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Greetings To All!

Wishing you all good health, warm hugs and lots of happy moments in 2020!

There are a lot of great things happening in the Cowichan Valley CCRR and child care community such as; workshops, a local early years conference, Early Learning Framework Sharing Circles (pg. 5), access to a Pedagogist, pop up playgroups and access to the office on Clements St., until 6:00 PM every Thursday!

We are happy to expand our CCRR team, please see page 3 for more on this! Now we are able to venture out into the community more, so expect a call to arrange a time for us to come say hello!

We have created a toy lending library catalogue and a CCRR calendar (pg. 5) with upcoming workshops and activities , please watch your email and our website to access these resources.

Congratulations to our host Clements Centre for Families on their new Logo and all the great work they are doing in the Cowichan Valley!

Please feel free to contact us if you have questions about anything in this newsletter or would like to arrange a consultation.

All the Best,

Carmen

Program Coordinator

Contact Cowichan Valley CCRR

Coordinator:

Carmen Barclay, MA

Phone: (250) 746-4135 Ext.231

Email: cbarclay@clementscentre.org

Consultants:

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Email: dgray@clementscentre.org

Ale Lara, BSC

Email: alara@clementscentre.org

Ami Mullins, ECE

Email: amullins@clementscentre.org

Office Hours:

8:30 AM —4:00 PM Monday to Friday Until 6:00 PM Thursdays

CCRR Closed Statutory Holidays:

February 17

We respectfully acknowledge that the Cowichan Valley CCRR, a program of Sundrops Centre for Child Development, lives, works, and plays on the traditional territories of the Cowichan Tribes and Coast Salish peoples.

Websites

Cowichan Valley CCRR

www.clementscentre.org

Vancouver Island Regional CCRR

www.vancouverislandccrr.ca



Like us on Facebook

www.facebook.com/CVCCRR/

The CCRR is a program of Sundrops,

funded by the Province



clements centre

for FAMILIES

Sundrops Child Development | Adult Community Living

Cowichan Valley Child Care Resource & Referral

Ministry of Children and Family Development (MCFD) Updates



MCFD Hours: Child Care Service Centre 8:30 AM to 4:30 PM, Monday to Friday

Call Toll-free: 1-888-338-6622

Affordable Child Care Benefit (ACCB): Available to most types of child care, including relatives and in child's home. Parents apply online by creating a Basic BCeID and Child Care Providers create a Business BCeID.

Applying is a FREE process. Contact your local CCRR for assistance or call ACCB Toll Free 1-888-338-6622. Apply online <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit>

Fee Reduction: The Child Care Fee Reduction Initiative lowers the cost of child care for parents each month. Parents do not apply for the fee reduction, the provider does. New applications from child care centres are still being accepted. To see who has opted in and to read more visit: <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/running-daycare-preschool/child-care-operating-funding/child-care-fee-reduction-initiative-provider-opt-in-status?keyword=opted&keyword=in>

New Spaces Funding: The 2019/20 Childcare BC New Spaces Fund guidelines have been updated to ensure the program better supports the Province's objective to create quality, accessible, and affordable licensed child care spaces. Key changes include: Higher funding maximums for public sector organizations, Indigenous Governments and non-profit societies; and streamlined, one-step application process. <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/running-daycare-preschool/childcare-new-spaces-fund?keyword=New&keyword=Spaces&keyword=Funds>

B.C.'s diverse and professional child care providers are creating new spaces throughout B.C. for all age groups, from infant and toddler through to children aged 12. Many are expected to open within the next year or are already available.

<https://news.gov.bc.ca/releases/2019CFD0098-002154>

Start Up Funding: A one-time Start-Up Grant for the creation of licensed Family and In-Home Multi-Age Child Care is available to assist eligible Early Childhood Educators (ECEs), Registered License-Not-Required (RLNR) and License-Not-Required (LNR) child care providers, and any other eligible adult over the age of 19 to cover the costs of becoming licensed child care providers under the Community Care and Assisted Living Act and Child Care Licensing Regulation. Start-Up Grants will be subject to funding availability.

Guidelines: https://www2.gov.bc.ca/assets/gov/family-and-social-supports/child-care/running-a-daycare-or-preschool/start_up_grants_guidelines.pdf



Application: <https://extranet.gov.bc.ca/StaticWebResources/static/gov3/html/suga.html>



Cowichan Valley Child Care Resource & Referral



CCRR & ECPN Team Members!



Program Coordinator: Carmen Barclay MA

Carmen is thrilled to coordinate the services of the Cowichan Valley CCRR a program of Sundrops Centre for Child Development at the Clements Centre. It is an honour to serve children, families, child care providers, community partners and the CCRR team.



Program Consultant: Liz Manraj MA, ECED

Welcome back Liz! After an extended leave, Liz is happy to be back in her role as Program Consultant with the Cowichan Valley CCRR. Please come see Liz Tuesday through Friday to access resources, ask questions and receive support with the Affordable Child Care Benefit.



Program Consultant: Denise Gray ECE

Denise is happy to be a member of the CCRR team here in Sundrops at Clements Centre. She has been working in the child care field for the past 30 years and is passionate about quality childcare that meets the needs of children and families.



Program Consultant: Alejandra Lara BSC

Ale feels tremendously fortunate to have joined the Cowichan Valley CCRR team and is passionate about being able to assist her community in the Cowichan Valley.



Program Consultant: Ami Mullins ECE/ITE

Ami happily joined the CCRR team in November as a consultant and has spent the past 9 years working in the childcare field. Her experience ranges from working with infants and toddlers, operating a licensed in home center, to managing a 3-5 center.



Pedagogist: Samantha Wylie Early Childhood Pedagogy Network (ECPN)

Welcome to Samantha! The CCRR is excited to be one of the hosts to the new role of Pedagogist in the Cowichan Valley. The ECPN will coordinate and train community Pedagogists who will in turn work in BC communities across the province to support Early Childhood Educators and Child Care providers in professional development and pedagogical projects. Watch for Samantha at CCRR meetings and workshops as well as connecting with her in the CCRR at the Clements Centre.



Hiieye'yu Lelum House of Friendship



Welcomes all Women & Families

The Hiieye'yu Lelum Society is an important support for families in the Cowichan Valley.

Friendship Centre Duncan:

Thursdays 11-1 Healthiest Babies Possible (not last Thursday of the month)

Wednesdays 11-1 Early Years

Sundrops Centre for Child Development Banks Road:

Tuesdays 11-1 Parent Child Growing Together

Transportation and lunch provided.

Please contact Hiieye'yu Lelum Society 250-748-2242, to arrange transportation or for more details.

BC Aboriginal Child Care Society

The BC Aboriginal Child care Society (BCACCS) operates the only provincial Aboriginal Child Care Resource and Referral (CCRR) program in BC.



BC Aboriginal Child Care Society

Services are funded by the BC Ministry of Children and Family Development CCRR programs and support early childhood educators and families throughout BC by providing information, outreach, resource lending libraries, networking, and learning opportunities.

BCACCS helps Indigenous communities develop high quality, culturally respectful, spiritually enriching, community child care services that are based in the child's culture, language and history.

A variety of training is offered to groups and communities by request and are provided on-site at both on and off-reserve communities.

General Inquiries

Phone: [604-913-9128](tel:604-913-9128)

Fax: [604-913-9129](tel:604-913-9129)

Email: reception@acc-society.bc.ca

First Nations Health Authority

The **First Nations Health Benefits Guide** has essential and informative information about the First Nations Health Benefits program including principles, coverage, workflow for claims, appeals information, frequently asked questions, contact information and more. To access the Health Benefits Guide <https://www.fnha.ca/Documents/FNHA-Health-Benefits-Guide.pdf>

Traditional Healing - Traditional wellness is central to the goal of improving and transforming First Nations health in British Columbia. Through the guidance of traditional healers, as well as through the shared goals of communities and the First Nations health governing bodies, traditional wellness is an important part of a healthier future. To access more information <https://www.fnha.ca/what-we-do/traditional-healing>



First Nations Health Authority
Health through wellness



CCRR
Child Care Resource & Referral

Cowichan Valley Child Care Resource & Referral

Professional Development & Networking



CCRR Open Late Thursdays Until 6:00 PM!

DATE	TIME	WORKSHOPS	FEES For CCRR: \$5 CCRR / \$10 NON-CCRR
January 23	6:00 – 8:00 PM	Playing with Words Sundrops Speech & Language Pathologists, Bryna McKay & Cathie Roper	
March 26	6:00 – 8:00 PM	Supporting Young Children with Hearing Loss Sundrops Speech & Language Pathologist, Alexis Van Nieuwkerk,	
CONFERENCE			
February 22	9:00 AM — 3:30 PM	Hearts, Hands & Minds - V. I. Regional Conference Cowichan Valley VIU , Contact CCRR for more details Fee: \$20 (Includes Lunch)	

In partnership with the Province of BC –Ministry of Child and Family Development and the Government of Canada, West Coast Child Care has established a Bursary fund for early childhood educators and other child care providers in BC.

Best to hurry as applications are accepted until January 31, 2020.



Please see the below links for more information and eligibility requirements.

Bursary Link: <https://interprofessional.ubc.ca/initiatives/earlyyears2020/bursary/>

Consider attending the Early Years Conference: <https://interprofessional.ubc.ca/initiatives/earlyyears2020/>

Early Childhood Educators of BC - ECEBC student bursary now has more funding – exciting news!
Please see updated policy on the ECEBC website

https://www.ecebc.ca/programs/student_bursary.html



Early Years Professional Development: a portal for you to search for Early Years Training across BC

Visit: <https://earlyyearsbc.ca/>



To access online learning opportunities with **Appetite to Play**
<https://www.appetitetoplay.com/online-workshop-information>



HEALTHY EATING & PHYSICAL ACTIVITY IN THE EARLY YEARS

DATE TIME Free Networking & Learning Opportunities

January 22	6:00 – 8:00 PM	Early Learning Framework Sharing Circle
January 30	6:00—7:30 PM	Info Session Meet the Pedagogist
February 6	6:00—7:30 PM	Info Session Meet the Pedagogist
February 20	6:00—7:30 PM	Managers Network—Staff/Prog Evaluations
February 26	6:00 – 8:00 PM	Early Learning Framework Sharing Circle
March 25	6:00 – 8:00 PM	Early Learning Framework Sharing Circle
February 19	9:30—11:30 AM	Pop Up Playgroup Chemainus United Church
March 18	9:30—11:30 AM	Pop Up Playgroup Chemainus United Church



CCRR Calendar to Post on Your Bulletin Board, click this link <http://www.clementscentre.org/wp-content/uploads/2020/01/CCRR-CalendarQ4.pdf>



Cowichan Valley Child Care Resource & Referral

Toy & Resource Lending Library



Are you a child care provider interested in CCRR resources? Register with the Cowichan Valley CCRR and you can borrow items! Registration for licensed centres is FREE and easy... ask us for a registration package!

Cowichan Valley CCRR is Open every Thursday until 6:00 PM for you to come check out the toys and equipment, access Affordable Child Care Benefit support and consult with the staff. Cannot make it in to pick up or drop off an item? Phone 250-746-4135 Ext 235 to schedule a time with one of our Consultants to pick up or deliver.



LED LIGHT CUBE

This lightweight, compact light cube offers the perfect opportunity for children to explore, create, and have fun!

The size of this cube is the perfect height for children of all ages.

The light cube can be used for colour play using translucent plastic toys and blocks, paint or shaving cream, curious items found in nature, or items found around the house.



Cultures Of The World Theme Box

This theme box celebrates the amazing beauty within our diverse world & the rich cultures across the globe. The music, media, books and pretend foods can be combined to teach children about the world we live in. This box also includes a wonderfully illustrated 48-piece circular cardboard floor puzzle that features twelve children from around the world dressed in traditional ethnic clothing.

This cultural theme box has resources to support child care providers who desire to share diversity through learning and experiences.

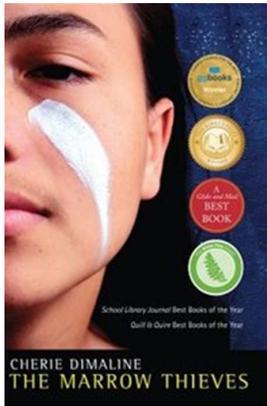


Families (Backpack)

February 17th (Family Day) is approaching soon and we want to celebrate it by presenting this beautiful backpack set that includes family-inspired books, dolls and furniture. The wooden doll set included in this back pack is perfect for playing family in any imaginative setting!

We have a large Family Theme Box to borrow as well!

Literacy Corner



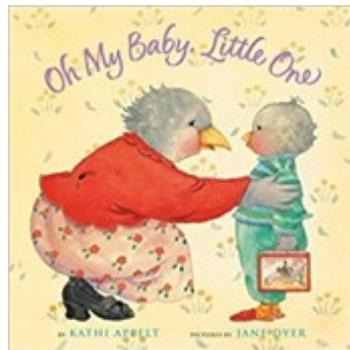
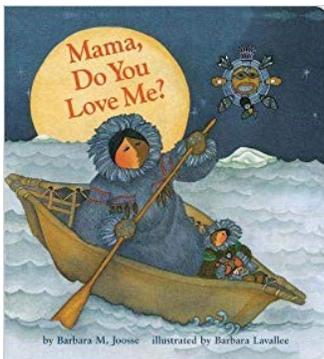
Reconciliation Book Club Feedback

The Marrow Thieves

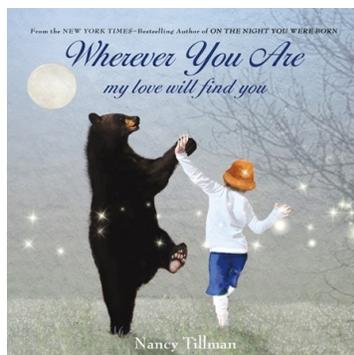
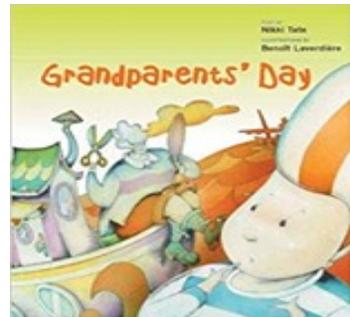
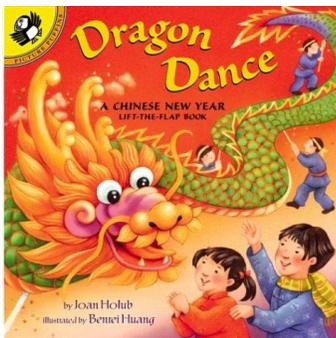
By Cherie Dimaline

The Marrow Thieves is set in Canada in the future, where “recruiters” harvest bone marrow from Indigenous peoples for use in non-Indigenous to help restore their ability to dream. This book ignites respect for all ages and stages of life, young through old. It is about family, trust, determination, love and resiliency. This was one of those books a person looks forward to picking back up to read the next pages. If you would like to read this book, you are welcome to borrow it from the Cowichan Valley CCRR library. (Review By Carmen Barclay MA)

Sundrops & CCRR Staff's Top Picks for Winter:



Click picture of book to go to Amazon.ca



- ◆ **Mama, Do You Love Me?** By Barbara Joesse
- ◆ **Oh My Baby, Little One** by Kathi Appelt
- ◆ **Dragon Dance** By Joan Holub
- ◆ **Grandparents' Day** By Nikki Tate
- ◆ **Red Sled** By Lita Judge
- ◆ **Wherever You Are** By Nancy Tillman



Congee is eaten in China at any meal of the day —try it as a comforting alternative to porridge or for those wanting a savory, rather than sweet breakfast. It can also work for dinner and the egg can be replaced with another protein source, like seafood, tofu or chicken if desired.

Yield: 12 child size portions
Preparation Time: 15 minutes
Cooking Time: 120 minutes
Common Allergens: egg, soy

Congee (Jook)

INSTRUCTIONS

1. Wash rice, then combine in a pot with salt and water or stock.
2. Cover and bring to a boil then partially uncover to prevent boiling over.
3. Simmer on medium low heat for 45 to 50 minutes.
4. Remove from heat and let stand 50-60 minutes until thickened to a chewy porridge.
5. When congee is almost ready, heat the oil in a saucepan on medium heat.
6. Add the garlic and green onions and stir until garlic is golden, 3-4 minutes.
7. Add the soy sauce and mirin and cook another 1-2 minutes.
8. Stir in the cilantro and pepper and remove from heat.
9. To serve, spoon sauce onto bowls of congee, top with half of a peeled egg if desired.

INGREDIENTS

- 3/4 cup long-grain brown rice
- 3/4 tsp salt
- 7 cups water, or low sodium stock
- 1 tsp extra virgin olive or coconut oil
- 3 garlic cloves minced
- 1 tbsp ginger, minced
- 3/4 cups green onions, thinly sliced
- 1/4 cup gluten free soy sauce
- 3 tbsp mirin
- 1/4 cup fresh cilantro, minced
- *1/8 tsp ground black pepper, to taste
- *6 eggs, soft hard boiled, to taste (*optional)

For more resources or to access online learning opportunities
<https://www.appetitetoplay.com/>



HEALTHY EATING &
PHYSICAL ACTIVITY
IN THE EARLY YEARS

LET'S SKATE

WHERE THIS CAN BE PLAYED: Inside

HOW TO PLAY: On a carpeted area, clear some space to make a "rink"

Provide each child with two pieces of paper (8 1/2" x 11") and have them put one under each foot. Stride forward and backward as if skating on ice.

AGE: 3-5 years

EQUIPMENT: Pieces of paper (2 per child)

PHYSICAL ACTIVITY

Vigorous play, developing body control and spatial awareness; cooperative play

