

CHILDCARE NEWSLETTER

JANUARY
2025

New Beginnings

We've said goodbye to 2024 and hello to 2025! With a new year comes new beginnings and resolutions. We often find ourselves pouring love, energy, and attention into others and never filling our own cup. Self care is extremely important in staying healthy.

Self care:

- prevents burnout
- increases patience
- helps maintain a positive outlook

Some self care resolutions may include drinking more water, asking for help more often, setting boundaries, prioritizing sleep, and just doing something for you! Choosing just one self care resolution for 2025 is a huge step towards putting yourself first more often, you deserve it!

Upcoming Events

CPR/First Aid at the Child Care Coordinating Council of the North Country (194 US Oval Plattsburgh):

- February 15th 8-1pm
- February 17th 8-1pm

[Register Here](#)

Business Specialist

Please reach out to Brittney Cowan at (518)396-9084 or bcowan@acapinc.org if you have any business questions related to your childcare program!



Join QUALITYstarsNY to Receive Individualized Support and Resources for Your Early Childhood Program!

QUALITYstarsNY, New York's Quality Rating & Improvement System for all types of regulated early childhood programs, is expanding across the state. If you serve children between the ages of birth-5, QUALITYstarsNY is here to support you with guidance, information, and resources to enhance your learning environment—all at no cost to your program. Programs participating in QUALITYstarsNY receive access to one-on-one support from a Quality Improvement Specialist, professional development opportunities for staff, and more!

Interested in learning more about QUALITYstarsNY and how to participate?

Visit qualitystarsny.org and register for an upcoming Information Sessions.

If you have any questions regarding how your program can benefit from QUALITYstarsNY, please reach out to Ann Fraser at afraser@qualitystarsny.org or (518)310-7775

**Utilize Aspire's PD Finder
to find professional
development opportunities
to attend!**

**Upcoming
QUALITYstarsNY
Information Session**

-February 12th 10-11:30

-February 26th 1-2:30

Visit qualitystarsny.org to
register.

Afterschool Programs News

The Schroon Lake after school has been very busy with many different activities these last few months. Our numbers have increased to 28 students. It's been very cold out and we try to get outside whenever we can to enjoy the fresh air. While inside we have been working hard on our homework and developing our social skills. We created a safe supervised space for students that need to get away for some quiet time. We also have many creative students who love to craft. We decorated the halls for the holidays, and we even made cute ornaments for the student's families. Our students look forward to coming to ACAP to end their day!

Schroon Lake Afterschool Program

Site Supervisor

Tanya DeVoe



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