ECE Spotlight!

Amanda Karsten, ECE, Carnival Cruise Lines

Amanda Karsten graduated from NSCC Kingstec in the Early Childhood Education program in 2012. She has worked in a unique setting ever since.

She works as a member of the youth team with Carnival Cruise Lines, looking after children of all ages while cruising around the world on contracts of six months or more.

We asked Amanda to share her experiences working in this unique environment.

**ECDSC: Tell us about your unique workplace!**

**Amanda:** My workplace is unique in many different ways. Not only does working on a cruise ship mean you work out in the middle of the sea, but you meet and work and live with many different cultures. These cultures bring many different experiences

Continued on page 2...
Amanda Karsten (cont.)

one can not even imagine, and each person experiences it differently. Most ships go on 7-day cruises and your job as youth staff is to make sure the children are happy and having fun, which often includes keeping the parents happy, without going out of work policy and procedures. No matter how big or small your camp room is with the children, it is not just your work place but also your home, as we are often out for 6 months or longer at a time.

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**ECDSC: How did you get this position? Was it something you’ve always wanted to do? How did you hear about it?**

**Amanda:** Before June 2012 I had never been on or thought about cruise ships. I always wanted to work with children, therefore after my Katimavik experience I took a 2-year ECE course at NSCC. When I was in my second year my parents went on a cruise for their late anniversary present. They told me about how they would see the youth staff out doing activities with the children on the Princess Cruise Lines, running bicycle races. I applied to cast-away, on an off chance I may get a call. I went through emotions of wanting and not wanting to go through with it. During graduation month I got the call and worked very hard to do my school work and push through all the papers needed to work on a ship, not an easy task.

**ECDSC: Tell us about the youth programming you are involved with on the ship.**

**Amanda:** The youth program on Carnival Cruise Lines gives the opportunity to many children to not only get away from their parents but have some fun as well. We are an activity-based program, from ages 2 through 17. We divide up so we can run appropriate age activities; 2-5 (Penguins), 6-8 (Stingrays), 9-11 (Sharks), 12-14 (Circle C), and 15-17 (Club 02). We have many fun themes with them such as but not limited to; princess and prince night, bouncing bunnies, under the sea, knight’s night, pirate night. We even look at the ports we go to and use them to our advantage such as Australia, Mexico, and Canada. We do active games, science, trivia, team games, scavenger hunts, parties and much more. We provide a meal for the children who are not joining their parents for meal times.

**ECDSC: What is your typical day like when you’re working? What about days off? What is life like living on a cruise ship for so long?**

**Amanda:** Living on a cruise ship means you are on duty 100% of the time. Even when you have hours off you still have to think about things like emergencies -if there is an emergency you (and the youth team) are responsible for all the children’s safety on the ship. For this reason, you are also always in training not just

*Continued on page 3...*
Amanda Karsten (cont.)

about the children but also about how to operate the many safety features around the ship. We work shift work on-
board, and rotate port manning. Early, middle and late shift, mostly. Early shift works from as early as we dock until
late afternoon, unable to get off ship. Mid shift
means you come in later and are able get off in the
morning, and late shift means you work later in the
day until late at night (1am). Your hours off are yours
and you can decide how to spend them. Watching the
shows on-board, tours in port and trying to connect
with folks back at home are a few options. Often our
free time is spent doing laundry, cleaning up our
room, organizing ideas for our next shift, or running
down to meal times, before the mess closes.

ECDSC: What do you like best about your job?

Amanda: The satisfaction of my job comes from
knowing what a difference I have made in children’s
lives while they are having fun on a ship. I try my
best to personalize it for as many children as I can. Whether it be by telling a few stories of my own life, or trying to
communicate with the bit of French I know, I try to adapt to what they need where I know other counselors will not.
I always liked working with young children, and being on a ship brought this to a whole different level. Being able to
make the children smile, either from having fun at camp, or calling their parents because they were uncomfortable,
makes me feel happy. It is also pretty amazing I have been working on a cruise ship for 5 years, and looking back on
the different things I have experienced and amazing people I have met and worked with, I would not exchange it for
any other experience.

ECDSC: Anything else about you or your job you would like to share?

Amanda: Working in a ship environment is not for
everyone. You have to be an open-minded person
willing to take work home, while still knowing the
boundaries. One of the hard parts for many guests and
crew on a ship is the rough seas, because barfing every
hour does have an impact on a person’s job.

What an amazing journey you’ve been on, Amanda!
Thank you for sharing!

(Photographs courtesy of Amanda Karsten.)

The ECE Spotlight will be a regular feature in our
newsletter. If you know someone who should be fea-
tured here, please send Courtney an
email! courtney.daniels@nsce.ca.
# New Resources in our Library!

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<td>Emily Plank</td>
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Workshop Guidelines

The following guidelines must be followed:

- One participant per registration form
- NSCC student ID OR birth date is required on registration form.
- Pre-registration AND payment are to be received by us, at least TWO WEEKS IN ADVANCE (unless otherwise noted)
- Send form and payment to Justine at the ECDSC. **Online Registration now available!**
- Registrations cannot be processed, nor spaces held, unless the above guidelines are followed.
- **Cancellations** must be processed before the workshop occurs. Therefore, to get a refund, please contact us at least two weeks prior to a workshop if you are unable to attend. This also allows us to offer your space to someone on our wait list.

**NOTE:** We must sometimes cancel a workshop if there is a lack of participation and depending on the facilitators this may be done more than 2 weeks in advance. Please be sure to register as soon as possible to ensure that you will have a spot in the workshop and check for your workshop’s deadline.

Calendar

Please keep in mind the following deadlines and workshop dates:

April 19 **Registration Deadline:** Outdoor and Nature Play
April 24 Hants Directors Meeting / NSECDIS Information Session (6:30—8:30 pm)
April 25 ECE Networking (6:00—8:00 pm)
April 27 **Registration Deadline:** Understanding the Development of the Early Years’ Brain Makes for Better Teachers
May 3 Outdoor and Nature Play (6:30—8:30 pm)
May 10 **Registration Deadline:** Eating Well to Grow Well
May 12 Understanding the Development of the Early Years’ Brain Makes for Better Teachers (9:00 am—1:00 pm)
May 16 ECE Networking (6:00—8:00 pm)
May 24 Eating Well to Grow Well (6:00—8:00 pm)
May 30 **Registration Deadline:** Picture Book Palooza—Summer Edition
**Registration Deadline:** Re-Connecting with Nature
June 13 Picture Book Palooza—Summer Edition (6:30—8:30 pm)
June 16 Re-Connecting with Nature (9:00 am—4:30 pm)
June 20 ECE Networking (6:00—8:00 pm)
June 26 Hants Directors Meeting (6:30—8:30 pm)

The Support Centre is a nut-free, scent-free facility. We ask that you refrain from eating or using nut products (including coconut oil) during or prior to attending workshops or sessions hosted by the ECDSC. Please relay this message to your colleagues.

Visit our website for maps to all workshop venues.
Understanding the Development of the Early Years' Brain Makes for Better Teachers

This workshop will provide refreshing insights into how young brains develop and how this information can be put to use while teaching. This session will take a closer look at the development of "body-spatial awareness" and "differentiation", and how these systems play an important role for skills development for colouring, drawing, pencil grip, using scissors, beading, dressing, concentration, staying on task ...and more.

* Snacks provided *

DATE: Saturday, May 12th, 2018
TIME: 9:00 am—1:00 pm (4 PD hours)
PLACE: NSCC Kingstec, Kentville
DEADLINE: April 27th
FEE: $70
CLASS NUMBER: #2380
REGISTER: Mail/drop-off registration & payment to Justine in the Support Centre!

FACILITATOR: Nancy Ceulemans

About Nancy: Originally from Belgium, Nancy Ceulemans moved to Nova Scotia in 2008. Nancy first studied classical music and in 1989 also obtained a teachers degree (with honors) with an emphasis on Early Childhood Development and Education. For ten years, Nancy was the director and teacher of a preschool and later became a practicum mentor for students in preschool nursing. Nancy further developed her career internationally in a variety of educational settings in England and Switzerland. She was involved in toddler groups, taught preschools, primary classes and taught music and movement in elementary years. Additionally she studied multiple award winning neurodevelopmental approaches such as HANDLE®, DIRFloortime®, Irlen®, The Listening Program® and reflex integration. In her workshops, she integrates her knowledge and experience gathered from her diverse array of training. She has been in private practice for the past 9 years, working with children experiencing a wide range of difficulties. The majority of her clients are affected by autism.

Outdoor and Nature Play

Many early learning teachers are embracing the movement to increase the opportunities for children to have intriguing outdoor play experiences. At the same time, early learning teachers are exploring how nature pedagogy may differ from other practices. Participants at this interactive workshop will explore what is meant by environments that provide children with a sense of place and a chance to experience nature pedagogy. Core concepts of outdoor play and nature pedagogy and early learning program philosophies and practice will be explored.

* Snacks provided *

DATE: Thursday, May 3rd, 2018
TIME: 6:30—8:30 pm (2 PD hours)
PLACE: NSCC Kingstec, Kentville
DEADLINE: April 19th
FEE: $50
CLASS NUMBER: #2379
REGISTER: Mail/drop-off registration & payment to Justine in the Support Centre!

FACILITATOR: Dr. Beverlie Dietze

About Beverlie: Dr. Beverlie Dietze has been researching aspects of children’s outdoor play for more than 20 years. She has published three textbooks related to children’s play and learning and is currently a lead researcher and facilitator on outdoor play funded through the Lawson Foundation. Beverlie has been involved in a number of outdoor play projects and presentations in Nova Scotia.

Workshop Legend

- Lecture and/or discussion
- Hands on and/or Group Work
- Active! Bring your comfy clothes!
- This is an online workshop.
Eating Well to Grow Well

Childhood is a critical learning period where children develop eating habits that will influence their relationship with food for a lifetime. The Eating Well to Grow Well workshop focuses on supporting children to be good eaters so they can grow well. This interactive workshop will provide you with useful information and tools you can use to promote the development of healthy eating habits with children.

* Snacks provided *

DATE: Thursday, May 24th, 2018
TIME: 6:00—8:00 pm (2 PD hours)
PLACE: NSCC Kingstec, Kentville
DEADLINE: May 10th
FEE: $30 CLASS NUMBER: #2381
REGISTER: Mail/drop-off registration & payment to Justine in the Support Centre!

FACILITATOR: Elaine Horne Duarte

About Elaine: Elaine is a Registered Dietitian and the Provincial Project Manager, Nutrition - Health Education in Nova Scotia for Dairy Farmers of Canada. Elaine works within a team of dietitians who strive not only to gain knowledge of scientific data related to nutrition and education but also to translate this information into effective, innovative and award-winning programs. A focus for the team of dietitians is to develop programs and resources that both support educators in learning about food and nutrition and also help educators teach children about food and nutrition. Elaine has enjoyed facilitating continuing education workshops for Early Childhood Educators in Nova Scotia since 2014.

Picture Book Palooza - Summer Edition

See the latest and best picture books. Learn about picture book art, using picture books as early literacy tools, integrating picture books into your daily life. You’ll also get a crash course in resources -- how to best use the public library, online sources for booklists, and more. Immerse yourself in picture books!

* Snacks provided *

DATE: Wednesday, June 13th 2018
TIME: 6:30—8:30 pm (2 PD hours)
PLACE: NSCC Annapolis Valley Campus, Middleton
DEADLINE: May 30th
FEE: $50 CLASS NUMBER: #2382
REGISTER: Mail/drop-off registration & payment to Justine in the Support Centre!

FACILITATOR: Angela Reynolds

About Angela: Angela Reynolds is the Community Engagement Coordinator for Annapolis Valley Regional Library. She has been a librarian for over 20 years, and specializes in Children’s Literature. She was a member of the 2015 Caldecott Committee, reviews children’s books and audios, creates programs for children and families, and organizes the annual Summer Reading Club.

Professional Development Around the Province

Check out PD offerings from other organizations around the Province!

⇒ NSCC ECDSC Burridge:
  http://ecdsc.nscc.ca/burridge.html
⇒ NSCC ECDSC Cumberland: (Online sessions!)
  http://ecdsc.nscc.ca/cumberland.html
⇒ NSCC ECDSC Marconi:
  https://www.facebook.com/MarconiECDSC/
⇒ Nova Scotia Child Care Association
  http://nschildcareassociation.org/
⇒ CPRPS
  https://cprps.ca
⇒ Jane Norman College
⇒ Mount Saint Vincent University
⇒ Nova Scotia College of Early Childhood Education
  https://www.nscece.ca/eycdc/
The Re-Connecting with Nature workshop is a hands-on day of outdoor adventure to improve your ability to lead and share an appreciation and understanding of nature with children and youth. Participants will improve their leadership skills, gain practical activity ideas, network with like-minded folks and have fun in nature. The workshop is offered through Hike Nova Scotia in partnership with the Nova Scotia Department of Communities, Culture and Heritage with support from Acadia University.

Participants in this workshop will have the opportunity to…
- understand the value and key concepts in reconnecting children and youth with nature.
- improve their skills in facilitating experiences in nature with others.
- identify valuable ideas, activities and resources for this work.
- have fun and get to know other resourceful people.
- strengthen networks of people committed to reconnecting others with nature.

* Snacks provided * Fee includes take home materials

**Bring your lunch!**

**DATE:** Saturday, June 16th, 2018

**TIME:** 9:00 am—4:30 pm (7 PD hours)

**PLACE:** Louis Millet Centre, New Minas

**DEADLINE:** May 30th

**FEE:** $80  **CLASS NUMBER:** #2383

**REGISTER:** Mail/drop-off registration & payment to Justine in the Support Centre!

**FACILITATOR:** Hike Nova Scotia

**Upcoming Networking Dates**

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**Information Session:** During the Hants Director’s Meeting on April 24th, learn about programs offered by the Nova Scotia Early Childhood Development Intervention Service and Valley Child Development.

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**Re-Connecting with Nature**

Hike Nova Scotia encourages and promotes a growing hiking culture throughout our great province. We strive to be the voice for those who hike, walk and snowshoe. With every step we’re building a community of outdoor adventure enthusiasts. Biographies of the instructors have yet to be forwarded.

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**Tuition Assistance**


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**NSCC Courses**

Take advantage of NSCC’s continuing education opportunities:

**Online Courses for ECE Students**

**Safety Courses**
(Including First Aid, Food Handlers)

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