

Ensuring all children can be safe, happy, healthy, and ready to learn.



Child Development Services Newsletter

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VCPD Central Region

33rd Annual International DEC Conference

On October 4-6, 2017 in Portland, Oregon, the Division for Early Childhood will bring together a passionate group of dedicated individuals who work with or on behalf of young children (zero to eight) with special needs and their families. This year's conference theme, Mountains of Opportunities: Interdisciplinary Collaboration in the New Millennium, features foremost authorities in early intervention, early childhood special education, and related disciplines. Additional information is available at conference@dec-sped.org.

NAEYC Annual Conference

NAEYC's Annual Conference is the largest gathering of thought leaders, classroom teachers and faculty, administrators, researchers, and other critically important practitioners and contributors in early childhood education. The Conference is a great opportunity to help advance shared work on behalf of children during their most critical period of development and learning! The November 15-18, 2017 conference is planned for Atlanta, Georgia. Additional information is available [by clicking here](#). The Creating Connections to Shining Stars (CCSS)

Trainer Tip of the Day!

Balloon Thumb Ball-this is a great way to get to know a little about each person in the group.

This activity is a variation on thumb ball except you use a balloon. Create a set of questions. The questions could be "getting to know you" questions used for getting acquainted or team building, or content questions used as a revisit/review strategy. Write the question numbers on a balloon. Participants stand in a circle and toss the balloon to another participant. The receiving participant answers the question corresponding to the number closest to her right thumb.

When planning your next training, check out the [VCPD Central Lending Library](#) for access to a variety of books and resources to help plan your next opener or energizer.

What is happening with Central Region Governance?

Want to learn more? For more information on Central Virginia Early Childhood Professional Development resources and trainings. [Click here](#)



USDA is an equal opportunity Provider and Employer

Food and Nutrition Program

Pumped Up For Pumpkins



October is here. That means colorful leaves, cool crisp air, and gigantic pumpkins! Did you know pumpkins originated in Central America over 7500 years ago? Native Americans used pumpkins as a staple in their diets long before the pilgrims arrived, using every part of the plant from the seeds to the flowers (yes you can eat those, too!). They even dried strips of pumpkin and wove them into mats.

Pumpkins are incredibly nutritious too. They're an excellent source of Vitamin A so they help keep our eyes and heart healthy, and they're packed with fiber and potassium. Pumpkins are made up of about 90% water, which makes them low in calories. Can you believe an average pumpkin has about 500 seeds? These seeds are a great source of protein, as well as nutrients like antioxidants and zinc that help keep our immune systems healthy. No wonder these fruits are so big- they can do a lot for us.

Themed Ideas

Tangerine Pumpkins

1. Peel tangerines using your fingers or a small paring knife to scrape off as much white pith membranes as possible. Save the peels to make orange vinegar for cleaning!
2. Wash, dry and slice celery.
3. Cut 1-2 inch narrow pieces from the tops of the celery and insert into the peeled tangerines.
4. Cut leaves from the celery tops and arrange to look like pumpkin leaves.

Recipe of the Month

Sugar and Spice Pumpkin Seeds

1. Toss pumpkin seeds in melted butter, brown sugar, cinnamon, nutmeg, and allspice. Feel free to experiment with your own spices!
2. Bake at 300°F until golden brown, about 30 minutes.

Provider of the Month

Congratulations to Elna Johnson for having error free claim!

Important Reminders

- Warning letters will be sent to those that have similar mistakes every month. If the mistakes continue, your program may run the risk of being put on a Serious Deficient Action Plan. Please review menus before submitting your claim.
- Don't forget to tell us about any changes in your schedules and attendance for your children.
- Watch your numbers. If you are Voluntary Registered, you may not have more than four children present at any given time. If you need help with scheduling, please feel free to give us a call. We are here to help.
- Serve 1% percent low -fat or non-fat (skim) milk to children two years and older.

New Meal Pattern Changes

Effective October 1, 2017

Fall is the season of change, and we've got some exciting changes for you. This month we are officially implementing

the new meal pattern changes you should already be familiar with. You should also be completely converted to KidKare by this time. Change can be challenging, and we assure you we will continue to support you as you make adjustments.



More Whole Grains and Protein

Options

At least one serving of grains per day must be whole grain rich. Whole grain is listed first on the ingredient list. Examples: whole wheat pasta, rolled oats, brown rice.

- Grain based desserts no longer count towards the grain components (i.e. poptarts)
- Meat and meat alternatives may be served in place of the entire grains component at breakfast a maximum of three times per week
- Tofu counts as a meat alternative

This Month Seasonal Fruits and Vegetables

Apples, Asian Pears, Beets, Broccoli,
Brussel Sprouts,
Cabbage, Grapes, Green Beans, Greens, Spinach, Peppers,
Potatoes, Pumpkins, Raspberries, Squash, and Sweet Potatoes

Spanish Fun

Pumpkin - Calabaza (pronounced: kah-lah-BAH-sah)
Pumpkin seeds - pepitas (pronounced: pay-PEE-tahs)

New Faces

Please join us in welcoming ChildSavers' new USDA Program Specialist, Janani Kumar.

Janani joined ChildSavers to pursue her passion of ensuring nutrition for all. She believes that childhood is a critical time for developing healthy eating habits that allow children to excel in all activities including school, physical activity, and building relationships. Outside of ChildSavers she enjoys cooking meals with friends, playing outdoors, doing headstands, and attending local events in the community. Feel free to say hello by emailing janankumar@childsaves.org or calling 804-591-3963.



Fall is in full swing. Your room has been freshly revamped and lesson plans are in place. You have an abundance of learning objectives in mind for your children. But, what about you? Sure, as a new employee your supervisor had a list of orientation items. Even as a family home day owner/provider you are aware of what



licensing requires of you annually. However, what are the topics that are interest to you? What classes would strengthen your regard with children? What types of professional development would help you achieve the goals in your most recent performance appraisal? The following are some suggestions to help you get started from The Vermont Early Childhood Work Group:

- Think about what you do now and how you can development your current skills.
- Do you have a mentor that is knowledgeable and could give constructive guidance?
- Select a framework to guide your professional development choices. Virginia has Competencies for Early Childhood Professionals. [Click here.](#)
- Assess your current knowledge and skills.
- Prioritize what you want to work on first. Is it your room, a process, or a thought pattern? You can obtain your CDA from ChildSavers by contacting Cindy Kern at ckern@childsavers.org. Virginia offers a [Child Care Providers Scholarships](#) for providers currently in the field or who desire to be.
- If you have used all your DSS funds [Project Pathfinders](#) who offer funding to individuals taking classes towards a certificate or associates degree.
- Document your new learning and growth. Virginia DSS offers an [IMPACT Registry](#) that will store your training info online. It brings recognition and professionalism to the field of Early Care.

Professional development and work experiences are the most effective ways to increase your knowledge of children, and make you marketable to employers. As

your professional interest changes it is important to expand your knowledge and skills. If you would like to request Technical Assistance, click [here](#).

Business Acumen Assessment

Do you have a child care business in Southern Chesterfield, Colonial Heights, or Petersburg? If the answer is yes, ChildSavers has a grant funding opportunity for your child care business. We are launching a pilot program to improve the educational outcomes of young children by creating high quality family child care and center-based. The initiative will focus on Trauma-Informed training and business development for early care programs. For more information please email training@childsavers.org.

Regional Virginia Quality Trainings

If you are interested in hosting a regional training at your center, please email centralregion@childsavers.org. Additionally, we would love to hear from about any community or parent events. We would like to be there to represent Virginia Quality.

As the Central Regional Coordinator, I would love to hear from you! Please email me centralregion@childsavers.org or give me a call at 804-591-3932



Please join us in welcoming ChildSavers new Virginia Quality Regional Rater, Christina Murcin. Feel free to reach out to Christina at cmurcin@childsavers.org or 804-591-3978.



Virginia Shared Services Network

The Virginia Shared Services Network is an easy-to-use website offering many tools and services to help child care centers, family child care homes and after

school programs manage their programs more cost-effectively and efficiently. The website features exclusive discounts on items from office supplies to toys to food and beverage products. The site also contains resources related to program administration, human resources, marketing, a library of early childhood reference materials, licensing regulations and classroom resources.

We call it "child care in a box" because it contains so many resources you can download and customize for your program needs. For example, the site includes sample policies, procedures, handbooks (for parents and employees), forms, job descriptions, and much more!

For more information or to request a login and password, by [clicking here](#).

It is the vision of Child Care Aware that high-quality child care is available and accessible to all families in Virginia.

For families we offer:

- A list of child care options based on the needs of the family.
- Information on child care regulations, licensing standards, the cost of child care and resources for family support.
- Information on selecting quality child care, understanding healthy child development, and effective parenting strategies.

For child care providers we offer:

- FREE technical assistance and resources for business and early child development topics.
- A listing in our child care referral database.
- Ongoing professional training and development opportunities.

For more information regarding free technical assistance, please contact childcareaware@childsavers.org or call Kristi Carter at 804-591-3972. Child Care Aware of Central Virginia has a new Facebook page! Like us at [CCA of Central VA](#), and find up to date information about early childhood events, resources and other fun topics on our page.

MEDARVA Vision & Hearing

The MEDARVA Vision & Hearing Screening Program travels to schools and child care facilities five days a week, year-round, providing free vision and hearing screenings to children ages three to eight. These important screenings identify vision and hearing problems in early childhood when treatments are more likely to have a positive effect on a child's life. Our program strives to remove barriers to a child's education by not stopping at just identifying a problem, but actively engaging the parents, schools, and community resources to ensure the issues are

resolved. MEDARVA is committed to providing these services to Richmond and the surrounding areas.

If you are interested in scheduling a screening for your school or would like more information, call 804-545-0294, screening@medarva.com or visit our website by [clicking here](#).

Visit Our Website

ChildSavers | 804.644.9590 | ltompson@childsavers.org | childsavers.org

STAY CONNECTED:



ChildSavers, 200 North 22nd Street, Richmond, VA 23223

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