that offers face-to-face classes. SACC Prep I covers Skill Areas 1-7 and helps you prepare your Portfolio and Resource File as well as share, discuss, and learn from colleagues throughout the state about the value, purpose, and process of your work. For more information and to apply for the course, go to: http://networkforyouthsuccess.org/credential/distance-learning/

9/18: Get in the Game! Successful Intervention Strategies for Serving WIOA Youth
September’s webinar will highlight two intervention strategies, Integrated Resource Teams (IRT) and Reverse Career Fairs, and how they can be used to successfully serve youth with barriers to employment. Reverse Career Fairs are an opportunity for job seeking youth to develop materials, displays, and presentations for booths at the fair. Then, it is the businesses who move between the booths to learn about the strengths and skills of the job candidates. For information on how to register, go to https://dews.webex.com

An important outcome for maker education is helping more students find meaningful, productive work. At this year’s Education Forum at World Maker Faire NY, they look at how maker educators can help students navigate the future of work—a future that places a premium on curiosity and innovation. Click here for more information and how to register.

9/21: Unlocking Potential: Building 21st CCLC Leaders
Prep for success by joining the U.S. Department of Education’s Y4Y technical assistance team for expert advice on mastering skills and knowledge that help you become more effective as a 21st CCLC leader. Topics include how to develop a project plan, build a budget, and overcome staffing problems. The Y4Y team will be joined by live guests Eric Billet, Expanded Learning Specialist from the Minnesota Department of Education, and Jack Garcia, a 20 year veteran Project Director for the 21st CCLC program in San Benito, TX. Novice or experienced, this professional learning event will help you effectively lead your program. Register today!

9/21: Supervisors Series: Effective Supervision
The session focuses on supervision and the importance of having clear and consistent policies, solid systems for ongoing supervision, and plans for the development of staff. Participants will learn about effective staff assessment and evaluation and will begin to develop or refine their systems for ongoing
staff supervision and development. The workshop is from 10am-1pm at partnership for Afterschool Education in NYC. Click here for more information, how to register, and a full list of events.

9/26: New York State SAC Credential Classes Begin, Capital Region
The Network, in partnership with the Capital District YMCA, will be offering SAC Credential classes this fall. Classes will be held at the North Albany YMCA on Wednesday nights from 6:30-9:30 PM. For more information, please contact: Alicia Salamone-Powers asalamonepowers@cdymca.org 518.463.9622 x 1320.

9/27: Foundational Series for Line Staff: Introduction to Child and Youth Development
In this Partnership for After School Education foundational workshop, participants will learn about the stages of child and youth development to gain a broader understanding of the needs of children and youth. Participants will also engage in activities that support the healthy development of children and youth and will learn how to plan and integrate activities that support various developmental levels and stages. The workshop is from 10am-1pm in NYC. Click here for more information, how to register, and a full list of events.

10/1: Foundational Series for Line Staff: Supporting Good Nutrition
In this Partnership for After School Education workshop, participants will review nutrition principles and discuss current eating behaviors, physical activities, and lifestyle trends that impact children’s health. Participants will explore ways to balance food options, make healthy choices with limited resources, and encourage and model healthy behavior to youth and their families. Participants will also learn activities to teach children about healthy eating. The workshop is from 10am-1pm in NYC. Registration opens on Monday, September 24 at 9:00 am. Click here for more information, how to register, and a full list of events.

10/16 and 10/17: The ECMHC Crisis of Confidence
This live webinar series is designed to support those providing early childhood mental health consultation. A crisis of confidence happens in situations in which we have stopped believing that someone or something can work (is good). The work of an ECMHC can be as heartbreaking as it is rewarding. It is imperative that ECMHCs take time to pause and reflect on the emotionally intense nature of this work and the toll it takes on our confidence. Join seasoned ECMHC, Rachel Wagner, to do just that. To register click here.

10/17-10/19: Community Schools Fundamentals Conference, New York City, NY
Children’s Aid National Center for Community Schools presents the Community Schools Fundamentals Conference, a three-day seminar designed specifically for those new or relatively new to community schools. The Fundamentals Conference will share CA’s lessons learned from over 25 years of implementation in New York City and capacity building across the country and beyond. In addition to conducting a study visit to a CA community school, participants will learn about the foundations and the “nuts and bolts” of the strategy. For more information and to register, follow this link!

10/23 and 10/30: Building Your Bounce Professional Development Learning Series
This train-the-trainer live webinar series provides participants with a copy of the Building Your Bounce Professional Development Learning Series that can be used to promote staff wellness in a variety of professional development events including staff meetings and in-service trainings. Join Nefertiti and learn how you can create an overall culture of resilience. To register, click here.

10/24: Foundational Series for Line Staff: Child Abuse Identification and Prevention
Participants in this Partnership for After School Education workshop will learn physical and behavioral indicators of child abuse and maltreatment. Participants will learn when and how a report must be made, actions the reporter is mandated to take, legal protections afforded reporters, and consequences for failing to report. The workshop is from 10am-1pm in NYC. Registration opens on
Monday, October 8 at 9:00 am. Click here for more information, how to register, and a full list of events.

10/25: Lights On Afterschool, Nationwide
One million Americans will celebrate afterschool programs at 8,000 events nationwide. It's time for Lights On Afterschool! Registration for the 19th annual nationwide rally for afterschool is open. Thursday, October 25, 2018 is a golden opportunity to make sure parents, policymakers, and communities understand the impact of afterschool programs in keeping kids safe, inspiring them to learn, and giving families peace of mind. The event planning kit has all the tools you need to help generate press coverage, excite the community, and inspire policymakers to invest in afterschool. Register today!

10/25-10/26: 48th Annual Youth Development Training Conference, Tarrytown, NY
The Association of Youth Bureaus and The Coalition for Homeless Youth invite youth professionals to attend their Annual Youth Development Training Conference. The training conference will focus on issues and initiatives supporting positive youth development, runaway and homeless youth, and afterschool programs and services. The conference offers colleagues the opportunity to share best/promising practices, learn skill sets to assist youth in achieving their goals, and hear updates on federal, state, and local issues and initiatives impacting the youth development field. More information can be found here.

10/26-10/28: 2018 NAMI-NYS Educational Conference
The conference will feature national leaders in mental health research, treatment, service delivery and advocacy who will provide attendees with the tools needed to understand how the treatment of psychiatric disorders is moving forward. Key topics disseminated at the conference will include identifying various types of community-based mental health services, the importance of family engagement in recovery, how to communicate the need for treatment to people who refuse treatment or don't recognize their illness, suicide prevention strategies, how NAMI-NYS can serve as community partners as well explore key advocacy issues such as mental health housing and insurance parity. To register follow this link.

11/1: Foundational Series for Line Staff: Creating Physically Safe Spaces
In this Partnership for After School Education workshop, participants will learn how to spot safety hazards and make appropriate changes to keep youth safe. Participants will also understand safety procedures for indoor and outdoor environments, such as fire drills, evacuations, field trips and travel, and inter-agency communication; and gain a better understanding of effective communication and emergency response systems with program stakeholders, including parents, agency headquarters, and if school-based, designated building administrators. Participants will review School-Age Child Care (SACC) regulations related to safety and understand what their site's safety plan should include. The workshop is from 10am-1pm in NYC. Registration opens on Monday, October 15 at 9:00 am. Click here for more information, how to register, and a full list of events.

11/1 and 11/8: Optimize Your Use of the DECA-C (Clinical)
This live webinar series highlights the DECA-C (Clinical): a standardized, norm-referenced behavior rating scale that evaluates behaviors related to social and emotional resilience and concerns in preschool children ages 2 through 5. It is designed to support early intervention efforts to reduce or eliminate significant emotional and behavioral concerns in preschool children. This webinar will focus on using the DECA-C as part of the DECA Program as well as its use as a stand alone tool. To register click here.

11/8: Foundational Series for Line Staff: Conflict Resolution
This Partnership for After School Education workshop will cover the basics of conflict resolution and effective communication. By exploring the roots of conflict, participants will gain new strategies not only for dealing positively with conflict, but also for helping children and youth manage conflicts.
Participants will have the opportunity to practice conflict mediation skills through role-plays and active listening. The workshop is from 10am-1pm in NYC. Registration opens on Monday, October 22 at 9:00 am. Click here for more information, how to register, and a full list of events.

11/10: Rochester Training Institute, Rochester
Our Rochester Training Institute is returning and will take place Saturday, November 10th, 2018. Take advantage of the Early Bird Rate until September 30! Register Now! This includes High-Quality Professional Development; six OCFS training hours; a variety of topics, and is appropriate for supervisors, teachers, and frontline staff working with school-age children, networking opportunities, and a buffet lunch! For more information, please click here!

11/12-11/14: Summer Changes Everything, Missouri
Join hundreds of summer learning and expanded opportunity leaders on November 12-14 in Kansas City, MO for National Summer Learning Association's annual conference devoted entirely to summer learning. What to expect? The nation’s top summer time leaders from across the country sharing and discussing effective learning approaches, systems building, program planning, policies, and ways to advocate for our nation's children. More information and registration can be found here!

3/5-3/18: National AfterSchool Association Convention, New York, New York
Join our community for four days of networking, learning, and inspiration. For more information follow this link.

3/16: Terra Science and Engineering Fair
Whether you want to explore Cassini’s adventures around Saturn, test water quality in a local creek, or design an app to prep for your next exam, the Terra Northeast Regional Science & Engineering Fair (TNRSEF) enables you to ask questions and find answers! Students in grades 6-12 can come to SUNY Geneseo in March to celebrate all s/he has learned and perhaps even earn an award. More information can be found here.

5/10-5/11: Network for Youth Success Annual Conference, Saratoga Springs
Save the Date! Back by popular demand for one more year in Saratoga Springs! Click here for more information!

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Address postal inquiries to:
New York State Network for Youth Success, Inc.
415 River Street
Troy, NY 12180

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