

City of Phoenix Head Start Birth to Five 2021 Pre-Service



Virtual Conference

This information is available in alternate format, upon request. Call 602-363-4040/voice or TTY: 7-1-1- Friendly

Head Start Staff,

Welcome to the Head Start Birth to Five 2021 Pre-Service.

This year the theme of *“Nourish to Flourish”* focuses on looking at your personal and professional life through an equity lens. It begins by understanding everyone has biases and how the events in your life have impacted your view of the world and how you interact with others. The sessions you attend today will help you prioritize equity in the classroom and your home life. Understanding how to include everyone and accept diversity will result in positive environments that promote high outcomes for children. As you participate in the sessions, don’t be surprised to find some of the practices you have done for years may be considered inequitable. Be kind to yourself and identify ways to make those practices equitable.

I hope you enjoy the items in your box; each and every item was carefully hand-selected to support you as you flourish.

I appreciate your commitment to enriching the lives of our city’s most vulnerable children and families. I wish everyone a successful school year.

Enjoy the conference.



Patricia L. Kirkland
Deputy Human Services Director
City of Phoenix





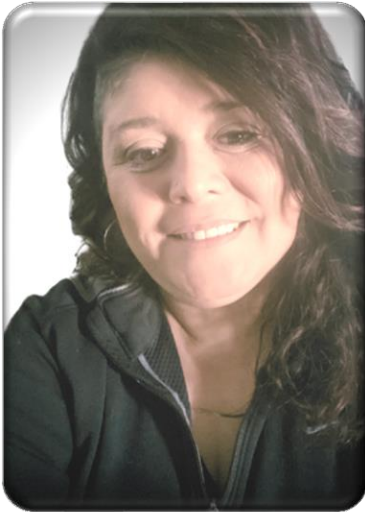
Darcy Heath has a background in early childhood education as a classroom teacher, instructional coach, organizational consultant, and professional learning facilitator. These roles have allowed her to share her passion for early childhood education, early literacy, and advancing equity through engaging with diverse populations of learners that include families, educators, early childhood organizations and policy makers. Darcy holds a M.Ed. in Early Childhood Education and a K-12 Reading Specialist endorsement.

Darcy is dedicated to facilitating learning opportunities that promote reflection, curiosity, and openness to new ways of being and knowing. She believes that learning is best done in a joyful, collaborative, creative way – for adults as well as children.



Jamie Dixie Jamie is an Experienced Adult Yoga Teacher (E-RYT-500) and a Registered Children’s Yoga Teacher (RCYT) accredited through the Yoga Alliance. She has a Bachelor degree in Early Childhood Education and over a decade of experience in the classroom as a teacher. Certified through Portland State University as an Adult Community Trainer.

As the founder of Imagination Yoga, Jamie has created and led hundreds of adult trainings, written multiple Imagination Yoga curriculums being used worldwide, and has worked with tens of thousands of teachers offering movement and mindfulness as a way to inspire resilience, calm, kindness and imagination. Jamie began working with Head Start in 2014 and has since created Imagination Yoga/Head Start trainings being implemented throughout the nation.

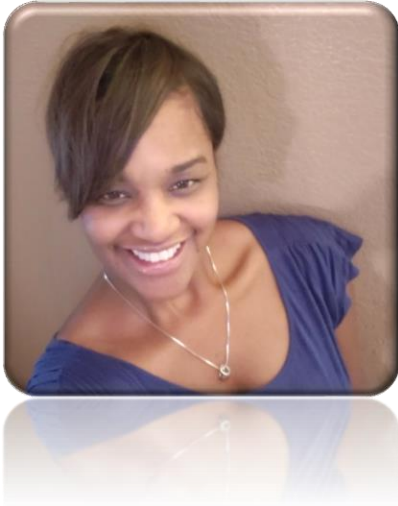


Dr. Garcia specializes in best practices in early childhood, birth-3rd grade, as well as leadership of ECE programs/schools. Her passion lies in social and emotional development in the early years and emotional intelligence into adulthood. She holds a Doctorate of Management in organizational leadership. All of her work is grounded in three core beliefs— assume good intention, come from a place of strength regardless of the difficulty of the circumstance, and treat others as she wants THEM TO TREAT OTHERS (the parallel process).



Tiffany Stenson brings over 20 years of experience in developing and facilitating professional learning experiences for diverse populations such as college students, children and families, early childhood education sites, professional conference attendees and Technical Assistance Professionals. She holds a Master of Counseling degree as well as a certificate from the Yale School of Management in Fostering Inclusion and Diversity. Tiffany also completed the Infant and Family Practice Certificate from the Harris Infant and Early Childhood Mental Health Training Institute. She has specific experience as a child and family therapist, mental health consultant and training specialist.

Tiffany's passion is to meld professional learning facilitation and the use of the creative arts to develop an experience that leaves lasting effects on participants.



Tina Sykes has several years of experience developing and facilitating interactive professional learning opportunities, providing coaching and mentoring to early childhood professionals, teaching in higher education, and utilizing creative arts to educate and entertain. She holds an M.Ed. in both Adult Education and Curriculum Development as well as Early Childhood Education. She also holds a certificate in Diversity Equity and Inclusion from Cornell University.

Tina is committed to supporting others in the development of an equity lens and the embodiment of equity as a way of being in the world.



Schedule		
	City of Phoenix	ESP/CCP
7:00am – 8:00am	Inspiring Movement, Resilience and Self-Care Imagination Yoga Jamie Dix	Inspiring Movement, Resilience and Self-Care Imagination Yoga Jamie Dix
8:00am – 9:00am	Recognitions Video	Behind the Little Red Door! Denna Hibbard
9:00 am – 9:15 am	Welcome	Welcome
9:15am – 12:00pm	Coming to Understand Ourselves as We Work with Others Dr. Isela Garcia	Advancing Equity in Early Childhood Education: It Starts with You Tina Sykes, Darcy Heath, Tiffany Stenson
12:00pm – 1:00pm	Lunch	
	City of Phoenix	ESP/CCP
1:00pm – 3:00pm	Coming to Understand Ourselves as We Work with Others Dr. Isela Garcia (Continue)	Advancing Equity in Early Childhood Education: It Starts with You Tina Sykes, Darcy Heath, Tiffany Stenson (Continue)
3:00pm – 4:00pm	Reflecting on Anti-bias Education in Action: The Early Years	Reflecting on Anti-bias Education in Action: The Early Years

Topic Description

Inspiring Movement, Resilience and Self-Care: Join Jamie from Imagination Yoga for this fun and accessible workshop; offering ways to inspire resilience and self-care for both you and the children you serve. Learn how movement, mindfulness, and calming techniques can support wellness both in and out of the classroom.

- Learn how movement can help to metabolize trauma and encourage resilience.
- Discuss the importance of self-care in positions where secondary trauma is a part of the job. Self-care strategies are introduced and practiced.
- Learn the basics of thought work to promote a positive and resilient mindset.
- Session ends with a guided relaxation to help calm your heart, body and mind.

Coming to Understand Ourselves as We Work with Others: Practicing the art of self-awareness is integral to the effectiveness of our work. Not only because we want to be aware of how we're communicating, supporting, and engaging with families but because we come with our own beliefs, values, and biases. In this session, we will explore two of the four emotional intelligences—self-awareness and self-management and will introduce how our social and cultural identities affect how we experience and interpret the world and everything within it.

Objectives:

1. Participants will identify the difference between self-awareness and self-management as it relates to their work with children, families, and colleagues.
2. Participants will be able to distinguish between implicit bias and explicit bias.

Advancing Equity in Early Childhood Education: It Starts with You: “You come into whatever profession you are in with all your background behind you and you have had it for decades and you don't even question it.” Christina Hale-Elliott

Developing an equity lens in your professional and personal life must begin with an understanding of self and how your identities, biases, and experiences impact the way that you see the world and interact with others. Prioritizing equity, diversity, and inclusion is necessary to achieve positive outcomes for children and families in early childhood systems.

This series will engage participants in gaining an understanding on how their own identity and experiences impact the way they view and interact with others. Through guided discussions, interactive activities and self-reflection, participants will develop foundational knowledge centered on equity, diversity and inclusion.

YEARS OF SERVICE

10 YEARS OF SERVICE	
Name	Organization
Carmelo Perez Vargas	GPUL
Gloria Miramontes	GPUL
Laura Lopez	GPUL
Theresa Morales	GPUL
Cecilia Scott	BTW
Cindy Whitney	OTWCCC
Diana Loya	Alhambra
Marion Hill	COP
Phyllis Aro-Trejo	COP
Rocio Yvette Medina	COP
Rosa Ortega	COP
Silvia Castro	Roosevelt
Sonia Salazar	COP
15 YEARS OF SERVICE	
Angelica Silas	COP
Annette Zamora	Fowler
Jenifer Rittenhouse	COP
Karen Cha	GPUL
Maria Miranda	COP
Mary Helen Valdez	GPUL
Nora Cervantes	GPUL
Ondina Gonzalez	COP
Rosa Saenz	GPUL
Adela Cressler	COP
Arleen Fernandez-Orozco	COP
Cynthia Norman	Fowler
Elizabeth Zambrano	WESD
Gloria Vazquez	Deer Valley
Heather Martinez	Roosevelt
Maria Meza	WESD
Scarlett Kucera	COP
Tirah Henry	Roosevelt
20 YEARS OF SERVICE	
Cadie Chavez	COP
Margarita Rodriguez	Alhambra
Catherine Kirk	Alhambra
Maria Armendariz	COP
Rosemary Kanawaty	Fowler
Debra Heller	WESD

Catherine Kirk	Alhambra
Margarita Rodriguez	Alhambra
Anita Cano	COP
25 YEARS OF SERVICE	
Elizabeth Camu	Fowler
Argelia Abrego	GPUL
Sherri Anthony	COP
Jesus "Alex" Cadenas	COP
Marilyn Marshall	Roosevelt
30 YEARS OF SERVICE	
Rebecca Rivera	COP
Grace Mendez	GPUL
Cynthia Reynolds	GPUL
Diana Howsden	WESD
Tania Ascencio	WESD
Sylvia Valles	GPUL
35 YEARS OF SERVICE	
Sophia Walden	WESD



EDUCATIONAL ATTAINMENT

Child Development Associate - (CDA)	
Samantha Fuentes	OOTWCCC
Marisela Munoz	Cactus Kids
Natasha King	Cactus Kids
Sivelia Zamora	Roosevelt
Amira Skurlic	Immanuel Care
Yolanda Jimenez	OOTWCCC
Alexia Chavez	OOTWCCC
Jeny Romero	OOTWCCC
Valeria Armendariz	OOTWCCC
Tammy Lozaro	OOTWCCC
Joselen Fuentes	OOTWCCC
Sylvia Madrid	Fowler
Megan Gastelum	Cactus Kids
Yesenia Gutierrez	Cactus Kids
Lillith Hernandez	Cactus Kids
Shante Diggs	Cactus Kids
Areli Marcial	WESD
Daissey Sepulveda	WESD
Samantha Gonzalez	Cactus Kids
Diane Barnes	Cactus Kids
Sandra Barraza	Cactus Kids
Associates Degree - (AA)	
Barbara Barragan	Deer Valley
Dolores Holguin	BTW
Amber Mathis	BTW
Sheila Bennett	COP
Guadalupe Rodriguez	GPUL
Master's Degree - MA	
Alma Salcido	Alhambra
Amber Mathers	WESD
Maricruz Yescas	Roosevelt
Megan Brooks	GPUL



Photo Challenge Winners

Education Service Providers

Family Engagement

1st Place

Lubna Al-Alawi

“Family Members Joined our Recycling Celebration”

2nd Place

Debbie Goebel

“Celebration of our Recycle”

Self-Care

1st Place

Jessica Fletcher

“102 lbs down during the pandemic”

Social Emotional

1st Place

Koleen Riggs

“Comforting My Sad Friend”

2nd Place

Christy Edwards

“Friendship Day”

3rd Place

William Argeros

“Relationships are Magnetic”

City of Phoenix

Family Engagement

1st Place

Maribel Velez

“Male Involvement”

Self-Care

1st Place

Rebecca Rivera

“The Subway”

2nd Place

Maria Ramirez

“Hiking South Kaibab, Phant”

3rd Place

Martha Godoy

“Self-Care”

Social Emotional

1st Place

Katie Norman “Promoting Social Emotional Development”

Special Thanks to our Pre-Service Committee Members

Alma Quintana
Barbara Ruch
Cadie Chavez
Gail Saraydar
Karla Sanchez
Katie Norman
Katie Perez
Maja Djokic
Margaret Velasco
Mayra Morales
Sally Huber-Eid
Sherri Anthony
Stefanie Goodman



Please log into your Arizona Workforce Registry profile to ensure you receive professional development hours for the Nourish to Flourish conference.