

Workshop Descriptions & Presenter Bio's

1. Margaret Marshall, MS, Ed.

Brain Gym®: Kids, Movement and Learning

Description: Brain Gym is a series of easy-to-do movements to support brain development in young children, fostering the innate ability to learn and function with curiosity and joy. It also helps with social behavior, self-esteem and stress. Kids love it!

Bio: Margaret has an advanced degree in Literacy from UMaine, Orono and has taught reading for 35 years in elementary public education. She pursued a degree in Brain Gym® to discover the role that the brain plays in learning, and is now sharing Brain Gym (R) with people of all ages as a means to help to learn effectively and to reduce stress. FMI: infinitelearning@midmaine.com

2. Kara Hay, MA

De-Stress Yourself: A Wellness Workshop

This is a fun and interactive workshop that provides an opportunity to participants to identify personal stress levels and realize the implications of stress on personal and professional life. Participants will become able to recognize when stress is becoming a problem and gain a variety of healthy coping skills to handle the stress. Participants are guaranteed to leave the workshop feeling less burdened by stress after participating in a number of stress handling techniques.

Bio: Kara Hay is an Independent Trainer who specializes in overall wellness. She holds a Master's degree in Marriage and Family Therapy and has enjoyed training staff, parents, care givers, students, and others in Maine and Hawaii for the past six years. With her experience in both the mental health and early childhood fields, she brings a fresh and much needed perspective to all of her wellness trainings. FMI: karahay@hotmail.com

3. Heather Wheaton, BS, LSW

Understanding Autism

"Understanding Autism" will provide the participant with information about Autism Spectrum Disorders (ASD), including Autism, Asperger's, and PDD-NOS. The participant will learn the symptoms of ASD, the differences and similarities between the diagnosis, terminology associated with ASD, and the potential strengths and needs of students diagnosed with ASD. Also, participants will learn hands-on strategies and techniques for working with children with ASD that can be utilized at home and in the classroom.

Bio: Heather Wheaton is a Licensed Social Worker with a Bachelor's Degree in Child Development and Family Relations. She has been working with children and families affected by Autism Spectrum Disorders for the past 8 years through direct instruction, family services, and case management. She has experience with creating positive behavioral modification programs, an understanding of sensory integration, and knowledge about the diagnoses on the Autism Spectrum.

4. Wendy Libby, MS Human Development, BA Fine Arts

Art Activities for Preschool and Beyond

The workshop will include a power point presentation on art activities for the preschool through elementary age child as well as provide hands on creativity time. The participants will be exposed to many art activities using a variety of materials.

Bio: Wendy M. L. Libby has a Bachelor of Arts Degree in Fine Arts and a Master of Science Degree in Human Development. She has been teaching elementary art in Bangor for 30 years. She is the author of three educational books focusing on art activities for children and recently illustrated her first children's book. Mrs. Libby received the 2005 "Art Teacher of the Year Award" for the State of Maine.

5. Susan Bennett-Armistead, Ph.D.

Literacy and the Youngest Learner: Setting the stage for literacy success

Participants in this session will learn the critical components of literacy development as well as strategies and activities to promote children's success and passion for literacy from infancy through the preschool years. Suggestions for working with families will also be included.

Bio: Susan Bennett-Armistead is an assistant professor of early literacy at the University of Maine. While completing her doctorate in Teacher Education, Curriculum and Policy at Michigan State University with an emphasis in early literacy, Susan was the Program Supervisor of the MSU's Child Development Laboratories, an exemplary program designed to train pre service teachers to work with young children and their families. Prior to doctoral study, Susan was a preschool teacher & administrator for 14 years in a variety of settings, including a brief but delightful stint in the Alaskan bush. Together with Nell Duke and Annie Moses, she has co-authored *Literacy and the Youngest Learner: Best Practices for Educators of Children Birth to 5* and *Beyond Bedtime Stories: A Parent's Guide to Promoting Reading, Writing and Other Literacy Skills from Birth to 5*. She has also co-authored, along with Nell Duke, *Reading and Writing Informational Text in the Primary Grades: Research-Based Practices*. Her research interests include examining preprimary teachers' knowledge of literacy practices, the role of dramatic play in promoting children's literacy, and strategies to support parents in their role as children's early literacy educators. She is currently writing a book on designing dramatic play opportunities designed to support children's literacy skills called *Kits, Trunks, Boxes, and Boards: Designing Play Experiences to Boost Emergent Reading and Writing Skills*.

6. Julie Monroe, BS

Reaching & Teaching Children with Music

Music is wonderful, easy to teach children to do many things and most importantly, to remember what they've learned. In this workshop we will learn what children need to be ready for school and succeed there. Learn how to engage children through music, finger plays, books, rhymes, puppetry, dance and body movement. We will learn the method of "piggy-backing" new words onto familiar tunes. Participants will explore the importance of music as a way for people to have a sense of community and belonging. We will take time to share memories of songs that have special meaning for us.

Bio: Julie is a self-employed music teacher. She has provided education and entertainment to children since 1993. She currently visits pre-schools at 19 sites weekly. She provides music enrichment to two public schools, and sings kid Rock 'n Roll with her band, "Julie and the Bug Boys". Julie has a BS in Child Development from the University of Maine, Orono.

10th Anniversary
Good Beginnings Last a Lifetime

Excellence Starts With YOU!

This year we are celebrating providers!

As part of our symposium we would like everyone to send in pictures of themselves and their staff in action!

We have plans for the pictures and want to include EVERYONE!

Please remember you may need permission slips if children are in the shot.

10th Anniversary

Good Beginnings Last a Lifetime
Excellence begins with you!

**We're back at
Rangeley Hall**

Rangeley Hall on the campus of Eastern Maine Community College, Bangor

Directions:

From the north:

I-95 Exit 187, (formerly exit 49) Bear left. Proceed over the bridge. Go straight. There will be one more stop light. Proceed straight through. The next set of lights, turn Right onto Sylvan Rd. (Sylvan Road runs parallel to the interstate.) Rangeley Hall is located at the end of Sylvan Rd.

From the south:

I-95 Exit 187, (formerly exit 49) Bear right. Go through one traffic light. At the next set of lights, turn Right onto Sylvan Rd. (Sylvan Road runs parallel to the interstate.) Rangeley Hall is located at the end of Sylvan Rd.

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