SAC Spotlight and CACFP Corner!
April 2019

Spotlight
Karen Parlapiano, Childcare Coordinator at the Southern Saratoga YMCA

Karen started working with the Capital District YMCA in 2016 after having her own successful in-home daycare. Karen told us she was introduced to the world of summer camp that year. “Coming in and seeing what I could add to a child’s summer was a ton of fun!”

Her current role is the Childcare Coordinator at the Southern Saratoga YMCA. She helps mentor and lead other site supervisors with their own successful programs. She also lends staffing assistance and acts as a liaison for parents.

Karen has four children of her own and had been in the childcare field before deciding to take on her position with the YMCA. Karen said, “When my children were leaving the house, [I decided] that I should leave too! I was welcomed into the workforce by my supportive boss and I have been loving it ever since.”

When it comes to the importance of afterschool, Karen notes how having a safe and nurturing environment to send a child to is not always achievable for all families. Karen told us, “We can sneak some learning in there when the kids aren’t looking. The kids think we are more than care providers. They often call us teachers. An honor that I don’t take lightly. We get kids at their best and worst time of the day…afterschool! They want and crave freedom and chaos and we have to reel some of that energy in to conduct programming and provide a safe place to be. We have them for just a short time, so our time together should be the best it possibly can be!”

Karen said her favorite part of her job is “The Magic.” Karen has seen children go from withdrawn and quiet to bubbly and light. She said, “I love it when something seemingly silly that I have done with them becomes something they talk about for the rest of the day or gets its own ‘life’ in the program.”
Those little things, those magic moments, that mean the world to the kids. There is magic everyday with those kids and I’m glad to take in some of that energy!”

CACFP Corner

This month, your program and participants might be celebrating Easter by dying eggs and hunting for them. Not only are eggs fun for scavenger hunts, they are also a great source of protein, which helps build strong bones and muscles. Check out this list of egg recipes to prepare with youth during snack and/or supper time. CACFP ensures each child obtains the nutrition needed to build a strong mind, body, and soul through eating healthy foods. Learn more about serving reimbursable, healthy foods by visiting AfterschoolMealsNY.org.

New York’s ONLY Statewide Afterschool and Summer Learning Conference!
May 10 & May 11 in Saratoga Springs, NY

REGISTER NOW!

DRAFT OF THE BROCHURE

School’s Out, Make it Count!
2019 Annual Conference

- 5.5 hours of Training Each Day
- Leadership Track
- Diversity & Inclusion Track
- Executive Director Track
- 30 Minute Speed Sessions
- Buffet Lunch
- Vendor Area
- Lots of Networking Opportunities!

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 scholarship, please sign it and mail it to the Network along with your registration.

*Other Ways to Register
To register via check or eip, email erin@networkforyouthsuccess.org.
Upcoming Events

5/5: Bar and Bat Mitzvah Expo
Join the Albany Jewish Community Center for an afternoon of discovering what’s new in Bar and Bat Mitzvah planning! The event will feature caterers, DJs, decor, photobooths, photographers, and more! Register here! Call or email Ben at 518.438.6651 x 108 or benjaminD@albanyjcc.org with any questions.

5/7: What's Great in Our State 2019, Rotterdam, NY
This event will host three morning workshops, a children’s artwork exhibit, young adult keynote speakers, and a catered honoree recognition luncheon to celebrate the people bringing positive mental health outcomes for children, youth, young adults, and families. For more information and registration, click here.

5/9: Community Schools and Multi-Tiered Systems, Newark, NY
Join the growing number of community and school professionals working together to integrate Multi-Tiered Systems of Support with Community Schools. Dr. Jason Andrews, NYS Superintendent of the Year, Lukas Weinstein from the National Center for Community Schools, and representatives from the Wayne County Partnerships for Strengthening Families and Midwest PBIS will explore ways to align and integrate existing programs and services with a community schools strategy. For more information and how to register, click here.

5/10-5/11: Network for Youth Success Annual Conference, Saratoga Springs, NY
Back by popular demand for one more year in Saratoga Springs! The New York State Network for Youth Success is holding its Annual Conference May 10 & 11! Come attend New York’s only statewide conference for Afterschool, Summer, and Expanded Learning Professionals. This conference brings together over 200 professionals to participate in two full days of workshops on topics ranging from SEL to Leadership. Follow this link to register today!

5/20: Making Service Part of Your Afterschool Program Culture Webinar
This webinar will be approximately 30 minutes long and will feature at least one of the 96 tools from the Beyond the Bell Toolkit. The featured tool will be available for free download from the Beyond the Bell website following the webinar. Follow this link to register.

6/1: Smart Coos’ National Bilingual Bee & Biliteracy Competition, Brooklyn, NY
Early bird registration is now open for Smart Coos’ First Annual National Bilingual Bee & Biliteracy Competition. This event aims to bring 250+ bilingual student participants, ages 6-15, together. The competition will assess children’s proficiency in English along with one of these languages: Mandarin Chinese, French, Spanish, or Haitian Creole. If there are students who would like to participate or educators who would like to volunteer/judge, please email Mirta at mirta@smartcoos.com

6/12 & 6/19: Building Your Bounce Professional Development Learning Series Webinar
This two part train-the-trainer webinar experience provides participants with a copy of the *Building Your Bounce Professional Development Learning Series*, a three-part digital training tool that includes recorded videos that cover topics including, "Examining Our Own Risk and Protective Factors," "What Resilience Means to Me," and "Introduction to the Devereux Adult Resilience Survey - 23 Questions That Can Change the Way You Look at Life." Trainers and coaches will learn to use this innovative, digital tool to promote adult wellness in a variety of settings, including staff meetings, in-service trainings and parent workshops. Join Nefertiti and learn how you can create an overall culture of resilience. [Register here](#). (Registration closes June 5).

**8/4-8/10: Mindfulness Training for Educators, Lake Placid, NY**

This weeklong program set in the idyllic environment of a lakeside retreat in the Adirondacks explores teaching for the 21st century. Participants will learn mindfulness practices, meditation, the neuroscience of learning, the nature of mind, and how to cultivate their inner resources. Each day will include experiential learning, as well as a cognitive element – and afternoons will be free to enjoy the many outdoor activities available to us, or to simply relax and read a book. Learn how mindfulness might benefit you in your role as an educator, and re-connect with the ideals that brought you into this field from the start! [Click here](#) for more information and how to register.

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