



Connecting Communities—Improving Lives

Core Body of Knowledge (CBK)
Competency Areas

1. Child Growth and Development
2. Family and Community Relations
3. Observation and Assessment
4. Environment and Curriculum
5. Health, Safety, and Nutrition
6. Professionalism and Leadership
7. Administration and Management

NY OCFS Training Requirements

1. Principles of Childhood Development
2. Nutrition and Health
3. Child Day Care Program
4. Safety and Security procedures
5. Business Record Maintenance and Management
6. Child Abuse and Maltreatment
7. Statutes and Regulations pertaining to child day care
8. Statutes and Regulations pertaining to child abuse and maltreatment
9. Abusive Head Trauma (formerly Shaken Baby Syndrome)



Apr, May, June 2019

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ACAP Child Care Resource Directory

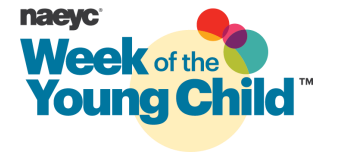
Main Office: 518-873-3207
Fax: 518-873-6845
Web Site: acapinc.org

Child Care Program Coordinator:
Kathy Bogdziewicz ex. 236
Email: kathyb@acapinc.org

CACP Ginger Phinney ex. 244
Email: gphinney@acapinc.org

After School Program Coordinator:
Ed Mason ex. 235
Email: emason@acapinc.org

NAEYC Week of the Young Child



Music Monday, April 8

Through music, children develop math, language, and literacy skills—All while having fun and being active!



Tasty Tuesday, April 9

Cooking together connects math with literacy skills, science, and more while encouraging healthy nutrition and fitness habits at home and in the classroom.



Work Together Wednesday, April 10

When children build together they explore math and science concepts and develop their social and early literacy skills.



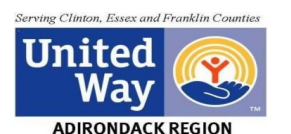
Artsy Thursday, April 11

Children develop creativity, social skills and fine motor skills with open-ended art projects where they can make choices, use their imaginations, and create with their hands.



Family Friday, April 12

Engaging and celebrating families is at the heart of supporting our youngest learners. NAEYC applauds family members' role as young children's first and most important teachers.





Happy Spring from CACFP!

Have you “**friend**ed” National CACFP Sponsors Association on Facebook? There are a lot of neat resources available, contests and it’s a great way to connect with others!!

Strive for balance

- **Balance flavors** Too much of any one flavor will make the plate unappealing for children.



- **Balance unhealthy fats** Serve high saturated fat foods with vegetables and fruits.

Contrast on the Plate to make meals more appealing. Consider the following:

- **Texture**
- **Taste**
- **Appearance**
- **Size and Shape of the food**

Think about Color

- Avoid all the same color. Add at least two colors to your plate at each meal.
- Fruits and Veggies are great for adding color!
- Add spices to foods with little color.
- Paprika or green herbs provide color to white potatoes.

Emphasize Variety

- **Food Choices** Serve a variety of different meat/meat alternates throughout the week. Try for hamburger one day and chicken the next. The same applies to your side dishes. Provide several options throughout the week.
- **Serving Style** There are many different ways to serve healthy food: casseroles, soups, sandwiches, salads.
- **Food Form** Try out different ways of serving meats and vegetables. Prepare veggies in various ways to include raw, steamed, roasted or in a salad.
- **Include a Surprise** Make meal time adventure time. Offer new foods with other foods that children are familiar with.

Consider Eye Appeal

- **Presentation is key** If a plate does not look good visually, it is more difficult for a child to want to eat it.
- **Consider how food is presented** and placed on the table.



Professional Development

- ➔ April 11—Webcast—“Supporting Children and Families through Good Eating Practices” OCFS 2,4 Here, at the ACAP office from 6:45 to 9:00pm. Please register online, www.ecetp.pdp.albany.edu or email kathyb@acapinc.org or call 518-873-3207 ex 236.
- ➔ May 2—Provider Appreciation Dinner and Professional Development
Scott Noyes training—“Helping Children Resolve Conflict and Manage Anger.”
RSVP to Kathy 518-873-3207 ex236 or kathyb@acapinc.org
- ➔ May 4—CPR/FA Contact Kathy B. for more information and to register. 518-873-3207 ex 236 or Kathyb@acapinc.org.
- ➔ May 7 & 8—Health and Safety Competences in Child Care for Day Care Center, and School Age Child Care Directors. Contact Kathy B. for more information and to register. 518-873-3207 ex 236 or Kathyb@acapinc.org.
- ➔ June 4—Children’s Literature—presented by Kathy B. We will discuss the importance of reading to children. Learn ways to share the joy of reading with children. Evaluate some children’s books and learn what makes them great or not? Learn ways to use books when planning curriculum. 6:30-8:30 here, at ACAP. To register, call Kathy B. 518-873-3207 ex236 or email, kathyb@acapinc.org.

Bubble Recipes

Super Simple 3 Ingredient Bubbles

- 6 Cups of Warm Water
- 1/2 cup Dawn Dish Detergent (here the brand matters)
- 2 Tablespoons Glycerin (found at drug store or Walmart)

Mix all ingredients together. Slowly swirl with your hand to mix, being careful not to create foam. Foam causes bubbles to break up. For best results, make solution the night before. Note: If you cannot find glycerin, you can substitute 1/4 cup of sugar in the warm water. Gently mix and use right away. Glycerin needs warm water to dissolve but it increases the surface tension on the water molecules so bubbles are bigger and last longer!

Giant Bubble Recipe

- | | |
|------------------------------|-----------------------|
| 3 Cups Warm Water | 1/2 Cup Corn Syrup |
| 1 Cup of Dawn Dish Detergent | 1/2 teaspoon Glycerin |

Mix ingredients together and slowly swirl mixture with your hand. Don't let mixture foam. Foam will cause bubbles to break up. For best results, let sit for 30 minutes while it all dissolves. Can substitute 1/4 cup sugar if you cannot find glycerin. Grab a hula hoop and make a body bubble!

Save the Date

May 2, 2019

6:30pm-9:00pm

*Provider Appreciation
Dinner and
Professional Development
Buffet Dinner*

**Westport Hotel and Tavern
Main St. Westport, NY**

**Scott Noyes presents:
"Helping Children Resolve
Conflict and Manager Anger"**

**1.5 Training Hours
OCFS 1,3 CBK 1,4**

After School News

WESTPORT—Vera Martin, Site Supervisor

January was full of winter fun, playing in the Fiegloo and building snow forts and of course lots of sledding.

Some of the national days that we celebrated were;

1. Trivia Day, celebrated by asking the children over 100 questions.
2. National Save The Eagles Day we colored pictures of eagles
3. National Milk Day we enjoyed some nice cold milk for snack time
4. Ms. Linda brought some strawberry ice cream in to celebrate the National strawberry day
5. We had peanut butter sandwiches for the national peanut butter day.
6. We made Kazoo's out of straws we put together a few small puzzles for national puzzle day.
7. We ended January with a day to inspire your heart with art...

In February for a community project we helped a Westport Central School Senior ensure that every person in the Elizabethtown nursing home would get at least one valentine. We made get well cards for our 4-H leader as she had hurt her knee. Our 6th grade girls started a Girls Who Code Club and are working on making their own website.

In March we again reached out to the nursing home with sharing shamrocks made by the students and continue to enjoy Bluegrass club, Aerospace and of course 4-H. The weather has been cooperating with us, so we have been enjoying the outside.

In April we are planning on doing some earth day activities and in May we are looking forward to hosting a TRADES OF HOPE EVENT to help those in less prosperous nations to learn a trade and be able to support their families.



Learning about eating foods in outerspace!

MORIAH—Meg Sheffer, Site Supervisor

The Moriah Afterschool has been very busy enjoying some Stem activities. We really enjoyed making slime and balancing robots.



We are looking forward to our nutrition program that Shannon from Cornell Cooperative Extension will be starting in April after our Spring Break.

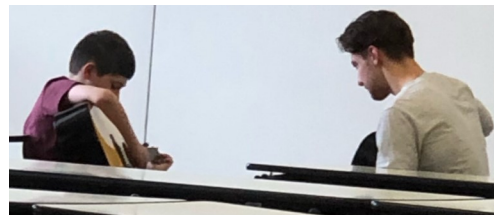


Ronnie has been doing a spy club with our younger

group of children they have learned how to decode messages and do fingerprinting. The children look forward to this once a month club.

Our fingers are crossed that nice weather comes soon so that we can get back outside and enjoy the playground.

With some Holidays such as Easter, Mother's and Father's Day coming up, our arts and crafts will be quite busy.



The children have been very lucky to have a couple of High School

Seniors coming in to do activities Brianna, a former student has been doing some crafts and Sebastian has been giving Guitar Lessons to one of our children who signed up.

After School News

SCHROON LAKE

Barb Taylor, Site Supervisor

The last couple months have been lots of inside activities due to the crazy winter weather. We look forward to nicer weather and more outside time and group activities.



We have really enjoyed creating lots of crafts and projects using a large variety of materials. Being creative is what we like best. Inside group games are a perfect way to get Teambuilding activities. Our program also participated in the Big Change Round Up with our school. We continue to work on our homework, math facts, weekly spelling words, reading and class projects.



AUSABLE

Heather Forgette

We are enjoying the warmer weather! We have been able to get outside and take advantage of the nice weather.

The children are enjoying participating in more team building activities. They love



the competitiveness. They also enjoy teaming up with different partners.

