

INSPIRED EC PRESENTS

# THE MIXED TAPE

A REGIONAL CONFERENCE  
FEATURING OUR GREATEST HITS



YAMULOONG CENTER  
71 PROSPECT ROAD, GARDEN SUBURB 2289

**23rd September 2023**



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**23rd September 2023**

- 09:00 Welcome
- 09:30 Keynote Presentation
- 10:30 Morning Tea
- 11:00 Session 1 Breakout
- 12:00 Session 2 Breakout
- 01:00 Lunch
- 02:00 Session 3 Breakout
- 03:00 Afternoon Tea
- 03:30 Session 4 Breakout
- 04:30 Close

SCHOOL  
TRANSITIONS

ENVIRONMENTS

OUTDOOR  
PLAY

SENSORY  
PROCESSING

EXCURSIONS

INFANTS  
AND  
TODDLERS

CRITICAL  
REFLECTION

SUSTAINABILITY



# WORKSHOPS

SCHOOL  
TRANSITIONS

ENVIRONMENTS

CRITICAL  
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SENSORY  
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INFANTS  
AND  
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OUTDOOR  
PLAY



11:00- 12:00AM

# SESSION 1 BREAKOUT

## INFANTS AND TODDLERS *TASH TREVETON*

We begin the day with a workshop, during this session we will term "The five 5 R's" of infant practice:

Relationships - Routines & Rhythms - Rights  
- Responsiveness - Respect

We will unpack theories and approaches that can inform our practice & engage in reflection & discussion as a group.

## SCHOOL TRANSITIONS *NICOLE HALTON*

What if we rethink the term "school readiness" and instead begin to think more about positive transitions to school?

In this workshop we will discuss how educators can identify the development of school readiness skills in the existing program and environment, share these with families and have authentic and meaningful discussions and experiences around the transition to school.



12:00- 1:00PM

## SESSION 2 BREAKOUT

### CRITICAL REFLECTION

TASH TREVEON

It is crucial, as professionals, that we are able to critically reflect, not only on our programs, but our practices, pedagogy and environments.

This session will focus on the key elements of critical reflection and reflective practice, including:

- Research and the National Quality Framework
- Methods of engaging in reflective practice and evidencing our reflections
- Overcoming challenges such as time and differences in educator philosophies
- Unpack the Exceeding Themes for critical reflection

### SUSTAINABLE PRACTICE

NICOLE HALTON

At the heart of sustainability lies connection. While worm farms, recycling and vegetable gardens are positive steps, they are but a small aspect of raising awareness of sustainability with young children.

Throughout this workshop, participants are encouraged to consider the role of a connection to nature in embedded sustainable practice.

While looking at practical ways for services to be more sustainable, we will share the importance of the early years for developing lifelong capacity as global citizens.



2:00- 3:00PM

# SESSION 3 BREAKOUT

## SENSORY PROCESSING

TASH TREVETON

What is sensory processing and why does it matter? As humans, we are sensory beings. We explore the world through our senses, through the movement of our bodies. Have you ever watched a toddler spinning around and around in circles? Or a six year old who rolls down the hill again and again? Understanding and making sense of the role of the senses in children's play is vital to creating opportunities and environments where children's natural instincts are nurtured and they develop physically, emotionally and cognitively. In this workshop, we will explore the what and why of sensory processing and come away with practical ideas that you can use in your service.

## EXCURSIONS

NICOLE HALTON

Exploring the local community offers valuable opportunities to children, yet can sometimes feel overwhelming or challenging for services and educators.

This workshop will arm educators with the confidence to get out of their service and into the wider community, as they gain a thorough understanding of the regulations and requirements for excursions, as well as practical strategies (including the use of Benefit Risk Assessments and our Excursions Made Easy Toolkit).

We will discuss opportunities within your local community and consider the value of creating community connections.



3:30- 4:30PM

# SESSION 4 BREAKOUT

## OUTDOOR PLAY TASH TREVEYTON

Have you ever watched a child running, rolling, digging and climbing? Perhaps you feel challenged to explain how this free, exploratory play in outdoor environments support children's learning and development?

This session will tap into all of those feelings, as we explore the importance of childhood memory development, as well as the importance of outdoor play. Through group discussions and practical stories and examples, attendees will unpack the challenges of outdoor play, the value of long periods of time outdoors and the practicalities for engaging with children in outdoor environments in meaningful ways.

## ENVIRONMENTS NICOLE HALTON

The environment that we provide for children sets the scene for their play. While it can be easy to be drawn into beautiful images of well-designed play spaces, it is important to understand how and more importantly WHY we create the environment in the way that we do.

The workshop explores how we can create environments that are engaging and responsive to the way in which children play, interact and explore the world.



## MEET THE PRESENTERS

# TASH TREVETON

### INSPIRED EC CO-DIRECTOR



Tash Treveton is the Co-founder of Inspired EC, a Newcastle based Early Childhood Consultancy and Training company that supports Early Childhood services nationally and internationally. Tash has held all positions in Australian Early Childhood including, Approved Provider, Nominated Supervisor/Director, Educational Leader, Outdoor Educator, Room Leader and Educator. Tash is now the National Educational Leader for Inspired EC's children's services.

Tash co-founded Inspired Family Day Care and Inspired OSHC. Tash became the first Head Facilitator of TimberNook in Australia when Inspired EC launched TimberNook Newcastle, the first TimberNook operation in Australia. TimberNook is a nature-based program developed by Paediatric Occupational Therapist Angela Hanscom - author of the best selling *Balanced and Barefoot*. Tash is now the Australia and New Zealand trainer and support for new and existing TimberNook programs

Tash is passionate about children having access to natural, risky and engaging outdoor play spaces for children. This has led her to become a licensed trainer for Claire Warden. Tash is a strong advocate for children's right to play. Helping people that engage with children to understand the importance of their role and ability to be a positive impact is what she lives for.

Along with her professional soulmate Nicole Halton, Tash uses Inspired EC as a vehicle to incite excitement and passion about the Early Childhood profession that we are blessed to be a part of.





## MEET THE PRESENTERS

# NICOLE HALTON

### INSPIRED EC CO-DIRECTOR

Nicole Halton is the co-founder of Inspired EC, Inspired Family Day Care and TimberNook Newcastle, and is a former early childhood educator and director.



At the age of 21, Nicole became the director of Woodrising Community Preschool and Child Care Centre (now known as Woodrising Natural Learning Centre) embracing the opportunity to guide the service in the direction of nature based pedagogy and practice.

It was here that Nicole met her "professional soulmate" Tash Treveton and they soon launched their dream - Inspired EC. For over 15 years Nicole has shared her passion for the early years through workshops, conferences and consultancy.

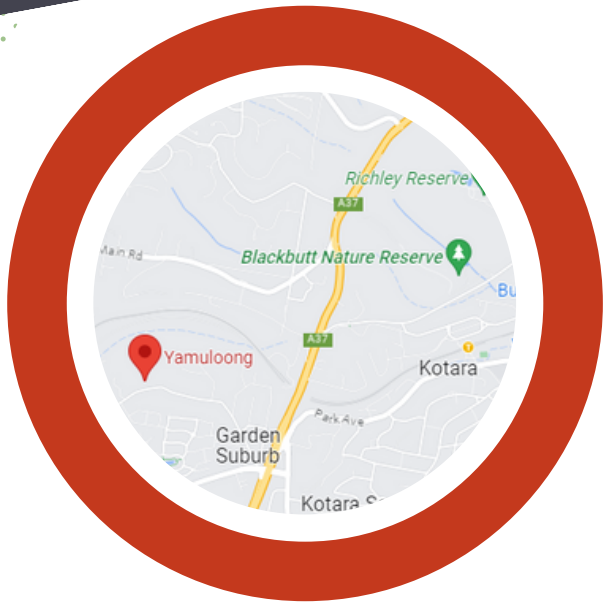
A highly regarded writer, Nicole writes regularly on the Inspired EC website, as well as guest writing for other publications, and has had several books published by Teaching Solutions.

Nicole is an advocate for children's rights and has a particular interest in positive school transitions, nature play and supporting nominated supervisors in their role.

Nicole enjoys reading, photography and spending time exploring the outdoors with her husband and three children.



## YAMULOONG CENTER **GETTING THERE**



Yamuloong Centre  
71 Prospect Road  
Garden Suburb NSW 2289  
Telephone (02) 4943 6877



Yamuloong has been established to provide people of all ages with the opportunity to learn about Aboriginal history and culture whilst exploring the wonders and excitement of the bush tucker trails.

### **BY CAR**

Garden Suburb is a suburb of Newcastle in New South Wales. Newcastle is a comfortable 90 minute drive north of Sydney. It's also around a three-hour drive south of Port Macquarie

### **BY AIR**

Take a direct flight to Newcastle Airport, the sixth largest regional airport in Australia, from Adelaide, Brisbane, Canberra, Melbourne or Sydney.

## DISCOVER LAKE MACQUARIE

# #LOVELAKEMACQUARIE

Relax here in beautiful accommodation and escape from the fast pace of life in whatever setting you prefer - beach, lake or mountain. The city's centrepiece is a vast blue water expanse, twice the size of Sydney Harbour. For more information on accommodation, maps & guides, and more, use the links below:

