

2018 TRAINING PROGRAM

Date & Time	Presentation	Venue & Cost
<p>Wednesday, 14th March 4th April (at Worker Sports Club, G'bah)</p> <p>Tues 22nd May Wed 25th July 6:30pm – 8:30pm</p>	<p><u>HLTAID001 - Cardiopulmonary Resuscitation (CPR)</u> Presenter: Heidi Robertson – Accredited First Aid. First aiders should attend training on a regular basis to refresh their first aid knowledge and skills and to confirm their competence to provide first aid. Refresher training in CPR should be undertaken annually.</p>	<p>FDC Office</p>  <p>Cost \$55</p>
<p>Wednesday, 11th April 6:30pm – 8:30pm</p> 	<p><u>Children's Nutrition</u> Presenter: Theresa Gray - Nutritionist. Nutrition requirements and intakes, establish a healthy eating plan, tips and tricks for keeping children happy whilst you are in the kitchen, foods in your pantry, swapping ingredients to favourite snacks and comfort foods, family time around the dining table, fussy eaters, lunch box ideas, how to read a nutrition label. Limited Spots available!</p>	<p>FDC Office</p> <p>No Cost</p>
<p>Thursday, 10th May 6:30pm – 8:30pm</p>	<p><u>Behaviour Problems?? What behaviour problems!</u> Presenter: Lindy O'Brien – Special Educator, Ready Set Go. In this 2 hour workshop learn how to prevent behaviour problems from occurring by creating environments that nurture children and create an atmosphere of calm and connection. Participants will be able to reflect on their own experiences and discover together simple and effective ways to create happy and relaxed care environments. Participants will learn ways to prevent behaviour problems from occurring and supportive ways to respond when they do.</p>	<p>FDC Office</p> <p>No Cost</p>
<p>Saturday, 2nd June or 8th September 9am – 4:30pm</p> <p>CPR Only 9am – 11am \$55</p>	<p><u>HLTAID004- Provide an emergency first aid response in an education and care setting</u> Presenter: Heidi Robertson – Accredited First Aid. Includes resuscitation poster for each participant and the latest edition first aid manual. They will be required to complete an online component of about 5 hours prior to attendance. Students will need to bring a photocopy of their last First Aid certificate. This photocopy has to be retained by Heidi, as per RTO requirements. This qualification satisfies all requirements for first aid, CPR, anaphylaxis management and emergency asthma training. The CPR component can be completed on these dates. Students will only need to attend the first 2 hours. Students will also need to provide Heidi with their USI. <u>Payment is due prior to attending. Please contact Kasey to arrange payment.</u></p>	<p>FDC Office</p>  <p>\$145</p>

SIX HOURS THAT COULD POSITIVELY CHANGE YOUR RELATIONSHIPS



THE NUTURED HEART APPROACH®

Created by psychologist and parent, Howard Glasser, is a relational method which awakens greatness and inspires successful behavior in children. The Three Stands provide a powerful way of bringing Inner Wealth® to all children. **Stand 1. Absolutely No!** Refusing to give time, energy and relationship to negative behaviour **Stand 2. Absolutely Yes!** Relentlessly and strategically pull the child into new patterns of success. **Stand 3. Absolutely Clear!** Having clear and consistent consequences when a rule is broken.

2 WEEK FREE PROGRAM

TUESDAY 5 JUNE & 12 JUNE

TIME: 6:00PM – 9:00PM

VENUE: FDC OFFICE, 150 LAUREL AV, LISMORE

**PRESENTED BY GORDON KING, CERTIFIED NUTURED
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APPROACH TO
BUILDING
SUCCESSFUL
RELATIONSHIPS
WITH THE CHILDREN
IN YOUR CARE**

**USING THE 3 STANDS
TO BUILD INNER
WEALTH AND HELP
CHILDREN MAKE
BETTER CHOICES**

**FIND OUT HOW TO
TRANSFORM YOUR
TROUBLES INTO
MIRACLES AND ENJOY
BEING A PARENT
AGAIN**

**SIMPLE TECHNIQUES
SIMPLE EFFECTIVE
PROVEN
METHODOLOGY**

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TEACHERS,
YOUTH WORKERS,
PRE-SCHOOL, AND
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<p>Saturday, 16th June 9am – 12pm</p>	<p><i>Back by popular demand....</i></p> <p><u>Educators visiting Educators</u></p> <p>A great experience on the FDC bus with Kylie & Paula. This is a wonderful opportunity to see how other Educators set up their environments, to share ideas with each other and have an entertaining Saturday morning visiting Educators who have agreed to showcase their FDC environment. Seats are limited so get in quick!</p>	<p>FDC Bus</p>  <p>No Cost</p>
<p>Wednesday, 4th July 6:30pm – 8:30pm</p> 	<p><u>Programming</u></p> <p>Presenter: <i>Kathy van der Struik – Coordinator.</i></p> <p>In the EYLF it states “Educators use a variety of strategies to collect, document, organise, synthesise and interpret the information that they gather to assess children’s learning. They search for appropriate ways to collect rich and meaningful information that depicts children’s learning in context, describes their progress and identifies their strengths, skills and understandings.” When developing programs, educators generally consider what’s working well and what might need improving to support the most effective and engaging programs for children. This training provides Educators information on ideas for getting started or developing your methods you’re using at the moment. As part of this process, you may have questions like “What should the program look like?” or “Am I doing it right?” In this training, you will find a selection of real examples of programs that offer ideas and inspiration for possible program formats to support working with the Early Years Learning Framework (EYLF) and the National Quality Standards (NQS). All Educators are encouraged to attend, but this workshop is compulsory for all new Educators.</p>	<p>FDC Office</p> <p>No Cost</p>
<p>Wednesday, 1st August 6:30pm – 8:30pm</p>	<p><u>Self Regulation – Supporting Children to manage their emotions and behaviours.</u></p> <p>What is Self Regulation? Why does it matter? How do you support dysregulated children to learn skills of self regulation? What is Co regulation? In this interactive 2 hour workshop learn the answers to these questions and develop skills and knowledge to support children with self regulation. Lindy O’Brien is a very experienced Early Childhood Teacher /Special Educator with over 27 years in Education. She has a Diploma in Early Childhood Teaching and a Graduate Diploma in Special Education. Lindy also holds a Certificate IV in Workplace Training and Assessment and has worked as a Director, Teacher, Special Educator, Consultant, Family Support Worker and Adult Educator. Lindy has presented workshops and papers for local, National and International Conferences. Lindy has extensive knowledge and experience in working with children with additional needs, cultural diversity and families with complex needs. She currently works as a Special Educator for Ready Set Go with NRCS Ltd.</p>	<p>FDC Office</p>  <p>No Cost</p>
<p>Tuesday, 7th August 6pm – 9pm</p>	<p><u>Child Protection Refresher</u></p> <p>Presenter: <i>Renee Twindley – Traxion Training.</i></p> <p>Child Protection training must be completed every 3 years. Cancellation fees will apply. Limit 20.</p>	<p>FDC Office</p> <p>No Cost</p>

<p>Thursday, 23rd August 6pm – 8:30pm</p> 	<p><u>Sustainability – Reduce, Reuse, & Recycle</u></p> <p>Presenter: <i>Cathie and Revae – Coordinators.</i></p> <p>Information, ideas and resources with something to make and take home on the night. Working towards our sustainable world and educating children through the Early Years Learning Framework (EYLF) and My Time Our Place (MTOP) for school age children using both everyday practices and intentional teaching. Limit 20 educators.</p>	<p>FDC Office</p> <p>Cost \$15</p>
<p>Tuesday, 11th September 6:30pm – 8:30pm</p>	<p><u>Play the work of Children</u></p> <p>Presenter: <i>Kylie Costello – Speech Pathologist, Ready Set Go.</i></p> <p>Learning language occurs all day long during everyday activities, especially during play. When you get at a child's level and "play", you're enhancing language and communication skills. Playing simple and repetitive games with infants can help develop communication skills. Supporting pre-schoolers to move into symbolic play will support the development of their reasoning and problem-solving skills, their social language skills and imagination. Most importantly, playing brings joy to the child and educator. In this session we will be doing the work of a child, playing and of course, singing.</p>	<p>FDC Office</p>  <p>talking</p> <p>No Cost</p>
<p>Thursday, 20th September 6:30pm – 8:30pm</p> 	<p><u>Nutritional Health & Well-Being</u></p> <p>Presenter: <i>Theresa Gray – Nutritionist.</i></p> <p>Nutrient requirements and intakes, physiological changes, how to eat well and prepare quick, healthy and delicious meals, what to eat for optimal health, food myths and misconceptions, how to boost immunity, importance of eating breakfast, preferred takeaway options and healthy snacks, how to read food labels, menu ideas, exercise for health and weight loss.</p>	<p>FDC Office</p> <p>No Cost</p>
<p>Wednesday, 17th & 24th October 6:30pm – 8:30pm</p> <p>Over 2 Nights</p>	<p><u>Munch & Move</u></p> <p>Presenters: <i>Paula & Jane – Coordinators.</i></p> <p>Munch & Move is a training program for NSW Early Childhood Services. The purpose of this training is to assist services to implement a fun, play-based approach to supporting healthy eating and physical activity habits in young children under 5 yrs of age. The Munch & Move training program fits within the new National Quality Framework and the EYLF. This workshop will assist you by providing information, ideas and resources for developing and implementing practical physical activity and healthy eating policies and practices within your service.</p>	<p>FDC Office</p>  <p>No Cost</p>

WORKSHOP BOOKINGS

Please remember to record your workshop bookings in your Educator Diaries to prevent incurring the non-attendance fee. The \$10 non-attendance fee will be automatically deducted from your pay the following week for **all** workshops that you fail to attend without giving one weeks' notice.

Please make your booking for the workshops on our website nracs.org.au in the Educator log-in section, call 02 6626 9032 or by emailing kasey.henderson@nracs.org.au . There are limited spaces so please book as soon as you know which workshops you wish to attend. Where there are two dates for a workshop, please indicate which one you would prefer.

If there is a cost involved for any workshops you book, this will be automatically deducted from your payment advice the week prior to the workshop. If this does not suit, please contact the office to make alternative arrangements.

We hope you enjoy this year's program. Continuing professional development is rewarding, and ensures your service remains stimulating.