

## Schedule of Events

8:15 to 8:45 am - Registration, Coffee, Tea and Pastries  
8:45 to 9:00 am - Opening Remarks, Door Prizes, AGM  
9:00 to 10:00 am - Keynote Address  
10:00 to 10:30 am - Break, Trade-Show  
10:30 am to 11:30 am - Session #1  
11:30 am to 1:00 pm - Lunch, Activities, Trade-Show  
1:00 to 2:00 pm - Session #2  
2:00 to 2:30 pm - Break, Trade-Show  
2:30 to 3:30 pm - Session #3

## Convention Registration

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Preschool/Agency Affiliated With: \_\_\_\_\_

Email: \_\_\_\_\_

Non-Refundable Fee (check the one that applies)

- \$175 Early Bird (Must be received by December 31, 2017)  
 \$225 Regular Admission (Must be received by January 20, 2018)  
 \$125 Student (Must enclose copy of current student I.D. card)  
 \$275 Rush Seating (Walk-ins as space permits)

Choose your desired workshops and enter the letter below. Be sure to choose a 2nd and 3rd choice.  
If you do not, we may choose for you if your first choice is not available.

Session #1 : \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ Session #2: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ Session #3 : \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Please make cheques payable to "Southern Alberta Preschool Teachers Association" and mail along with forms to  
SAPTA  
C/O PO Box #63022 Stadium RPO  
Calgary, Alberta, T2N 4S5

\*Please note main session room is not accessible by wheel chair



SAPTA Proudly Presents...

# ENERGIZE

A Conference for Early Childhood Professionals



**Keynote Address By: Linda Sutherby, BA (Ed), M.Ed**  
Associate Professor, Department of Child Studies and Social Work  
Mount Royal University

**Saturday, January 27, 2018**

Port O'Call Best Western Plus Hotel  
#1935 McKnight Blvd. NE, Calgary, Alberta, T2E 6V4  
#403-291-4600

	<b>Session A</b>	<b>Session B</b>	<b>Session C</b>	<b>Session D</b>	<b>Session E</b>	<b>Session F</b>
<b>Session #1</b>	<p><b>Utilizing the Outdoors to Encourage Play</b> Christina Pickles Alberta Council for Environmental Education First 2000 Days Network</p> <p>Outdoor play spaces are under-used learning environments often dominated by play structures with a focus on physical activity. How can we create outdoor play spaces that spark curiosity and learning? We will share the elements of engaging outdoor play spaces and outdoor play curiosity triggers to help get you started.</p>	<p><b>Executive Function and Self-Regulation for Preschoolers</b> Leslie Barker, RN, BScN, First 2000 Days Network</p> <p>Executive Function and Self-Regulation are the mental processes we all need to function well in the world. Their function has been likened to an air-traffic control system – without which all sorts of mayhem would ensue! While we will continue to refine these skills throughout our lives, their foundation is built in the earliest years. This is why it is so important for anyone caring for children to know what we can do to help that foundation be as strong as possible.</p> <p>This session will explore Executive Function and Self-Regulation – what it is, why it is important and what we, as adults in children's lives, can do to support these most critical functions.</p>	<p><b>Musical Song and Rhythm Ideas for the Classroom</b> Sue Silverman (AKA Miss. Tuneah) Music Diploma, Music Care #1 &amp; #2</p> <p>This workshop will focus on assisting you in creating simple, fun and interactive song ideas to familiar melodies. We will make use of curriculum themes, movement and use props and instruments. Be prepared for an energizing and playful time.</p>	<p><b>Creating a SENSE-Ational Space.</b> Lauren Wyman Early Childhood Consultant</p> <p>Incorporating and exploring sensory accommodations in the preschool classroom.</p>	<p><b>Make and Take</b> Esther Carras Big Plans for Little Kids</p> <p>Two choices to choose from: 1) A dinosaur themed table top fine motor activity or 2) The Very Hungry Caterpillar Jar for circle time.</p> <p>*There will be 15 of each item available and will be first come, first serve.</p>	<p><b>Children's Creativity Museum</b> SAPTA Executive Board</p> <p>A hands-on, self-guided exhibit designed to spark imagination, build creative confidence and explore the developmental benefits of art in the preschool classroom.</p> <p>Featuring simple, tried and true ideas from real teachers in real preschool classrooms within Southern Alberta. Displays will include creative activities to build motor skills, language development, decision making, visual learning, inventiveness, cultural awareness, sensory adaptation, numeracy, science and more!</p>
<b>Session #2</b>	<p><b>Early Development Instrument Data</b> Krista Carter Early Childhood Consultant First 2000 Days Network</p> <p>Early Development Instrument Data – What does it tell us and how are communities utilizing the results to promote positive early child development, implications for preschools.</p> <p>This session will present an overview of the Early Development Instrument Results and share how a number of community coalitions have utilized their funding to develop strategies and actions to address the results in their communities that show that children are not developing appropriately in 2 or more of the developmental domains.</p>	<p><b>Essential Oils 101</b> Linda Day, RN Yoga Connect</p> <p>Learn the basics about essential oils for use at work and home to bring you, your family and classroom to better health.</p>	<p><b>Mindfulness and Yoga for the Classroom</b> Telisa Dubasov Dubasov Dance and Wellness Inc.</p> <p>Learn how to create calmness in the classroom through mindfulness based activities and basic yoga poses.</p>	<p><b>Play: It's not a Box</b> Lauren Wyman Early Childhood Consultant</p> <p>What is your definition of play? How do you play? How do you view children? How do children learn through play?</p> <p>Play is how children experience their world. Let's explore your world of play in this interactive session.</p>	<p><b>Zones of Regulation</b> Esther Carras Big Plans for Little Kids</p> <p>A simple introduction to the zones of regulation with simple ways to introduce it to the preschool classroom.</p>	<p><b>Children's Creativity Museum</b> SAPTA Executive Board</p> <p>A hands-on, self-guided exhibit designed to spark imagination, build creative confidence and explore the developmental benefits of art in the preschool classroom.</p> <p>Featuring simple, tried and true ideas from real teachers in real preschool classrooms within Southern Alberta. Displays will include creative activities to build motor skills, language development, decision making, visual learning, inventiveness, cultural awareness, sensory adaptation, numeracy, science and more!</p>
<b>Session #3</b>	<p><b>Noodle Do Workshop &amp; Training</b> Krista Carter Early Childhood Consultant First 2000 Days Network</p> <p>The Noodle-Do was developed in cooperation between 3 Calgary Early Childhood Coalitions (Downtown, South Central and Deep South). It was developed as a reaction to the EDI results in 2013 (EDI – Early Development Instrument). The Noodle-Do Kit is comprised of 50 activities (10 from each of the domains) that focus on the "serve and return" interactions between the child and a parent (or caregiver). The 5 developmental domains are: 1. Physical Health and Well-being 2. Social Competence 3. Emotional Maturity 4. Language and Thinking Skills 5. Communication Skills and General Knowledge</p>	<p><b>Self-Care</b> Linda Day, RN Yoga Connect</p> <p>What it is and why we don't do it!</p>	<p><b>More Dance and Movement Ideas for the Classroom</b> Telisa Dubasov Dubasov Dance and Wellness Inc.</p> <p>Learn new and engaging movement ideas for body breaks, gym or circle time. Utilize these ideas to get the "ants out of the pants" or to maximize learning engagement and focus.</p>	<p><b>Play Spaces and Literacy Development</b> Kristen Duke Calgary Public Library First 2000 Days Network</p> <p>Early Learning centres are designed as print-rich, flexible, multi-modal learning spaces for families and caregivers with children 0-5. These spaces include elements to promote imaginative play and storytelling through developmentally appropriate interactive experiences based on cognitive development research in learning and literacy. They will nurture literacy development in motor, spatial, social, critical and creative thinking, language and communication skills in children's first five years and build upon these activities as they transition into their school-aged years.</p>	<p><b>Zones of Regulation</b> Esther Carras Big Plans for Little Kids</p> <p>A simple introduction to the zones of regulation with simple ways to introduce it to the preschool classroom.</p>	<p><b>Children's Creativity Museum</b> SAPTA Executive Board</p> <p>A hands-on, self-guided exhibit designed to spark imagination, build creative confidence and explore the developmental benefits of art in the preschool classroom.</p> <p>Featuring simple, tried and true ideas from real teachers in real preschool classrooms within Southern Alberta. Displays will include creative activities to build motor skills, language development, decision making, visual learning, inventiveness, cultural awareness, sensory adaptation, numeracy, science and more!</p>