

## After-School Staff Training

Registration deadline: September 9

\$10.00 registration fee includes lunch  
Registration and class fees **MUST** be paid in advance or a PO received from your program.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Program or Club \_\_\_\_\_

Email \_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_

Indicate **1<sup>st</sup>** and **2<sup>nd</sup>** choices as some classes have limits and fill on a first come, first served basis.

### Session A:

- \_\_\_\_\_ Hydroponics
- \_\_\_\_\_ Exploring Resiliency Factors
- \_\_\_\_\_ Milk, Cheese and More!

### Session B:

- \_\_\_\_\_ Explore Food, Fun & Fitness
- \_\_\_\_\_ Makers!
- \_\_\_\_\_ A Field Trip

### Session C: (check if attending)

- \_\_\_\_\_ Accept, Identify, Move

**Make check payable to Cheshire County 4-H Council.** Mail to: UNHCE 4-H, 33 West Street, Keene NH 03431

## After-School Staff Training September 21, 2019

**Monadnock Regional  
Middle-High School**  
580 Old Homestead Highway  
Swansey NH

### Schedule

- 8:45 AM – 9:00 AM Registration
- 9:00 AM – 10:30 AM Session A
- 10:35 AM - 12:00 PM Session B
- 12:00 PM – 12:25 PM Lunch
- 12:30 PM – 3:30 PM Session C

**Don't forget to pick up your signed certificate of training at registration and have each instructor initial it to verify**

*If any accommodations are needed in order to participate fully in this event contact UNHCE Cheshire County (603) 352-4550 two weeks in advance of the program date informing us of your need, to allow us time to make the necessary arrangements.*

*No one shall be turned away due to inability to pay.*

[extension.unh.edu](http://extension.unh.edu)

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## After-School Staff Training

September 21, 2019



**Monadnock Regional  
Middle-High School**  
580 Old Homestead Highway  
Swansey NH

Registrations due: September 9  
Registration begins at 8:45 AM

  
Cheshire County  
Afterschool Network



Extension



Monadnock United Way

## Session A: 9:00 AM -10:30 AM

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### ***Hydroponics: Classroom Gardening Without Soil***

Look! No soil, grow with H<sub>2</sub>O! Experience hands on activities exploring the basics of hydroponics. Workshop will include ideas for incorporating hydroponics into the classroom or afterschool program and what resources are available.

Michelle Bersaw-Robblee, 4-H Field Specialist, UNH Cooperative Extension

### ***Exploring Resiliency Factors in Youth Families and Communities***

Understanding the internal and external resiliency factors in youth and how afterschool programs can help youth and families build and strengthen them.

Christine Levy, M.Ed., School Counselor - Family Engagement Specialist

### ***Milk, Cheese, and More!***

Bring the dairy industry to your classroom. Hands on activities to explore dairy products, nutrition, and animal facts. You will leave with ideas, activities and resources to start your program.

Andrea Sawyer, 4-H Field Specialist, UNH Cooperative Extension



## Session B: 10:35 AM - 12:00 PM

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### ***Makers! STEAM Skill Development Using Everyday Stuff***

Interactive workshop exploring the use of common place material. Activities appealing to the inner inventor in every youth. Ideas, resources and additional opportunities will be shared.

Susan Lawson-Kelleher, 4-H Program Assistant  
UNH Cooperative Extension

### ***Explore Food, Fun & Fitness Through 4-H Choose Health***

Explores hands-on, interactive lessons with taste tests and active games.

- Dig into the curriculum kit available to interested afterschool organizations partnering with UNH Extension.
- Experience a key healthy lifestyle lesson from curriculum through hands-on modeling.
- Prepare & try a healthy recipe.

Choose Health targets 8-12-year-old, there are recommendations for other age groups.

Heidi Barker, Extension Field Specialist, UNH Cooperative Extension

### ***Field Trips, Or How I Learned to Stop Worrying and Love Chaperones***

Planning field trips for a variety of age groups on a shoestring budget.

Matt Palmer, Program Director - Town of Hinsdale, NH



## Session C: 12:30 PM – 3:30 PM

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### ***Accept, Identify, Move - A Behavior Analytic Curriculum for Social Emotional Development***

Learn how to use the AIM curriculum in your afterschool clubs. Hands on opportunity to plan out activities, share successes and challenges and discuss potential application will be included. Learning strategies and flexibility of applying learning activities will be explored.

Sharon Fitzgerald, Department of Applied Psychology,  
Antioch University New England