

Kansas Head Start Association Annual Conference
Registration Brochure

***Ready to Learn:
Building Healthy
Minds & Bodies***

November 13, 2008
Pre-Conference Training
I Am Moving, I Am Learning
Holiday Inn Hotel & Convention Center
1616 W. Crawford St.
Salina, KS

November 14, 2008
KHSA Annual Conference
Holiday Inn Hotel & Convention Center
1616 W. Crawford St.
Salina, KS



**Conference
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(KAIMH)

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(KPATA)

Kansas Parent
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Oral Health
Kansas

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Agenda



Thursday, November 13, 2008

9:00 am - 4:00 pm

I Am Moving, I Am Learning
Holiday Inn Hotel & Convention Center, Salina, KS

Friday, November 14, 2008

8:00 am - 4:00 pm

Registration & Information
Holiday Inn Hotel & Convention Center, Salina, KS

9:00 am - 10:30 am

Keynote Presentation: Brandon Williams

10:30 am - 11:00 am

Break

11:00 am - Noon

Session Block I

Noon - 1:00 pm

Buffet Luncheon

1:00 pm - 2:00 pm

Session Block II

2:00 pm - 2:30 pm

Break

2:30 pm - 3:30 pm

Session Block III

Exhibits Open

Conference Sponsors



KHSA wishes to thank the funders who help support our Association, our programs and the children and families they serve:

Children's Mercy Family Health Partners

Delta Dental Foundation of Kansas

Kansas Health Foundation

Kansas Head Start Collaboration Office

Kansas Health Policy Authority

UniCare

Keynote Presenter



Brandon Williams has a Masters Degree in Child Development and Family Studies from West Virginia University. He has an undergraduate teaching degree in Physical Education Teaching and Health Education. Brandon has been working with young children for many years in a variety of settings. While at WVU, he was a teacher in the WV Motor Development Center. In this capacity, he taught physical activity classes for toddlers, preschool, and elementary school age children. He was the lead teacher for the Center's award winning programs, KinderSkills and Choosy Kids Club. He was also a counselor for the popular summer day camp program, Camp Choosy.

Brandon has also worked in center-based preschool programs. He was employed by Morgantown Early Learning Facility as a classroom teacher and volunteered with the WVU Nursery School. He also has earned a 3-star Director's certificate.

Brandon is a featured member of the *I am Moving, I am Learning* national training team and a consultant for Choosy Kids, LLC. He has presented both the MVPA and Movement Vocabulary workshops in many training events across the country designed for Head Start, child care, WIC, and public health. Brandon also has made many special appearances at schools, centers, health events, conferences, and training events as the popular character, Choosy, bringing much needed health messages to communities, families, children, and the staff who serve them.

Be Choosy, Be Healthy



Friday, November 14, 2008
9:00 – 10:30 am

“Be Choosy” focuses on developing healthy preferences for physical activity and nutrition choices for children and adults. This presentation will provide state-of-the-art resources and promising practices for implementing a prevention model for addressing childhood obesity. The overarching goals of the Be Choosy approach are to:

- Increase the quantity of time spent in moderate to vigorous physical activity (MVPA) during the daily routine to meet national guidelines for physical activity;
- Improve the quality of structured movement experiences intentionally facilitated by teachers and adults;
- Improve healthy nutrition choices for children every day.
- Include Games for Health to motivate and encourage more physical activity.

Pre-Conference Training



I am Moving, I am Learning

Thursday, November 13, 2008

9:00 am – 4:00 pm

Choosy Kids, LLC is proud to have served as the training team for the national launch of “*I Am Moving, I Am Learning*” (IMIL), an obesity prevention initiative created by the Office of Head Start. IMIL introduces multidisciplinary teams from local Head Start programs to strategies for promoting healthy preferences, and arms them with resources for customizing an implementation plan to meet the needs of their programs and their local communities. IMIL has been well received because it provides grantees with strategies and resources for infusing quality physical movement and healthy nutrition choices within their familiar curriculum approaches and daily classroom routines.

Kansas Head Start Association is proud to host a one-day introduction to “*I Am Moving, I Am Learning*” for Kansas Head Start Programs. The day will consist of an overview of the complete training as well as a brief discussion of the workshops included in the full *IMIL* training. The overarching goals of “*I Am Moving, I AM Learning*” are to:

- Increase the amount of time spent in moderate to vigorous activity during the daily routine to meet national guidelines for physical activity;
- Improve the quality of structured movement experiences intentionally facilitated by teachers and adults;
- Improve healthy nutrition choices for children every day.

This one-day Pre-Conference event will be presented by the Region VII training team of Shari Fleshman, Korey Hensley, Jhumur Mukerjee, and Patty Shoenhair with support from Brandon Williams from Choosy Kids, LLC.



1	<p>Cooperation is Just a Hop, Skip, and Jump Away: Cooperative Games and Activities for Pre-School Children Presenter: Lynda Killingsworth, Professional Development Specialist, SEK-CAP Head Start</p> <p>This session will allow participants to play a variety of games and do activities that focus on cooperation, communication, and movement. Games such as Indiana Jones and Popcorn will be presented using a variety of balls ranging in sizes from a four foot KIN-BALL to a four inch Nerf ball. Other games like Amoeba Tag and Mr. Troll will require only fun-loving participants. Participants will receive a handbook of games and have the opportunity to create games of their own.</p>
2	<p>Be Choosy, Be Healthy Presenter: Brandon Williams</p> <p>A “Be Choosy” training event focuses on developing healthy preferences for physical activity and nutrition choices for children and adults. A variety of sessions will offer strategies that adults can use to promote healthier behaviors in children, in homes, in schools, and in care settings. Each session will provide state-of-the-art resources and promising practices for implementing a prevention model for addressing childhood obesity.</p>
3	<p>Kids in the Kitchen Presenter: Linda Wilson, Program Coordinator, SEK-CAP Head Start</p> <p>When children cook, they are getting to do “grown up” things. This workshop will focus on healthy snacks that children can help prepare. We will provide the opportunity to show how fun cooking activities can be tied to your classroom curriculum and the Head Start domains and objectives.</p>
4	<p>Parenting Counts - Emotion Coaching Presenter: Leona Breeden, Director of Education, Smoky Hills Public Television</p> <p>Emotion coaching is a research-based way to help children handle their feelings. The program reviews four parenting styles and outlines the steps of Emotion Coaching.</p>
5	<p>Supporting Children’s Learning in the Outdoor Environment Presenter: Diana Bain, Program Coordinator, SEK-CAP Head Start</p> <p>Play has a powerful influence on learning! Active play is essential for brain development and critical to learning. Participants will learn how to connect lesson planning and individualization in the classroom to the outdoor environment.</p>
6	<p>Turn Troubling Transition into Constructive Cooperation Presenter: Annette Hahn, Mentor-Coach/Trainer, SEK-CAP Head Start</p> <p>Whether it’s clean-up, waiting for an activity to begin, or moving from one place to another, challenges can occur. Well-planned transitions promote self-control, self-management, and cooperation among children. Get children’s attention, settle them, extend activities, make use of wait time, and promote constructive child-to-child interactions by using M-O-V-E.</p>

7	<p>What is Bal-A-Vis-X? Presenters: Ingrid Pohl, Elizabeth Caselman, and Susan Tuzicka, Salina</p> <p>Through a hands-on demonstration participants will learn what Bal-A-Vis-X is and how the activities can be used with small children to promote midline crossing and brain development. Bal-A-Vis-X activities require very little equipment but provide children the opportunity to use and participate in sensory activities that strengthen both sides of their brain. The activities incorporate balance boards, bean bags, music and balls. **This is a two-hour workshop and will continue into the next session**</p>
8	<p>Music, Movement, and Your Child Presenters: Susan Tucker and Kathy Shannon, Salina</p> <p>Music activities are not just for fun, they are an opportunity to advance memory, attention, and brain development. Using ideas and concepts we have found to be successful in our program as well as curriculum from ABC Music and Me, you will see how to “sing and play in a positive way.” Join us as we celebrate the importance of music and movement in the development of young children.</p>
9	<p>The Littlest Hero: Overcoming the Preschool Bully Presenter: Christine Redd, Program Coordinator and Disabilities Lead, SEK-CAP Head Start</p> <p>“Sticks and stones may break my bones, but words can never hurt me.” The philosophy that our parents taught us to deal with bullies is simply not enough to protect today’s youngsters. Being the victim of a bully can cause emotional, psychological, and physical pain. This presentation will discuss the increasing prevalence of bullying behavior in early childhood settings, strategies to prevent bullying behavior, interventions once the behavior has begun and bully proofing victims. Information regarding the difference between bullying behavior and simple conflict will also be discussed through the use of scenarios and examples. **This is a two-hour workshop and will continue into the next session**</p>
10	<p>Teaching a Man to Fish: Helping People Get out of Poverty One Person at a Time Presenters: Stephanie Sutton, Rachel Kimmi, Berta Lerma, Kathy Allen, and Julie Clayson, Salina</p> <p>There are over 9 million Americans living in poverty. A multi-faceted approach is needed to address the issue of poverty when working with Head Start families. This approach includes intentional time for families to stop and reflect on their life in poverty and what it means to them, exploring the causes of poverty from a societal viewpoint, and learning new resources using Mental Models based on the Theory of Change and the power of group process. This will be a co-presentation between staff and parents. In addition to staff discussing their experience facilitating the group, a parent panel will share how the Getting Ahead Group changed their lives by restoring their sense of hope and by creating a vision for their future. **This is a two-hour workshop and will continue into the next session**</p>
11	<p>Simple Steps for Kitchen Success! Presenter: Roxanne Bell, RD, LD, Registered Dietitian, Heartland Programs</p> <p>Parents wish they could provide healthy home cooked meals for their family, but due to a lack of time, cooking ability, and money, are often lulled into the fast food drive-up lane. This workshop will show the simplest of recipes using lots of vegetables, fruits, and inexpensive forms of protein. Parents enjoy cooking school and attend more often when they know they and their children will have fun, be fed a delicious meal, and receive new cooking ideas and simple prizes. Roxanne Bell has refined these classes by presenting on a monthly basis and tweaking to better meet the needs of parents and a tight budget.</p>
12	<p>You Make The Difference Presenter: Angela Metcalf, Program Manager, SEK-CAP Head Start</p> <p>This workshop will teach professionals what developmental steps come next when working with children ages 0-4. Participants will learn how to build on a child’s learning abilities and identify areas to work on to help them develop to their full potential. This workshop will explore the domains of social-emotional development, language, physical, and cognitive development. Participants will leave with increased knowledge of how to develop teachable moments throughout the day that are based on the stages of development.</p>

7	<p>What is Bal-A-Vis-X? Presenters: Ingrid Pohl, Elizabeth Caselman, and Susan Tuzicka, Salina</p> <p>**This is a two-hour workshop and will continue into the next session**</p>
13	<p>Promoting Positive Relationships: Connecting with Children through Play Presenters: Lacy Krebs, Parenting Coach, Heartland Programs</p> <p>During childhood, play is a child’s “work.” Adults can build connections with children through play. This workshop will explore the importance of play and why <i>truly</i> connecting with children is important. Participants will have the opportunity to “try out” quick and easy ways to play with children.</p>
9	<p>The Littlest Hero: Overcoming the Preschool Bully Presenter: Christine Redd, Program Coordinator and Disabilities Lead, SEK-CAP Head Start</p> <p>**This is a two-hour workshop and will continue into the next session**</p>
10	<p>Teaching a Man to Fish: Helping People Get out of Poverty One Person at a Time Presenters: Stephanie Sutton, Rachel Kimmi, Berta Lerma, Kathy Allen, and Julie Clayson, Salina</p> <p>**This is a two-hour workshop and will continue into the next session**</p>
14	<p>Building That School Family Presenters: Cyndi Antoni and Brenda Kness, SEK-CAP Head Start</p> <p>Building the school family - where everyone is accepted. This workshop will discuss the use of routine and rituals - what works and how to do it. The session will begin with the school family song. Participants will leave with a variety of ideas and samples of classroom schedules, routines, and rituals.</p>
15	<p>Introduction to SoulCollage® Presenter: Hazel Hutchinson</p> <p>A unique opportunity to engage in a playful, non-judgmental collaboration of images, imagination, and intuition, as a way to discover and appreciate the diversity and depth of you own personality. SoulCollage has the potential to accelerate and deepen the awareness of your special talents, allowing you to be more peaceful and effective in your life work; consequently, enhancing the lives of those around you. CoulCollage can be used as a unifying force between young and old, co-workers, family members, friends, or simply by oneself, with the intention to move towards shifts in perception - which can change everything!</p>

Conference Location



Holiday Inn Hotel and Convention Center

1616 W. Crawford Street

Salina, KS 67401

785-823-1739

Room Block: Kansas Head Start Association

Room Rate: single/double/triple/quad \$73.00 plus applicable state and local tax based on 12.05%.

Room block cut-off date in October 17, 2008. Reservation requests received after the cut-off date will be based on availability at the Hotel's prevailing rates.

Check-in is at 4:00 pm. ***Rooms are not guaranteed to be ready before this time.***

Programs must provide the Hotel with copies of appropriate tax-exempt certificates and tax identification number prior to the event.

Directions to the Holiday Inn Hotel and Convention Center

1616 W. Crawford Street, Salina, Kansas

From I-70

EXIT 250A onto I-135S (Wichita), then EXIT #92 (Crawford Street)

From I-135

EXIT #92 (Crawford Street)



Ready to Learn: Building Healthy Minds & Bodies

Holiday Inn Hotel & Convention Center, Salina, KS
November 13 & 14, 2008

PARTICIPANT REGISTRATION FORM

Please note: conference information will be delivered to the address and/or email address as listed below

Full Name: _____
Last First MI

Title: _____

Organization: _____

Address: _____
Street Address Apartment/Unit #

_____ City State ZIP Code

Phone: _____ Fax: _____

Email Address: _____

Special Needs:

Dietary Needs: Vegetarian Meal Other: _____

Additional assistance/accommodations (please attach a written description of your request)

Is the address listed above you current billing address? Yes No (if no, please complete the following information)

Billing Information

Organization: _____

Address: _____
Street Address Apartment/Unit #

_____ City State ZIP Code

Cancellation Policy: Written requests canceling registration must be received by mail on or before October 30, 2008 and will be assessed a \$45.00 cancellation fee. Reimbursement payment will be made following the closure of the conference. No phone calls, email or faxes will be accepted. Organizations may substitute the names of those who will be in attendance for registered slots. Substitutions should be submitted in writing by October 30, 2008 to guarantee a name badge change. A \$25.00 processing fee will be assessed for each registration that is not paid in full by November 14, 2008.

Please select only one (1) registration option. Indicate payment method below.

Registration Deadline October 30, 2008

Pre-Conference Session Only (November 13)	<input type="checkbox"/> \$50.00 (includes lunch)
Conference Registration Only (November 14)	<input type="checkbox"/> \$75.00 (includes lunch)
Both Pre-Conference Session and Conference Registration (November 13 & 14)	<input type="checkbox"/> \$120.00 (includes lunch both days)
Method of Payment	On-line registration @ www.ksheadstart.org
<input type="checkbox"/> Check Enclosed # _____ (payable to KHSA)	Return or fax registration and fees payable to KHSA to: Kansas Head Start Association Attn: KHSA Conference 925 Vermont Lawrence, KS 66044 Phone: (785) 856-3132 Fax: (785) 842-2087 Email: bdrews@ksheadstart.org
<input type="checkbox"/> Purchase Order # _____ (must be attached)	

PARTICIPANT REGISTRATION FORM - PAGE 2

First and Last Name: _____

Name of Organization: _____

Session seating is limited and assigned on a first-come, first-serve basis. Please note that each workshop session has been assigned a unique identification number. Indicate your 1st and 2nd choice by noting the workshop session number in the space provided. Workshop sessions are subject to change.

Please note: If no session choice is indicated, workshop sessions will be assigned at random on a space-available basis. Likewise, if a 2nd choice selection is not made and the 1st choice session is full, workshop sessions will be assigned at random on a space-available basis.

Indicate your session choices in the space below:

Session I		Session II		Session III	
11:00 am - Noon		1:00 - 2:00 pm		2:30 - 3:30 pm	
1	Cooperation is Just a Hop, Skip, and Jump Away	7	What is Bal-A-Vis-X?		
2	Choosy Kids	8	Movement, Music, and Your Child	13	Promoting Positive Relationships: Connecting to Children Through Play
3	Kids in the Kitchen	9	The Littlest Hero: Overcoming the Preschool Bully		
4	Parenting Counts: Emotion Coaching	10	Teaching a Man to Fish: Helping People Get Out of Poverty One Person at a Time		
5	Supporting Learning in the Outdoor Environment	11	Simple Steps to Kitchen Success	14	Building That School Family
6	Turning Troubling Transitions into Constructive Cooperation	12	You Make the Difference	15	Introduction to Soul Collage
Session I _____		Session II _____		Session III _____	

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Room Rate: single/double/triple/quad \$73.00 plus applicable state and local tax

Room block cut-off date is October 17, 2008.

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Salina, KS
785-823-1739

On-line registration @ www.ksheadstart.org

Mail or fax registration and fees made payable to KHSA to:

Kansas Head Start Association
Attn: KHSA Conference
925 Vermont St.
Lawrence, KS 66044
Phone: (785) 856-3132
Fax: (785) 842-2087
Email: bdrews@ksheadstart.org