



## Westchester Association for the Education of Young Children

### Annual Meeting and Dinner

May 8, 2017, 6:00 PM

Harrison Tavern, 7 Purdy Street, Harrison, NY 10528

**“Creating a Mindful Community in the Early Childhood Classroom”**

**Keynote Speaker: Rob Lieblein**



**Mindfulness practice can help create a safe and welcoming environment for children to grow under the guidance of teachers who are grounded, empathic, and enthusiastic about their profession.**

When children arrive at school each day, the diverse mixture of energy, emotion, and personal struggles they carry with them can create a challenging environment for students and teachers alike. Children may experience frustration and develop a dislike for school. Teachers risk personal and professional burnout.

In this workshop, we will look at the role that Mindfulness practice can play in creating a safe and welcoming environment for children to grow under the guidance of teachers who are grounded, empathic, and enthusiastic about their profession.

The session will explore:

- A basic definition of mindfulness and its associated benefits
- Several mindfulness techniques and activities for adults and children
- Possibilities for incorporating mindfulness into the culture of the classroom
- The importance of self-care and establishing a personal practice for educators

### **About the Speaker**

**Rob Lieblein** is an environmental and outdoor educator with over 20 years of experience working with students and teachers of all ages and backgrounds. He is also a yoga teacher who has taught mindfulness and meditation in the Hudson Valley since 2003.

Rob is trained in the Mindful Schools Curriculum ([mindfulschools.org](http://mindfulschools.org)) for students in grades K-12, and is passionate about exploring the connections between mindfulness, education, and the natural world through his project, Hudson Valley Mindfulness ([hvmindfulness.com](http://hvmindfulness.com)).

# REGISTRATION INFORMATION

Everyone must register: [westchesteraeyc.adm@gmail.com](mailto:westchesteraeyc.adm@gmail.com)

- Please use a separate form for each person. Copy additional forms as necessary. Please list individual names and evening telephone numbers if registering from a school or center.
- The WAEYC Annual Meeting is a pre-registration program ONLY. Walk-ins will be accommodated as space allows. Please make checks payable to WAEYC.
- Your cancelled check is your receipt. No confirmations will be sent. Please keep a copy of your registration form.
- NO REFUNDS will be issued unless the event is cancelled.

Please send registration to:

**Members:** Complimentary (email registration permitted: [westchesteraeyc.adm@gmail.com](mailto:westchesteraeyc.adm@gmail.com))

**Non-Members:** \$25.00 – mail checks to:

**Westchester AEYC  
PO Box 636  
Hartsdale, NY 10530**

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Name: \_\_\_\_\_ Member #: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

School/Center: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

email of attendee: \_\_\_\_\_

**Harrison Tavern**

**7 Purdy Street, Harrison, NY 10528**

Check [www.harrisontavern.com](http://www.harrisontavern.com) for directions.or

<https://www.facebook.com/harrisontavern/>

## PRESIDENT'S MESSAGE

Mary Lou Sgro  
Spring 2017

It was exhilarating to see so many Early Childhood professionals from Westchester at the NYSAEYC Conference in Rye Brook! At the same time, it was surprising that many who stopped at our table in the exhibit room did not know about WAEYC. We have discovered that a large number of participants in our local events are non-members. Although we are pleased that a need for professional development is being met, we would like to know how WAEYC can serve the membership more effectively.

The Annual Meeting and Dinner will take place on May 8 at the Harrison Tavern. It promises to be an inspirational evening about the role of mindfulness in our work and well-being. We hope to see you there.

The Spring workshops series is coming to a close with 300 staff members participating. Your evaluations are appreciated and help us plan for the future. Suggestions for additional topics and presenters are always welcome. We also encourage you to stretch your skills by submitting a proposal for the October conference.

While spring is upon us, the **Governor's budget has NO New Child Care Subsidy Funding - Service Cuts Could Be on the Way.**

Only 17% of NYS lower-income families that are eligible for a child care subsidy receive one. Contracted Westchester child care and after school programs haven't had a rate increase in years. New federal regulations that make child care safer and higher quality are not being implemented in NYS.

We are all in this together: child care centers, family child care providers, and traditional nursery schools. Our core mission is to advocate for young children and their families. The Nobel Prize winning economist James Heckman, quoted in *The Washington Post*, states that he "finds it very odd that people only focus on the costs of a program rather than the benefits". His most recent study showed that low income children who start at just 8 weeks old have a higher chance of success and better health. Let's join our voices in support of funding for child care.

I wish everyone much joy in the change of seasons and the return to outdoor activities. I hope you will revel in the bloom of leaves and flowers with the children and perhaps plant a garden and watch the animals play.

I welcome you to share your thoughts with me at [Marylou.sgro@sunywcc.edu](mailto:Marylou.sgro@sunywcc.edu)

### ATTENTION!

The Harrison Tavern is a perfect place to take time with other early childhood professionals to unwind and reflect on our well-being.

Prior to the keynote there will be a very important **MEMBERS ONLY** vote.

You will receive information from NYSAEYC shortly.

WAEYC President Mary Lou Sgro will answer questions at the annual meeting.

Please come and encourage other friends who are members to participate in this important evening.

## UPCOMING EVENTS

**May 8**

**Annual Meeting and Dinner, 6:00 PM**

**“Creating a Mindful Community in the Early Childhood Classroom”**

**Rob Lieblein**

Harrison Tavern  
7 Purdy St.  
Harrison, NY 10528

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**Members: Complimentary**

**Non-Members: \$25 Mail checks to: P. O. Box 636 Hartsdale NY 10530**

**Everyone must register: [westchesteraeyc.adm@gmail.com](mailto:westchesteraeyc.adm@gmail.com)**

**May 13**

**Talking About Race:**

**A Training for Educators Committed to Racial Justice**

**Saturday, May 13, 2017, 9:00am - 4:00pm**

**How do we have conversations about race or racism with young children? How do we ensure racial equity in our classrooms and programs?**

**ABOUT THE TRAINING**

**Border Crossers believes that each teacher has a unique opportunity to nurture a racially equitable learning environment for children.**

**For full details please click (copy & paste) the link below**

**<https://border-crossers-training-educators-5-13-17.eventbrite.com>**

**May 19**

Join us at The Child Care Council of Westchester Annual Breakfast.

Ronnie Weinberger, Past President WAEYC will be honored with a Joey Award for her long-time contributions to the lives of children and families. Ronnie is the director of Oak Lane Child Care Center in Chappaqua.

8 AM at the Westchester Marriot

670 White Plains Rd. Tarrytown

For information and reservations:

<http://www.childcarewestchester.org/events/item/81-2017-annual-awards-breakfast>



Please join us to celebrate those who work so hard to prepare our children for learning and success in school and life.

**Friday, May 19th, 2017**

Networking & Breakfast 8:00 am  
Program begins 8:30 am

Westchester Marriott  
670 White Plains Road, Tarrytown



[childcarewestchester.org](http://childcarewestchester.org)

**Master of Ceremonies**

Tara Rosenblum, *News 12 Westchester*

**Champions for Children**

Jennifer Canter MD MPH FAAP  
*Child Abuse Pediatrician*

Cecilia McKenney, *Executive Vice President,  
Consumer Sales and Marketing, Frontier  
Communications*

Ossining Union Free School District  
*Accepting: Superintendent of Schools  
Raymond Sanchez*

**Joey Award Winners**

Krystal Hill, *Early Einstein Learning Center*

Barbara Powell, *Effective Child Care Services*

Ronnie Weinberger, *Oak Lane Child Care Center*

Henry Wilson, *Youth Community Outreach Program  
of Mount Vernon, Inc.*

**“The Gardener and the Carpenter”:  
Alison Gopnik on “What Science Tells Us about Caring for Young Children”**

University of California at Berkley psychologist and professor Alison Gopnik delivered the Cynthia Longfellow lecture at Sarah Lawrence College on March 30. The title of her talk and new book “The Gardener and the Carpenter” is a metaphor for parenting/teaching styles. The gardener plants seeds and hopes they will grow but there is always an element of surprise. The carpenter deliberately shapes the wood and gets exactly what she wants. Prof. Gopnik described herself as a gardener and demonstrated research that supports the role of play in children’s development. Most memorable was an experiment in which an ambiguous toy was given to two groups of children. One group received instructions and the other group was asked to figure out how it worked. The group that was directed did exactly what they saw while the second group played and was more creative.

The presentation ended with a film from the 1920s center at Berkley showing children in the outdoors with nature. They explored water with a duck, frolicked with a dog, and used a saw to cut wood. One member of the audience made the connection to the present day “forest kindergarten.” Most everyone left feeling joyful and supported about being an Early Childhood professional.

[www.alisongopnik.com](http://www.alisongopnik.com)

<https://www.theatlantic.com/education/archive/2016/09/kindergarten-naturally/500138/>

Mary Lou Sgro

## **Members Only Educational Grants**

**Linda Fraser Lattimer Professional Tuition Grant for Early Childhood Education  
Beth Anne Farkas Special Education Tuition Reimbursement Grant**

For information and applications: [www.westchesteraeyc.com](http://www.westchesteraeyc.com)

**\*DEADLINE APRIL 15, 2017**

**October 21 Annual Early Childhood Conference  
Mercy College Dobbs Ferry, NY 10522**

Send to PO Box 636, or email to [westchesteraeyc@gmail.com](mailto:westchesteraeyc@gmail.com)

**\*Workshop proposals are now being accepted.**

## WAEYC FALL CONFERENCE Workshop Proposal Form 2017

If you are interested in presenting at the WAEYC fall conference, this proposal form must be completed and returned by June 15, 2017. Please print legibly or type!

PRESENTER \_\_\_\_\_

Do you have the NYS Early Learning Trainer Credential? Yes \_\_\_ No \_\_\_  
**(You do not have to be a credential trainer in order to present at this conference.)**

PRESENTER TITLE \_\_\_\_\_

EMPLOYER \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK \_\_\_\_\_ CELL \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

WAEYC MEMBER YES \_\_\_\_\_ NON-MEMBER \_\_\_\_\_

CO-  
PRESENTER \_\_\_\_\_

CO-PRESENTER TITLE \_\_\_\_\_

CO-PRESENTER E-MAIL ADDRESS \_\_\_\_\_

TITLE OF WORKSHOP: \_\_\_\_\_

(as you wish it to appear in the conference brochure)

Please provide a short specific description of your proposed presentation that can be included in the conference brochure. Include content objectives and techniques to be used in your presentation. WAEYC reserves the right to edit.

**WAEYC provides an honorarium of \$150 for each workshop.  
The Fall Conference is Saturday, October 21, 2017. It will take place at Mercy College in Dobbs Ferry.  
Please send this completed form with your resume to: [Westchesteraeyc@gmail.com](mailto:Westchesteraeyc@gmail.com) or [enitecki@mercy.edu](mailto:enitecki@mercy.edu)**



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**The Westchester Association for the Education of Young Children**

**P O Box 636**

**Hartsdale, NY 10530**

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**Dated Material**

**Open Immediately**