

Preschool Educator Winter Community of Practice Meeting Notes

21st of February 2024

Agenda-Check-in. Nothing added.

Welcomes and introductions

-Participants introduced themselves, shared their program and what they are looking forward to, which included new perspectives on Spring and gardening with the children.

Mindfulness Moment

- Participants engaged in a Mindfulness activity. Please attached PowerPoint (PPT)

-And shared how they felt after engaging in mindfulness experiences and how they personally use mindfulness as well as with the children, which included calming music, and yoga.

Reflection on resources-CCCF Trauma inform practice article was reviewed <https://cccf-fcsge.ca/ece-resources/topics/challenging-child-behaviours-stress/building-resilience-child-trauma-informed/> and the video **Creating classrooms that build resilience (understanding Trauma in Early childhood)** from the Center for Early Childhood Education at Eastern Connecticut State University was viewed https://www.youtube.com/watch?v=R-CQqh_gyLw

- Participants shared their thoughts.
- The resources highlighted the import role that educators play in supporting all children and how trauma informed practices support all children. Please review the website and video for strategies.
- Trauma Informed resources available for loan from the ECCDC lending library were shared- please see the PPT for details.
- Links to additional resources were also shared- please see the PPT.
- Alberta Family Wellness Trust 'Brain Story' certification in free <https://www.albertafamilywellness.org/training-2>

QCCN Update-Please see PPT.

Round Table Discussions-Braining storming ideas, and questions and connections

- Participants celebrated successes within their preschool programs which included using the end of day to slow down and connect with the children, and having arts out until the end of the day.
- Conversations took place around being a lone educator in a room, feeling comfortable around asking for support, taking time to debrief, and making time for conversations with colleagues.

Sharing photos and documentation of Winter happenings -No photos or documentation was shared.

- Participants shared that their children are loving the mud. It was shared that international mud day is on the 29th of June. The children are enjoying shoveling the snow and taking care of their outdoor space as well as engaging with ice when there's no snow, investigating icicles, painting snow and bringing snow inside.

ECCDC Services

-lending library delivery service was highlighted. Please see the PPT for all ECCDC resources.

ECCDC Resources

-Please see PPT for new resources.

2024 Workplan

- Participants would like to visit other programs for the Spring network, although bear in mind that not everyone has a car.
- Participants shared that 6.30 to 8.00pm is a good time for them to attend the meetings.
- Suggestions for potential discussion topics included different types of behaviour. Please send any other thoughts on discussion topics to Ginette gwilson@eccdc.org

Next Steps

- Notes from this meeting will be posted on ECCDC website <https://www.eccdc.org/professional-learning/networks/preschool-network>
- Look in your inbox for the venue for the Spring meeting taking place on the 8th of May.