January, February, March 2020 Training Calendar
Randolph Partnership for Children

Registration forms must be sent to Susan Helsabeck at least 3 days prior to the training. Email: shelsabeck@randolphkids.org Fax: 336-629-2135 Mail: 349 Sunset Ave, Asheboro, NC 27203
Cancellation must be received by 10:00 am (the day of the training) to keep from being placed on a waiting list for future trainings.

If you are registering for a CEU credit class - make sure you are using the correct registration form. Submit registration form and appropriate money according to the instructions on the registration form. Form and Money are due at least 1 week prior to the training.

<table>
<thead>
<tr>
<th>January</th>
<th>Workshop Title</th>
<th>Time</th>
<th>Location</th>
<th>Presenter</th>
<th>Cost</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>ITS/SIDS</td>
<td>6:00-8:00 PM</td>
<td>Health Department</td>
<td>Cindy Trogdon</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>15</td>
<td>Directors' Institute: The Director's Desktop; Using Emotional Intelligence to Promote a Culturally Well Work Climate</td>
<td>12:00-2:00 PM</td>
<td>Partnership Office</td>
<td>Tanya Dennis</td>
<td>NA</td>
<td>2.00</td>
</tr>
<tr>
<td>15</td>
<td>At the W.E.L.L.: Understanding Mental Health and Social Emotional Development of the Caregiver and Teacher</td>
<td>6:30-8:30 PM</td>
<td>Early Childhood Dev Ctr 1738 North Fayetteville St, Asheboro, NC 27203</td>
<td>Tanya Dennis</td>
<td>NA</td>
<td>2.00</td>
</tr>
<tr>
<td>16</td>
<td>CPR/First Aid</td>
<td>6:00-8:30 PM</td>
<td>Health Department</td>
<td>Cindy Trogdon</td>
<td>$30.00</td>
<td>NA</td>
</tr>
<tr>
<td>22</td>
<td>Inspired Teachers' Meeting</td>
<td>6:30-8:00 pm</td>
<td>To Be Determined</td>
<td>Scarlet Welborn, Kristy Umflee</td>
<td>NA</td>
<td>1.50</td>
</tr>
<tr>
<td>23</td>
<td>Nurturing the Brain: Buffering Toxic Stress through Responsive Relationships Session I-Toxic Stress and Early Brain Development</td>
<td>6:30-8:30 PM</td>
<td>Randleman Community Center 144 W Academy St, Randleman, NC 27317</td>
<td>Aviva Starr</td>
<td>NA</td>
<td>2.00</td>
</tr>
<tr>
<td>28</td>
<td>Exploration and Discovery for Tiny Tots: Project Experience for Infants, Toddlers and Twos-Session I</td>
<td>6:30-8:30 PM</td>
<td>Archdale Library 10433 S Main St, Archdale, NC 27263</td>
<td>Andee Edelson, Scarlet Welborn</td>
<td>NA</td>
<td>2.00</td>
</tr>
<tr>
<td>30</td>
<td>Puppetry, Props and Parades: Puppets Talk, Children Listen</td>
<td>6:30-8:30 PM</td>
<td>Randolph Arts Guild 123 Sunset Ave, Asheboro, NC 27203</td>
<td>Cara Bevan</td>
<td>NA</td>
<td>2.00</td>
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<thead>
<tr>
<th>February</th>
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<tbody>
<tr>
<td>3</td>
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<tr>
<td>17</td>
</tr>
<tr>
<td>19</td>
</tr>
</tbody>
</table>

*Please make copies of the Training Calendar, Descriptions pages and Required registration form(s) and POST FOR YOUR STAFF.*
### January, February, March 2020 Training Calendar
**Randolph Partnership for Children**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
<th>Instructor(s)</th>
<th>CEU</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>20</strong></td>
<td>Nurturing the Brain: Buffering Toxic Stress through Responsive Relationships Session II</td>
<td>Randleman Community Center, 144 W Academy St, Randleman, NC 27317</td>
<td>Aviva Starr</td>
<td><strong>2.00</strong></td>
</tr>
<tr>
<td><strong>22</strong></td>
<td>Advancing Skills &amp; Knowledge (ASK) conference</td>
<td>East Chapel High School 500 Weaver Dairy Rd, Chapel Hill, NC 27514</td>
<td>Various Presenters</td>
<td><strong>0.5 CEU</strong></td>
</tr>
<tr>
<td><strong>25</strong></td>
<td>Exploration and Discovery for Tiny Tots: Project Experience for Infants, Toddlers and Twos-Session II</td>
<td>Archdale Library, 10433 S Main St, Archdale, NC 27263</td>
<td>Andee Edelson, Scarlet Welborn</td>
<td><strong>2.00</strong></td>
</tr>
</tbody>
</table>

### March

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
<th>Instructor(s)</th>
<th>CEU</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>3</strong></td>
<td>Be Active Kids</td>
<td>Archdale Library, 10433 S Main St, Archdale, NC 27263</td>
<td>Patty Sullivan, Meredith Shields</td>
<td><strong>3.00</strong></td>
</tr>
<tr>
<td><strong>5</strong></td>
<td>CPR/First Aid</td>
<td>Health Department</td>
<td>Cindy Trogdon</td>
<td>NA</td>
</tr>
<tr>
<td><strong>5</strong></td>
<td>Move and Groove with Rhythm and Movement</td>
<td>To Be Determined</td>
<td>Cathy Kielar</td>
<td><strong>2.00</strong></td>
</tr>
<tr>
<td><strong>11</strong></td>
<td>Directors' Institute: Think Babies</td>
<td>Partnership Office</td>
<td>Jennifer Anderson, Joy Johnson, Scarlet Welborn</td>
<td><strong>2.00</strong></td>
</tr>
<tr>
<td><strong>12</strong></td>
<td>Inspired Teachers' Meeting</td>
<td>To Be Determined</td>
<td>Scarlet Welborn, Kristy Umfleet</td>
<td><strong>1.50</strong></td>
</tr>
<tr>
<td><strong>17</strong></td>
<td>Project Learning Tree: Session I</td>
<td>NC Zoo</td>
<td>Linda Kinney/Kathy Osborne</td>
<td><strong>0.5 CEU</strong></td>
</tr>
<tr>
<td><strong>19</strong></td>
<td>Nurturing the Brain: Buffering Toxic Stress through Responsive Relationships Session III-Family Engagement: Having the Difficult Talk</td>
<td>Randleman Community Center, 144 W Academy St, Randleman, NC 27317</td>
<td>Aviva Starr</td>
<td><strong>2.00</strong></td>
</tr>
<tr>
<td><strong>24</strong></td>
<td>Project Learning Tree: Session II</td>
<td>NC Zoo</td>
<td>Linda Kinney/Kathy Osborne</td>
<td><strong>0.5 CEU</strong></td>
</tr>
</tbody>
</table>

*Please make copies of the Training Calendar, Descriptions pages and Required registration form(s) and POST FOR YOUR STAFF.*
Administration

1-15-20
Directors’ Institute:
The Director’s Desktop: Using Emotional Intelligence to Promote a Culturally Well Work Climate
When you think about leaders or esteemed members of early childhood education do you think of someone with rarely high intelligence quotient (I.Q) or is it an individual with a combination of knowledge with interpersonal skills that are responsive, relatable and influential. Emotional intelligence plays an important role in the work environment and is shown to be a predictor of success. Let’s explore strategies to promote a well work environment that foster great outcomes for staff, families and children!!

**Light lunch provided
Time: 12:00-2:00 p.m.
Location: Partnership Office, Asheboro
To register: Complete registration form for RCPC Trainings

3-11-20
Directors’ Institute: Think Babies
Brains are built, not born. During the first years of life, babies’ experiences are built into their bodies — shaping brain development and building the foundation for all future learning, behavior and health. When we support our babies and toddlers in having the opportunity to fulfill their potential, we create the best outcomes in health, education, and economic well-being for everyone in Randolph County. During this session, we will explore actionable steps to focus on infants and toddlers, identify key issues that impact early education policy and develop easy advocacy strategies that work. Also joining us is Jonathan Charney, from Teaching Strategies, to share the curriculum components of the Creative Curriculum for Infants, Toddlers and Twos.

**Light lunch provided
Time: 12:00-2:00 p.m.
Location: Partnership Office, Asheboro
To register: Complete registration form for RCPC Trainings

ASK Conference: Advancing Skills & Knowledge

2-22-20
Featuring a Reggio Emilia Track
For the third year, ASK 2020 will be working with the NC REGGIO EMILIA COLLABORATIVE. They are hosting a series of sessions examining how to implement the key principles of the Reggio approach to early childhood learning in North Carolina. Participate in the Reggio workshops all day to earn a .5 CEU credit. ASK is excited to host RON MOHL, celebrated educator, as the keynote speaker and ERICA BERRY, noted musician and educator, as the featured presenter. ASK believes the conference will meet the professional development needs of all who attend! CCSA is also sponsoring a learning thread for Durham PreK educators at the ASK Conference. These workshops are designed to support high quality teaching and for 4-year-old children in public classrooms. To learn more about the ASK 2020 Conference, go to:
http://www.childcareservices.org/. To participate in the group rate, submit applications and checks to the Partnership office by 1/6/20!

CPR/First Aid

CPR/First Aid—Recertification
1-16-20 Time: 6:00-8:30 p.m.
2-4-20 Time: 12:00-2:30 p.m.
2-4-20 Time: 4:00-6:30 p.m.
3-5-20 Time: 6:00-8:30 p.m.
*Open to Randolph County Providers Only.
Location: Randolph Co. Health Dept.

CLASSES IN JANUARY/FEBRUARY:
$30.00 — Take payment with you to the training; do not send money for these workshops to the Partnership.

CLASSES IN MARCH WILL INCREASE TO $31.00—Please note the NEW cost!
To register: Complete registration form for RCPC Trainings

PARTICIPANTS MUST BE ON TIME TO CPR/FIRST AID CLASSES TO RECEIVE CREDIT FOR THE CLASS!

Everyone

1-15-20
At the W.E.L.L.: Understanding Mental Health and Social Emotional Development of the Caregiver and Teacher
We have all heard the statement, “Your Health is Your Well!” This interactive session will explore mental health and social emotional development and how it influences your decision-making, relationships and interactions as well as your ability to carry out daily tasks. Together let’s establish some plans, a daily task or daily tasks, practical steps and strategies that promote wellness. Passt, It starts inside out!!!

Time: 6:30-8:30 p.m.
Location: Early Childhood Development Center, 1738 North Fayetteville St. Asheboro
To register: Complete registration form for RCPC Trainings

1-30-20
Puppetry, Props and Parades: Puppets Talk, Children Listen
The expressiveness and dramatization of puppets have been used to educate, heal and inform children and adults for thousands of years. They draw children in and encourage them to be actively involved in the learning process and share their thoughts, observations and what they have learned. Join guest artist, Cara Bevin, for the ideal puppetry making training using fabric, wood, foam, cardboard and many recycled materials to create irresistible puppets to embellish storytelling and enliven parade participants as we prepare for the “Week of the Young Child” zootopia puppet parade.

Time: 6:30-8:30 p.m.
Location: Randolph Arts Guild, 123 Sunset Ave, Asheboro, NC 27203
To register: Complete registration form for RCPC Trainings
2-3-20
Family Style Dining at My Center?
Yes, you can implement Family Style Dining and still have order in the classroom! If you have been thinking about the possibility of introducing FSD to your children but are hesitant because you are not sure it can be done without chaos and contamination, then this is the training for you! Learn about the many benefits FSD has to offer for children, families, teachers and ECE programs and how to get started to ensure success from the start. Preparation is crucial for a successful transition to Family Style Dining and this training will start you on your way.
**Light dinner provided**
Time: 6:00-8:30 p.m.
Location: Archdale Library, 10433 S Main St, Archdale, NC 27263
To register: Complete registration form for RCPC Trainings

3-3-20
Be Active Kids, updated version 2014
Be Active Kids is a signature program of the Blue Cross and Blue Shield of North Carolina Foundation and the only comprehensive physical activity based program dedicated to improving the health and development from birth to five in NC. The program is focused on providing physical activity-related support and resources to individuals caring for young children in North Carolina. Be Active Kids utilizes developmentally-appropriate curricula and various training modules to increase physical activity of both children and adults in early childhood settings.
**Light dinner provided**
Time: 6:00-9:00 p.m.
Location: Archdale Library, 10433 S Main St, Archdale, NC 27263
To register: Complete registration form for RCPC Trainings

Project Learning Tree
3-17-20 Session I
3-24-20 Session II
Join us at the NC Zoo as we explore outdoor spaces and resources to help you bring environmental education to your early childhood learners! The Project Learning Tree Environmental Experiences for Early Childhood curriculum guide provides an introduction to environmental education for young learners, encouraging children ages 3 to 6 to explore, discover and communicate in expressive ways. This workshop will provide 5 credit hours and/or 5 CEU hours for the NC EE Certification. All attendees will leave with the Environmental Experiences for Early Childhood guide AND a code for the K-2 E-Unit, Tremendous Trees!
**Light dinner provided**
Time: 6:00-8:30 pm
Location: North Carolina Zoo
To register: Complete registration form for RCPC Trainings and Online Registration is NOW available for this training

Health and Safety
2-13-20
Handling and Storage of Hazardous Materials and the Appropriate Disposal of Biocontaminants and Precautions in Transporting Children
This course will teach how early educators can minimize exposure to hazardous materials and toxic substances. Participants will learn to identify and avoid common indoor hazards to keep both adults and children safe in child care. Participants will learn about NC Child Care and NC Sanitation rules regarding safe use of and storage of hazardous materials and toxic substances. Participants will also learn about the safe transportation of children for routine and special occasion travel. They will learn how to keep children and other passengers safe while in a car, bus, or while walking. Participants will also learn about safe driving practices and vehicle safety. These trainings meet the NC Child Care Rule for Health and Safety training requirements and provide 2 contact hours toward in-service training.
*Open to Randolph County Providers Only.
**Light dinner provided
Time: 6:00-8:00 p.m.
Location: Randolph Co. Health Dept.
To register: Complete registration form for RCPC Trainings
PARTICIPANTS MUST BE ON TIME TO CPR/FIRST AID CLASSES TO RECEIVE CREDIT FOR THE CLASS!

Night of the Stars
Will you be graduating with your AA, BA or MA degree in December 2019 or May 2020? Is there someone in your child care center who needs to be recognized for an educational accomplishment? Please let Susan Helsabeck know so that we can recognize them at the 2020 Night of the Stars dinner on Thursday, May 21st, 2020. The Night of the Stars is an annual event celebrating the Early Education workforce and those individuals who increase their education.

Valentine’s DAY

♥HAPPY
ITS/SIDS
1-7-20
ITS-SIDS (Infant/Toddler Safe Sleep & Sudden Infant Death Syndrome)
This required training explains all the parts of North Carolina’s SIDS Law. Participants will review information about when and how to use the approved waivers, how to best place a baby in bed to sleep, and other “Best Practice” recommendations. During the workshop, participants will get the needed information to create a Safe Sleep Policy, updated research about SIDS, and local health and safety resources. Participants also receive a walk-through on how to do an unresponsive infant drill and the importance for doing them regularly.
*Randolph County Child Care Centers and FCCH Only!
Time: 6:00-8:00 p.m.
Location: Randolph Co. Health Dept.
To register: Complete registration form for RCPC Trainings
PARTICIPANTS MUST BE ON TIME TO CPR/FIRST AID CLASSES TO RECEIVE CREDIT FOR THE CLASS!

Infants/Toddlers/Twos
1-28-20
2-25-20
Exploration and Discovery for Tiny Tots: Project Experience for Infants, Toddlers and Twos
Learn how to incorporate the interests of our infants, toddlers, and twos with Reggio Inspired Projects. This training will provide you with a step by step process of the best way to create a meaningful project that is fun and engaging and creates connections and relationships through the materials we offer our youngest learners. It will answer questions that you have for introducing various and unique materials, using your own resources, and working with families as a way to collaborate with the community. Let go of your fear and embrace the endless possibilities.
Time: 6:30-8:30 p.m.
Location: Archdale Library, 10433 S Main St, Archdale, NC 27263
To register: Complete registration form for RCPC Trainings

Nurturing the Brain
Nurturing the Brain: Buffering Toxic Stress through Responsive Relationships
Developed by Betty Rintoul, Ph.D., Encouraging Connections
Recent research has made it increasingly clear that adverse experiences during the period of birth to five years have an enduring impact on the developing brain and body. This three-part training is an introduction to toxic stress and ways young children can be protected by caring early relationships. The first unit introduces the topic of “toxic stress” and its impact; the second unit explores some ways parents and caregivers can protect and heal children from these effects through responsive relationships.

1-23-20
Session I - Toxic Stress and Early Brain Development
This session will provide an overview of what the American Academy of Pediatrics terms “toxic stress” and how the neurobiolgy of stress and trauma can create long-term problems in children’s development, affecting attention, memory and impulse control.
Time: 6:30-8:30 p.m.
Location: Randlemann Community Center, 144 W Academy St Randlemann
To register: Complete registration form for RCPC Trainings

2-20-20
Session II - Buffering Stress through Responsive Relationships
We will explore how caregivers can protect children from the effects of toxic stress by providing 1) protection, 2) structure, 3) comfort, and 4) coaching. This session includes specific strategies for fostering protective relationships, as well as how to help at-risk children develop emotional and behavioral self-regulation.
Time: 6:30-8:30 p.m.
Location: Randlemann Community Center, 144 W Academy St Randlemann
To register: Complete registration form for RCPC Trainings

3-19-20
Session III - Family Engagement: Having the Difficult Talk
In this session, we will discuss how to strengthen our relationships with families. We will focus on how to engage families in discussions on difficult topics such as toxic stress with clarity and compassion. Participants will examine how teacher-family partnerships can build resilience for children experiencing toxic stress.
Time: 6:30-8:30 p.m.
Location: Randlemann Community Center, 144 W Academy St Randlemann
To register: Complete registration form for RCPC Trainings

3-5-20
Move and Groove with Rhythm and Movement
Young children begin the learning process through movement – we literally develop their brains as we develop their muscles. In this highly interactive workshop, we’ll examine the array of music activities and simple fun rhythmic patterns that get our little ones on a path to a dynamic future. Participants will engage in rhythmic activities as they learn a variety of roles that music and movement can and should play in the classroom life of developing children.
Time: 6:30-8:30 p.m.
Location: To be determined
To register: Complete registration form for RCPC Trainings
Peer Support/
Professional Development

1-22-20
2-12-20
3-12-20

Inspired Teachers Meetings
Inspired Teachers is open to any and all teachers who would like to begin or continue their exploration into the Reggio Emilia Philosophy. During the meetings, we share resources, explore provocations, go on tours, and have open discussions about our Reggio journeys. The meeting locations change based on the interest of the group and each meeting is a new experience!
Please let us know if you would like to be added to the emails and we will keep you updated.
Time: 6:30-8:00 p.m.
Location: To be determined/Contact Scarlet Welborn @ swelborn@randolphkids.org
To register: Complete registration form for RCPC Trainings

Wellness

2-19-20
Zumba for Early Educators
Take your kids on a musical journey around the globe and meet your own fitness goals by adding some Zumba dancing to your classroom routine! In this course, participants will learn basic steps from the four core dance rhythms from Latin America that are the foundation of Zumba: Merengue, Salsa, Cumbia, and Reggaeton. These steps will be taught using songs for Adult Zumba classes and Zumba Kids classes. No prior dance experience required in this judgment free zone! We will also practice some fun American pop songs that children love. Teachers will learn how to incorporate dance into parts of their everyday routine such as circle time, holiday lessons, free centers, and transitions to and from the classroom. Teachers will also learn how to include cultural awareness lessons to circle time, center play, and structured small group activities. These lessons will focus on countries in Latin America. Information will be given on adult Zumba classes available in the community to improve teachers’ physical health. Information will also be given on how to set up an official Zumba Kids class at teachers’ childcare centers. Please wear comfortable clothes and exercise shoes. Please bring a bottle of water and a snack.
Let’s get moving!
Time: 6:30-8:00 p.m.
Location: Chaires Studio 55
11234 N Main Street, Archdale, NC 27263
To register: Complete registration form for RCPC Trainings

Save the Date:

2-17-20
UNCG Open House for Prospective Students
The faculty and staff of the UNCG Early Care and Education and Birth-Kindergarten Licensure program will be hosting an Open House for individuals interested in the attending their program. Please stay tuned for more details to come! Susan Helsabeck will be sending out more information as the event is planned. If you are interested in learning more, please contact Susan at:
s HLSabeck@randolphkids.org.
**ART EXPLOSION 2020**

Week of the Young Child: April 13-17

ZootopiaArt Gallery display of children’s artwork will be a focus during this week and throughout the month of April and May.

Get ready, and create away!

Use paints, fingerpaints, sponges, string, feathers, collages, watercolors, crayons, markers, boxes, various papers and more!

Please submit all artwork with the following requirements to the Partnership by Monday, March 2nd:

- 8 - 10 art pieces per program, including 3-D creations
- Pictures of young artists at work creating submitted art piece (if possible)
- No smaller than 8” x 10” and no larger than 20” x 26”
- First name of the child, age, and center need to be legibly written on the back of each art piece.

Please remember to display any artwork that is not submitted, as your classrooms and hallways are wonderful places for a year-long art gallery.

Thank you in advance for all the wonderful, colorful and imaginative artwork our children will create to be enjoyed by the entire community!

Artwork will be displayed in various locations in Randolph County!

Artwork will be returned!

Please call Andee at 629-2128, ext. 30, if you have any questions!

Art work from Art Explosion 2109!
Nurturing the Brain: Buffering Toxic Stress Through Responsive Relationships

Presented by: Aviva Starr

January 23, 2020

Session 1: Toxic Stress and Early Brain Development
This session will provide an overview of what the American Academy of Pediatrics terms "toxic stress" and how the neurobiology of stress and trauma can create long-term problems in children's development, affecting attention, memory, and impulse control.

February 20, 2020

Session 2: Buffering Stress through Responsive Relationships
We will explore how caring adults can protect children from the effects of toxic stress by providing 1) protection, 2) structure, 3) comfort, and 4) coaching. This session includes specific strategies for fostering protective relationships, as well as how to help at-risk children.

March 19, 2020

Session 3: Family Engagement: Having the Difficult Talk
In this session we will discuss how to strengthen our relationships with families. We will focus on how to engage families in discussions on difficult topics such as toxic stress with clarity and compassion. Participants will examine how teacher-family partnerships can build resilience for children experiencing toxic stress.

All Sessions are from 6:30-8:30 at Randleman Community Center.
Attending all three sessions is highly recommended!

To Register: Email Susan Helsabeck shelsabeck@randolphkids.org or fax training registration form to 336-629-2135 by 1/21/20.
An Early Childhood Environmental opportunity for Early Educators

Dates: Tuesday, March 17 & 24, 2020

Location: NC Zoo

Project Learning Tree® (PLT) is an award winning, multi-disciplinary environmental education program for educators and students Pre-K - grade 12. Developed with children ages 3 - 6 in mind, the Environmental Experiences for Early Childhood from Project Learning Tree will help educators lead exciting explorations about our environment. Eleven field-tested, hands-on activities showcase over 130 educational experiences which integrate investigations of nature with art, literature, math, music, and movement encouraging children to discover and communicate in expressive ways.

This 2 session workshop will provide 5 credit hours and/or .5 CEU hours for the NC EE Certification. All attendees will leave with the Environmental Experiences for Early Childhood guide AND a code for the K-2 E-Unit, Treemendous Trees! * Light dinner provided!

Join Linda Kinney and Kathy Osborne at the NC Zoo as we explore outdoor spaces and resources to help you bring environmental education to your early childhood learners!

To register: Email Susan Helsabeck shelsabeck@randolphkids.org or fax training registration form by 1/12/20

North Carolina Zoo

Randolph Partnership for Children