



Australian Childcare Alliance
New South Wales

Training Calendar

July-October 2016





Australian Childcare Alliance

New South Wales

Who we are

Australian Childcare Alliance (ACA) NSW is the peak body for privately owned early childhood education and care services in NSW. We provide advocacy, policy and regulatory support and advice; member services; and professional development for our members across the state.

ACA NSW aims to equip members with the information and resources to assist them in delivering high quality early childhood education and care for children; and positively influence policy and legislation to achieve high quality, accessible early childhood education and care for children and their families and enable members' businesses to flourish.

Australian Childcare Alliance NSW is a proud member of the Australian Childcare Alliance, which advocates for the future of Australia's children and works to ensure that families and their children have an opportunity to access quality, affordable early childhood education and care throughout Australia.

Why be a member?

As an ACA NSW member, you are a valued part of a supportive network of peers, with access to a range of services and expert advice to assist you in providing early childhood education and care to families across NSW. ACA NSW is your voice at the decision-making table, advocating policy and legislative outcomes that will make a positive difference to your service, your business, your community, your sector, and importantly, the children and families at your service.

We provide advocacy, policy and regulatory support and advice; member services; professional development and networking opportunities for our members across the state. We also provide a positive and proactive voice in the media, informing the community about the issues that matter most to members.

Our services, support and representation are aimed at assisting you to navigate the challenges and opportunities in the complex but rewarding early childhood education and care sector. From Bathurst to Ballina, from Coffs Harbour to Shellharbour, from north to south and east to west, ACA NSW is here to make a positive difference on behalf of our members.

If you have any questions about ACA NSW membership, or to join as a member today, please do not hesitate to contact our helpful staff on 1300 556 330 or visit our website: www.nsw.childcarealliance.org.au.

• **HOW TO BOOK**

Please visit our website – www.nsw.childcarealliance.org.au – and click on the relevant event for registration details, noting that you will need to be logged in to access member only rates.

• **PAYMENT REQUIREMENTS**

*Australian Childcare Alliance NSW requires all registered participants of workshops to pay the relevant enrolment fee **prior to attending**. Only participants who have had their payments confirmed will be able to attend the workshops.*

• **CERTIFICATES**

Following each workshop, every participant will be sent an electronic copy of a Certificate of Participation noting your professional development efforts.

• **CANCELLATION AND REFUND POLICY**

Australian Childcare Alliance New South Wales is committed to providing informative and quality workshops.

We reserve the right to cancel or change bookings where necessary. In the event that a workshop is cancelled, Australian Childcare Alliance NSW will advise registered participants as soon as possible. Those registered will be offered an alternate date to attend a workshop, or will be given a refund.

In the event that you are unable to attend a training session, you may choose an alternate person from your service to attend. If you choose to cancel from a training session completely you are required to notify Australian Childcare Alliance New South Wales either by email or phone seven (7) working days in advance, and your payment will be refunded.

In the event that the required notice has not been given, or that registered participants fail to attend, refunds will not be given.



Fiona Werle

Fiona Werle a practicing Sandplay Therapist and author of *Building the Sandcastles of Life, A Teachers and Therapists Guide to the Psychological Wellbeing of the Inner Child*.

With over 20 years' experience in the field of personal development Fiona has a unique form of therapeutic skills that she makes available to all her clients. Her style is strength based, and her approach to counselling allows for clients to explore their issues in a nurturing and empathic environment.

Sandplay gives a snapshot into family systems, which is fundamental in the child's wellbeing and stages of development. Sandplay as a technique gives the child a holistic platform of development especially cognitively and emotionally, but it is also a place for them to feel safe. It gives educators the ability to observe and communicate with children to better understand individual development.



Evonne Bennell

Evonne is a multidisciplinary natural practitioner who uses a variety of "move to learn" sequences, brain gym activities, kinesiology and stillness training to assist both children and adults with a variety of issues such as sensory integration, literacy development, behaviour and stress management and more, which often are a result from the retention of, or poor integration of, primitive reflexes within the body.

Evonne has specifically developed training programs for educators that focus on the three main areas in which early childhood educators have indicated they require further training, in order to assist children within their services: early literacy, behavioural management and additional needs.



Shahn Saunders

Shahn Saunders has been working in early years education for more than 20 years. Shahn currently runs her own consultancy business specialising in the Early Years Learning Framework with an emphasis on emergent and play based curriculums. Shahn believes that it is essential to nurture children's curiosity and wonderment to discover who they are and where they fit into the world around them. Furthermore Shahn is passionate about developing children's sense of self through co-learning and co-sharing the learning journey.

Shahn is an advocate for children's rights and has had the opportunity to acquire both theoretical and skill based knowledge throughout her various roles over the years, which include; director of long day care centre, preparatory school teacher, manager of family and children's centre and lecturer on early years foundation degrees within two leading London universities.

Shahn thrives on sharing her knowledge, experience and passion for Early Years Learning and Education with her clients. Being a mother herself, Shahn has the ability to relate to working parents and interoperate children's behaviour and development on a parental and professional level. Shahn possesses genuine love of early years development and has a genuine love of learning.



Cynthia Levin

With a background in early childhood education, Cynthia has been working passionately with children for more than 23 years. In 2011, after realising the positive difference yoga had made to her life, she embarked on a mission to join together her two passions: kids and yoga

Shortly after completing her Kids Yoga Teacher Training (Advanced, Mastery & Yoga Therapy courses) Cynthia founded **connect kids YOGA**, YOGA 4 Kids.

Now with a team specialising in children's yoga, **connect kids YOGA** is the No. 1 provider of YOGA 4 Kids to the early childhood education and care sector.

What is the YOGA 4 Kids program? YOGA 4 Kids is a specifically designed program for 2 – 5 year olds written in conjunction with the Early Years Learning Framework and its learning outcomes.

It is an ongoing program that focuses on creating happy, healthy little minds and bodies. Children who participate in the program are more confident, focused and calm. They are provided with all the tools to develop physically, mentally and emotionally stronger and be more flexible.

They develop resilience and mindfulness, while their overall wellbeing is noticeably enhanced.

Best of all this is all achieved while they have fun!

The YOGA 4 Kids program assists educator's in dealing with children who are calm, relaxed and happy. This amazing program also has a ripple effect that reaches out from the child and the centre, into the children's home, the community and beyond.

July Workshops

| Date | Time | Venue | Workshop | Trainer |
|----------|-----------------|-------------------------------|---|----------------|
| Tue 19th | 6.45pm - 8.45pm | Mounties Club Mt Pritchard | Authentic School Readiness! Transition To School—A Holistic Approach | Shahn Saunders |
| Wed 20th | 6.45pm - 8.45pm | South Hurstville RSL | What Is Sandplay Therapy & How Can It Be Implemented Into Your Centre? How Does The EYLF Have Relevance? | Fiona Werle |
| Tue 26th | 10.00m - 1.00pm | Parramatta ACA Office | Having Fun With Rhythmic Movement Training For Babies And Toddlers | Evonne Bennell |
| Wed 27th | 6.45pm - 8.45pm | Parramatta ACA Office | The Power Of The Yoga Breath: Teaching Calming Techniques To Children | Cynthia Levin |



It starts with us!

Early Childhood Weekend Retreat!
Crowne Plaza Coogee Beach

Friday 29th – Sunday 31st

July 2016

Book Now

August Workshops

| Date | Time | Venue | Workshop | Trainer |
|------------------|-----------------|-------------------------------|---|--|
| Wed 3rd | 6.45pm - 8.45pm | South Hurstville RSL | The Power Of The Yoga Breath: Teaching Calming Techniques To Children | Cynthia Levin |
| Thu 4th | 10.00m - 1.00pm | South Hurstville RSL | Discover Your Strengths As An Educational Leader, Roles & Responsibilities For You And Your Team | Shahn Saunders |
| Thu 18h | 10.00m - 1.00pm | Hornsby RSL | Discover Your Strengths As An Educational Leader, Roles & Responsibilities For You And Your Team | Shahn Saunders |
| Tue 23rd | 6.45pm - 8.45pm | Parramatta ACA Office | What is Sandplay Therapy & How Can It Be Implemented Into Your Centre? How Does The EYLF Have Relevance? | Fiona Werle |
| Wed 24th | 6.45pm - 8.45pm | South Hurstville RSL | Having Fun With Rhythmic Movement Training For Babies And Toddlers | Evonne Bennell |
| Saturday 27th | 9.30am— 5.00pm | Bathurst Regional area | Professional Development Day (see ACA NSW website for more details) | Kat Wieczorek- Ghisso Fiona Werle Cynthia Levin |
| Tue 30th | 6.45pm - 8.45pm | Mounties Club Mt Pritchard | The Power Of The Yoga Breath: Teaching Calming Techniques To Children | Cynthia Levin |
| Wed 31st | 6.45pm - 8.45pm | Parramatta ACA Office | Intentional Teaching Within The EYLF: Strategies & Practises | Shahn Saunders |

September Workshops

| Date | Time | Venue | Workshop | Trainer |
|-----------|-----------------|----------------------------|--|---------------|
| Tue 6th | 6.45pm - 8.45pm | Hornsby RSL | What Is Sandplay Therapy & How Can It Be Implemented Into Your Centre? How Does The EYLF Have Relevance? | Fiona Werle |
| Tues 20th | 6.45pm - 8.45pm | Parramatta ACA Office | The Three C's of YOGA 4 Kids: Teaching Compassion, Connection & Calm | Cynthia Levin |
| Weds 21st | 10.am - 1.00pm | Mounties Club Mt Pritchard | The Three C's of YOGA 4 Kids: Teaching Compassion, Connection & Calm | Cynthia Levin |

October Workshops

| Date | Time | Venue | Workshop | Trainer |
|---------------|-----------------|----------------------------|--|--|
| Mon 10th | 6.45pm - 8.45pm | Hornsby RSL | The Power Of The Yoga Breath: Teaching Calming Techniques To Children | Cynthia Levin |
| Tues 11th | 6.45pm - 8.45pm | Hornsby RSL | Finding The Fun As An Early Childhood Professional | Shahn Saunders |
| Saturday 15th | 9.30am - 5.00pm | Wagga Wagga Regional Area | Professional Development Day (see ACA NSW website for more details) | Kat Wieczorek-Ghisso Fiona Werle Cynthia Levin |
| Tue 18th | 6.45pm - 8.45pm | Parramatta ACA Office | Move To Learn Program: A Fun Way To Manage Children With Learning Challenges | Evonne Bennell |
| Wed 19th | 6.45pm - 8.45pm | South Hurstville RSL | Finding The Fun As An Early Childhood Professional | Shahn Saunders |
| Tue 25th | 6.45pm - 8.45pm | Hornsby RSL | Having Fun With Rhythmic Movement Training For Babies And Toddlers | Evonne Bennell |
| Wed 26th | 10.am to 1.00pm | Mounties Club Mt Pritchard | Move To Learn Program: A Fun Way To Manage Children With Learning Challenges | Evonne Bennell |
| Wed 26th | 6.45pm - 8.45pm | Mounties Club Mt Pritchard | What Is Sandplay Therapy & How Can It Be Implemented Into Your Centre? How Does The EYLF Have Relevance? | Fiona Werle |

How to Book:

Please visit our website www.nsw.childcarealliance.org.au
Click on the relevant event for registration details, noting that you will need to be logged in to access Member only rates.

Costs:

2 Hour Workshops \$55 ACA NSW Members
2 Hour Workshops \$85 Non-Members

3 Hour Workshops \$85 ACA NSW Members
3 Hour Workshops \$125 Non-Members

| VENUES | ACA NSW Parramatta Office 19 Fennell Street, Parramatta | South Hurstville RSL 72 Connells Point Rd, South Hurstville | Mounties Club 101 Meadows Rd, Mt Pritchard | Hornsby RSL 4 High Street, Hornsby |
|--------|---|---|--|---------------------------------------|
|--------|---|---|--|---------------------------------------|

Please note: Workshops, Venues, Dates & Times are subject to change.

Please refer to our website www.nsw.childcarealliance.org.au for most current updated information

Workshop Details

Workshop: Discover Your Strengths As An Educational Leader -Roles & Responsibilities For You And Your Team Shahn Saunders

Discover your strengths as an educational leader within this workshop through interactive discussions and presentations. Educators can learn more about themselves and the responsibilities of being an effective educational leader through combining elements of the current EYLF, related legislation and regulations within this empowering workshop. Participants can share their knowledge and understanding to develop practical solutions to the many challenges that arise from the rewarding yet complex role of being an educational leader.

We will look at:

- The educational leader roles within the EYLF - and learning outcomes
- Practical ways to share your knowledge of Pedagogy to enrich curriculum planning
- Extending on leadership skills to motivate yourself and your team
- Managing the difficulties of conflict resolution with children, families and colleagues
- Creating strategies to lead collaborative policies and curriculum planning
- Roles and responsibilities as the educational leader

"Being a good leader isn't about having power over others, its about instilling power within others".

Jessica Bohn 2013

Workshop: Intentional Teaching Within the EYLF: Strategies & Practises Shahn Saunders

Intentional teaching is a popular term which is used to define quality interactions between children and educators, interactions that are reflective, purposeful and challenging for the individual child. It is important to reflect on the role of quality play when promoting intentional teaching; this should demonstrate a balance between adult led and spontaneous activities. An educator that uses a more reflective approach to teaching is able to build an awareness of the child's aptitude and measure the child's progress.

In this workshop we will discuss:

- The intentional teaching approach, the purpose and objectives
- Various strategies -in order to achieve positive and purposeful intentional teaching within your environment
- Working in collaboration with children to develop and test hypotheses through problem solving together
- Quality listening practices: reflective and active techniques as valuable tools
- Challenges to measure the child's skill base and create activities to continue challenging and extending the child's knowledge
- Balanced planned and spontaneous activities

Workshop: Finding The Fun As An Early Childhood Professional Shahn Saunders

Do you need to put the "love" back into your role? Find your passion and fun again at work? Being an educator requires you to wear many hats, and sometimes we forget about ourselves. Come listen and interact with others feeling the same, learn strategies and techniques to have fun as an early childhood professional

This workshop will:

- Look at flexible and innovative ways to implement and sustain the passion you need to continue to enjoy working in childcare
- Discuss practical strategies to incorporate the EYLF that are time effective
- Look at a strong focus on professionalism
- Boost your self confidence
- Create ways to have "fun" as an individual and within your team

Workshop: Having Fun With Rhythmic Movement Training For Babies And Toddlers Evonne Bennell

Rhythmic Movement Training (RMT) is a movement based, primitive (infant or neo-natal) reflex integration program for infants, children and adults using developmental movements, gentle isometric pressure and self-awareness to rebuild the foundations necessary to help overcome learning, sensory, emotional and behavioural challenges.

This workshop will provide educators with technical knowledge and skills that can be applied everyday and directly within your environment for babies & toddlers. Looking at transitions to new activities, defuse stressful situations, calm, create ease in learning, and it will provide solid foundations for lifelong neuro-development change; emotional resilience; enhance brain organisation and improved sensory processing; and primitive reflex integration to set children up for successful learning and living.

This workshop will look at:

- Providing an understanding of developmental challenges cause and effect
- Primitive reflexes and sensory integration and brain development - (including emotional, social and behavioural links)
- Movement, and play for sensory/primitive reflex integration
- Exploration of Brain Gym RMT and fine and gross motor skills, memory, body organisation and awareness and more

"Time's fun when you're eating flies"- Kermit the frog

Workshop: Move To Learn: A Fun Way To Manage Children With Learning Challenges Evonne Bennell

The Move to Learn movement program is the brain child of Barbara Pheloung, a passionate educator offering low cost solutions for children and adults with learning challenges. Move to Learn addresses the underlying functional deficits that children with various learning difficulties & disabilities have shown, integrating left and right brain functions and helping to mature the vestibular system as well as any retained primitive reflexes that should normally have disappeared by the time a child is attending school.

In this workshop you will learn:

- The Move to Learn movement program
- A simple program comprising of a warm up and 9 simple movement sequences it covers all the essentials that every child needs to establish an effective foundation for academic learning, and in the right order
- Effective applications "that are simple as possible,
- Techniques to make sure that the program, is effective in the shortest time possible, required the least amount of equipment & resources, required the least amount of time & space required to run the program in your own centre



Workshops Details

Workshop:
**The Power Of The Yoga Breath:
Teaching Calming Techniques To Children**
Cynthia Levin

During this workshop you will be introduced to the power of your own breath. So often we do not think about our breath and how very important it is.

In this workshop you will gain an understanding of the breath, how you can use it to calm and how you can teach kids the power of their own breath.

You will learn:

- The importance of breathing "properly"
- What conscious breathing is and how to use it
- How to manage stress through the breath
- Various breathing techniques and find one that resonates with you
- Simple and fun ways to teach kids breathing techniques
- Ways to teach kids to deal with their stress, anxiety and other big emotions such as anger through their breath
- How to use basic props to teach breathing techniques
- Age appropriate breathing games

"Breath is the power behind all things...I breathe in and know that good things will happen" - Tao Porchon Lynch, 95 year old yoga teacher.

Workshop:
**The Three C's of YOGA 4 Kids:
Teaching Compassion, Connection & Calm**
Cynthia Levin

During this fun and interactive workshop we will be observing our connection with nature and the environment around us. You will gain an understanding of how, through simple yoga and breathing techniques, you can teach children to explore the world around them. You will learn ways to teach compassion for and build connections to their environment, helping them to create a sense of calm.

You will learn:

- Fun and simple yoga poses to encourage kids to show compassion and respect for their world
- How to use simple yoga stories to engage children in connecting with the environment
- Easy techniques to lead a group visualisation to create relaxation and calm

"I believe compassion to be one of the few things we can practice that will bring immediate and long term happiness to our lives" - Dalai Lama

Workshop:
**What Is Sandplay Therapy
& How Can It Be Implemented Into Your Centre?**
Fiona Werle

This workshop focuses on taking a closer look at Sandplay as a means of non-verbal/verbal expressive play & therapy for children who have had their development hindered.

It is hands on, interactive and takes a deep look into how young minds work.

We will look at:

- How Sandplay can support a child's ability to address fears, leading them to positive self-development. Anxiety is given a face, as we look at archetypes and symbols which enable children to make sense of their emotions and gain control. We run through mindfulness relaxation techniques and learn to strength spot
- How the EYLF has relevance
- Children are capable and competent
- Children actively construct their own learning
- Learning is dynamic, complex & holistic
- Children have agency
- Children have capacities and rights to initiate & lead learning
- Children can be active participants and decision makers in matters affecting them
- Children need support in learning to choose special loved people
- Transitional objects (symbols & archetypes) to help bridge the gap between the familiar and the unfamiliar
- Thinking about this in relation to the concepts of Belonging, Being and Becoming

"Sandplay is the way for children to attain self-regulation & resilience"
-Fiona Werle

Workshop:
**Authentic School Readiness!
Transition To School—
A Holistic Approach**
Shahn Saunders

It essential to view school readiness as a continuation of the individual child's development, maturation and accumulation of life experiences. At the heart of this transition to school lies the social and emotional state of each child and their possession of a positive learning disposition which provides a learning springboard

Without achieving this "readiness to learn" children often struggle trying to absorb all the new experiences and information that come along with the transition into school environments. This transition to formalised schooling can be a positive and enjoyable time for children, parents and educators alike when approached in a holistic and authentic way!

In this workshop we will look at:

- Celebrating the unique child
- Recognising the unique educator, service and community
- Exploring the links between play based learning and the EYLF
- Creating a stimulating learning environment
- Building an emergent curriculum
- Looking at the educators role in scaffolding learning
- Creating meaningful experiences for children
- Using play based learning to develop school readiness skills
- Establishing and maintaining quality ongoing planning cycles

"A person's a person, no matter how small" Dr. Seuss

How to Book:

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New South Wales

| Workshop | Links to Quality Areas in the National Quality Standards for Early Childhood And Care |
|--|--|
| Authentic School Readiness! Transition To School -A Holistic Approach | QA1: Educational Program and Practice: 1.1, 1.1.1, 1.1.2, 1.1.3, 1.2.2, 1.1.5, 1.2.2, 1.2.3 QA2: Children's Health and Safety: 2.3, 2.3.1, 2.3.2 QA5: Relationships with Children: 5.2, 5.1.2, 5.2.1, 5.2.2,5.2.3 |
| What is Sandplay Therapy & How Can It Be Implemented Into Your Centre? How Does The EYLF Have Relevance? | QA1: Educational Program and Practice: .1, 1.1.1, 1.1.2, 1.1.3, 1.2 QA2: Children's Health and Safety: 2.3.2, 1.1.5, 1.2.2, 1.2.3 QA3: Physical Environment: 3.1.2,3.2.2,3.3, QA6: Collaborative Partnerships with Families & Communities: 6.1,6.2,6.2.1,6.3,6.3.1,6.3.3,6.3.4 |
| Having Fun With Rhythmic Movement Training For Babies And Toddlers | QA1: Educational Program and Practice:1.1, 1.1.1, 1.1.2, 1.1.3, 1.2 QA2: Children's Health and Safety: 2.3, 2.3.1, 2.3.2 QA5: Relationships with Children: 5.2, 5.1.2, 5.2.1, 5.2.2, 5.2.3 QA6: Collaborative Partnerships with Families & Communities: 6.1,6.2,6.2.1,6.3,6.3.1,6.3.3,6.3.4 |
| The Power Of The Yoga Breath: Teaching Calming Techniques To Children | QA1: Educational Program and Practice: 1.1, 1.1.1, 1.1.2, 1.1.3, 1.2 QA2: Children's Health and Safety: 2.3.2, 1.1.5, 1.2.2, 1.2.3 QA3: Physical Environment: 3.1.2,3.2.2,3.3, QA6: Collaborative Partnerships with Families & Communities: 6.1,6.2,6.2.1,6.3,6.3.1,6.3.3,6.3.4 |
| Discover Your Strengths As An Educational Leader, Roles & Responsibilities For You And Your Team | QA1: Educational Program & Practice: 1.1, 1.1.1, 1.1.2, 1.1.3, 1.2.2, 1.1.5, 1.2.2, 1.2.3 QA2: Children's Health & Safety: 2.3, 2.3.1, 2.3.2 QA4: Staffing Arrangements: 4.1, 4.2.2, 4.2.3 QA5: Relationships with Children: 5.2, 5.1.2, 5.2.1, 5.2.2, 5.2.3 QA6: Collaborative Partnerships with Families & Communities: 6.1,6.2,6.2.1,6.3,6.3.1,6.3.3,6.3.4 QA7: Leadership and Service Management: 7.1,7.1.2,7.1.3,7.1.5,7.2.2,7.2.3,7.3.5 |
| Intentional Teaching Within The EYLF: Strategies and Practises | QA1: Educational Program and Practice: 1.1, 1.1.1, 1.1.2, 1.1.3, 1.2 QA2: Children's Health and Safety: 2.3.2, 1.1.5, 1.2.2, 1.2.3 QA3: Physical Environment: 3.1.2,3.2.2,3.3, QA5: Relationships with Children: 5.2, 5.1.2, 5.2.1, 5.2.2, 5.2.3 |
| The Three C's Of YOGA 4 Kids: Teaching Compassion, Connection & Calm | QA1: Educational Program and Practice: 1.1, 1.1.1, 1.1.2, 1.1.3, 1.2 QA2: Children's Health and Safety: 2.3.2, 1.1.5, 1.2.2, 1.2.3 QA3: Physical Environment: 3.1.2,3.2.2,3.3, QA5: Relationships with Children: 5.2, 5.1.2, 5.2.1, 5.2.2, 5.2.3 |
| Finding The Fun As An Early Childhood Professional | QA1: Educational Program & Practice: 1.1, 1.1.1, 1.1.2, 1.1.3, 1.2.2, 1.1.5, 1.2.2, 1.2.3 QA2: Children's Health & Safety: 2.3, 2.3.1, 2.3.2 QA4: Staffing Arrangements: 4.1, 4.2.2, 4.2.3 QA5: Relationships with Children: 5.2, 5.1.2, 5.2.1, 5.2.2, 5.2.3 |
| Move To Learn Program: A Fun Way To Manage Children With Learning Challenges | QA1: Educational Program and Practice: 1.1, 1.1.1, 1.1.2, 1.1.3, 1.2 QA2: Children's Health and Safety: 2.3, 2.3.1, 2.3.2 QA5: Relationships with Children: 5.2, 5.1.2, 5.2.1, 5.2.2, 5.2.3 QA6: Collaborative Partnerships with Families & Communities: 6.1,6.2,6.2.1,6.3,6.3.1,6.3.3,6.3.4 |

