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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)



July August September

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#### ACAP Child Care Resource Directory

**Main Office:** 518-873-3207  
**Fax:** 518-873-6845  
**Web Site:** [acapinc.org](http://acapinc.org)

**Child Care Program Coordinator:**  
Kelley Leclair ex. 246  
Email: [kleclair@acapinc.org](mailto:kleclair@acapinc.org)

**Training Specialist:**  
Kathy Bogdziewicz ex. 236  
Email: [kathyb@acapinc.org](mailto:kathyb@acapinc.org)

**CACP and Legally Exempt Coordinator:**  
Ginger Phinney ex. 244  
Email: [gphinney@acapinc.org](mailto:gphinney@acapinc.org)

**After School Program Coordinator:**  
Ed Mason ex. 235  
Email: [emason@acapinc.org](mailto:emason@acapinc.org)

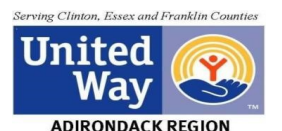
## Adirondack Community Action Programs, Inc. Childcare Resource and Referral News

### ACAP Updates

Summer is almost halfway over! For some it may feel like the time has flown by! For others it may feel like it is dragging. The Child Care staff at ACAP is still working a majority from home.

Kathy will continue to provide trainings via Zoom! For those who enjoy in person trainings, ACAP is working on adding a dedicated training room to our space! Once it is safe to do so, Kathy will be able to conduct in person trainings as well as provide the training via Zoom for providers that can't make it to the main office. We are very excited for this new opportunity!

At this time we do not have a set date for ACAP to reopen to the public. However, we will continue to offer services virtually. On July 8th Kathy, Kelley, and Ginger held an open zoom call for providers to answer any questions providers might have. If there is continued interest we will continue to hold these zoom calls on a regular bases.



CACFP

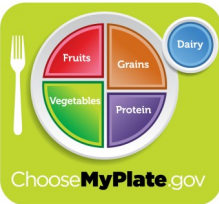


**Spinach Egg Bake** An egg bake, also known as a frittata, is an easy-to-prepare dish providing a perfect opportunity to encourage children to eat vegetables. Eggs are used in frittata-like dishes in many parts of the world. In Europe, it is rarely served in restaurants but commonly in the home.  
Makes: 6 servings Cook time: 17 minutes Prep time: 20 minutes

**INGREDIENTS** 2¼ cups spinach, frozen, chopped, thawed, and drained 6 eggs, large 1 tablespoon feta cheese, crumbled 1 teaspoon onions, dehydrated, chopped ⅛ teaspoon black pepper, ground ⅛ teaspoon salt, table Nonstick cooking spray

**DIRECTIONS**

1. Preheat oven to 350 °F.
2. Thaw spinach in the microwave using package direction or by placing under cool running water.
3. Drain excess water from spinach (see chef tip, next page).
4. Whisk eggs in a small mixing bowl. Add feta cheese, dehydrated onions, salt, and black pepper. Mix well (see chef tips, next page).
5. Lightly coat medium baking dish (about 8" x 8") with nonstick cooking spray.
6. Spread spinach evenly on the bottom of the baking dish.
7. Top spinach with egg mixture. Keep the vegetables spread evenly by slightly stirring the mixture with a spatula or spoon. Place baking dish into the oven. Bake for 15 minutes at 350 °F to an internal temperature of 160 °F or higher for at least 15 seconds.
8. Broil on high for 2 minutes or until the eggs are set and the top is a light to golden brown color. Remove immediately to prevent burning. Caution: use a hot pad, as dish will be very hot.
9. Cut into 6 even pieces; each piece should be about 2" x 3¼". Serve immediately.



**Professional Development**

- \* July 29th– 6 to 8 pm: “Looking at Your Environment from the Children's Point of View”  
This is a Zoom training. The link will be sent to all the providers.  
Please contact Kathy Bogdziewicz with any questions. [kathyb@acapinc.org](mailto:kathyb@acapinc.org) or 518-873-3207.
- \* August Trainings — Routines and Rituals” and “Nutrition”  
These will be Zoom Trainings. Dates, times and link will be sent out to all providers.  
Please contact Kathy Bogdziewicz with any questions. [kathyb@acapinc.org](mailto:kathyb@acapinc.org) or 518-873-3207.

Web Sites to check for other trainings .....

<https://www.naeyc.org/virtual-institute>

<http://tomcopelandblog.com/toms-training>



# The Importance of Outdoor Play

### The Purpose of Outdoor Play:

Outdoor play is critical for young children. Outdoor play can encourage many of the developmental tasks that young children need to achieve. While exploring outside children will develop skills in risk-taking, fine motor, gross motor, and will absorb knowledge from their surroundings.

### Physical Exercise

Being outdoors encourages children to work on skills that develop their gross motor skills. Being outside will encourage children to run, jump and climb. While working on these skills they will also be exercising which is critical to preventing childhood obesity

### Enjoyment of the Outdoors

Many of our favorite memories as adults come from memories made outdoors. Children need opportunities to explore, experiment, manipulate, reconfigure, expand, influence, change, marvel, discover, practice, push their limits, yell, sing and create. Outside they can do all of these things!

### Learning about the World

Outdoor play helps children learn about the world around them! Outside they are able to learn math, science, ecology, gardening, vocabulary, and weather! Just by exploring the world around them!

### Learning About Themselves

While exploring the outdoors children will also learn about their physical and emotional capabilities. They will learn how high they can jump, how high they can make the swing go, how to make the swing go, what happens when they go down the slide? They will also experiment with the physical world, they will try to slide on sand, or roll on grass. They will throw rocks or pieces of wood into water to see it splash. They will learn that concrete is hard when they fall, but grass is soft. They will learn that nature provides water, shade, and soft surfaces and that those are pleasant experiences. They will also learn that nature has hard surfaces, hot sun in the summer, extreme colds in the winter, and thorns on bushes, these things may be unpleasant to experience.

### Health

Being in an early childhood setting, everyone knows how quickly illness spreads through the environment. You can reduce infection though lots of fresh air! Being outside allows germs to spread out and dissipate. It also allows the children to get fresh air and exercise.

Outdoor play also allows children to enjoy the natural environment. If they are enjoying the things they are doing outside they will learn to seek out those outdoor activities. Outdoor play allows the child to develop a love for the outdoors and makes them more likely to choose those types of physical activities as adults.

### Allowing Children to be Children

Children need to be able to run, jump, climb, yell, race, and make messes. Many of these things cannot occur indoors for obvious reasons. Today, children are more likely to stuck in small apartments, classrooms with academic instruction, following tight schedules, and their parents are overworked and tired. This leads to fewer opportunities for outdoor play. Children need time to just be children outside.



<http://www.communityplaythings.com/resources/articles/2010/outdoor-play#:~:text=Outdoor%20play%20also%20enables%20children,for%20care%20of%20the%20environment.>

# Summer Time Fun!



**ice sensory play**  
COLOR MIXING FUN!





# COVID-19 and OCFS Guidelines

Over the past several months, there have been a lot of changes to OCFS guidelines. There has been new paperwork added, new cleaning guidelines, and new rules about PPE.

The paperwork that has been added is to ensure that you have a record of everyone that has entered your program incase contact tracing needs to be conducted.

Cleaning guidelines have also be come more rigorous to help prevent the spread of COVID-19. When cleaning make sure you are reading the cleaning labels carefully and use products as directed, some prod-  
ucts require that they sit on area for a time before wiping to completely disinfect the surface.

OCFS has also issued guidance regarding the use of facemasks. Providers should wear a facemask when in contact with children. Gloves and other PPE should be used as necessary If you are having trouble locat-  
ing these items please reach out to ACAP and we will do our best to assist.



# Summer Reading List!

