

SYNERGY 2009

MOVE INTO ACTION FOR AFTERSCHOOL



 SYNERGY

BRINGING THE AFTERSCHOOL COMMUNITY TOGETHER

nc cap

AN OVERVIEW

SYNERGY features over 30 workshops, 20 vendors, networking receptions, and a special Pre-Conference. NC CAP developed SYNERGY to:

- Bring together a broad spectrum of community and school-based afterschool providers for training, networking, and sharing of effective practices
- Address current challenges in the field and connect those working in, partnering with, or advocating for afterschool programs with the most recent research and tools
- Connect practitioners with policymakers, potential partners, and leaders in their communities
- Build public awareness of the potential offered by afterschool programs and the urgent need to develop more access to high quality programs

CONFERENCE STRANDS

MOVE INTO ACTION

Building Program Capacity – parent/family engagement; faith-based, school, and community partnerships; diversity (economic, geographic, cultural, racial, behavioral, physical, gender); sustainability, grant writing, funding; advocacy

Implementing Tools for Success – staffing, licensure, policy development, facility management, volunteer management, training and technical assistance for staff and volunteers

Increasing Student Achievement – academics, creativity, character, service learning, mentoring, career development

Ensuring Healthy Living – nutrition education, health, physical activity, purposeful recreation, social and emotional development, recycling, environmental education

Stretching the Limits – technology, international education, summer learning, stress management, field trips, nature

Supporting Our Action – linking to NC CAP Funders and Professional Development work groups; evaluation - data collection, reporting, standards, developing measurable objectives; outcome-based research; policy

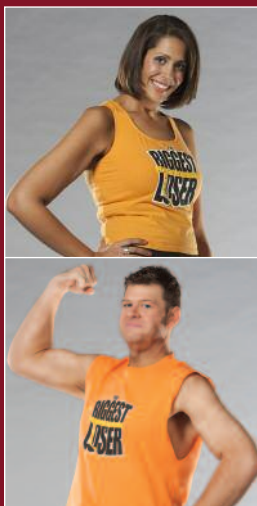
ACCOMMODATIONS

Rooms are available at the Koury Center/Sheraton Four Seasons at a discounted rate of \$121. The rooms can accommodate up to four people at this special rate. If you have not yet booked your room, please do so as soon as possible – rooms are filling fast. Call (800) 242-6556, or visit www.kourycenter.com to reserve your room. Be sure to mention “NC CAP SYNERGY Conference” to receive the low rate. Hotel reservations must be booked by **March 23**.

Experience award-winning convenience and comfort. Beautifully decorated guest rooms feature conveniences such as free high-speed Internet access, cable televisions with remote, computerized card locks, and two-line telephones with voice mail and data ports. Within the hotel, you will have access to a full-scale business center, complete cardiovascular health club, indoor/outdoor pool, whirlpool, sauna, and racquetball court.



**Sheraton Four Seasons/
Koury Center Hotel**
3121 High Point Road
Greensboro, NC 27407
1-800-242-6556
www.kourycenter.com



Keynote Speakers: Incorporating Physical Activity in Afterschool

Heba Salama and Ed Brantley, NBC's *The Biggest Loser* Contestants

Everyone watched as North Carolina's own, Heba Salama and Ed Brantley, became winner's on NBC's hit show, *The Biggest Loser*. Losing a combined total of 277 pounds, this husband and wife team took home more than \$100,000, with Heba being named the first female at-home winner and Ed coming in a close second to being named last season's Biggest Loser. Leading a busy life both professionally and socially, Heba, a pharmaceutical sales representative, and Ed, a professional chef, had let their health take a back seat. They joined *The Biggest Loser* in hopes of turning their lives around and focusing on smarter eating, maintaining a regular physical activity schedule, and ensuring healthier habits. They are committed to promoting healthier lifestyles, especially for kids. Both are supporters of afterschool and applaud the physical activity standards for programs across the state.

Breakfast Keynotes

Wendy Miller, 2005-06 NC Teacher of the Year: April 30, 8-9am

As a special education teacher in Jones and Craven County Schools for almost twenty years, 2005 NC Teacher of the Year Wendy Miller's philosophy of teaching is based on her belief that learning is a life long journey of exploration and discovery during which all children can learn in a meaningful way. For her innovative teaching style, Miller has been featured in Access Learning Magazine: "Inspiring Ideas: Building Creative Curriculum," the ABC Television Special, "Heroes in the Classroom," and the Council for Exceptional Children's Magazine: "Wendy Miller...That Fun Teacher!". She has been a guest on the *Wayne Brady Show*, "Salute to America's Best Teachers" and published in the book "Best Teaching Practices for Reaching All Learners". In 2003, she was a Disney American Teacher Honoree, Wal-Mart Teacher of the Year in 2004, and inducted into the East Carolina Educators Hall of Fame in 2005. Miller has been a vocal proponent of afterschool, and is now the Director of Human Resource Services for Craven County Schools.



LeVelle Moton, NC Central University Men's Basketball Assistant Coach: May 1, 8-9am

Former North Carolina Central University (NCCU) guard and Boys & Girls Club Alumnus LeVelle Moton returned to his alma mater as Assistant Men's Basketball Coach in July 2007. Moton joined the NCCU staff after serving three years as head boys basketball coach at Sanderson High School in his hometown of Raleigh and head coach at West Millbrook Middle School for three seasons (2001-04). As a student at NCCU, Moton became the school's third all-time leading scorer with 1,714 points during his Eagle career from 1992-96, earning the nickname "Poetry 'n Moton". He was named the 1996 CIAA (Central Intercollegiate Athletic Association) Men's Basketball Player of the Year and was inducted into the NCCU Athletic Hall of Fame in 2004.



Moton was inducted into the Boys & Girls Clubs of Wake County Hall of Fame in 2008, and credits the organization and staff with steering him in the right direction. He has continued to give back to his Boys & Girls Club by inviting Club members to attend free of charge his summer basketball camps that include several NBA stars.

Youth Forum on Afterschool: April 30, 4:15pm

A youth-led Forum on Afterschool will feature youth leaders sharing their perspectives on the importance of high quality afterschool programs. The event is meant to foster dialogue between afterschool providers, community leaders, parents and others on the issues surrounding quality afterschool care. A special invitation will be extended to elected officials. The moderator will be NC CAP Afterschool Alumni Winner and Boys & Girls Club Alumnus, Jermaine Walker. Walker is a senior at Eastern Carolina University with a major in recreational therapy. He hopes to continue to graduate school for health care administration after graduation.



PRE-CONFERENCE: BE SURE TO STRETCH FIRST!

WORKSHOP 1

Building Effective Business Partnerships Corporate Voices for Working Families

Share your experiences. Learn from others. Receive helpful resources.

We are excited to invite you to a Pre-Conference workshop on building effective partnerships with businesses, designed specifically for afterschool leaders. The session will cover:

- Groundbreaking workforce readiness research that strengthens the afterschool business case
- Nuances of business language and culture
- Strategies for identifying and approaching potential business partners
- The range of business support options available
- Best practices in overcoming barriers to successful business collaborations

This training was developed by Corporate Voices for Working Families (CVWF) with funding from the C.S. Mott Foundation and AT&T Family Care Development Fund. CVWF is the leading national business membership organization representing the private sector on public policy issues involving working families. A nonprofit, nonpartisan organization, CVWF improves the lives of working families by developing and advancing innovative policies that reflect collaboration among the private sector, government and other stakeholders.

WORKSHOP 2

Love and Logic Angela Grimes, After School Director for the Western Youth Network

This exciting Pre-Conference workshop will introduce and discuss the Love and Logic curriculum, including “Nine Essential Skills for Educators.” These nine simple, yet highly effective techniques allow youth workers to have more fun working with children while maintaining high expectations for behavior. The workshop will summarize the following strategies:

- Neutralize the Arguing
- Delayed Consequences
- Empathy
- Recovery
- Positive Teacher Student Relationships
- Enforceable Statements
- Using Choices to Prevent Power Struggles
- Preventative Interventions
- Guiding Students to Solve their Own Problems.

Participants will watch video excerpts, listen to stories about the use of Love and Logic during out of school time, and participate in group discussion and role play. At the end of this workshop, each participant should leave better equipped to deliver appropriate consequences with empathy and also have a plan for the use of recovery settings that preserve the learning environment.

WHO SHOULD ATTEND?

- Afterschool professionals, directors, administrators
- School personnel – teachers, principals, central office staff, superintendents
- Faith-based and community-based organizations interested in learning more about afterschool and how to start a program

Can I attend the April 29 Pre-Conference without attending the Full Conference on April 30-May 1?

Yes, although we strongly encourage you to stay for the full conference, featuring keynote speakers Heba Salama and Ed Brantley of NBC’s *The Biggest Loser*, over 30 workshops, and 20 vendors!

A limited number of spaces are available for this special opportunity, so register today!



Over 30 workshops will be offered at SYNERGY. Workshops are designed for providers working with children and teens.

SAMPLE WORKSHOPS

Move More North Carolina: Afterschool Recommended Standards for Physical Activity

Learn how North Carolina afterschool programs can help young people meet the recommended 60 minutes or more of daily physical activity. SYNERGY will feature a physical activity track with workshops, exhibits and the public release of the *Move More North Carolina: Afterschool Recommended Standards for Physical Activity*.

The *Move More Afterschool Standards* outline steps afterschool programs can take to provide quality physical activity to the young people in their programs. Lori Schneider from the NC Division of Public Health will be conducting workshop sessions that explore these new standards. Come be a part of this remarkable statewide celebration!



Achieving Sustainability: Successful Grant Seeking for Everybody!

Dr. Bricca Prestridge Sweet, Statesville Housing Authority and Ed-LBEX, Inc.

This workshop is intended to provide hands-on practice in the skills needed to successfully seek sustainability grant funding. Participants will learn some “tricks of the trade” to develop local resources that contribute to financial flexibility and sustainability, to identify potential funders for their programs, and to develop successful sustainability grant awards!



Licensing Requirements for Afterschool Programs

Laura Hewitt, NC Division of Child Development

This workshop addresses participant questions about state licensing requirements and afterschool programs. New requirements, major current requirements, and the difference between afterschool programs operated by public schools versus programs offered by others will be covered in the session. Participants will also get an opportunity to synthesize selected components of SACERS, NC CAP’s Established Standards of Excellence Self-Assessment Tool and the new COA standards to give input on new school-age rules.

Empowerment Through Gang Outreach

Danya Perry, Communities in Schools of NC

Communities in Schools of NC has endeavored to address the current youth gang problem in NC by utilizing Street Gang Outreach Workers. The role of the outreach worker is to “reach out” to youth who are at-risk or currently involved in gangs. This workshop will focus on the lessons learned from the Street Gang Outreach Initiative and strategies for empowering youth to reach their potential and deflect possible gang involvement. Participants will have an opportunity to interact with successful Gang Outreach workers from across the state and hear about success stories as it relates to gang prevention/intervention.



Wednesday, April 29	<p>Noon – 1pm 1 – 5pm</p>	<p>Pre-Conference Registration Concurrent Breakout Sessions Track 1: Engaging Business Track 2: Love and Logic</p>
	<p>5pm 5 – 7pm</p>	<p>Reception Conference Registration</p>
Thursday, April 30	<p>7:30 – 8am 8 – 9am</p>	<p>Conference Registration and Vendor Visitation Welcome Breakfast, featuring keynote speaker Wendy Miller, 2005-06 NC Teacher of the Year</p>
	<p>9 – 10:15am</p>	<p>Breakout Session 1 (6 Concurrent Sessions)</p>
	<p>10:15 – 10:45am</p>	<p>Coffee Break with Vendors</p>
	<p>10:45 – Noon</p>	<p>Breakout Session 2 (6 Concurrent Sessions)</p>
	<p>Noon – 1:30pm</p>	<p>Lunch, featuring keynote speakers Heba Salama and Ed Brantley of NBC's <i>The Biggest Loser</i></p>
	<p>1:30 – 2:45pm</p>	<p>Breakout Session 3 (6 Concurrent Sessions)</p>
	<p>2:45 – 3pm</p>	<p>Coffee Break with Vendors</p>
Friday, May 1	<p>3 – 4:15pm</p>	<p>Breakout Session 4 (6 Concurrent Sessions)</p>
	<p>4:15</p>	<p>Youth Forum on Afterschool</p>
	<p>8 – 9am</p>	<p>Breakfast, featuring keynote speaker Levelle Moton, NCCU Assistant Basketball Coach</p>
	<p>9 – 10:15am</p>	<p>Breakout Session 1 (4 Concurrent Sessions)</p>
	<p>10:15 – 10:30am</p>	<p>Coffee Break with Vendors</p>
	<p>10:30 – 11:45am</p>	<p>Breakout Session 2 (4 Concurrent Sessions)</p>
	<p>11:45 – Noon</p>	<p>Training Credit Distribution</p>

Helpful Hints

When do I need to arrive?

Pre-Conference begins at 1:00 pm on April 29 to allow time for participants to drive in from across the state. Expect to arrive between Noon – 1pm for registration.

All other participants should arrive on the evening of April 29 or by 7:30am on April 30.

Who Should Attend SYNERGY?

Afterschool staff, directors, administrators, trainers, funders, school administrators, statewide network staff and supporters, youth workers, program volunteers, community leaders, advocates, parents, persons interested in starting an afterschool program, and others.

Can I earn DPI or DCD training credits? Yes!

Exhibits

Need activities, curricula, materials? Want to have fun with your program? Visit our over 30 vendors for ideas, product demonstrations, and more. SYNERGY features vendor workshops, door prizes, giveaways, and raffles to maximize your conference experience!

Conference Registration: \$135

Pre-Conference: \$35

Pre-Conference space is filling fast! Register today to secure a reservation.

Group Discounts:

Register 4 attendees, and receive free registration for the 5th.

To Send Registration Information:

Online at: www.nccap.net

By fax: NC CAP, Attn: Katie Biggerstaff, at (919) 781-6527

By phone: Call Katie Biggerstaff at (919) 781-6833, ext. 132

By mail: NC CAP SYNERGY Summit

3739 National Drive, Ste. 100
Raleigh, NC 27612



REGISTRATION



North Carolina Center for Afterschool Programs
 Annual Statewide Conference, April 30 – May 1, 2009
 Special Pre-Conference Opportunity, April 29
 Joseph S. Koury Convention Center, Greensboro, N.C.

GENERAL INFORMATION: Please type or print all of the requested information.
 One form per person, please. To register online, visit www.nccap.net.

Name (Dr./Mrs./Ms./Mr.) _____

Position _____

Organization _____

Mailing Address _____ City _____ State _____ Zip _____

Work phone # _____

Alternative phone # _____ Fax # _____

County _____ Email address _____

SYNERGY CONFERENCE REGISTRATION FEE:

Conference registration\$135

SYNERGY PRE-CONFERENCE REGISTRATION FEE:

April 29 Pre-Conference\$35
**Please note Pre-conference space is limited and offered on a first-come, first-served basis.*

MEAL SELECTIONS/SPECIAL REQUESTS (INCLUDED):
(Only check those that you plan to attend)

- April 29 Reception (Pre-conference participants only.)
- April 30 Breakfast
- April 30 Lunch
- April 30 Youth Forum Reception
- May 1 Breakfast
- No Meals
- Dietary Restrictions: _____
- Services needed (e.g., sign language interpreter): _____

PAYMENT INFORMATION: A check (made payable to NC CAP), money order, purchase order, or credit card number must accompany this registration form.

The federal ID number for NC CAP is 58-1654064.

PAYMENT INFORMATION:

MasterCard Visa Expiration date _____

Card # _____

Name on card _____

Signature _____

Check # _____

Organization issuing payment _____

Address of Org. Paying _____

CANCELLATION POLICY: *Cancellations received in writing at Conference Office prior to March 1, 2009, will be refunded by check after May 1, less a 20% administrative fee. No refunds will be made for cancellations after March 1, 2009. (Substitutions may be made at any time!)*

Check all that apply:

- I do NOT want my contact information shared in the participant list.
- I am interested in volunteering (please circle one) as a room host or at the registration table.

Please mail or fax this form to: NC CAP SYNERGY Summit, 3739 National Drive, Suite 100, Raleigh, NC 27612
 Fax: (919) 781-6527 Attn: Katie Biggerstaff • Phone (919) 781- 6833 ext. 132 • Email: kbiggerstaff@ncforum.org



Please note that hotel rooms must be booked by March 23. Call 1-800-242-6556 for reservations.

SYNERGY 2009

MOVE INTO ACTION FOR AFTERSCHOOL



In Collaboration with
NC Center for Afterschool Programs
Charles Stewart Mott Foundation
NC Division of Child Development
NC Dept. of Public Instruction
NC DJJDP Support Our Students
NCSU 4-H Youth Development
Boys & Girls Clubs

Sponsored By:



Public Schools of North Carolina
State Board of Education
Department of Public Instruction



Public School Forum of North Carolina
NC Center for Afterschool Programs
3739 National Drive, Suite 100
Raleigh, NC 27612

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