

# Roadmap to Resiliency in Out-of-School Time

**11th Annual Conference  
October 13-15, 2020**

**Virtual Event**





## From the Conference Planning Committee

This year's conference theme, "Roadmap to Resiliency in Out-of-School Time", was born from the context of 2020. It has been a year like no other, forcing us all to navigate a pandemic and the challenges that have come with it. Adding further complexity, we are in a pivotal moment in addressing individual and systemic racism.

In such a fluid and unprecedented environment, how do we as out-of-school time educators meet the resulting needs of the children and communities we serve, many of who come from under-privileged backgrounds? How do we serve them and take care of ourselves and our own families?

We must remember that this too shall pass. Many moments in history have called for resilience, as this one does. But how it passes is also one we have agency in. It is our hope, that the ideas and strategies our speakers will present over the coming days help you to map your own style of resilience that 2020 calls for.

We worked diligently to create a virtual experience with opportunities for normalcy and connection. The conference swag bag was so important to us because it's something tangible you can feel, and the book bundles will put stories in the hands of children in your communities. We encourage you to head over to your conference profile, make it public, and start chatting through the messenger and forum with your fellow attendees. Hop into our virtual lounge and enjoy some fun activities and explore the virtual expo hall to see what innovative solutions our vendors have waiting for you.

The work that you do is so important and impactful in the lives of young people. In tough, even isolating, times the need for just that one caring adult can make all the difference in the life of a young person. Your work matters. You matter. Now let's hit the road to resiliency!

In Partnership,

*Blaire  
Christine*

*Duane  
Kimberly*

*Daryle  
Michael*

*Angel  
Jonathan*

*Brent  
Robert*

# About Our Facilitator:

## Carlos Santini, Executive Vice President of Programs for After-School All-Stars

Carlos Santini is the Executive Vice President of Programs for After-School All-Stars, a national expanded learning organization, providing strategic leadership in program design, partnership development, technical assistance, youth development practice, content creation, and continuous quality improvement initiatives in an effort to provide over 70,000 youth in 19 cities across the country with high-quality afterschool programs. Prior to this role, he was the Associate Executive Director for one of California's most influential expanded learning programs in After-School All-Stars, Los Angeles. The project contributed significantly to the passing of the afterschool initiative known as Proposition 49 in 2004.



Over the past 18 years, Carlos has worked closely with school districts, foundations, the for-profit and non-profit sectors, civic and community leaders and influencers at the local, city, and state level, to expand the scope and influence of the afterschool field. Prior to his career in expanded learning, Carlos had a successful career in marketing and public relations for hi-tech corporate clients, successfully placing them in high profile media outlets including Time Magazine, Fortune Magazine, and The Wall Street Journal.

Currently, Carlos is involved in board leadership for numerous educational organizations including the National Afterschool Association (NAA), the Digital Learning Task Force in partnership with Google Education and the NAA, 9 Dots STEM education, The Jazz Education Task Force with the Mott Foundation and Jazz at Lincoln Center, and ASAPConnect, a statewide technical assistance agency supporting the work of professionalizing and sourcing the afterschool field across the State of California.

Carlos is a featured presenter at nationally recognized conferences and summits, showcasing best practices and innovative strategies in the expanded learning field and non-profit leadership. He attended the University of California, at Los Angeles (UCLA) where he first began his work in youth development as a sophomore for UCLA UniCamp. Carlos is married with two children ages 10 and 13 and is a native of Honduras. His wife, Alejandra Santini is a 3rd/4th grade teacher at Santa Monica Malibu Unified School District.

# About Our Tuesday Keynote:

## Manny Scott, Speaker, Author, Servant-Leader

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An original Freedom Writer whose story is told in part in the 2007 hit movie, *Freedom Writers*, Manny Scott has energized almost two million leaders, educators, volunteers, and students worldwide with his authentic, inspiring messages of hope. On the road up to 300 days per year for the last two decades, Manny Scott is on a mission.



By age 16, Manny's story was almost over: His father was incarcerated, he missed 60-90 days of school annually from 4th to 9th grade, he dropped out of school at age 14, he lived in 26 places by age 16, and his best friend was brutally murdered. Sensing that the end of his life was near, Manny sat down on a park bench, and considered how he would make others feel the depth of despair and anger roiling in his soul. He says, "When I look back, I now see that I was heading down a path that would have destroyed me."

Then, several individuals entered his life and helped him turn the page. He returned to school and ended up in the back of Erin Gruwell's English class—a group now known worldwide as the Freedom Writers, portrayed in the 2007 hit MTV movie. She and several others helped Manny go from Fs and Ds to As and Bs. They helped him become the first person in his family to graduate from high school and go to college. Through very hard work, and with the help of others, Manny is now living the life of his dreams.

In 2007, he founded Ink International, Inc, an education consulting firm that has empowered nearly two million people to improve the quality of not only their own lives, but also the lives of those around them. He has helped hundreds of organizations raise student achievement and leader effectiveness in 49 states and five continents; and, he has helped prevent thousands of dropouts and suicides.

He is now happily married, a doting father of three, a pilot, a Ph.D. student, and one of the nation's most sought-after speakers.



# About Our Wednesday Keynote:

## Captain Barrington Irving, Pilot, Founder & CEO, Flying Classroom

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In 2007 Barrington Irving set two world records, becoming the youngest person, at 23, and the first Black pilot to fly solo around the world. Born in Kingston, Jamaica and brought up in inner-city Miami, he was inspired to pursue a career in aviation at age 15 when a Jamaican airline pilot offered to mentor him. Soon after he earned his pilot's licenses, Barrington became a mentor himself by founding a nonprofit, Experience Aviation, that provides hands-on, STEM+-based programs and career guidance to middle and high school students in several states including Florida, Texas, and Georgia. In Experience Aviation's most popular national program, "Build & Soar," students construct working aircraft and race cars with guidance from professional instructors.



Since his historic flight, Captain Irving has pursued his passion for providing engaging, real-world STEM+ education by developing an innovative K-12 STEM+ curriculum for his educational resource company, the Flying Classroom. Now taught in schools nationwide, the curriculum is based on his own adventures—more than 50 STEM+ expeditions in 60 countries. The Flying Classroom also provides resources for educators including professional learning and teacher expeditions.

A magna cum laude graduate of Florida Memorial University, Barrington received a Congressional Resolution for his pioneering work in aviation education in 2007 and was named a National Geographic Emerging Explorer in 2012. Among his many honors, he holds the NASA Trailblazer Award, the Guinness World Record as the youngest person to fly solo around the world, and the 2019 American Spirit Award from the National Business Aviation Association.

# About Our Thursday Keynote:

## Fay Gore, Mid-Atlantic Regional Director, National Geographic

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Fay Gore is the Mid-Atlantic Regional Director on National Geographic Society's Education team where she works to build, implement and scale high-impact initiatives to support educators and youth with a focus on using the power of science, exploration, education, and storytelling to illuminate and protect the wonders of our world. As a life-long educator of 23 years, her personal and professional mission is to empower educators and young people to become change agents in their communities and around the world. Prior to joining National Geographic, she served as Education Director for K-12 Social Studies and Character Education at the NC Department of Public Instruction and is a former high school teacher.



# VPOST Board and Staff

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Kimberly Taylor  
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# Event Schedule

	Tuesday, 10/13	Wednesday, 10/14	Thursday, 10/15
9:00-9:40	Opening remarks from Carlos Santini  Keynote: Manny Scott	Opening remarks from Carlos Santini  Keynote: Captain Barrington Irving	Opening remarks from Carlos Santini  Keynote: Fay Gore of National Geographic
9:40-9:45	break	break	break
9:45-10:25	Culturally Responsive Practices for Out-of-School Time Providers	Equity in STEM Education: The Connection to Culture	Dancing Forward Together: Using your Gifts to Promote Social Change
10:25-10:30	break	break	break
10:30-11:10	Supporting K-12 STEM Using Remote Learning Kits in Virginia	Computer Science at a Snail's Pace	Nature-Based Activities for Indoors or Outdoors
11:10-11:15	break	break	break
11:15-11:55	Science of Sport: How to Provide Engaging Programs During a Pandemic	Emerging Chefs Educator at On the Road Collaborative	Build Resilience at Home: Boundaries, Breaks, and Balance
11:55-12:00	break	break	break
12:00-12:40	Taking the Guesswork Out of Family Engagement	Zoom Fatigue is Real	Steven Stookey of Cypherworx
12:40-1:00	Chats with Carlos	Chats with Carlos	Chats with Carlos



# Live Session Descriptions and Speaker Biographies

## Culturally Responsive Practices for Out-of-School Time Providers



The focus of the professional learning opportunity is on diversity, equity, and inclusion awareness within the organizations providing out-of-school time support for students. This presentation will support students' academic success by empowering participants to develop a critical consciousness through which they challenge the status quo of the current social order by implementing culturally relevant strategies for engaging youth.



Dr. Cassandra Stanley has over 25 years of experience in K-12 as a teacher, principal and central office administrator. She is the Assistant Director of the Office of Strategic Engagement in the School of Education at VCU. She also served as a supervisor of research and evaluation, data reporting, remediation and summer programs in Chesapeake.

Dr. Joshua Cole is a recipient of the Milken Family Foundation National Educator Award for Excellence in Education. He began his career teaching in inner-city Detroit and most recently, he served as principal at Ecoff Elementary School in Chesterfield. He currently serves as the Executive Director of the Office of Strategic Engagement in the School of Education at VCU.

Attendees will learn about cultural responsiveness and discuss the importance of developing a culturally responsive and anti-racist mindset. Come discuss how youth benefit from culturally responsive afterschool programs and learn specific tactics and practices to develop culturally relevant science, technology, engineering, and mathematics (STEM) afterschool programs.

Karen A. Peterson is the Chief Executive Officer for the National Girls Collaborative. She has over 25 years of experience in education. Currently, Peterson is the Principal Investigator for the National Girls Collaborative Project (NGCP). Designed by Peterson, the NGCP seeks to maximize access to shared resources for public and private sector organizations interested in expanding girls' participation in STEM.

Alicia Santiago is a scientist and a cultural and diversity consultant. She has a Ph.D. in Developmental Neurobiology from the University of California, Davis. As a Latina, she has a personal understanding of the importance of diversity, equity, and inclusion in STEM. She is a longtime collaborator of Twin Cities PBS and the National Girls Collaborative.

## Equity in STEM Education: The Connection to Culture



# Live Session Descriptions and Speaker Biographies

## Dancing Forward Together: Using your Gifts to Promote Social Change



Brown Ballerinas for Change is a teen and dancer-led organization founded by Sophia Chambliss, Shania Gordon, Kennedy George, and Ava Holloway. During this workshop, the Co-CEOs will discuss their experiences as teen activists and will provide tools and strategies to help participants discover ways to increase activism among youth populations. Further, they will discuss the importance of uplifting youth voices and increasing diversity, equity, and opportunity.

Sophia Chambliss has danced with Central Virginia Dance Academy since 2015 and is a Co-founder of Brown Ballerinas for Change. Sophia has a passion for helping others and she does that by assisting with dance classes at her studio. When Sophia isn't dancing, she is either studying due to the fact she is in the International Baccalaureate program at her high school, cheering, or hanging out with friends. She aspires to become a doctor and travel the world providing medical assistance to those who need it most.



Shania Gordon has been performing with Central Virginia Dance Academy since 2016 and is a Co-founder of Brown Ballerinas for Change. In 2018, Shania was chosen to be an ASK Kourageous Kid representing those in the Sickle Cell community. Shania eats, sleeps, and breathes dance. She was accepted to attend a high school with an Arts Specialty Center in 2019. She desires to become a professional dancer with NYC Ballet; without any set limitations to achieving her goal. Shania wishes to inspire those that see her, encouraging them to "not be afraid of who you really are and to work hard to be the best version of yourself".



Kennedy George has been training and performing at Central Virginia Dance Academy (CVDA) since 2010 and is a Co-founder of Brown Ballerinas for Change. Kennedy has a passion for dance, attending a high school with an Arts Specialty Center and spending her summers attending summer intensives around the country. Kennedy believes in equality, diversity, and inclusion for all and empowering girls to be change makers. She has volunteered as a dance assistant with Miracle in Motions and is a Junior Board member of Blow Out Your Candles Foundation. Kennedy aspires to be a professional dancer and to study Aquatic Veterinary Medicine.



Ava Holloway has performed with Central Virginia Dance Academy since 2009, is Co-founder of Brown Ballerinas for Change, and is a member of Joni at St. Catherine's School, where she served as Co-Captain (2019-2020) and was awarded the Creative Crystal Dance Award (2019-2020). She serves as a teaching assistant for Adaptive Dance at Central Virginia Dance Academy and is a former assistant with Miracles in Motion. Ava recently Co-authored a book, My Ancestors Wildest Dreams and has found purpose in justice. She aspires to be a doctor and dreams of saving lives.

# Live Session Descriptions and Speaker Biographies

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## Supporting K-12 STEM Using Remote Learning Kits in Virginia



The Virginia Cooperative Extension has developed Water Science at Home Kits for families to provide high-quality, hands-on STEM experiences. In this session, they will discuss the process, including: SOL-aligned activities that K-12 students can conduct at home and are appropriate for multiple grade levels; methods for kit distribution and assessment; and collaborations with Extension Agents and youth workers to distribute kits and collect data on content and accessibility.

Hannah Patton is a Ph.D. student in Biological Systems Engineering (BSE) and an M.P.H. student at Virginia Tech. She has a B.S. in Environmental Engineering from Saint Francis University and a M.S. in BSE from Virginia Tech. Hannah's research is on drinking water quality and accessibility in Central Appalachia.



Dr. Erika Bonnett is an Extension Specialist for 4-H Program Development with Virginia Tech. She has worked in Extension for 14 years as a County Agent in Texas, Virginia, and Indiana, and a 4-H STEM Specialist with Purdue University. She has a Ph.D. in Technology from Purdue. Her research and engagement focuses on user centered curriculum design, educational technologies, and underrepresented audiences in STEM.

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With the onset of the pandemic, we have all discovered new ways to connect to our students both on and offline. Code VA shares one of these models, Project Snail Mail designed to foster community and connection. Attendees will learn about the unplugged computer science activities, which are being used in seven states.

Maggie Smith is the Director of Children's Programs with CodeVA and has been with their Eureka Workshop since day one. She is an art educator with an interest in child-centered education and play-based curricula. Her background is in gallery and museum education. Maggie uses the classrooms at CodeVA's Eureka Workshop to combine craft and computer science. She loves learning with the Eureka staff as they create arts-integrated programs for kiddos.

## Computer Science at a Snail's Pace



# Live Session Descriptions and Speaker Biographies

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## Nature-Based Activities for Indoors or Outdoors

Attendees will leave this interactive "choose your own adventure" style workshop with simple enrichment activities that foster STEAM learning and build Social-Emotional Learning (SEL) skills. Learn inexpensive nature-based fun that can be done indoors or outdoors this fall.



Daniel W. Hatcher is the Director of Community Partnerships at the Alliance for a Healthier Generation where he has served since 2008. At Healthier Generation, Daniel oversees out-of-school time partnerships and manages technical assistance services and resources for programs as they work to achieve national standards for healthy eating and physical activity. Daniel has a BA in International Relations and a Master of Public Health, both from Western Kentucky University. You can follow Daniel as he speaks across the country on the topic of healthy communities via Twitter @hatchdw.



Michelle Dinnen-Owens is a National Advisor for The Alliance for a Healthier Generation. She has been at HG for the past 13 years, providing expertise to out-of-school time sites focused on the whole child. Prior to her work in the field of school health, she was a school teacher, counselor and curriculum developer for Foundations, Inc., as well as a national trainer for John's Hopkins University and the Success for All Program.

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Science of Sport develops STEM curriculum using different sports examples and provides engaging and measureable programming for youth. During this presentation Science of Sport will share best practices from their programs and provide attendees with lessons they can start using immediately.

Carly Stevens is a native of Chicago and graduated from Loyola University Chicago with a BBA in Sports Management. She played Division I college soccer at Loyola. She began coaching soccer teams after graduation as well as working for the WNBA Chicago Sky. Carly also worked for a Chicago based sports marketing agency. Carly currently serves as the Program Development Executive with Science of Sport.

Dr. Ricardo Valerdi is the Founder and Chief Scientist of Science of Sport. He is also a Professor of Systems Engineering at the University of Arizona. Additionally, Dr. Valerdi serves as a Pac-12 Faculty Athletics Representative, a visiting professor at West Point, and a consultant to the Department of Defense, SpaceX, and the National Collegiate Athletic Association.

## Science of Sport: How to Provide Engaging Programs During a Pandemic



# Live Session Descriptions and Speaker Biographies

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## Emerging Chefs Educator at On the Road Collaborative

In this workshop attendees will see how the Emerging Chefs, a traditionally hands-on cooking program, was able to move into a virtual space. Attendees will hear the challenges and barriers faced and lessons learned. Discuss how to get creative, innovative and provide accessibility while adapting to virtual programming. .



Kristi Van Sickle is the Emerging Chefs (EC) coordinator for On the Road Collaborative working in three schools with an amazing team of instructors. Kristi loves preparing Japanese dishes with her grandmother as she reminisces about childhood. Cooking is beautiful because it connects people with their culture regardless of where they are living and brings people together



Kristen Grimshaw is an Emerging Chefs edible educator for On The Road Collaborative. Her mom started baking with her when she was young, making brownies, pancakes, and cookies. Her dad taught her how to cook without a recipe and understand the framework of flavor. She loves helping students feel more comfortable and confident in the kitchen.

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Participants will discuss the impact of stress and trauma on the brain and will learn the importance of self-care, self-compassion, and trauma responsive practices.

## Build Resilience At Home: Boundaries, Breaks, and Balance

Amanda Lynch, MA, CTP-E, is a writer and career educator specializing in Self-Care, Mindfulness-Based Trauma Informed Practices, and Restorative Justice. For nearly twenty years, she worked as an educator throughout the Richmond Metro area. She loves introducing communities of color to meditation, yoga and sound healing therapy. She is licensed teacher, Certified Trauma Practitioner, Certified Advanced Peacemaking Circles facilitator, Koru Mindfulness Teacher-In-Training and ACE Interface Master Trainer. She lives with her husband, Marcus and her very busy children, Justin, Ava, Hazy and Rosebud in Glen Allen, Virginia. She is also the author of The Mindfulness Room, Breathe, Baby, Breathe, The 5-Minute Mindfulness Journal for Kids, and Co-author of My Ancestors' Wildest Dreams. She is the Trauma Informed Specialist for Boys and Girls Clubs of Metro Richmond.





# Live Session Descriptions and Speaker Biographies

## Taking the Guess Work Out of Virtual Family Engagement



Alexandria Public Schools will share how they have been able to successfully address families' basic needs, engage families in ongoing learning opportunities and support learning at home in a virtual environment. Presenters will share comprehensive approaches, tips, and tools that programs can easily replicate at their own.

Shanna Samson has worked in the realm of educational equity for 20 years, developing programs to eliminate barriers and enhance opportunities for vulnerable populations. She currently serves as Assistant Director of Community Engagement and Partnerships for Alexandria City Public Schools where she manages strategic initiatives and development of new programs related to family engagement, community partnerships and out-of-school time programming.



Empowering parents to be full partners in their children's education has been the common thread in Taneika Taylor's work-from her being called as a teacher to DC Public Schools and as parenting director for TrueChild to her tenure as director of an adult literacy nonprofit and now School Engagement & Community Outreach Manager for Alexandria City Public Schools, where she works to close the relationship gap between schools and families and to elevate parent voices to inform decision-making. Taneika earned her Bachelor of Arts in African-American Studies and Sociology from Yale University and continued her studies at American University.

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# Live Session Descriptions and Speaker Biographies

## Zoom Fatigue is Real

Participants will examine their relationship to devices and social media. Hear and share ideas and solutions for finding balance, as well as set goals and build mindfulness practices focused on a more balanced relationship to technology.



Julia Gabor was born and raised in NYC and comes from a diverse urban background. She has several dynamic life experiences to share. Julia is the Mindful Founder of kid-grit, a company that focuses on social-emotional learning, mindfulness and youth development for staff and students. She is a national speaker and is an award-winning educator that has received multiple awards for her outstanding contribution to education communities across the nation from agencies such as CAL STATE Fullerton, U.S. Representative for California's 46th congressional district, Lou Correa and the BOOST Collaborative. Julia has presented at distinguished conferences such as ASCD, CCSA, National Title 1 (ESEA), International TESOL, National Afterschool Association, BOOST and several others.



Jeffrey Jordan is a passionate, social entrepreneur. His work is centered on holistic youth development, mentoring and kinetic life coaching. His mission is dedicated to a Mind, Body, Spirit approach to personal empowerment and life balance for adults, families and youth. Jeffrey serves as the Associate Director of Athletics at NJCU and formerly served as the CEO of Sportika Sports, a multi-dimensional sports complex solution that is the "Mecca" of indoor sports. In 2005, Jeffrey founded the GoodWorx Foundation, an organization that provided mentoring and life-skills for children, young adults, and NCAA student-athletes.

Participants will learn about the benefits of VPOST Collaborative Learning Environment from the Co-founder of the system, Steve Stookey

Steve Stookey is the Co-founder and Chief Client Officer and Cypherworx. Steve joined Cypherworx after 23 years in sales management, where he worked in training and professional development. Recognizing the tremendous need for organizations to have a better vehicle for consistent, high-quality training in a collaborative environment, he joined Cypherworx. Steve lives in Seattle with his wife and two children. On his off hours, he is a ski instructor and soccer coach and enjoys mountain biking and kite surfing.

## VPOST Collaborative Learning Environment



# On Demand Session Descriptions and Speaker Bios

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## Surviving "The Switch" Virtual Learning



Hampton City Schools shares their model of structure and tools for an engaging virtual program that supports the 5 C's of positive youth development; competence, confidence, connection, character and caring.

Latosha Brown-Davis began her career in education 24 years ago. Currently working as a K-2 SPED Teacher, Latosha also serves as the Assistant District Coordinator for Hampton City Schools 21st Century Programs, Parent Facilitator for Healthy Families, and works with the U.S. Department of Education's Y4Y Technical Assistance team.



Shalamar Ackerman-Arms has been a teacher with Hampton City Schools for seven years. She has taught 4th and 5th grade during her time. She was a 21st CCLC Site Coordinator for her school for three years and is currently overseeing another school. Currently, her focus is how to incorporate technology into theme-based afterschool learning.



Megan Canny is a Social Studies teacher and 21st CCLC Site Coordinator in Hampton City Schools. Megan is an alumna of Christopher Newport University where she received a B.A. in History and a M.A. in Secondary Education. She is pursuing her Ed.D in Educational Leadership and Policy at Florida State University.

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## Resilience Matters: Developing a Resilient Leader within You

In this workshop, participants will learn the importance of personal resilience, why it matters and key attitudes and skills that help in developing resilience. Explore ways to become a more determined, self-motivated, and focused leader that is able to create resilient relationships in the workplace. Examine your own ability as a leader to bounce back from adversity.

Camica Credle is a certified inspirational speaker, trainer, and parent and family coach. She partners with youth-serving organizations, schools, and parents to prepare their youth to be college, career, and citizenship ready by using tools and strategies to improve communication, increase productivity, and reduce stress and conflict in their relationships. Her mission is to impact and influence lives to help youth and adults reach their full potential and live a life of significance.



# On Demand Session Descriptions and Speaker Bios

## Digital Out-of-School Time

Fairfax County Public Schools, Middle School After School Program, shares their past and current virtual experiences during COVID-19, providing participants resources to enhance engagement during their programming including ideas to measure the impact of these resources, space to process successes, concerns and next steps.



Mr. Anthony Fuller has been working with teens since the age of 21. He began his work with Fairfax County Government then moved over to Fairfax County Public Schools in 2016. He believes that youth need positive role models to help guide them through the negativity they're exposed to daily.



Sandy Donlon, as Liberty Middle School After-School Specialist in Fairfax County, strives to give every child a voice, a connection, and the tools to navigating their future. In her work she draws from her diverse experiences living around the world, her work with many youth and family organizations, as well as being mom to four, two of which have special needs.



Kimberly Kardelis has worked progressively in community and youth services for over 16 years. She is committed to engaging, accessible, and equitable student enrichment experiences. Every student has a story, a voice and a purpose – her intentionality is in supporting them articulate their journeys. She is a proud Howard University alum.

## Networking in a virtual world

1. From the homepage, go to the top right hand corner, click on your profile pic and select profile from the drop down.
2. Edit your profile to make it public
3. Go to the directory in the left hand menu.
4. View your fellow attendees and start chatting away!

The screenshot shows a user profile for Christine Jones Monac... with a profile picture and a bio. The page is divided into three main sections: a left sidebar, a central profile area, and a right bio area.

- Left Sidebar:** Contains a 'FORUM POSTS' header and a list of menu items: Profile, Events, Directory, and Forum Posts (1). A red arrow points to the 'Directory' item.
- Central Profile Area:** Displays the user's profile picture, name, and a green 'Edit' button. A red arrow points to the 'Edit' button with the text 'Click Edit to make your profile public'.
- Right Bio Area:** Contains the text 'To change profile photo, make your account public and then click edit underneath the profile icon', an 'About' section with a vertical ellipsis, and a bio paragraph: 'Hello! 🌟 This is Christine and I am the Professional Development and Quality Coordinator at VPOST. I am so excited to have you all join us and can't wait to everyone to see what we have planned for you!'. Below the bio is another paragraph: 'I am joining from my home in Henrico, just outside of Richmond. My 3 and 5 year old "co-workers" might be in the background. What helps me stay resilient in these times is when I get to de-stress by creating hand thrown pottery!'.

# On Demand Sessions

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## 4-H Camp Spirit-in-a-Bag: A Strategy to Help Children Build Self-Care Skills

This workshop will focus on a “do at home camp” created by VA 4-H during COVID-19 to help youth build self-care skills. The camp bag came with lessons and supplies for 13 activities created in the experiential learning style; participants could connect the life skill practiced to a real life experience that s/he may have in the future. All lessons could be completed without internet. This workshop will include information about 4-H, the experiential learning model, and lessons provided..

Presenters are Virginia Cooperative Extension 4-H Agents serving the Northern Neck and Middle Peninsula. These Virginia Tech faculty members have a combined total of 57 years of service delivering experiential education that builds life skills and have pivoted to deliver a new style programming for youth during this pandemic.



Rachael  
Morris



Tara  
Brent



Krista  
Gustafson



Christina  
Ruszczuk-  
Murray



Wendy  
Herdman

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## Mindfulness-Who's Minding Your Business?

In this workshop, participants will gain an increased awareness of mindfulness, and practice the tools and techniques. Learn about the connection between brain science and positive mental health.

Maria Perkins works with Alternatives Inc. as the Training Manager for Professional Development. Maria has worked both nationally and internationally focusing on youth and community development, capacity building and professional development. Her background includes serving as a trainer, facilitator, community college instructor. Additionally, she partnered in establishing the Regional Delivery System for the Advancing Youth Development training and curriculum in Southeastern Virginia.





# On Demand Sessions

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## How to Be the Supervisor Your Staff Need



In this workshop Coach Kathrine will focus on the most important component of effective leadership and help participants identify main areas of leadership growth.

Katherine Spinney, is a Certified Coach and Professional Growth Facilitator and Founder of Katherine Spinney Coaching LLC. She has spent nearly two decades in direct service, starting in the classroom before transitioning to the fabulous world of out-of-school time. With a Master's in both teaching and social work along with a coaching certification, Katherine now supports organizations and their leaders to best support their OST teams. Our staffs, students and families deserve our very best.

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For remote teaching to be engaging for all learners, educators must consider the academic, career, and social and emotional learning of their students. This requires savvy lessons that focus on equity, incorporate sound teaching strategies, edtech with breakout room capabilities, interactive slides, and to be social enough for the most digitally connected students.

Jorge Valenzuela is an education coach, author, and advocate. He has years of experience as a classroom and online teacher, a curriculum specialist, and a consultant. His work focuses on improving teacher preparation in project-based learning, computational thinking and computer science integration, STEM education, and equity-based restorative practices. Jorge is an Adjunct Professor at Old Dominion University and the Lead Coach at Lifelong Learning Defined. His book [Rev Up Robotics: Real-World Computational Thinking in the K-8 Classroom](#) is available from ISTE.

## Make Remote Learning Engaging for Students by Focusing on Equity and SEL



# On Demand Sessions

## Engaging English Learners Through Creativity

Join WRiTE BRAiN WORLD for a dynamic, interactive webinar where they will share and practice several strategies that allow English language learners to discover and develop their unique creative voices. When students of all backgrounds are encouraged to use writing and speaking to express themselves in a way that is authentic to their personal experiences and cultures, the fear and intimidation around learning a new language begins to disappear. All participants will leave with easily-implementable activities, as well as digital resources and scaffolding you can use right away in virtual and in-person OST programs!



Meredith Scott Lynn, film and television actress turned afterschool advocate, understands the value of stories and self-expression. As founder of WRiTE BRAiN WORLD, her mission is to foster self-esteem in young people and offer inspired after school programs that help kids of all ages discover and develop their original ideas. It is Meredith's goal to shift the conversation around student assessment from standardized testing to one grounded in an appreciation for "the whole student."



Lesley Morgan is an English Learning Specialist in West Virginia. A teacher for seventeen years, Lesley currently teaches PK-12th grade students in rural West Virginia and works as Adjunct Faculty for Marshall University. She is a National Board Candidate that takes an active role in teacher training, assessment development, curriculum writing, and professional development. Lesley worked extensively with the English Language Proficiency Assessment for the 21st Century (ELPA21) Consortium in designing the new ELPA21 Assessment and was named to their "EL Expert Panel" by the ELPA21 Consortium.

## FEATURED IN THE VIRTUAL LOUNGE: Yoga with Lindsey



Raised as an athlete, and joining the military at 21 years old, Lindsey has always been familiar with an active lifestyle. Lindsey was introduced to yoga at 13, but didn't become avid in her practice until going through a divorce and a big overseas move in 2015. Lindsey became inspired to become a teacher after seeing the benefits teaching on deployments brought to her military teammates. Lindsey received her RYT-200 in 2020, and has numerous certifications in athletic recovery, deep tissue stretching, anatomy, and military instructorship. Lindsey is an instructor for two studios located in Southern Pines, North Carolina, and continues to teach in-person, as well as privately online.

# On Demand Sessions

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## STEMulate your Afterschool Program



Join us in this exciting hands-on workshop and learn how to integrate STEM into your afterschool and summer programs using supplies from around the house! Bring your problem-solving skills as we construct several STEM activities and learn how to create a blended learning environment.

William "Bill" Albert is the CEO and Founder of STEMfinity, a global one-stop STEM Shop. For over 20 years, his involvement with over 50,000 schools, afterschool programs and libraries worldwide, such as 21st Century Community Learning Centers, Boys and Girls Clubs, YMCAs, Military Youth Programs, and Communities in Schools, has made STEM accessible to millions of students. Bill was recently selected as one of the Most Influential in STEM by the National Afterschool Association and was recognized in the AfterSchool Today magazine.



Jason Lindsey, aka "Mr. Science, with Hooked on Science, is a nationally-recognized STEM educator, science multimedia journalist, digital meteorologist, and author. He's appeared on the NBC Today Show, Fox & Friends, RFD-TV, WeatherNation, and television stations, across the United States, getting America "Hooked on Science." Jason visits hundreds of schools each year inspiring kids to be inquisitive about the world around them and to develop a long-term interest in science and math. His hands-on, kid-friendly, science enrichment classes and camps are offered throughout the year and have hooked thousands of kids on science.

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Elizabeth Linthicum is a Program Coordinator for Hampton School Age Programs. She has worked with kids in recreational before and afterschool settings since 1991. Elizabeth is a certified Personal Trainer, Group Exercise Instructor and Registered Yoga Instructor who promotes good health and fitness with kids, families and staff.

YogaKids incorporates the basic traditional Yoga foundations of breathing, flexibility and stress relief BUT with a bit of fun and imagination. Kids open up about stress at school, home or in sports and use breathing techniques to work through situations that might normally get a different reaction. When in cow, cat or monkey pose children make the sounds of those animals and are encouraged to make up their own poses as they write their story. Now, practicing Yoga online allows kids to learn with their parents. Not only does this promote physical activity, but it's accessible to all and it requires nothing while giving us so much in return.

## YOGAKIDS FOR OST PROGRAMS



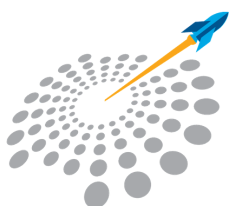
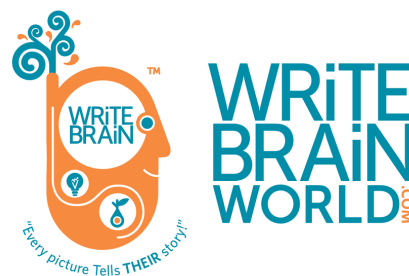
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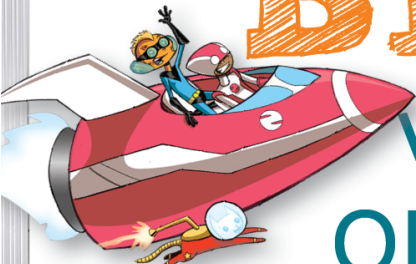
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# COLORING PAGE

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