

**2016  
New Mexico  
Head Start  
Association Training  
Conference  
The Next Generation  
of Opportunity**

**November 2-4, 2016  
Isleta Resort and  
Conference Center  
Albuquerque, NM 87105**



# Welcome

*Dear Conference Attendee,*

*On behalf of the New Mexico Head Start Association, it is my great pleasure to welcome you to the 2016 New Mexico Head Start Association Training Conference in Albuquerque, NM; The city is a blend of unique attractions, culture, historical sites and superb year-round weather with 320 days of sunshine per year! I hope you enjoy your time at the training, learn good information and explore this wonderful city!*

*We are proud to be Head Start: Leading the way for 50 years. We are committed to providing opportunities to children and families to experience success in school and life, breaking the cycle of poverty. As we celebrate the 50<sup>th</sup> anniversary of Head Start, many people have shared their memories and stories on how the program has influenced their lives. Former Head Start children tell such sweet memories of their first experience meeting a teacher or a home visitor, and how they were welcomed into a world of books and painting and circle times with friends. Parents also describe their first encounters with Head Start. They share stories about how the program not only supported their child's development but helped the whole family grow and develop as well. I want to say thank you to all Head Start & Early Head Start staff for all the hard work and dedication you have to the communities you serve in and the families you support. Whether you are a new staff member or a long time staff member, you have touched children and families lives in the most meaningful way!*

*It is with great pride that I thank the New Mexico Head Start Association Planning Committee, Volunteers, and Local Business for all the hard work and efforts to make this conference a positive learning experience for all that attend.*

*I encourage each of you to take advantage of the learning opportunities the conference has to offer you, that you gain new knowledge, make new friends and enjoy your professional development experiences. We hope this conference provides you the opportunity to grow as a professional and that you take this information back to your programs and continue to make and impact on the communities, families and children that you serve.*

*Sincerely,*



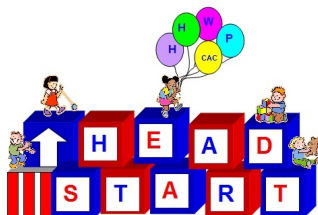
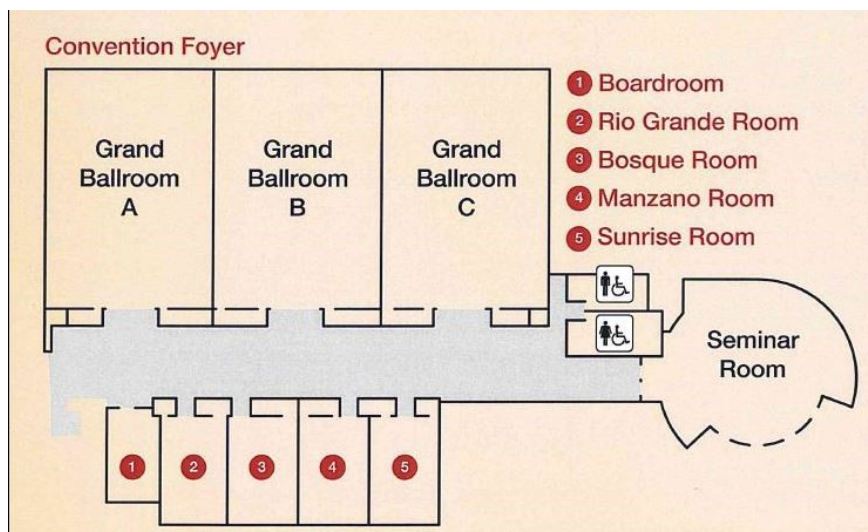
**Amanda Gibson-Smith**

**New Mexico Head Start Association President**

# Map of Isleta Resort and Casino

11000 Broadway SE

Albuquerque, NM 87105



**Event Schedule**  
**Wednesday**

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**Afternoon**  
***1:00-5:00pm***

**Pre-Institute Director's Meeting**

**Topics**

*Fireside Chat with Region VI Office of Head Start.*

*Paul McSpadden*

*Lu Yazzie*

*Sharon Yandian*

*Sonya Guzman*

*Antwain Burks*

**Evening**  
***6:00pm***

**Social Get Together**

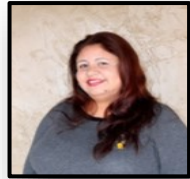
## Keynote Speaker



**Frank René López** is the Executive Director of Ngage New Mexico. He has over 20 years working with nonprofit and community organizations. His experience in capacity building includes: strategic planning, leadership, board development and social enterprise. His experience as an attorney and CPA includes working for some of the largest firms in the country. He is a "teacher" at heart. He has delivered hundreds of workshops and has taught at several universities, including the University of California at Berkeley, Golden Gate University, UTEP Texas Tech University School of Law and recently at New Mexico State University (teaching high impact nonprofit organizations). His work has provided extensive public speaking opportunities. He has delivered presentations all over the country including Washington D.C., Atlanta GA, New Orleans LA, Dallas, Houston TX and Palm Beach CA. Speaking topics include: Nonprofit Sustainability, Social Entrepreneurship, Community Partnerships and "Education & Diversity." Lopez has published articles in the areas of Corporate Social Responsibility and Teaching Race & Law. He is also a Coach/Mentor for the W.K. Kellogg foundation. He has a BBA in Accounting from the University of Texas at Austin and a JD from the University of California at Berkeley School of Law. He is licensed to practice law in Texas and California.

## Closing Speaker

**My life as a Head Start Parent** —My name is Maria Cabral, the daughter of two immigrant parents. I was born in Juarez Chihuahua and later in 1982 my family and I migrated to the United States. I am a high school graduate from El Paso and I moved to Denver at age 19 which then started working at US bank for two years. I am happily married to my husband for 14 years and have three children. In January 2010 my oldest child Angel was born. Angel was the light of my happiness, he gave me strength and a reason to be the parent I am today. I want to provide the best for my children with the education, and their basic needs met. My husband and I bought an acre of land in Chaparral, NM, and this is when the journey began with the Head Start family. I decided go back to work and needed childcare for my son. I searched for a center in my community and had learned about a Head Start program available. My Angel was shy and it worried me about how he would do once he entered kindergarten, and then realized how much of an impact Head Start was to my son.



My second miracle was May 2011 when Samuel was born. He is extremely shy and keeps to himself, but with the help of Head Start I was able to identify his delay in speech. He is now in kindergarten and in partnership with my son's school and resources available in the community he had an opportunity to grow and do well in school. My third and last miracle is Abigail she's a current Head Start child and because of her brothers she has learned her ABCs, colors and shapes. I have no way to express my gratitude to Head Start with tangible gifts so in return I have become an advocate to represent all the children and families in my community. I became president of policy council and now serving my third year, I am an active board member with HELP-NM Board of Directors and recently accepted to be on Region 6 board. Head Start has not only taught my children confidence but has gave me courage to empower other children and families. I have had the opportunity to meet a lot of people which has built my confidence to be the voice of our children. I share and spread the word about our Head Start program and how it has impacted my family.

# Event Schedule

## Thursday

### November 3rd

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#### Morning

**8:00-9:00am.....Check-In** Convention Foyer

**8:00-9:00am.....Continental Breakfast**  
(Grand Ballroom C)

**9:00-9:30am.....Opening Ceremony**  
(Grand Ballroom C)

**9:30-11:00am....Keynote Speaker** (Grand Ballroom C)

**11:00-12:00am..Affiliate Meetings**

Directors - Manzano Room

Staff -Sunrise Room

#### Afternoon

**12:00-1:30am.....Lunch** (Grande Ballroom C)

**1:30-3:00am....#1** *Beyond Bubble Baths: Taking Care of Ourselves While Working in the Presence of Stress*  
(Rio Grande Room)

**1:30-3:00am....#2** *NM NOPREN: Nutrition and Obesity Prevention Policies in New Mexico Head Start Programs*  
(Bosque Room)

**1:30-3:00am....#3** *Early Learning Guidelines—Aligning with Curriculum*  
(Manzano Room)

**1:30-3:00am....#4** *Cultural & Linguistic Responsiveness*  
(Sunrise Room)

**Event Schedule**  
**Thursday**  
**November 3rd**

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**Afternoon Cont.**

- 3:30-5:00pm.....#5** *CHILE Plus for CHILE Plus Partners*  
(Bosque Room)
- 3:30-5:00pm.....#6** *Early Learning Guidelines—Aligning  
with Curriculum*  
(Manzano Room)
- 3:30-5:30pm.....#7** *CYFD Mandated Health & Safety  
Training*  
(Sunrise Room)
- 3:30-5:30pm.....#8** *Home Visiting & Families*  
(Sunrise Room)

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**5:30-6:30pm.....** *NMHTA Board Meeting  
(Board of Directors Only)*  
(Rio Grande Room)

**Evening**

**6:00pm.....** *Social Get Together*

# Event Schedule

## Friday

## November 4th

### Morning

**8:00-9:00am...**

***Continental Breakfast***

(Grand Ballroom C)

**9:00-11:00am.....#9**

***Teaching Art-Fully***

(Rio Grande Room)

**9:00-11:00am....#10**

***CHILE Plus for Beginners***

(Bosque Room)

**9:00-11:00am ...#11**

***CYFD Mandated Health &***

***Safety Training***

(Manzano Room)

**9:00-11:00am....#12**

***Health and Safety in the Classroom***

(Sunrise Room)

### Afternoon

**11:30-1:00p .....**

***Lunch***

(Grand Ballroom C)

**1:00-2:00p .....**

***All Member Meeting***

(Grand Ballroom C)

**2:00-3:30pm.....**

***Closing Speaker***

(Grand Ballroom C)



## **Training #1**

### **Beyond Bubble Baths: Taking Care of Ourselves While Working in the Presence of Stress**

You feeling stressed? Most of us in our society today are and if you are a person who is in the profession of caring for others, the impact is magnified. This training will take a deeper look at the impact of working in the presence of stress and present ways to care for ourselves while continuing to be of service to others.

**Mara Brenner:** Mara is a national educator, trainer and consultant with more than 25 years of experience in the fields of psychology and education. She has worked in special education, early intervention, therapeutic preschools, public schools, and has had a private practice. Mara also has over a decade of experience teaching in higher education. Currently, as part of her own consulting business, Mara provides reflective consultation and training to a variety of early childhood programs, directors and staff all around the country. Mara is a licensed psychotherapist trained in Dr. Bruce Perry's Neurosequential Model of Therapeutics and Circle of Security (COS Parenting Training). She is endorsed in Infant Mental Health and is a Master Cadre trainer for the NM Pyramid Partnership focusing on social emotional development of young children.

## **Training #2**

**NM NOPREN:** **Nutrition and Obesity Prevention Policies in New Mexico Head Start Programs.** Come to this 1.5-hour session to learn about current best practices in nutrition and obesity prevention policy in early care and education (ECE) settings, and to learn more about *NM NOPREN: NOPREN in Early Childcare Serving Southwest American Indian and Hispanic Populations*. *NM NOPREN* is a pilot project to help build the evidence for effective food and beverage policies in ECE settings. *NM NOPREN* is being conducted with Head Start programs across New Mexico, and encourages all New Mexico Head Start centers to participate. *NM NOPREN* aims to identify existing policies and practices, and to identify the barriers and facilitators to effective food and beverage policy implementation, so that New Mexico Head Start programs are well supported in their efforts to prevent obesity and chronic disease in their communities. Learn how you can participate in this exciting work.

**Patty Keane, MS, RD:** University of New Mexico Prevention Research Center

Patty is a registered dietitian nutritionist, Associate Scientist and Lecturer at the University of New Mexico Prevention Research Center, where she oversees multiple nutrition research projects and programs, primarily in rural New Mexico communities. Most of her work centers on child nutrition, food security, and federal nutrition programs. Current projects include the USDA's Supplemental Nutrition Assistance Program Education (SNAP-Ed)-funded Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus, an evidence-based nutrition and physical activity education intervention carried out in Head Start and other licensed child care centers in tribal and non-

tribal communities across New Mexico, and a Centers for Disease Control and Prevention (CDC)-funded statewide evaluation of food and nutrition policies in New Mexico Head Start programs.

### **Training #3**

**Early Learn Guidelines—Aligning with Curriculum:** This training will discuss how to align your curriculum to the New Mexico Early Learning Guidelines.

**Ali Ray:** Ali began working with Head Start in August 2013. She holds a BS in Child Development and an MS in Special Education. She is currently working on a PhD in Early Childhood Education from Kansas State University. Ali is originally from Kansas, moving to New Mexico three years ago with her husband who was stationed at White Sands Missile Range. She was a teacher of young children for 15 years before moving to New Mexico. She now enjoys sharing her knowledge and experience with others in the field.

### **Training # 4**

**High Quality Services for Children who are Dual Language Learners & Culturally and Linguistically Responsive Practices for All:** This training will provide research-based information, practices, tools, resources and strategies to ensure optimal academic and social progress for linguistically and culturally diverse children and their families.

**Katrina Montaño-White & Sharon Yandian:** Katrina Montaño-White is an Early Childhood Educator with 29 years of experience. Ms. Montaño-White is the Bureau Chief for the Office of Child Development with Children, Youth and Families Department. She was the Regional Technical Assistance Specialist for the Migrant Seasonal Head Start Technical Assistance Center where she joined the Academy for Educational Development in 1998. She has provided leadership and technical support to Grantees and Delegates with Migrant and Seasonal Head Start programs. She draws from her expertise from her various Early Childhood positions including Bank Street College of Education and the Universal Pre Kindergarten Program, where she was the Staff Developer/Trainer. Katrina has gained direct experience supporting Migrant Head Start Disabilities Quality Improvement Center, during her tenure with the Hilton/Early Head Start Training Program (SpecialQuest), as Migrant Coordinator providing training to Head Start, Early Head Start, and Migrant and Seasonal Head Start staff members on topics related to disabilities. She has held positions as Education Coordinator for Neighborhood House Head Start in Seattle as well as Director for a private child development center in New Orleans. During the course of her career, Katrina has conducted several national trainings in the field of Early Childhood Development and has established the capacity to manage professional relationships with grantees, delegates and colleagues. Katrina holds a Master of Education (M.Ed) degree in Curriculum and Instruction with an emphasis in English as a Second Language.

**Sharon Yandian** is the Co-Director of the Comprehensive Services & TTA Division in the Office of Early Childhood Development, and serves as the Office of Head Start (OHS)

lead. Prior to that she was the OHS Early Language Specialist where she led efforts on supporting children who are dual language learners and their families as well as translation issues. Previously, she was the Director of the Migrant and Seasonal Head Start Technical Assistance Center and Vice President/Director, Center for Early Care and Education at the Academy for Educational Development. She also was Training and Special Projects Director for Teaching Strategies, Inc., and a Program Specialist at the former Head Start Bureau as well as a preschool teacher. Ms. Yandian holds an M.Ed. in Curriculum and Instruction with a particular focus on multicultural bilingual education from George Mason University. She is fluent in Spanish.

## **Training #5**

**CHILE Plus for CHILE Plus Partners:** The *Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus* is a NM-grown, multi-component, evidence-based nutrition and physical activity education program for Head Start. This 1.5-hour session will be a refresher for those who have already been trained in *CHILE Plus*, in which we will also demonstrate our new online training content, review updates from current partners, and share implementation successes and challenges in this New Mexico childhood obesity prevention program.

**Renee Conklin:** Renee Conklin is a Nutrition Educator for the CHILE Plus Project. Prior to joining the Prevention Research Center (PRC), she received a Bachelor of Science in Nutrition and completed a dietetic internship at the University of New Mexico. She is a registered dietitian with an interest in pediatric health and eliminating hunger in New Mexico. Renee had roles as an outpatient dietitian with the VA Healthcare System and served as a nutrition coordinator with the non-profit organization, Kids Cook!, before joining the PRC. She recently completed a Master of Science in Nutrition at the University of New Mexico and also serves as the Public Policy Coordinator for the New Mexico Academy of Nutrition and Dietetics.

## **Training #6**

**Early Learn Guidelines—Aligning with Curriculum:** This training will discuss how to align your curriculum to the New Mexico Early Learning Guidelines.

**Ali Ray:** Ali began working with Head Start in August 2013. She holds a BS in Child Development and an MS in Special Education. She is currently working on a PhD in Early Childhood Education from Kansas State University. Ali is originally from Kansas, moving to New Mexico three years ago with her husband who was stationed at White Sands Missile Range. She was a teacher of young children for 15 years before moving to New Mexico. She now enjoys sharing her knowledge and experience with others in the field.

## **Training #7**

**CYFD Mandated Training:** As part of the new NM Child Care Licensing Regulations the go into effect October 1, 2016 all Registered Child Care providers must attend

a Health and Safety Orientation training This training will be on the 10 topics that are required in that orientation.

- ◆ Prevention and control of infectious disease (including immunizations)
- ◆ Administration of medication consistent with standards for parental consent
- ◆ Prevention and response to emergencies due to food and allergic reactions
- ◆ Building and physical premises safety including identification of and protection from hazards, bodies of water and vehicular traffic
- ◆ Emergency preparedness and response planning for emergencies resulting from a natural disaster, or a man-caused event (such as violence at a child care facility) within the meaning of those terms under section 602(a)(1) of the Robert T. Stafford Disaster Relief and Emergency Assistance Act.
- ◆ Handling and storage of hazardous materials and appropriate disposal of bio-contaminants
- ◆ Appropriate precautions in transporting children (if applicable)
- ◆ Prevention of sudden infant death syndrome and use of safe sleeping practices (if applicable)
- ◆ Recognition and reporting of child abuse and neglect. Prevention of shaken baby syndrome and abusive head trauma.
- ◆ First aid and CPR overview
- ◆ Major domains of child development

**Katrina Montañó-White:** Please see Bio in training #4

**Alejandra Rebolledo Rea:** Alejandra Rebolledo Rea is the Deputy Director of Programs in the Early Childhood Services Division with Children, Youth and Families Department. Alejandra Rebolledo Rea has worked in various early childhood and preschool programs. Her experience includes working with diverse populations in Mexico, New Mexico and Idaho. Alejandra has provided workshops and presentations at the State and National Levels through Institutes and National Conferences. She has provided numerous training sessions for workforce development, both at a college level and as part of ongoing in-service opportunities. Alejandra has worked in Head Start/Early Head Start and Migrant and Seasonal Head Start Programs as Education Coordinator, Family Services Coordinator and Program Director in Idaho and New Mexico. She has directed Federal preschool programs in Mexico, Resource and Referral Programs in Idaho and Early Intervention programs in New Mexico. Alejandra holds a Master's Degree in Education with an emphasis on second language acquisition.

**Seleste Sanchez:** Please see Bio in Training # 8

## **Training #8**

### **Home Visiting & Families:**

**Seleste Sanchez:** Seleste Sanchez is the Home Visiting Supervisor for the Office of Child Development with Children, Youth and Families Department. She oversees the Fed-

eral evidence-based programs and State Home Visiting standards-based programs, including the implementation of the New Mexico Home Visiting Accountability Act in an aligned and cohesive approach. Provides programs and contract management of both federal and state funded community-based service programs including but not limited to Housing Project. Manage, analyze and evaluate complex social services to ensure quality outcomes by statewide community-based contract agencies.

Selestte Sanchez holds a Bachelors Degree in Psychology from Loyola University of Chicago and a Master's Degree in Social Work from New Mexico State University. She is Licensed Masters Social Worker (LMSW) and has a combined 13 years of experience in Case Management (7 years), Clinical Social Work/Child, Adolescent and Family Therapist (5 years), Early Childhood Services (5 years), Social Service Program Development and Administration (3 years).

## **Training #9**

**Teaching Art-Fully:** Art making activities are common in most early childhood programs, but talking about adult artwork is not. Using works of art with young children provides an open-ended avenue for exploring ideas and sharing stories, personal experiences, ideas and events. Children learn from one another, they learn about themselves, the teachers learn about the children. It is a social activity that influences cognitive development. In this workshop we'll take participants through a process that begins with looking at and talking about a piece of artwork before we embark upon our own creative artistic exercise. You don't have to be an artist to enjoy and appreciate this workshop!

### **Paula Gadoury Steele & Janelle Garcia Cole:**

Paula has been with the UNM Family Development Program since 2002. She is Associate Director and also facilitates experiential workshops about the growth, development, and learning of young children around the state. Her work also entails early childhood coalition and leadership building in Early Childhood Investment Zones. Paula is a member of the NM Pyramid Cadre. She has a master's degree in Educational Leadership from the College of Education, UNM.

Janelle is one of Family Development Program's newest Training & Development Consultants, having joined FDP in May 2015. Previously, Janelle was an educator for twelve years in the Even Start Family Literacy Program for Albuquerque Public Schools. She has a passion for working and advocating for young children and their families. Janelle holds a Bachelor's degree in Elementary Education from New Mexico State University and is planning to pursue her Master's degree in Early Childhood Education from UNM.

## **Training #10**

**CHILE Plus for Beginners:** The *Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus* is a NM-grown, multi-component, evidence-based nutrition and physical activity education program designed specifically for New Mexico Head Start

programs. In this 2-hour interactive session, participants will learn about *CHILE Plus* program components, how *CHILE Plus* activities fit into the Head Start Early Learning Framework and meet current CACFP requirements, and how your center could become a *CHILE Plus* partner. This session is for those who are not from *CHILE Plus* participating centers, or for those who are at *CHILE Plus* participating centers, but have not attended *CHILE Plus* training.

**Renee Conklin:** Renee Conklin is a Nutrition Educator for the CHILE Plus Project. Prior to joining the Prevention Research Center (PRC), she received a Bachelor of Science in Nutrition and completed a dietetic internship at the University of New Mexico. She is a registered dietitian with an interest in pediatric health and eliminating hunger in New Mexico. Renee had roles as an outpatient dietitian with the VA Healthcare System and served as a nutrition coordinator with the non-profit organization, Kids Cook!, before joining the PRC. She recently completed a Master of Science in Nutrition at the University of New Mexico and also serves as the Public Policy Coordinator for the New Mexico Academy of Nutrition and Dietetics.

## **Training #11**

**CYFD Mandated Training:** Please see training description under training #7

**Katrina Montaño-White:** Please see Bio in training #4

**Alejandra Rebolledo Rea:** Please see Bio in training #7

**Selestte Sanchez:** Please see Bio in training #8

## **Training #12**

**Health & Safety in the Classroom:** Keeping Children Safe: A Systematic Approach to Active Supervision. The purpose of the session is to: Increase participants' knowledge of Active Supervision, provide participants information about how they might begin to implement Active Supervision, and help participants know who to reach out to for support on Active Supervision after the session. This session will focus on how to create a culture that fosters keeping children safe while in our care. The 6 components of Active Supervision will be discussed with a focus on the relationship between Active Supervision and Teacher-Child Engagement.

**Patricia Rodriguez, PhD** serves as a manager on the Region VI Training and Technical Assistance (TTA) team. She has worked for Head Start and Early Head Start programs across the country for 25 years: teacher, professional development coordinator, disabilities coordinator, consultant and RVI TTA Early Childhood Specialist. In addition, Patricia was a public school teacher and university faculty member. She also serves as Vice Chair of the Board of Directors for New Mexico Voices for Children. She received her PhD from the University of North Carolina-Chapel Hill in education with a focus on early childhood special education and early intervention.

*Special Thanks to:*

***Kaplan Early Learning***

***Lakeshore Learning***

***National Educational Systems, Inc.***

***Constructive Playthings***

***Hatch Early Learning***

***Shamrock Foods***

*for their generous  
contributions.*

**Conference Organizers**

Amanda Gibson-Smith

Donna Johnson

Molly Sanchez

Crystal Pena

Ben Graessle

And Numerous Others

**New Mexico Head Start Association Annual Training Conference**

**TRAINING LOG**

**November 3-4, 2016**

Date	Print Presenter's Name	Topic	Course Time	Competency	Presenter's Signature

Competency Key (Per Regulation 8.16.2 NMAC): 1. Child, Growth, Development & Learning 2. Health, Safety, Nutrition & Infection Control 3. Family & Community Collaboration 4. Developmentally Appropriate Content 5. Learning Environment & Curriculum Implementation 6. Assessment of Children & Programs 7. Professionalism