

♡ Heart ♡ of the ♡ Provider ♡



Early Learning and Child Care Conference
October 26, 2024
Stettler United Church, 4820 51 St, Stettler, AB

Approved for PD funding

Conference Welcome

We are thrilled to invite and welcome you to our sixth annual Heart of the Provider Conference. There are many aspects to being a great provider and one of those aspects is engaging in ongoing development. We look forward to bringing you sessions that inspire, motivate and highlight the wonderful person you are.

Conference Schedule

8:30am - Registration

9:00am - Opening Remarks

Opening Sessions 9:15am-10:45am

O1	O2	O3	O4
Creating Impact	FRN Community Resources	Places of Vitality	Building Connections

10:45am - Coffee Break & Power session 1

AM Sessions 11:15am-12:05pm

A1	A2	A3	A4	A5	A6
Regulate with me	Mini Movers - Music & Movement	Winter Outdoor Play- Making the Most of the Cold!	The magic of engaging the senses	Understanding Speech and Language Development	Taxes- Is that a write off?

12:05-1:05pm - Lunch

PM Sessions 1:05-1:55pm

P1	P2	P3	P4	P5	P6
Phonological & Phonemic Awareness	Move, Read and Explore: bring new ideas into your class	Outdoor Process Art	Meal Planning + Beyond	The Role of Executive Functioning in Child Development	Reducing the visitation stress

1:55-2:30pm- Power Session 2 & break

Encore 2:30pm-3:45pm

E1	E2	E3	E4	E5	E6
Sound Bath	Neurographic art	Micro-greens & you	Protein Snack Attack	Nurturing Little Hands: Children (and Adult) Skin Health	Open Chat

3:50 Closing remarks, 50/50, raffle & prize draws

Opening Sessions

01 Creating Impact -Joyleen Podgursky

We tend to focus on using effective practices when teaching children. But what are the effective practices when working with their caregivers? As an effective provider, we have the potential to impact the lives of our children. Joyleen believes it all boils down to “the LRF”, which is built on research best practices. When using the LRF with our parents and guardians we can make an even greater difference beyond the hours the children are in our care. As providers, we possess the potential to profoundly influence the lives of our children. Joyleen advocates for "the LRF," rooted in research-based best practices, as a transformative approach. Discover how implementing the LRF with parents and guardians enables us to extend our impact far beyond the hours the children spend in our care.



02- FRN Community resources - - Lisa

Join family resource network to learn all the valuable resources available. From free programs to connections with small fees, our local resource network staff will have your notebooks full of connections and ideas to enhance the offerings and quality within your programs . No fear if you are not local to stettler, they have researched connections & resources for the areas of attendees!



03 - Places of Vitality - Nicole Morrell

We will delve into the concept of 'places of vitality' as outlined in Flight: Alberta's Early Learning and Care Framework. 'Places of vitality' refers to environments that are rich in opportunities for children to engage in meaningful, playful, and exploratory activities. These are dynamic settings where children's curiosity and creativity are nurtured, and where they feel a sense of belonging and importance. By focusing on creating and sustaining these places of vitality, educators can enhance children's learning experiences, support their developmental needs, and build strong, supportive relationships within the early learning community and beyond. We as educators create places of vitality when educators, children, families, and community come together to help children thrive.



04- Building Connections - Kim Surian & Audra Hoover

In this session join licensing officers Kim & Audra as we explore our views of children and our beliefs about their behaviour and learning. You will come to understand the importance of building meaningful relationships with children and families.



Sessions continued on next page

AM Sessions

A1- Regulate with me – Joyleen Podgursky

Mastering coping mechanisms for stress, anger, disappointment, and frustration paves a smoother path in life's journey. Self-regulation in children is paramount, constituting a fundamental skill pivotal for their overall success and happiness. Drawing from Applied Behavior Theory and the research of Dr. Stuart Shanker, this session provides background insights and practical ideas to support children in enhancing their self-regulation abilities.

A2- Music & Movement- for young children – Rhonda Gillrie

Humans are naturally creative, musical and artistic. Through dance children develop spatial awareness, pay attention to others sharing their space and enhance locomotor skills.

Leave this session with a plethora of songs, movement ideas and how to use simple props to enhance your gross motor programming. This session will include ideas for small groups with mixed ages.

A3- Winter Outdoor Play- Making the Most of the Cold! – Brittany Caldwell

Embrace the magic of winter with us as we dive into hands-on tools and activities that will inspire outdoor exploration during the chilly season. In this workshop, we'll equip you with an array of ideas and resources tailored to make winter just as enchanting as any other time of the year. From loose parts to process art materials, we'll explore how to engage children in immersive outdoor experiences that foster creativity, curiosity, and connection with nature. Discover the joy of incorporating loose parts into outdoor play, encouraging children to experiment, build, and create with natural materials. Learn how to utilize process art materials that thrive in winter environments, allowing children to express themselves through sensory-rich experiences. Through engaging discussions and interactive demonstrations, you'll leave this workshop feeling inspired and empowered to embrace the wonders of winter with the children in your care. Join us as we embark on a journey to make every season a magical adventure for young minds!

A4- The magic of engaging the senses - Nicole Morrell

Join us for an exciting workshop on sensory play in early childhood, where we'll explore the magic of engaging the senses to foster learning and development! Sensory play isn't just fun—it's a vital component of early childhood education that stimulates brain development, enhances motor skills, and encourages cognitive growth. We'll dive into hands-on activities that use everyday materials to create rich, sensory experiences. Discover how textures, sounds, sights, and even scents can transform your learning environment into a place of discovery and wonder. This workshop will equip you with innovative ideas and practical strategies to integrate sensory play into your daily curriculum, making learning an adventurous and delightful journey for every child.

A5- Understanding Speech and Language Development – Paige O'Dwyer

In this comprehensive session, participants will delve into the world of speech and language development in children. Covering milestones from birth through school age, we will explore the latest research and updates in the field, providing a clear roadmap of what to expect at each stage of a child's communicative growth. Participants will learn practical tips and tricks to support and enhance speech and language development in daily routines. Additionally, this session will highlight signs to watch for that indicate when it's time to refer a child to a Speech-Language Pathologist (SLP) for further evaluation and intervention. This course is ideal for educators, and caregivers who are eager to foster robust language skills in children and ensure they meet their developmental milestones.

A6 Taxes- Is that a write off? -Becky Scott

Taxes- everyone's favourite time of the year! This session will focus on what information you will need as day home providers to file your tax returns and ways to save you some money and headache when it comes to tax time. Get some helpful hints for what you can use as an expense and how to correctly record your income.

Sessions continued on next page

Power Sessions

These short 15 minute sessions will be a chance for you to brain dump, idea share and problem solve on the topic of choice. Each session will have a moderator to help keep the conversation moving should you happen to hit a road block. We anticipate the time will run out before the ideas do!

PM Sessions

P1- Phonological and Phonemic Awareness

– Joyleen Podgursky
Canada's reading skills have seen a decline, with various factors such as video games, parenting, teachers, and Covid being cited as potential causes.

Instead of assigning blame, let's shift our focus toward incorporating Phonological and Phonemic Awareness into our daily interactions. This session explores reading research and brainstorms practical ideas to support children in developing these crucial foundational reading skills.

P3- Outdoor Process Art - Brittany Caldwell

Discover a world where creativity, nature, and childhood exploration merge. Introducing our Outdoor Process Art Workshop, specially tailored for childcare providers. Step beyond the constraints of four walls and bring art class to the heart of nature where inspiration runs free. This hands-on workshop will arm you with an array of stimulating outdoor process art activities that nurture a child's imagination and sense of discovery. We'll delve into creative ways to utilize natural elements in your art sessions, engaging children with their environment while enchanting them with the magic of art. Broaden your teaching horizons with our practical tips and innovative techniques, all designed to make the transition from indoor art class to the great outdoors smoothly. Embark on this transformative journey where art meets nature and create an enriching learning experience that children will love.

P4- Meal Planning + Beyond

– Carly Armstrong

Join Carly Armstrong, RD (Small Town Nutrition) for this meal planning session. Carly will lead you through the meal planning process, teach you about building balanced meals, and give nutrition tips and tricks. This session will set you up with the skills to create your own empowering meal plans!

P2- Move, Read and Explore: - bring new ideas into your class

–Rhonda Gillrie
Upon leaving this session, you will be ready to take a different approach to the time you spend in the reading circle.

While engaging with a children's book incorporate hand-held props and various tools to encourage children to move and dance along with the story.

Here are five ideas that we will explore (plus more)

- Mimic animal movements related to the characters in the book.
- Create dance routines inspired by key events in the story.
- Use scarves or ribbons to enhance movements during specific parts of the book.
- Encourage children to act out emotions expressed by the characters.
- Incorporate musical instruments to add rhythm and movement coordination to the storytelling experience.

P5- The Role of Executive Functioning in child Development– Paige O'Dwyer

Join Paige for a session on the critical role of executive functioning in overall child development. This session will provide a brief overview of executive functioning skills, such as attention & perception, working memory, engagement, and inhibitory control, and how they influence various aspects of a child's growth, including speech and language development. Practical, everyday strategies will be shared to support the development of executive functioning from birth through school age, helping children build the foundation they need to succeed academically and socially.

P6 Reducing the visitation stress - Kim Surian & Audra Hoover

In this session licensing officers Kim & Audra will help reduce your stress around a licensing visit. Learn what licensing officers are looking for when they visit your program for a regular visit and more. Ask your questions and discover how our officers are part of the team.

Encore sessions continued on next page

Encore Sessions

E1-Sound Bath – Amy Roberts

Find a comfortable position and relax as Amy surrounds you with gentle sound vibrations from her carefully tuned bowls. As you listen you may find your fatigue, stress and anxiety float away and feelings of well-being sink in. If you find meditating difficult, a sound bath can be an effortless shortcut to calm. Discover how the sounds around you impact your overall well-being .

E2- Neurographic art – Rachelle Campeau

Neurographic Art is relaxation through art. Simply put it is an art form where a person works with their subconscious mind to release their negative emotions onto paper and transform it into something aesthetic. No previous artistic skill is needed to produce artwork that looks good and gives a sense of accomplishment. Participants will leave the session with less stress and a beautiful piece of artwork.

E3 Micro-greens & You -Shar Howe

Join Shar and learn about the power of micro greens. Micro-greens are fun and easy to grow in the classroom and at home. Requiring minimal supplies, space, and effort, micro-greens let you and your students witness the miracle of seeds coming alive and growing into a delicious and nutritious snack in just a few weeks. In this session Shar will walk you through the supplies needed and how to incorporate the children in your care into caring for plant life in the classroom and outside.

Go beyond micro-greens and learn about plants that are “Safe” and which plants to avoid for children and sometimes pets. Leave this session with your own starter micro-greens!

E4- Protein snack attack –Carly Armstrong

Join Carly Armstrong, RD (Small Town Nutrition) for some fun kid approved snack making! Together we will make some Power Balls for you to take home while also exploring how to build smart high protein snacks to power you (and your family) through the day!

E5- Nurturing Little Hands: Children (and Adult) Skin Health Stephanie & Shawna

Join us for an engaging and interactive session where we delve into the realm of children's skin health and empower you with practical knowledge, real-life examples, and products to help your kiddos skin issues. You will even have a chance to make your day home/classroom some amazing products for you (for post-work relaxing!) and while we learn and make – we always share great stories, loud laughs and a tiny dose of sarcasm!

E6- Open Chat -Self Led

In this session you take the lead! We encourage you to find new connections, share your success and brainstorm solutions to your program struggles. Please submit 2 questions/topics you wish to discuss to heartoftheprovider@gmail.com by October 20.

Our Presenters

Rhonda Gillrie- Miss Rhonda began dancing at the age of two and has never stopped. She has studied and continues to study many styles of dance. Rhonda owns and operates the Rhonda McCulloch Danceology that began over 32 years ago. She has trained dancers who are now professionally performing and/or pursuing Fine Arts Degrees or Masters in Dance. She adores seeing former students now as teachers! Beyond that, her greatest thrill is still to see the growth in self-esteem and self confidence dance brings to her students.



Amy Roberts Being a busy mother of three and nurse, I fell in love with crystal sound bowl meditations in November 2019 when I attended my first one ever. I talked to the practitioner about where to get them, how to use them etc. I dreamed about it for 4 years, and then in 2023 decided this year, it just felt like it was time. Ripples of the Soul was born. Being told I seem so happy while I'm at this "job", means the world. The joy I am filled with while sharing this love of mine, is indescribable. It tells me I'm on the right path and exactly where I'm supposed to be. Not something most of us get to experience.



Nicole Morrell is a Early Childhood Education Consultant and Instructor. With 19 years in the sector she has worn many hats including OSC Supervisor, Daycare Director, Accreditation Support Project Manager, FSCA Parent Coach, Pedagogical Partner, Developmental Supports Coach, and ECE Instructor.



Carly Armstrong - is a Registered Dietitian and owner of Small Town Nutrition. Carly's mission is to inspire nutrition and lifestyle habits that can improve your life in a positive and powerful way. Carly works in a variety of settings including her community meal planning, social media, group/community events, and providing sessions in schools. In addition to nutrition, she also works in the fitness space at Crossfit Stettler where she coaches classes and offers personal training. Carly is passionate about supporting her small town with health advice that is simple, empowering, and sustainable.



Rachelle Campeau- grew up in Northern Alberta in a family that has always appreciated the arts, Graduated from U of A with B. Ed in Secondary Education and currently teaches grade 7 to 12 Fine Arts and Wellness courses at William E Hay Secondary Campus. "Arts and Personal wellness have always been my passion so I am excited to share projects that combine these two entities"



Joyleen Podgursky - Joyleen, an educator with over 32 years of experience, has dedicated herself to fostering learning. From classroom teaching and consultancy to administrator, she has demonstrated her passion and commitment across diverse educational settings, spanning Pre- Kindergarten to Grade 12. Equipped with a Master's in Curriculum & Instruction and a Certificate of Extended Studies in Inclusive Education. Having collaborated with countless parents and teachers, Joyleen recognizes the transformative power of teamwork in promoting student success. She eagerly looks forward to sharing her philosophies in collaboration, reading instruction, and self-regulation.



Shar Howe- Shar is a lady of many talents. A homeschooling mother of three and proud owner of Howe's Greenhouse, Shar successfully combines family and business life.



Becky Scott -

Becky Scott - Has run her bookkeeping and tax preparation office in Stettler for over 17 years, and bookkeeping for over 20 years. She has extensive knowledge in starting up and running many types of businesses, and is happy to help any entrepreneur. Doing bookkeeping and preparing tax returns for individuals and small business at Results Bookkeeping is a full time operation, but her priorities have always been to her family and the community



Shawna Bensen & Stephanie Plaetner— Passionate about their families and their skin health these two are the force behind the Fresh Wife Soap Company in Stettler Alberta.



Paige O'Dwyer -As the owner and director of Communication Options Inc., Speech and Language Therapy, Paige leads a dedicated team of resilient and innovative Speech-Language Pathologists (SLPs) who share her passion for supporting families and school teams across central Alberta.

Outside of her professional endeavors, Paige cherishes time spent with her husband and two children. She has a diverse range of interests, including music, traveling, reading, and staying active through sports and her kids' activities. Paige is deeply committed to empowering families on their journey to effective communication, collaborating with educators to share practical strategies, and continuously developing new programming and ideas. She enjoys meeting new people, so don't hesitate to introduce yourself!



Presenters continued on next page

Presenters Continued

Kim Surian & Audra Hoover - both experienced in childcare, Kim & Audra moved to the next level of licensing officers to help providers and leaders maintain a successful & quality program.

Brittany Caldwell - Meet Brittany Caldwell, an Early Childhood Educator with a robust experience spread over eight years. Having honed her skills in an array of environments, from Forest Schools to Outdoor Preschools, Brittany has seamlessly blended her deep-rooted passion for early education with her love for the great outdoors. She is the owner of Creative Seeds, a unique venture that breaks the conventional classroom walls to create a mobile nature classroom. This innovative idea seeks to inspire young minds in preschools, dayhomes, and daycares by introducing them to the enchanting world of outdoor play classes. But the journey doesn't stop there, Brittany's Creative Seeds also offers memorable experiences through camps, birthday parties, and more! At the heart of Creative Seeds lies a commitment to the core principles of play, nature, and art - an immersive approach aimed at fostering the innate curiosity and creativity in every child. Step into the world of Creative Seeds and discover Brittany Caldwell's vision for a playful, nature-inspired, and artistic approach to early childhood education.

Conference Registration Fees & Information

Early Bird registration fee -- \$200 by July 31, 2024
Regular registration fee -- \$225
registration includes a swag bag

Registration Policy

- Registration is on a first come basis
- Registration is non-refundable. Registration may be transferred to another person on the condition there are no changes to sessions.
- Invoiced fees must be paid to complete registration. Form only is not enough to hold your place.
- Session designation will be included with registration package. Changes can not be made once receipt is sent.
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How to Register

Complete this online form: <https://form.jotform.com/heartoftheprovider/2024>

Methods of Payment

By EMT to

Invoice will be emailed- then payment to: HeartofTheProvider@gmail.com
Security Question: As provided
Answer: Heart2024
*Please include a message with your payment indicating who your payment is for.

By credit card

Invoice will be emailed.

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