



Cowichan Valley Child Care Resource and Referral WINTER 2020

What's Inside?

- Pg. 1:**
Contact & Hours
- Pg. 2:**
Government Links & Sasquatch Intro
- Pg. 3:**
First Nations Updates
- Pg. 4:**
Professional Development
- Pg. 5:**
RA & FCC Training
- Pg. 6:**
CCRR Toy Library & VIRL Literacy Kits
- Pg. 7:**
Literacy Corner
- Pg. 8:**
Recipe & Activity
- Pg. 9:**
Pedagogist Update
- Pg. 10:**
Colouring Page

Coordinator's Message...

Welcome 2021! We are looking forward to the changes and possibilities of this New Year. Many of us have discovered how resilient we truly are. We have been able to seek and find peace and joy through some of the most challenging times of our lives.

Our CCRR Team has been mindful of raising the vibration of Joy throughout the Valley. Through a bold new Community of Practice (COP) using locally made Giggles Sasquatch puppets and the participation of Parkside Academy, Arcadian, Jubilee Montessori and Just for Kids Palsson and Mt. Prevost, we have definitely noticed more joy, kindness and well being. This COP also provides in-house professional development using the Early Learning Framework.

We have some exciting partnerships in the works for 2021 and invite you to watch and connect with us on Cowichan Valley CCRR Facebook .

Please join us in welcoming Chloe Parkes back to her position as Program Consultant, we missed her and are excited to reconnect. This transition means we must say farewell to Ami Mullins who was filling in for Chloe. All the best to Ami and her Sasquatch friend Clover.

Thank You everyone for your patience and adaptability during these ever changing times.



All the Best,

Carmen Barclay MA

With respectful acknowledgement that Cowichan Valley CCRR, a program of Sundrops Centre for Child Development, lives, works, and plays on the traditional unceded territories of the Coast Salish Peoples.
Huy ch q'u

Cowichan Valley CCRR

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Office Hours: 8:30 AM—4:00 PM M-T-F
8:30 AM—7:00 PM W-Th



[Like us on Facebook!](#)

CCRR & ECPN Websites

Cowichan Valley CCRR: www.clementscentre.org
Provincial CCRR: www.gov.bc.ca/ChildCareResourceReferralCentres
Early Childhood Pedagogy Network: www.ecpn.ca

The CCRR is a program of Sundrops, funded by the Province

"This newsletter contains information relevant or of interest to child care providers, parents and community . The information is not advice, and should not be treated as such."



**CCRR Closed Statutory Holidays:
January 1 & February 15**

Cowichan Valley Child Care Resource & Referral

Government Information Links



For Current Information Click on Links Below

[MCFD Information for Child Care Providers](#)

[BC Centre for Disease Control Child Care, Schools and Camps](#)

[BC COVID RESTRICTIONS](#)

[MCFD Family and Child Care Information](#)

Sasquatch Clan Gatherings, A Community of Practice



Rainbow & Dominica

Meet the Sasquatch Clan from Rainbow River Falls... a community of joyful Giggles Sasquatch found in the beautiful Cowichan Valley CCRR in the heart of Clements Centre Society, Duncan BC.



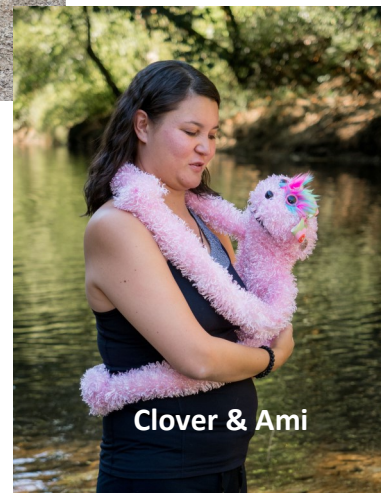
Violet & Denise



Granny Sassy & Carmen

Our Mission

- Raise the vibration of Joy in the Cowichan Valley.
- Connect with Nature and build community.
- Provide in-house professional development for Early Childhood Educators using Early Learning Framework.
- Practice living well together using joy, kindness and a little sassy fun during the Sasquatch Clan Gatherings .



Clover & Ami

To follow along please join us on Facebook: [Cowichan Valley CCRR](#)



Cowichan Valley Child Care Resource & Referral

First Nations Updates

Hiiye'yu Lelum House of Friendship

Hiiye'yu Lelum Society

PROGRAMS & SERVICES

Housing, advocacy, legal rights, referrals Liaison with Social Services Rights and benefits for Aboriginal People

Work experience, practicums, volunteering



Visit the Website

<https://www.hofduncan.org/>

Please Contact
the Program
Director
(250) 748-2242

BC Aboriginal Child Care Society The Documentation Project

A current focus of the research of BCACCS is the gathering of documentation interviews that explore singular commitments to Indigenous early childhood care, development and education. BCACCS feel that a great deal needs to be said, shared, celebrated, and sometimes struggled with about the care, education, circumstances and prospects for First Nations children.

For more information please visit: [The Documentation Project - BC Aboriginal Child Care Society \(acc-society.bc.ca\)](http://acc-society.bc.ca)

General Inquiries: 604-913-9128



BC Aboriginal
Child Care Society

First Nations Health Authority



First Nations Health Authority
Health through wellness

The Pandemic and Winter Blues: A One-Two Punch To Our Mental Health. Staying connected is important to indigenous people. The link below has some good ideas from Dr. Nel Wieman, Acting Deputy Chief Medical Officer

[The pandemic and winter blues: a one-two punch to our mental health \(fnha.ca\)](http://fnha.ca)

The FNHA works with health care professionals to ensure that services are aligned with the principles and practices of cultural safety and humility and trauma-informed care. The FNHA also actively recruits specialists with Indigenous ancestry.

eHealth and Virtual Health Services: [eHealth & Virtual Health \(fnha.ca\)](http://fnha.ca)

Maternity and Babies Advice Line

Mental Health Counselling

Telehealth

Virtual Doctor of the Day

Virtual Substance Use & Psychiatry Services

Main Contact Information

Phone: 604-693-6500

Toll-free: 1-866-913-0033

Fax: 604-913-2081

Email: info@fnha.ca

Cowichan Valley Child Care Resource & Referral

Professional Development & Networking



[Early Years Professional Development: a portal to search for Early Years Training across BC](#)

[Early Childhood Investigations: Free webinars for early childhood education](#)

[BC Early Years Hub: access to online learning](#)

[BC Council for Families On-Line Parenting Programs](#)

Check Out the New [ECE BC Cowichan Valley Chapter on Facebook](#)



BC Early Years
Professional Development Hub



BC COUNCIL FOR FAMILIES



Workshops & Courses

Raffi Online Course in Child Honouring

This is a self-paced training program based on “A Covenant for Child Honouring” by Raffi, a holistic philosophy involving a children-first approach to healing communities and restoring ecosystems. There are 10 modules of multi-media content including videos, interactive activities, distinguished guests and Raffi’s insights and music. Open to Providers & Parents!



Special One Time Fee: \$75

Raffi Included a Special Thank You

- ◆ Free Digital Download of Raffi’s Motivational Songs (22 songs)

To Register: <https://raffifoundation.org/take-the-course/>

Complete the registration page information and select “Have a Coupon?” Enter Coupon

Code: CRRgroup

CCRR will provide a full bursary for the first 15 students that submit their certificate of completion!

Free Live Virtual Session with Raffi March 2021 (Date TBA) Children & Family Council & CCRR

Communities of Practice

Early Learning Framework Pedagogical Choices

You are invited to join Pedagogists Samantha and Sara for a series of interactive and virtual learning circles happening in the Cowichan Valley, taking place sequentially on the following dates and times...

January 28, February 11, and February 25 6:30PM to 8:00 PM

Please see page 9 for more details

[Click Here to Register For Learning Circles](#)



Responsible Adult & Family Child Care Training



GOOD BEGINNINGS Professional Development for Child Care Providers

A Program of BC Family Child Care Association (BCFCCA)

Are you looking to work in child care? We offer **Responsible Adult** training that gives you the 21 hours training you need to work with children in a licensed child care facility.

Are you interested in a career in **Family Child Care** in your home? We can help! The GOOD BEGINNINGS Family Child Care course offers everything you need to start your homebased child care business and prepare for the licensing process.

If you are interested in taking the GOOD BEGINNINGS: Professional Development for Child Care Providers, Responsible Adult or Family Child Care course please call 250-746-4135 Ext 231 for more details.

February 17 to March 17 2021

Two Wednesday Evenings 6-9 PM and Four Saturdays 9:30AM-4:00PM

Fees: Responsible Adult \$95 Family Child Care \$115 (Bursary Available See Below)

Location: 5856 Clements St. Duncan

On-Line Training Option

BCFCCA Courses are Available Online [BC Early years Professional Development HUB](#)

These courses are suitable for the students that do not have access to in person training.

- 30 hour Good Beginnings: Professional Development for Child Care Providers - Level 1&2 @ \$330.00

The next session of the course will run from January 9 to March 27

- 20 hour Responsible Adult: Professional Development for Child Care Providers - Level 1 @ \$150.00

The next session of the course will run from January 9 to February 27

The registration to the Winter course is now open.

To enroll, contact Rosey Singh: roseysingh@bcfcca.ca

Bursary Until March 31, 2021

Effective September 1st, 2020 until March 31st, 2021, participants will be eligible to apply for reimbursement of a portion of their training costs upon successful completion of the Good Beginnings course.

The Bursary amounts for participants are as follows:

Good Beginnings Level 1 and Level 2 - 75 percent of course fees paid up to the maximum of \$200.00

Good Beginnings Responsible Adult Level 1 - 75 percent of course fees paid up to the maximum of \$100.00

Access the link to the bursary on the BC Family Child Care Association website <https://bcfcca.ca/>

Toy Lending Library: Theme Boxes

Cowichan Valley CCRR has a nice assortment of resources designed with the early childhood educator in mind. To access these resources please register your child care Centre with us, it is **FREE** and **Easy!**

CCRR is **open until 7:00 PM on Wednesday and Thursday evenings** to access resources. If you cannot come in we can arrange curbside delivery. Phone 250-746-4135 Ext 235 to schedule a time with one of our Consultants .

[Click Here to Check out CCRR Toy Lending Library Catalogue Today!](#)

Winter Ideas

Winter Theme Bin



Magnetic Building Block Set



Infant/Toddler Toy



Vancouver Island Regional Library

Literacy Kits are available to providers and families through your local library. Literacy Kits are theme-based and cover a wide variety of topics such as Wild Animals, Pirates, Things That Go, Force and Motion, Divorce, and Yoga. Each kit comes in a backpack or plastic tote and contains books, CDs, DVDs, and/or toys. They can be borrowed from any of our branches for three weeks. Cultural Literacy Kits focus on specific cultures, including Coast Salish, Métis, Korean and Arabic and many more. Cultural Literacy Kits are designed to help parents, caregivers and educators engage with their children through books, songs and games – all in their own language and about their own culture!

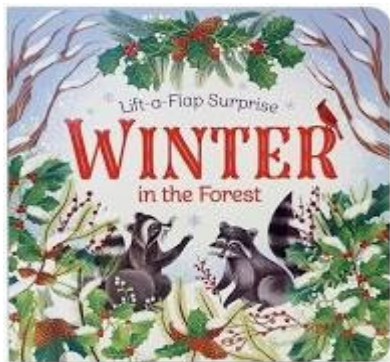
[Click Here to Check out the Literacy Kits Today!](#)

“How can I encourage children to recognize that humans and the natural world are connected and mutually dependent on one another?” BC Early Learning Framework p. 90

Literacy Corner

The team at CCRR Cowichan loves books and wanted to share some of their favourites. You may find these books for purchase in a local book store, online store or borrow for free from your local library. We hope you like this selection and invite your feedback! Visit us at [CCRR Facebook](#) or phone 250-746-4135 Ext 235.

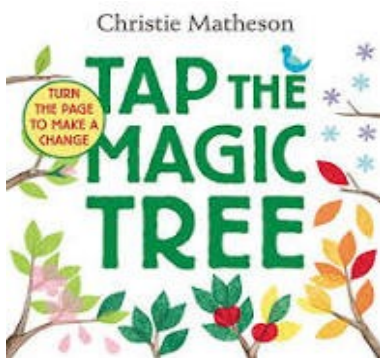
Staff's Top Picks



Click Picture to Access Link to Amazon.ca



- ◆ **Winter in the Forest** by Rusty Finch
- ◆ **Winter Dance** by Marion D. Bauer
- ◆ **Our Favorite Day** by Joowon Oh
- ◆ **LOVE** by Eric Carle
- ◆ **Tap the Magic Tree** by Christie Matheson
- ◆ **Abacadabra It's Spring** by Anne Sibley O'Brien & Susan Gal



Remember... [Vancouver Island Regional Library](#) has a great selection of books and resources available to families and child care providers! Phone: (250) 746-7661

Nutrition & Physical Activity

Rhubarb Raspberry Crumble



Yield: 12 child size portions
Preparation Time: 15 minutes
Cooking Time: 45 minutes
Common Allergens: Milk, Wheat

Rhubarb is one of the first things to emerge in our gardens in BC but you can also find it fresh or frozen at the grocery store. This crumble is full of fiber because it's packed with whole grains and fruit, and much lower in sugar and fat than traditional recipes. Involve children by having them mix ingredients and layer them in the pan.

1. Preheat oven to 350°F.
2. Grease baking dish.
3. Chop rhubarb in small pieces.
4. Combine with raspberries in the prepared baking dish and spread into an even layer.
5. Combine the remaining ingredients, working the butter in by hand so it is evenly crumbly, then layer on top of the fruit.
6. Bake for about 45 minutes.
7. Allow to cool a few minutes before serving.
8. Top with plain yogurt if desired.
9. Refrigerate any leftovers for up to 3 days.

INSTRUCTIONS

INGREDIENTS

- ◆ 3 cups rhubarb, fresh or frozen
- ◆ 3 cups raspberries, fresh or frozen
- ◆ 1 cup rolled oats
- ◆ 1 cup whole grain flour
- ◆ ¼ cup hemp hearts (or other finely chopped nuts or seeds)
- ◆ 1 tsp cinnamon
- ◆ ¼ tsp salt
- ◆ 3 tbsp butter and/or olive oil

EQUIPMENT

- ◆ Oven
- ◆ 9 x 9 Baking Dish
- ◆ Mixing Bowl
- ◆ Cutting Board
- ◆ Knife
- ◆ Measuring Cups

<https://www.appetitetoplay.com/healthy-eating/recipes/rhubarb-raspberry-crumble>

Note: Childcare facilities should check with their Licensing Officer with regards to serving food, and also COVID protocols by BCCDC



HEALTHY EATING &
PHYSICAL ACTIVITY
IN THE EARLY YEARS

NOODLE HOCKEY

How to Play

1. Give children a pool noodle and light weight ball.
 2. Have them try moving the ball around the space with the pool noodle.
 3. Set up targets for them to try and knock down with the ball.
- ◆ Use shorter pool noodles that are easier to control.
 - ◆ Try passing the ball between a small group of children.
 - ◆ For children with impairments in flexibility or gross motor skills, encourage them to perform the movements as much as they can, understanding that it may look different to others.
 - ◆ If you have a participant who uses a wheelchair, be intentional around the movements that you select to allow them to participate.
 - ◆ If you have a child with another type of disability not mentioned above, they may be able to participate in this activity without adaptations or modifications.

Change It Up / Alternatives

Age: 3-5

Child Development

- ◆ gross motor skills, coordination

Equipment

- ◆ Pool noodles

Where This Can be Played

- ◆ Indoors or outdoors

<https://www.appetitetoplay.com/physical-activity/games-activities-3-5-yrs/noodle>

Cowichan Valley Child Care Resource & Referral

Early Childhood Pedagogy Network

How do pedagogical narrations invite us to (re)think curriculum in Early Childhood Education?

Part Two: Pedagogical Choices

By Sara Ashley and Samantha Wylie

This newsletter piece is an invitation to early childhood educators in the Cowichan Valley to engage in a conversation about pedagogical narrations and curriculum making in early childhood education. As a continuation of our previous writing piece, we are further engaging with the concepts of creating pedagogical narrations in early childhood classrooms. We invite you to revisit the ideas we introduced in our first [piece](#), which wondered what the work of creating curriculum through pedagogical narrations might do to generate openings for questioning assumptions.

In this piece, we attend to the concept of pedagogical choices as a key aspect of pedagogical narration. As pedagogists, we concern ourselves with the specific choices made in early childhood classrooms, and wonder what is otherwise possible. The *BC Early Learning Framework* (2019) states:

Pedagogical choices include the plans, materials, and provocations that educators choose in their daily practice with children. Through the process of engaging with a pedagogical narration, educators can think about why particular choices are made and can experiment with ideas. (p. 59)

The invitation to think about choices pedagogically invites us to think intentionally about the choices we make. That is to say, not everything goes. We take seriously what Vintimilla and Pacini-Ketchabaw (2020) note as pedagogy's concern with the creation of a collective humanity. Pedagogy and pedagogical choice are therefore collective processes in response to the current conditions of the time and place in which we are situated.

As pedagogists, we work alongside educators, children and families to co-create pedagogical narrations. Through the collection and sharing of documentation traces (which can include but are not limited to notes, photos, videos, materials, audio recordings, or anything else that is considered a 'trace' of learning processes), we make pedagogical choices visible, and we are able to collectively wonder and experiment with these choices that focus on the ethics of living well together. Reflecting on pedagogical choices is therefore a key component of pedagogical narrations and offers a way to collectively think and dialogue.

In closing, we invite educators to attend to the pedagogical choices made for the purpose of creating more just/livable futures, and to consider the kinds of humans we want to be and the world we wish to live in.

To continue this dialogue, we invite you to join us for a series of virtual learning circles happening in the Cowichan Valley, taking place sequentially on **January 28, February 11, and February 25 starting at 6:30 PM**. These learning circles will focus on the co-creation of pedagogical narrations and curriculum making in early childhood contexts.

Professional Development certificates will be provided by the Early Childhood Pedagogy Network (ECPN) for registered participants.

[Click Here for Registration link for Learning Circles](#)



References:

Vintimilla, C. D., & Pacini-Ketchabaw, V. (2020). Weaving Pedagogy in Early Childhood Education: on openings and their foreclosure. *European Early Childhood Education Research Journal*, DOI: [10.1080/1350293X.2020.1817235](https://doi.org/10.1080/1350293X.2020.1817235)



Early Childhood
Pedagogy Network



Cowichan Valley Child Care Resource & Referral

