

March 5, 2010

March

Building Blocks of Early Literacy



Reading outcomes relate to school and life opportunities. Learn components of early literacy and how to analyze your environment, create a literacy-rich environment using everyday materials, and enlist family support. Resource list included.

Tuesday, March 9 6:30 – 8:30 PM

Cost: \$17.00

Dunn Bros Grill and Café, 14775 Victor Hugo Blvd. N., Hugo, MN 55038

Plan to arrive in time to order a beverage or meal to eat during the seminar. Do not bring in food or beverage from the outside, including Festival Foods.

Tuesday, March 16 6:30 – 8:30 PM

Cost: \$17.00

Giese Memorial Library, 26855 Forest Boulevard, Wyoming, MN 55092

The Six Keys (Part A): (1) Early Childhood Mental Health: Why Your Role Matters; (2) Emotional Development: Acquired Skills Needed by All Children; (3) Understand How a Child is "Wired."

Discover ways in which your early childhood role can nurture the emotional development of young children through interactions, practices, and modeling to build secure attachment relationships; learn the six acquired skills needed by all children for positive emotional development; how to use social and emotional development checklists to identify where children are in their development; and look at strategies to support them as they progress to the next social/emotional milestone. (CICC)

Tuesday, March 23 6:30 – 8:30 PM

Cost: \$17.00

Dunn Bros Grill and Café, 14775 Victor Hugo Blvd. N., Hugo, MN 55038

Are You MediaWise?



Those who live or work with children have the power to change the media environment they grow up in. Learn techniques to help support healthy media habits, how media habits can help or hurt a child's behaviors and school success, help kids monitor their own media environments, and enlist parent support.

Tuesday, March 30

6:30 – 8:30 PM

Cost: \$17.00

Giese Memorial Library, 26855 Forest Boulevard, Wyoming, MN 55092

April

The Six Keys (Part B): (4) A Look at Your Environment; (5) The Little Engine That Could; (6) The Importance of Friendship Skills.

Examine specific strategies for promoting self-regulation skills in young children through environmental supports; characteristics of resiliency and its key relationship to children's mental health; and the important relationship between mental health and social development. Participants will explore key 'friendship skills' and social competencies needed for children to be successful in their social relationships and how to use activities to promote pro-social skills to avoid aggression and build self-esteem in all children. (CICC)

Tuesday, April 6

6:30 – 8:30 PM

Cost: \$17.00

Where: Dunn Bros Grill and Café, 14775 Victor Hugo Blvd. N., Hugo

Plan to arrive in time to order a beverage or meal to eat during the seminar. No food or beverage from the outside, including Festival Foods

"Wa-ter" We Trying to Learn Here?



Learn the benefits of environmental education. Actively preview nature-based activities and practice outdoor teaching skills to help children learn, gain awareness, and develop values about water within various cultural views. Learn how to assess children's understanding, adjust the activities to multiple age groups, and easily incorporate them into your

curriculum. From Project WET (Water Education for Teachers)

Monday, April 12 6:30 – 8:30 PM
Cost: \$17.00
Giese Memorial Library, 26855 Forest Boulevard, Wyoming, MN 55092

What to Expect and When to be Concerned



This interactive seminar will provide an overview of the red flags for developmental delays in young children, how to share developmental concerns with families, and local referral resources. Attendees will receive useful information describing typical child development and red flags for atypical development and other resource information. (CICC)

Monday, April 26 6:30 – 8:30 PM
Cost: \$17.00
Giese Memorial Library, 26855 Forest Boulevard, Wyoming, MN 55092

Mark Your Calendar

Our Natural Wonders – An Introduction to Environmental Education



These hands-on seminars introduce you to the benefits of incorporating nature into your curriculum. Review activities from Project Learning Tree, Project Wet, and Project Wild: three environmental education programs aligned with Minnesota learning standards. Learn how to adapt activities to multiple age groups. Integrate environmental education into science, math, art, literacy, and motor activities. Dress comfortably and for the weather because we will be up out of our seats, moving around, and going outside. Many curriculum resources provided.

Saturday, April 10 9:00 AM – 3:30 PM
Minnco Center Community Room
Birch Street S & 2nd Ave. SW, Cambridge, MN 55008
Cost: \$50.00 in advance (3/37 – 4/07 cost is \$60.00)
Bring your own lunch. Additional curriculum resources will be available for purchase.

Supporting Minnesota's "Suddenly Military" Children and Families During Deployments and Reunions and Impact of Grief, Loss, and Trauma on Children and Youth

Learn about the unique needs of children and families who are experiencing a military deployment. The stages of deployment and reunions will be outlined alongside the related effects on children. Tips and techniques to assist the children who are dealing with a separation will also be shared.

Identify the unique issues impacting National Guard and Reserve families, particularly children and youth. This seminar offers an understanding of loss and trauma and the potential academic and behavioral changes related to these experiences. Participants will also gain strategies to support these children and youth. Resources also provided.

Saturday, May 1 9:00 AM – 12:00 PM
VFW Post 4210, 556–12th St., Forest Lake, MN 55025
Cost: \$25.50 in advance (4/22 – 4/29 cost is \$35.50)
Couples: \$45 in advance (4/22 – 4/29 cost is \$64.00)

SEMINARS ARE POSTED AT WWW.PLA-INC.ORG. PLEASE VISIT FREQUENTLY FOR UPDATES.

Program Services

Consulting If you prefer a personalized session (or need training in a hurry), consider on-site consulting. The session content is determined by you. Day and evening times available. Maximum group size is three. Call or email for details.

CDA Advisor/Reviewer If you are ready for your observation or renewal report, contact us to schedule an appointment.

Seminars on the Road Host a seminar in your home, center, or a nearby library or restaurant. Customize the topics for your needs. Choose the date and time that suits you. Invite staff, parents, helpers, substitutes, etc. This is an excellent option for community family child care organizations. Minimum group size: dependent upon location. Call for details.

CPR and First Aid Seminars on the Road Schedule your own! No need to wait for us to put it on the calendar. Join us for your initial certification or recertification. Select from: Adult or Pediatric CPR, AED (automated external defibrillator), and First Aid. Gather your colleagues, family, friends, and neighbors for a day or evening session. Call for pricing options. (Suitable for Rule 2 and 3 child care professionals.) *Currently available only in the seven county metro area.*

40-Hour PITC Caregiver Certification Cohort Interested in joining a cohort to learn more about infants and toddlers? Gather with others for a comprehensive study of children age birth to 5 years.

We will meet over several weeks at a convenient location. A minimum of ten is needed to hold this series, which is based on materials from the Program for Infant Toddler Caregivers. Upon completion, participants will receive a certificate for 40 hours; all 40 hours are acceptable for licensing and grants. Call or email for pricing and scheduling options. *Currently available only in the seven county twin cities area.*

Other Opportunities

If you have submissions for this category or ETC., please email info@pla-inc.org.

(Download flyers for the following opportunities at www.pla-inc.org.)

More Than a Few Good Men~ Strategies for Inspiring Allies in Sexual & Domestic Violence Prevention

The cost of sexual and domestic abuse is written in the headlines every day. Jackson Katz speaks to the role every citizen has to prevent this type of violence. He is especially attuned, through his work with the military and athletics, to the role of boys and men can assume.

Thursday, March 25 11:30 AM – 4:30 PM
Anoka-Ramsey Community College
11200 Mississippi Blvd. NW, Coon Rapids (RM SC270)
Lunch provided. There is no cost but registration is required: www.alexandrahouse.org/katz

Fine Arts Theatre (No cost) 6:30 PM – 8:30 PM
No registration required. Contact John Hennen at 763.433.1234 or john.hennen@anokaramsey.edu

Marijuana: Truth and Consequences

Marijuana is the most commonly abused drug by youth. Discuss the latest research and trends on marijuana. “Mary Jane” isn’t what she used to be! Carol Ackley and local law enforcement officers.

Friday, March 19 11:30 AM – 1:00 PM
Maranatha Church
24799 Forest Boulevard, Forest Lake, MN 55025
Bring your lunch and learn. Free, but registration is required: mvrudny@izoom.net or 651.283.6548.

Energy Drinks: The Other Six-Pack

Learn the serious effects of energy drinks, caffeine intake, and mixing drinks with alcohol,

dextromethorphan, and Nicoderm patches or gum. Richard Moldenhauer, MS, LADC, ICADC, LPC.

Wednesday, April 14
12:00 PM – 2:00 PM OR 4:00 – 6:00 PM
Century College

3300 Century Ave. N. (Lincoln Mall/East Campus)
White Bear Lake, MN 55110
There is no cost but registration is required: <http://www.surveymonkey.com/s/P7Q5T39> or 651.773.1798.

Focus on the Children Pre-Conference Day: Our Natural Wonders – An Introduction to Environmental Education

This hands-on seminar introduces you to the benefits of incorporating nature into your curriculum. Review activities from Project Learning Tree, Project Wet, and Project Wild: three environmental education programs aligned with Minnesota learning standards. Learn how to adapt activities to multiple age groups. Integrate environmental education into science, math, art, literacy, and motor activities. Dress comfortably and for the weather because we will be up out of our seats, moving around, and going outside. Curriculum resources will be available for purchase.

Friday, April 16 9:00 AM – 3:30 PM
Rochester Community & Technical College
851 – 30th Ave. SE, Rochester, MN 55904
Cost: \$45 Lunch Option: \$10 Registration limited and required. Stacey.York@roch.edu or 800.247.1296

Focus on the Children Conference

Saturday, April 17 7:30 AM – 3:30 PM
Rochester Community & Technical College
851 – 30th Ave. SE, Rochester, MN 55904
www.rctc.edu (Click on “Community.”)

Teaching the Art of Training

Saturday, April 17 Module I 8:00 AM – 4:00 PM
Saturday, May 8 Module II 8:00 AM – 4:00 PM

Fond du Lac Tribal & Community College
2101 – 14th St., Cloquet, MN 55720
Cost: Fees vary. Registration required.
www.ecsata.org 651-636-1989 Ext. 12

What Brain Science Tells us About Raising Successful, Healthy Kids

Based on his new book to be released in Fall 2010, *Parenting with the Brain in Mind: What Brain Science Tells Us About Raising Successful, Healthy Kids*, Dr.

Walsh will translate the latest findings from brain science into practical strategies professionals can use in their work with children, teens and families.

Tuesday, April 27 12:30 PM – 4:30 PM
Schwan's Center

1700 105th Avenue N. Blaine, MN Cost: \$25
Registration available soon. Contact Donna McDonald at donna.mcdonald@co.anoka.mn.us or 763.422.7047.

Etc.

16th Annual Women's Health Conference

Thursdays, March 18 & 25 5:30 PM – 8:45 PM
Hazelden CORK Center, Center City, MN
Attend one or both nights. No cost or registration.

Grapefruit for Sale:

Junior and senior high youth from St. John's Church in Stacy traveled to Texas to help a farmer with his crop. They returned with 1,000+ lbs of handpicked grapefruit. Their mission is to both serve the Texas farmers and raise money for (their) Vermilion River Camp near Orr, MN. For a limited time, they have generously agreed to share the proceeds with our military troops. (See www.pla-inc.org for details.) Purchase a 5-lb.+ bag of the juiciest pink grapefruit you've ever eaten for \$5.00. (I know – I bought some!) Place your order via phone or email (651.464.8777 or Deb@pla-inc.org) and we'll explain where to pick-up your order. Hurry! Supplies limited!

Awareness Dates:

March:

Brain Injury Awareness Month
<http://www.cdc.gov/ncipc/tbi/tbi.htm>
National Colorectal Cancer Awareness Month
<http://www.cdc.gov/cancer/colorectal/>
National Nutrition Month
<http://www.awarenessdates.com/> *

Wednesday, March 17
St. Patrick's Day

April:

Child Abuse Prevention Month
<http://pcamn.org/index.php>
National Environmental Education Week
<http://www.eeweek.org/>
Severe Weather Awareness Week (MN)
<http://www.severeweather.state.mn.us/>
Thursday, April 1
April Fools Day

* This site lists a calendar of awareness dates.

National Environment Education Week is April 11 – 17. It is the largest organized environmental education event in the United States. Let us know how you plan to encourage your children to make a difference in their schools, homes, and communities. We'll post your submissions on our website. Spread the word!

Mothers with Infants: Do you know of a woman who is currently undergoing chemotherapy? If so, please pass the word to her that there is a cleaning service that provides FREE housecleaning - 1 time per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Paula Caron owns North Lakes Cleaning Services, and is a member of Cleaning for a Reason. Paula's company provides cleaning services in Forest Lake and surrounding areas. She can be reached at 651.426.7847. To find other Cleaning for a Reason businesses in your area, enter your zip code area at www.cleaningforareason.org.

Adults & Childrens Alliance When purchasing or renewing liability insurance from ACA, list **PLA-INC.** as your Community Partner. By writing **PLA-INC.** or **9075** on the application form, we will receive funds for training from ACA. There is NO additional cost to you. (www.acainc.org)

CCPNCC The Child Care Provider Network of Chisago County is dedicated to upholding a strong support system that will empower each early childhood educator by providing training and networking opportunities to promote quality child care. For information, contact Sue at 651.462.5651 or smttower@aol.com or Kim at 651.982.1400 or kmwoehl@aol.com.

TeachersPayTeachers.com Check out this website for free and low-cost resources. You can even sell items you've created. There is NO cost to join for basic services.

The Child Indicator Newsletter is available at childtrends.org. It contains important information in the areas of research and support for youth and families including information on the newly released research shows that privileged teens may be more self-centered - and depressed - than ever before? Check out the article at <http://www.apa.org/monitor/2009/01/teens.aspx>.

To register for PLA-INC. seminars or the Institute, visit www.pla-inc.org or call 651.464.8777.



Registration Form

Please note seminar dates. Payment is required prior to each seminar. Thank you.

Please print

(Please use a separate form for each person.)

Name _____

Address _____

City _____ State _____ ZIP _____

County (Work) _____ Email _____

Daytime Phone () _____ Evening Phone () _____

Facility Name _____

Name of Seminar	Date	Cost of Seminar	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	TOTAL \$ _____

You have several options to register:

- 1). Mail Registration Form and check payable to: [PLA-INC.](#), 8244 177TH Lane, Forest Lake, MN 55025.
- 2). Fax completed Registration Form and credit card information to 651.286.0885.
- 3). Call 651.464.8777 with contact and seminar information, credit card number, expiration date, and CVV code.
- 4). Register online at www.pla-inc.org. Click on Seminar Schedule, then on registration link.

Credit Card: **Visa** **Master Card (circle one)**

Print name (exactly as on card) _____

Address (if different from above) _____

Card # _____ **Exp. Date:** _____ **CVV Code:** _____

Signature _____ **TOTAL: \$** _____

Cancellation and Refund Policy

Register at least 3 business days in advance to ensure enrollment. Payment must accompany registration. In the event of cancellation, you will be notified and your funds will be held for a future seminar. No credits will be issued for seminars without 24 hours notice by participant. Refunds are provided only in the form of credits for future seminars. We do not provide cash refunds. Registration is recommended for planning purposes. A minimum number of participants is required to hold the seminar and we would like to ensure that sufficient materials can be prepared for you. In addition, without advance

registration, you will not be personally notified of changes or cancellations. Changes are noted on the Seminar Schedule page of our website. If you have questions regarding your seminar, you are encouraged to contact our office.

YES! I would like information about:

- 40-Hour PITC Caregiver Certification Cohort** _____
 - CPR and First Aid Seminars on the Road** _____
 - Consulting** _____
 - Seminars on the Road** _____
 - Other** _____
-

Please contact me via: EMAIL _____

PHONE _____

Best time: morning___ afternoon___ evening___

USPS (If different from above) (please print legibly)
