

The Whole Educator

Monday, March 16, 2020

at Adat Ari El, 12020 Burbank Boulevard, Valley Village, CA

Karen Weiner Memorial Keynote

Presented by

Tina Payne Bryson, Ph.D. Teaching the Developing Brain

Co-Author of The Whole Brain Child, No-Drama Discipline, The Yes Brain, and The Power of Showing Up



BJE builds and secures a vibrant and enduring Jewish future through education. BJE work with nearly 150 affiliated schools and 2,500 educators to provide high quality education to more than 25,000 students in the greater Los Angeles community. As a unifying force in the community, BJE links a diverse educational system comprising a full spectrum of Jewish ideology and traditions. Through programs, services and scholarships, BJE enhances educational quality, encourages participation of children and families in Jewish education and helps make Jewish education more accessible.

Mark S. Berns, President

Gil Graff, Ph.D., Executive Director

Rabbi Jim Rogozen, Director Center for Excellence in Early Childhood and Day School Education

Carly Rosenstein, Early Childhood Education Specialist

Claudine Douglas, Alana Levitt, Co-Presidents BJE Early Childhood Directors' Network Dear Colleagues,

I am thrilled to invite you to register for our 39th annual Early Childhood Institute. As BJE's Early Childhood Education Specialist, I have enjoyed meeting and engaging with many of you this year and look forward to our day of learning together in March!

This year we are focusing on the theme of *The Whole Educator*. We will be taking time to delve deeper into meaningful topics to strengthen our practice.

We will again be offering three learning sessions but within six different learnings tracks: Enrichments, STEM, Communication, Parent Educators, Diverse Learners, and Directors. In collaboration with the Spring Institute Planning committee, we have strived to fill each track and session with workshops that will allow you to come together as a community and enrich your practice and thinking about the vital work of early childhood education. We are excited to have more speakers and offerings than in recent years.

Special thanks to Patrick Miller of Adat Ari El for his help in meeting our facility needs for this conference. We appreciate the efforts of the BJE staff in bringing this conference to fruition and supporting us through all of the organization needed to put the day together. Special thanks to the Early Childhood Directors' Network Co-Presidents, Alana Levitt and Claudine Douglas, and the Institute Planning Committee: Angie Bass, Shayna Goldmann, Renee Hutchings, Abby Mars and Valerie Segall for providing guidance, input and direction in shaping and planning this special day.

Warmly,

Carly

Carly Rosenstein BJE Early Childhood Education Specialist

IMPORTANT INFORMATION

DIRECTIONS Adat Ari El, 12020 Burbank Boulevard, Valley Village

Adat Ari El is located just east of Laurel Canyon Boulevard on the south side of Burbank Limited parking is available in the lot with a parking pass issued by BJE. Carpools are strongly advised. Street parking near the synagogue requires a permit.

PRE-REGISTRATION

REGISTRATION PAYMENT POLICY

Pre-registration is available online only at <u>https://tinyurl.com/ECEInstituteRegistration2020</u> and must be completed by Friday, February 14, 2019, in order to qualify for the BJE affiliated school early bird registration fee of \$65 per person. BJE affiliated schools registering 11-20 individuals qualify for reduced early bird fees of \$60 per person. BJE affiliated schools registering 21-30 individuals qualify for an early bird fee of \$55 per person. BJE affiliated schools registering 31+ individuals qualify for an early bird fee of \$55 per person. PLEASE NOTE: Payment is required at the time of registration by credit or debit card only.

WALK-IN

Registrations made **after February 14, 2019** will be considered as **walk-in registration**. All walk-in registrants from BJE affiliated schools must pay **\$75 per person** along with their registration but their track, with associated workshops, will be assigned the morning of the conference, based on space availability. BJE affiliated schools registering **11-20 individuals as walk-ins qualify for reduced fees of \$70 per person**. BJE affiliated schools registering **21 or more as walk-ins qualify for reduced fees of \$65 per person**.

NON BJE-AFFILIATED SCHOOLS

All registrations completed by **February 14, 2019** from schools and guests not affiliated with BJE, must be accompanied by an early bird registration fee of **\$90** per person. Those received after this deadline will be considered **non-affiliated walk-ins** and must pay **\$130** per person. Track, with associated workshops, will be assigned the morning of the conference based on space availability.

LUNCH

Boxed lunches from Orange Delight are INCLUDED in registration fees. Kashrut under supervision of OK and Kehilla Certifications. Lunch choices need to be decided at time of registration.

PAYMENT AND REFUND POLICY

Payment MUST be made by credit or debit card online. Refund requests must be made in writing directly to **ECEInstitute@bjela.org** and will be issued in the form of a check from BJE. A 50% refund can be granted until February 21, 2020. **NO refunds will be allowed after February 21, 2020**. You may, however, send a substitute participant.

For further information, contact <u>ECEInstitute@bjela.org</u>, (323) 761-8623.

CONFERENCE AT A GLANCE

8:15 AM - 9:00 AM **REGISTRATION AND SNACK** 9:00 AM - 9:55 AM WELCOME Carly Rosenstein, BJE Early Childhood **Education Specialist** INTRODUCTION Rabbi Jim Rogozen, Director, Center for Excellence in Early Childhood and Day School Education **KAREN WEINER MEMORIAL KEYNOTE:** Tina Payne Bryson, Ph.D. Teaching the Developing Brain 10:05 AM - 11:05 AM WORKSHOP 1 11:15 AM – 12:15 PM WORKSHOP 2 12:15 - 12:45LUNCH **MUSIC SESSION/DANCE PARTY** 12:45 - 1:10with Jason Mesches 1:15 – 2:00 PM **WORKSHOP 3** 2:00 PM **Turn in Evaluation Forms**

Karen Weiner Memorial Keynote Address: Teaching the Developing Brain

In this invigorating talk, Dr. Bryson applies her "Parenting with the Brain in Mind" insights to the classroom. The focus is on better understanding the role of experience and focused attention on the ever-developing brain. Using stories, examples, and a lot of humor, Tina encourages teachers to keep their own developing brains in mind as they nurture their students' growing minds, as well as to apply their new knowledge to classroom management and their teaching styles.

Tina Payne Bryson, Ph.D., Co-Author of The Whole Brain Child, No-Drama Discipline, The Yes Brain, and The Power of Showing Up

TRACKS FOR WORKSHOPS 1 AND 2

Participants will indicate their top three choices of tracks when registering. Participants must attend both workshops within the one track they are assigned.

Track 1: Enriching the Classroom

This track will provide you with opportunities to learn practical ways to incorporate enriching activities into your classroom, such as cooking and storytelling.

WORKSHOPS:

- Art, Storywalks, and Mitzvahs: Teaching Jewish Values with Children's Literature. Jewish heritage is built on a living oral tradition. This workshop will focus on techniques to turn concepts of any book into an interactive experience that will involve and engage children. Michael Fritzen, PJ Library in LA Program Manager, Jewish Federation of Greater Los Angeles
- 2. The Cooking Classroom. Cooking is a wonderfully impactful way to expose children to a variety of skills and concepts. Math, science, safety, hygiene and self-care, trying new foods and risk taking are just some of the take aways from a few minutes of a hands-on cooking lesson. Sensory exploration is built in when experimenting with different ingredients, temperatures and textures. The little chefs love to bring home these new recipes to share with their families and parents are always surprised with what they will try when they create it on their own. Creating a positive relationship with food is an essential component to eating and an integral part of our everyday life. Sharing delicious recipes is a meaningful way to help our families celebrate the rich traditions of our Jewish holidays. Be inspired, even if you've been a little shy, about bringing cooking into your classroom. This workshop will give you the hands-on confidence and skills to get you cookin'. Beteavon

Shanti Greenspan, Parenting Center Coordinator & Cooking Teacher, Temple Beth Hillel ECE

Tracks for Workshops 1 and 2 continued next page 🗲

Track 2: STEM

This track will showcase ways of incorporating developmentally appropriate STEM (Science, Technology, Engineering, and Mathematics) education into the ECE classroom.

WORKSHOPS:

1. *It's Never Too Early for STEM!* STEM concepts help children discover the world and understand that they can interact with it. No age is too young to introduce STEM in your curriculum. Participants will engage in a fun, hands-on learning experience, where they will explore various topics in the realm of STEM (e.g. robotics, math, engineering, magnets, etc). Everyone will receive lesson plans, as well as practical tips and strategies to use in an Early Childhood classroom.

Kelli Freeman, Tara Schwartz, Tamara Deverell, STEM Consultants, Temple Isaiah Preschool

2. *Playing to Learn in Preschool: How to Facilitate Experimental Play and Hone Observations.* All human beings are natural born scientists. We can facilitate and nurture this inborn trait in simple, playful, and engaging demonstrations. Encouraging honest observation, repetition, (and messes!) builds good scientific thought early in life and maintains a child's natural curiosity. This workshop will offer many ideas, practical methods, and several demonstrations (you will be encouraged to play with!) to help jump start the science program in your preschool class. Mary Ann Kirigin, Elementary Teacher, Pasadena Waldorf School

Track 3: Relationship Building

This track will introduce practical strategies for communicating and empathizing with our students and their parents in a positive and supportive way.

WORKSHOPS:

- Catching Empathy. This workshop will help you to understand the importance of empathy in early childhood education. Empathy encompasses both mind and body and is becoming a hot topic in educational psychology. We will talk about the significance of being empathetic and we will walk through how to teach and model empathy in your classroom every day.
 Dr. Penni Seller, Licensed Marriage and Family Therapist, The Offices of Dr. Penni Seller
- Partnering with Parents: Building a Supportive Team. This workshop will discuss positive ways to communicate classroom concerns, with an effort to minimize parent anxiety and avoid "surprises".
 Naama Cameron, M.S. Parent Coach/Behavior Consultant

Tracks for Workshops 1 and 2 continued next page 🗲

Track 4: Creating Classroom Culture

This track will introduce guiding philosophies for creating successful classroom cultures.

WORKSHOPS:

1. It All Begins in Preschool: Creating a Classroom that Nurtures the Skills Children Need to Become Successful Adults. In this workshop, we will use Julie Lythcott Haims' book How To Raise An Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success as the springboard for our discussion of what is an adult. We will then explore the way in which early childhood teachers can foster some of the skills our students will need to become successful adults, such as resilience, thinking and problem solving skills, independence and more.

Sari Abrams, MA, Director, Parent and Child Education, Pressman Academy of Temple Beth Am ECC

2. **Social Thinking.** This workshop will introduce the philosophy of Social Thinking and how it applies in the ECE classroom. We will start with an overview and then come away with practical strategies that can be implemented.

Devora Zheutlin, MA, CAS, ECC Director, Yeshiva Rav Isacsohn Torath Emeth Academy

Track 5: Parenting Perspectives

This track will address issues and strategies relevant for professionals working with and supporting parents of young children.

WORKSHOPS:

1. *It's Not Just the Blues: Depression During Pregnancy and Postpartum.* The transition to parenthood is a physical, spiritual and emotional journey. On occasion, it is overwhelming and can trigger symptoms of anxiety, depression and panic. These struggles are real and impact not only the mother, but the developing child and can even affect relationships. As a community, we can do a lot to help the 1 in 6 women with postpartum depression. Let's talk about this very treatable disorder and remove the stigma so that all parents get the help they need.

Gabrielle Kaufman, Clinical Director, Maternal Mental Health NOW

2. **Parenting the Parents: How Teachers can Guide Parents to Enhance their Jewish Spiritual Parenting.** Parenting has never been easy—but in a culture that encourages more screen time than face time, how can teachers help their students' parents stay connected to what really matters in life? Explore spiritually nourishing approaches to help you foster essential Jewish values like gratitude, joy and honesty in your students and their parents, and build a strong framework for a Jewish life. **Rabbi Paul Kipnes,** Rabbi and Author of Jewish Spiritual Parenting, Congregation Or Ami, Calabasas

Tracks for Workshops 1 and 2 continued next page 🗲

Track 6: Director's Track

This track is for ECE Directors and Assistant Directors only.

WORKSHOPS:

1. **Q & A with Tina Payne Bryson, Ph.D.** Directors and Assistant Directors will have the opportunity to ask questions from the keynote speaker. Following the Q & A, Tina Payne Bryson, Ph.D. will be available for a book signing.

Tina Payne Bryson, Ph.D., Author, Psychotherapist, and the Founder/Executive Director of The Center for Connection and Play Strong Institute

2. Strategies for Illness Prevention and Debunking Common Medical Myths. Keeping our students and teachers healthy is a constant battle. Pediatrician recommended tools to keep students and teachers healthy and striving all year round will be introduced and common misconceptions about childhood illnesses will be debunked.

Dr. Tanya Altmann, Pediatrician, Children's Hospital Los Angeles & Calabasas Pediatrics Wellness Center Dr. Tiffany Fischman, Pediatrician, Children's Hospital Los Angeles & Calabasas Pediatrics Wellness Center

WORKSHOP 3

Participants must indicate their top 2 choices for Workshop 3.

The Un-Conference

After our morning of learning, we will come together and use our inspiration to generate ideas and take-aways. This will be a great time for networking and learning from each other. We will be splitting up into facilitated breakout sessions of educators who are interested in discussing a specific topic presented during the conference as well as other areas of interest from our daily work in our classrooms. Please come with ideas to share or questions about the topic! Participants will need to <u>rank two</u> topics that they are interested in delving into further with other likeminded educators.

- 1. "Back Pocket Games & Activities" Fun ideas to do at any time with any age
- 2. "Creating a Peaceful Classroom" How to introduce mindfulness, meditation and calming activities and centers to your classroom
- 3. "How to Flip It" Ways to turn challenging behaviors into positive situations
- 4. "Passover is Coming!" Creative and meaningful ways to teach the holiday in your classroom
- 5. "Literacy A-Z" Enhancing and applying literacy across your classroom day
- 6. "Math & Science is Everywhere" Bring more math games and science experiments to your classroom
- 7. "Mix It Up!" How to bring curricular concepts to life with cooking and food
- 8. "Circle Time Fun" What activities captivate your classroom
- 9. "Rainy Day Activities" How to make a day inside fun and meaningful

PRESENTERS

Tina Payne Bryson, Ph.D. is the co-author (with Dan Siegel) of two New York Times Best Sellers: *The Whole-Brain Child* and *No-Drama Discipline*—each of which has been translated into dozens of languages—as well as *The Yes Brain* and two upcoming titles, *The Power of Showing Up* and *Bottom Line for Baby*. She is the Founder and Executive Director of The Center for Connection, a multidisciplinary clinical practice, and of The Play Strong Institute, a center devoted to the study, research, and practice of play therapy through a neurodevelopmental lens. Dr. Bryson keynotes conferences and conducts workshops for parents, educators, and clinicians all over the world, and she frequently consults with schools, businesses, and other organizations. An LCSW, Tina is a graduate of Baylor University with a Ph.D. from USC. The most important part of her bio, she says, is that she's a mom to her three boys. You can learn more about Dr. Bryson at TinaBryson.com.

Sari Abrams, MA is Director of Parent and Child Education at Pressman Academy where she has worked for the past 20 years. During that time, she has taught two and three-year olds, taught Parent and Me classes, and coordinated the Pressman Parenting Institute. She currently teaches parenting classes, facilitates parenting programs, mentors teachers and works on curriculum. Sari holds a Master's Degree in Clinical Psychology and was a member of the inaugural cohort of The First 36 Fellows, a program of The Simms-Mann Institute, in partnership with BJE and the Jewish Federation. She lives in Los Angeles with her husband and has 3 sons, 2 daughters-in-law and a granddaughter.

Dr. Tanya Altmann, MD, FAAP, is a UCLA-trained pediatrician and mother of three. Dr. Tanya Altmann is a nationally recognized child health expert, Assistant Clinical Professor at UCLA Mattel Children's Hospital, best-selling author of *Baby and Toddler Basics, What to Feed Your Baby* and Editor in Chief of the American Academy of Pediatrics', *Caring for Your Newborn and Young Child: Birth to Age 5*. She started Calabasas Pediatric Wellness Center to offer personalized and integrative comprehensive preventive health and wellness to children of all ages.

Naama Cameron holds a Master's in Educational Psychology and Counseling. She has over 20 years of experience working in the child growth and development field including the parent to child dynamic. Naama is currently working as a Behavior Consultant and Parent Coach. She specializes in consulting and collaborating with parents and teachers to ensure success. Her emphasis on early childhood interventions, development of behavior plans, assistance with social coaching and behavior counseling expertise are what make her approach so unique. Naama is a dedicated Behavior Specialist with a keen understanding of children's developmental needs. She demonstrates talent for designing age-appropriate, child and parent centered behavior management systems. Naama has worked as a School Psychologist, Behavior Specialist, Parent and Me Teacher and Preschool Teacher in both public and private settings.

Tamara Deverell has been a DK teacher at Temple Isaiah preschool for 7 years. Prior to that she spent 11 years as the Gesher teacher at Temple Emanuel Day School. In her nearly 20 years of early childhood education, Tamara has developed and implemented several creative and innovative class curricula. In addition to teaching, Tamara and some of her co-workers have started a STEM (Science, Technology, Engineering and Math) workshop for teachers and students alike. Tamara studied early childhood development at California State University, Northridge and received her master teacher permit in 2018.

Dr. Tiffany Fischman, MD FAAP is a pediatrician at Children's Hospital Los Angeles and Calabasas Pediatrics Wellness Center. She previously worked at the Brigham and Women's Hospital in Boston where she practiced general pediatrics and newborn medicine and held the position of Clinical Instructor of Pediatrics at Harvard Medical School. She completed her pediatric residency at Goryeb Children's Hospital in New Jersey and graduated cum laude from St. George's University School of Medicine. In her free time she enjoys traveling, writing and speaking on the latest topics in children's health, and spending time with her husband and 3 young children, all under 5.

PRESENTERS

Kelli Freeman has been a teacher at Temple Isaiah Preschool for the past 19 years. Prior, Kelli taught at Creative Kids, a Preschool alternative and enrichment educational center for children. She worked there for 12 years teaching everything from preschool to musical theater and everything in between. As well as being a mentor teacher at Temple Isaiah Preschool, Kelli and two of her coworkers are STEM consultants and train other teachers in how to create and implement STEM (Science, Technology, Engineering and Math) in Early Childhood Education. In addition, Kelli manages a tutoring business that facilitates children from preschool through eighth grade. Kelli studied Early Childhood Education at Santa Monica College and is currently preparing to begin her classes for her Master's degree in ECE.

Michael Fritzen is dedicated to cultivating community, creating space to engage, connect, and learn. He has over 15 years of experience in informal education, program design, and audience engagement. He currently serves as the Program Manager for PJ Library in Los Angeles. Michael is the West Coast Regional Representative for EdCom, the Education Committee for the American Alliance of Museums, serves on the Mayor's Advisory Committee for a Japanese Garden in Los Angeles, serves on the Board for CAAEYC, CA Association for the Education of Young Children, and holds a Master's Degree in Arts Management/Museum Studies from Claremont Graduate University. Outside his work world, Michael docents at the Los Angeles Zoo and loves the outdoors.

Shanti Greenspan is the facilitator in the Parenting Center at Temple Beth Hillel. She received her AA in Culinary Arts from Johnson & Wales University, a BA degree from the University of Arizona and subsequently earned a Master's degree in Education. Shanti's expertise has evolved after working with children of various ages within many different educational settings. She is the owner of Stir-It-Up Culinary school, was the administrator and lead instructor at Culinary Kids Academy and currently teaches the cooking enrichment program at Temple Beth Hillel's ECE. Shanti was selected to be a part of the initial cohort of The First 36 Project, a neuroscience research program for educators in the 0-3 early childhood years, developed by the Simms/Mann Institute in partnership with BJE and the Jewish Federation. As the Parenting Center Coordinator, she has loved incorporating this knowledge into her lessons and passing along valuable information to the families in Temple Beth Hillel's community.

Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC, PMH-C is a dance/movement therapist and licensed professional clinical counselor with over 25 years experience in the healing profession. Currently, she is clinical director of Maternal Mental Health NOW. Prior to this, she served as director of the New Moms Connect Program of Jewish Family Service of Los Angeles providing services to new parents, particularly those suffering from symptoms of postpartum depression. Gabrielle has worked extensively with new families and aided in providing solutions to many parenting concerns. She has run several programs for high-risk children and teens, taught classes to parents of newborns and toddlers, and runs support groups for single parents and women with postpartum depression. She has spoken widely, published articles on mental health and parenting, and served as editor for Bringing Light to Motherhood. She is on faculty of PSI/2020 Mom and the UCLArts and Healing Institute. Gabrielle serves on the advisory boards for Hasidah, an organization helping families struggling with fertility and Love, Dad, a non-profit supporting fatherhood. She has served as Los Angeles coordinator for Postpartum Support International also has a private practice in Los Angeles providing services in both English and Spanish.

Rabbi Paul Kipnes, MAJE, a popular lecturer on raising spiritually balanced, emotionally whole children, is leader of Congregation Or Ami in Calabasas, CA. A former camp director and NFTY regional advisor, Rabbi Kipnes and his wife Michelle November MSSW co-wrote *Jewish Spiritual Parenting: Wisdom, Activities, Rituals, and Prayers for Raising Children with Spiritual Balance and Emotional Wholeness*. Rabbi Kipnes was Vice President (and former Convention Chairperson) for the Central Conference of American Rabbis (CCAR). He serves on the clinical education faculty at HUC-JIR and as rabbinic mentor to dozens of young rabbis. He blogs at paulkipnes.com and midrashicmonologues.com.

PRESENTERS

Mary Ann Kirigin is an Elementary Teacher at Pasadena Waldorf School. She comes from a family of scientists and engineers. She moved on from a research job at City of Hope to become a teacher. After earning her credential, she felt she needed a more progressive platform that allowed her the freedom to teach and respond to student needs. She went on to earn a Waldorf Teaching Certificate and worked as a science coordinator until she took her first cycle (Teaching an 8 year loop with the same group of students) at Pasadena Waldorf School. She loves to take the fear out of scientific "play" and encourage other teachers to awaken their own curiosity and wonder to the fascinating ways of our world. All done in hopes that as scientists are grown, many of the world's ills will be solved.

Jason Mesches is a national touring Jewish children's musician. Born in New Jersey and raised at Jewish summer camp, he has drawn on his own experiences as a Jewish child to bring a new sound and style to the world of accessible family music. Jason is a proud alumn of the URJ Camp Harlam. He was a 2016 and '17 nominee for the Covenant Award for his work in innovative Jewish education. His three albums, "Oneg Time" "The Nosh Pit" and "I Wanna Go To Mars", are available wherever you stream music. His work can be equally divided into three primary foci: sing. dance. schvitz.

Tara Schwartz has been teaching early childhood education for over 15 years and holds an MA in Child Development from California State University, and a BS in Elementary Education from University of Central Florida. In an effort to educate and empower parents, teachers, and students, she offers parent workshops that offer tools for managing behavior and encouraging a healthy mind and body, as well as STEM (Science, Technology, Engineering, and Math) workshops that lead today's teachers and students into an innovative future. Tara is a mentor teacher at Temple Isaiah Preschool, holds a Program Director permit, and was a teaching assistant to Dr. Tamar Andrews at Santa Monica High School through Santa Monica College in 2018.

Dr. Penni Seller, LMFT is a licensed marriage and family therapist who has been working with children and families for over 34 years as an educator and therapist. She has a Master's degree in Educational Counseling, a Master's degree in Marriage and Family Therapy, as well as a Doctorate Degree in Psychology. Specializing in child development and parenting, Dr. Seller is an internationally sought-after speaker and mediator who also offers consulting services to schools throughout the US and abroad. She is a mother of two, a grandmother of two, and is based in Los Angeles. Dr. Seller has a private counseling practice and makes house calls to help families deal with parenting issues in the home environment.

Devora Zheutlin, MA, CAS serves as the Early Childhood Director at Yeshiva Rav Isacsohn Toras Emes Academy in Los Angeles. A credentialed School Psychologist, she lectures and writes on a variety of topics including relationships, self-regulation, bully prevention, and personal growth. She thoroughly enjoys servicing children and their families and developing innovative programs.

IN MEMORIAM

Bebe Feuerstein Simon (1925-2003) was a long-time member and officer of the BJE board. Active in many community causes, Bebe championed parent and family education and took special interest in early childhood Jewish education. Her family chose to memorialize Bebe by establishing an endowment at BJE to support its annual conference for early childhood educators.

Karen Weiner (1942-2017) was a long-time member of the board of BJE and Chair of its Early Childhood Education Committee. A "hands on" volunteer actively engaged in community causes, Karen was, for many years, a vital presence at BJE's Bebe Feuerstein Simon Early Childhood Education Conference, assisting with on-site coordination. Her husband, Sanford, and son, David, are sponsoring today's keynote session, in Karen's memory.