



# VAHSA Education Summit

**Rescheduled for Tuesday, October 28, 2025**

## AGENDA

Hillsdale Conference Center | 550 Hillsdale Drive | Charlottesville, VA 22911

**8:15 - 8:45 am**      **Registration Open** (no registration the night before)

Note: Breakfast is on your own, feel free to bring it with you, coffee will be provided.  
Visit Exhibitors, door prize drawings Wednesday at 4:00 pm. Must be present to win!

**8:45 – 9:45 am**

<b>Carry the Tray: Raising Resilient Kids in Today's Wild World</b>	<b>Presenters</b>
Prepare to be captivated as Mister Stu, armed with over 13 years of professional mental health expertise, unveils practical strategies and profound insights into nurturing resilient and confident children. Gain invaluable tips on fostering self-respect, respect for others, and integrity in young minds. Mister Stu delves into essential topics, exploring the pivotal role of positive reinforcement in cultivating self-esteem, the significance of resilience in today's challenging world, and how to instill a growth mindset in your children.	<a href="#">Stuart Perry, Child Therapist, LCSW, ASDCS</a>

**10:00-11:30 am**

<b>Beyond Battles – How to Transform Disruptions into Growth Opportunities</b>	<b>Presenters</b>
Discover practical strategies for fostering a harmonious and productive learning environment through empathetic communication, conflict resolution, and proactive approaches. Gain invaluable tools to effectively de-escalate tantrums, elopement, physical aggression, and other escalated behaviors. Elevate your experience, forge meaningful connections with children, and create an atmosphere where every child feels truly understood and cherished.	Stuart Perry, Child Therapist, LCSW, ASDCS

**11:30 am – 1:00 pm**      **Lunch on your own, there are several restaurants nearby**

**1:00 – 1:30 pm**

<b>Seeds to Stems: Foundational Literacy</b>	<b>Presenters</b>
Oral language is the seed for all children for foundational literacy skills. Key Foundations by Hatch starts with oral language and listening skills, the two literacy skills of every child even before they come to school. Oral language skills are critical for communication, social and emotional development, and academic success. Learn how	Kathy Scott, HATCH Early Learning

10-minute daily lessons, strengthening the five pillars of the Science of Reading will enhance your core curriculum for student success!	
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### 1:30 - 3:15 pm

<b>The Power of Music in Early Childhood: Developing Literacy and Self-Regulation Skills</b>	<b>Presenters</b>
In this session, we will take a deep dive into understanding why using high-quality music learning experiences are such a powerful tool to support children's learning development, both with early literacy and social-emotional skills. Learn simple and playful ways to integrate music into the daily classroom routine that will support language acquisition and development, reading readiness, fluency and phonemic awareness, aural memory, along with self-regulation and communication skills. Leave with a toolbox full of songs, finger plays, and movement activities to share with teachers to help children feel grounded and ready to learn.	<a href="#">Mary Anderson, My Music Starts Here Founder</a>

### 3:30 - 4:15 pm

<b>Time-Saving Tips and Tricks: Harnessing ChatGPT for Lesson Plans and Parent Newsletters</b>	<b>Presenters</b>
In this hands-on workshop, we will learn how to use this powerful AI tool to create engaging, personalized lesson plans and effective, informative parent newsletters. We will discover how to generate lesson ideas, structure activities, and develop resources tailored to students' needs. Whether it's creating differentiated assignments or crafting interactive activities, ChatGPT can help teachers save time and infuse creativity into their lessons. This workshop will also demonstrate how ChatGPT can support teachers in maintaining consistent communication with parents. Attendees will explore ways to write clear, approachable newsletters that highlight classroom activities, student achievements, and important upcoming events. We will also learn how to adjust the tone of newsletters to suit their school community, whether that's formal, friendly, or conversational. You will walk away with practical tools for using ChatGPT to reduce the workload of lesson planning and communication tasks, allowing for more focus on student interaction and personalized instruction. Whether you're looking to save time, increase creativity, or enhance communication, this workshop will show you how ChatGPT can be a valuable asset in the classroom.	Dawn Ault, VAHSA Executive Director

Dinner on your own. Enjoy networking time with colleagues.

Be sure to visit Exhibitors throughout the conference.

Door prize drawings at the conclusion on Wed. Oct 29.



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**8:30 – 10:00 am**

<b>Eduation Network Meeting PotPourri</b>	<b>Presenter</b>
Join us for an interactive networking session based on a variety of relevant instructional and social-emotional topics facing our Head Start programs today. Topics TBD at the start of 2025-2026 program year.	Education Network Leadership Team

**10:15 – 11:30 am**

<b>Serenity Within: A Self-Love &amp; Caring Wellness Program for Educators</b>	<b>Presenter</b>
This program is designed to empower educators in embracing their well-being amidst the challenges of modern education. Throughout this program, we acknowledge the profound influence that emotional, social, spiritual, and physical wellness exert on educators' efficacy and satisfaction in their roles. As providers of early childhood education, we often invest ourselves fully in the success and growth of our students, sometimes at the expense of our own wellness. However, we recognize that by nurturing our own well-being, we enhance our capacity to support our students and cultivate nurturing learning environments. This dynamic program guides you on a journey of self-discovery and holistic well-being, perfect for personal growth and for enhancing your coaching skills. Explore the importance of self-love, understand its true meaning, and uncover hidden beliefs and emotions through guided exercises. Adopt holistic practices to nurture your mind, body, and soul while gaining practical strategies for cultivating self-compassion, building confidence, embracing imperfection, and creating a positive self-image. Learn to practice gratitude, heal your inner child, and celebrate your journey. This training offers invaluable insights and best practices for fostering self-love and overall happiness, as we remind ourselves that as educators, that we cannot pour from an empty cup.	<a href="#"><u>Lillian Hubler</u></a> <a href="#"><u>Tobin, Time to</u></a> <a href="#"><u>Sign</u></a> & <a href="#"><u>EC Learn</u></a>

**11:30 am – 1:00 pm**

**Lunch on your own, there are several restaurants nearby**

**1:00 – 4:00 pm**, with 15-minute break, time TBD with natural flow of the afternoon

Thrive & Grow: Practical Activities to Promote Wellness of Young Children	Presenter
<p>Teaching wellness to young children is essential for their overall development. The "Thrive &amp; Grow: Wellness for Young Children" program helps build healthy habits, emotional resilience, and a strong sense of self. Through a teacher's guidance with this program, children learn positive social interactions, emotional management, inner peace, and healthy lifestyles.</p> <p>You will receive:</p> <ul style="list-style-type: none"><li>• A DropBox link with 3 additional hours of online learning: videos, wellness tips, and resources</li><li>• A Journal titled: Thrive Together, a Practical Guide to Promoting Wellness</li><li>• Wellness Handouts and eBooks to use with teachers as a Train the Trainer Model</li></ul>	<p>Lillian Hubler Tobin, Time to Sign &amp; <a href="#">EC Learn</a></p>

**4:00 – 4:15 pm**      **Closing Comments, Door Prize Drawings** – Dawn Ault