

#### What's Inside?

Pg. 1:

Introduction, Contact Information & Hours of Operation

Pg. 2:

First Nations Connections & Holidays & Observations

Pg. 3:

Government Links, Pedagogist Info

Pg. 4:

**ECPN** Imaginaries

Pg. 5:

Professional Development Opportunities

Pg. 6:

Toy Lending Library

Pg. 7:

Literacy Corner

Pg. 8:

**Nutrition & Activity** 



# **Cowichan Valley Child Care Resource and Referral**

**SPRING 2022-23** 

#### **Coordinator News:**

Carmen has resigned from her position as the Cowichan Valley CCRR Program Coordinator. We all wish Carmen the very best in her future endeavours. Thank you for everything you did for the CCRR and our team. We know you will keep spreading joy wherever you go.



Happy Spring! I'd like to take this opportunity to introduce myself, my name is Heather Kelm and I am the new Program Coordinator for Cowichan Valley CCRR. I have had over twenty years experience in the childcare field which includes being the CCRR Program Coordinator in the North for 12 years. I am very excited to be able to join the team here at CCRR and the Clements Centre. We are currently looking at our upcoming programming and professional development so if there are any programs or workshops that you or your team are interested in, please contact the office. We would like to hear your feedback! I look forward to meeting our childcare community.

Clements Centre
acknowledges that our
services are delivered from
the Traditional and
Unceded Territories of the
Coast Salish Peoples.
Huy ch q'u

# **Cowichan Valley CCRR**

**Coordinator:** Phone: (250) 746-4135 Ext. 231

Heather Kelm, ECED Email: hkelm@clementscentre.org

**Consultants:** Phone: (250) 746-4135 Ext.235

Liz Manraj, MA, ECED **Email:** lmanraj@clementscentre.org

Leanne English, BA, CYC, ECED Email: lenglish@clementscentre.org

#### Office Hours:

8:30 AM—4:00 PM Mon, Tues & Fri 8:30 AM—7:00 PM Wed & Thurs

# **CCRR Closed Statutory Holidays:**

Friday, April 15th — Good Friday Monday April 18th — Easter Monday Monday, May 23rd— Victoria Day

## **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 of BC

"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."

Phone: 250-746-4135 Ext 235

Clements Centre Society, 5856 Clements St, Duncan, V9L 3W3

# Cowichan Valley Child Care Resource & Referral



# **First Nations Connections**



### **First Nations Health Authority**

Phone: 604-693-6500 Toll-free: 1-866-913-0033 Fax: 604-913-2081

Email: info@fnha.ca Web: https://www.fnha.ca/

# **BC Aboriginal Child Care Society**

**Phone:** 604-913-9128 **Fax:** 604-913-9129

Email: reception@acc-society.bc.ca Web: https://www.acc-society.bc.ca/





# Hiiye'yu Lelum House of Friendship Cowichan

Phone: 250-748-2242 Email: ArleneSam@hofduncan.org

Website: https://www.hofduncan.org/



# Holidays and Observations





April 15th – Good Friday May 23rd – Victoria Day

April 17th – Easter Sunday June 19th – Fathers Day

April 18th – Easter Monday June 21st – First day of summer

April 22nd – Earth Day

May 8th – Mothers Day









## 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



# Karen Rodden-Pedagogist Cowichan Valley CCRR

Karen is an Early Childhood Educator with a background in art and creative writing. She is excited to join the Early Childhood Pedagogy Network (ECPN) as a community pedagogist to connect with educators, community, and families to think critically and creatively about early childhood curriculum. Karen lives on unceded WSÁNEĆ lands and works in the Cowichan Valley region, which includes territories of the Coast Salish and Nuu-chah-nulth First Peoples. Karen is committed to disrupting and reimagining colonial societal structures to create conditions in ECE for multiple ways of knowing and being. She is passionate about cultivating deep relationships with land, waters and multispecies others. She supports educators to engage with pedagogical narrations to stay curious and reflexive in practice, and as an integral part of curriculum making. For more information about the ECPN you can: • Email Karen at krodden2@uwo.ca • Visit the ECPN website at www.ecpn.ca • Follow the ECPN on Twitter: @EcpnBC • Follow the ECPN on Facebook: Early Childhood Pedagogy Network BC • Email the ECPN at ecpn@uwo.ca





# ECPN Island Imaginaries

#### A Centre Snapshot

Eagle Wings Preschool in Chemainus, started to engage with the ECPN in February 2020. Last summer ECPN Deputy Director Denise Hodgins asked Eagle Wings educator Lara White about some of her experiences working with a pedagogist. Here are a few excerpts from their conversation.

How does working with a pedagogist support you as an educator?

Working with children is so rewarding but being able to show others that it's not 'just me playing with kids all day' has been valuable. There's something else here, other things happening. We're fostering a way of learning and being, in community, in relationship with others. So, I was grateful to be supported in putting together a booklet for families that highlighted a clay inquiry we did together. I felt like I was helping to grow the "ECE story". This is important work. When we can show its fullness and complexity, it becomes a little bit more understood and respected.

Were there particular approaches you found helpful in relation to your practice?

Being able to take a big concept and connect it locally. There are going to be different experiences depending on where we are, even in British Columbia. It was nice to have those conversations and be able to connect how a big idea – such as living well together – might live in the particularities of right here, with these 3- to 5-year-olds, their families, our team, this place.

How has working with a pedagogist affected your relationships with colleagues? I think it's influenced more communication, opened up talking about different ideas, what our philosophies are, and why we do, or don't do, particular things in our centre. It's important to be able to have those open lines of communication with your colleagues, especially in our field.

Is there anything else you would like us to know about your experience?

I really enjoyed the work. If we could do this much in a pandemic in virtual spaces, I am excited about the possibilities for returning to in-person work! And I hope it continues because I think so many people will be supported and really thrive. It's going to make an impact. It's like a spark that brings forth all these great ideas from so many people. It's time for education to change because our world has changed, and we need to change with it.

B. Denise Hodgins, & Lara White



PacificCare CCRR - Oceanside Shirley-Ann Royer

> Cowichan Valley CCRR Karen Rodden

Victoria CCRR & ECEBC South Island Ildikó Danis & Chivonne Graff

#### ECPN PSI Stream

NIC - Courtney/Comax & Part Alberni <u>Lesley Henderson</u> & <u>Vicky Ray</u>

VIU - Nanaimo & Cowichan Valley
Antje Bitterberg & Cheryl Cameron

Camosun - Victoria Lindsay Lichty & Sarah Russ

# ECPN School District Pedagogists

Port Alberni & Nanaimo
Carrie Nahoney & Aimee Blow

First Nations Pedagogies Network https://fnpn.ca/

Métis Nation BC Pedagogists https://www.mnbc.ca/

Interested in learning more? Click on a name to email a pedagogist in your area or visit ecpn.ca.







Hope & renewed belief in the world, a place where freedom, democracy and

# Cowichan Valley Child Care Resource & Referral

# **Professional Development Opportunities**



Sundrops Adult
Child Development Community

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



Early Childhood Investigations: Free webinars for early childhood education

Early Childhood Investigations Webinars

**BC Early Years Hub: Access to** online learning



**BC Council for Families On-Line Parenting Programs** 



# **Workshops & Courses**

Information & Registration May Be Available on CCRR Website

# Cowichan Valley ECEBC Chapter Meeting Dates & Schedule of Professional Development

Contact Adriana Soler <a href="mailto:parksidesoc@gmail.com">parksidesoc@gmail.com</a> to request Zoom Link

The branch executive will meet at 5:30pm - 6:00pm, all are welcome to come and listen, and the guest speaker for the one hour professional development will start at 6:00 PM. April 26 - Integrated Care- Jessica McPherson, Mind, Body, Soul Connection



June 28 -TBA



# Raffi - Child Honouring Course Carry Over if Bursary Funds are still available

This on-line course is an interdisciplinary course with 10 modules of multi-media content including videos, interactive activities, distinguished guests, and Raffi's insights and music. To register go to <a href="https://raffifoundation.org/take-the-course/">https://raffifoundation.org/take-the-course/</a> select "Have a Coupon" entre "CCRR group" to access the reduced fee of \$75.

CCRR will give a full bursary for the first 15 people to return their certificate of completion to cbarclay@clementscentre.org

**Monique Gray Smith** 

**Caring Connections** 

April 7, 2022 7:00PM-8:30PM

Register Now 250-746-4135 Ext 235 Free



**CCRR Website** 

# Cowichan Valley Child Care Resource & Referral Toy Lending Library

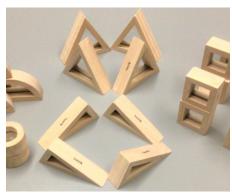


# CCRR Is Open Wednesdays & Thursdays to 7:00 PM!

**Spring Weather** 



Mirror Blocks

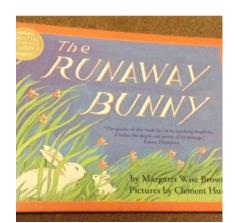


Life Cycle Bees & Frogs

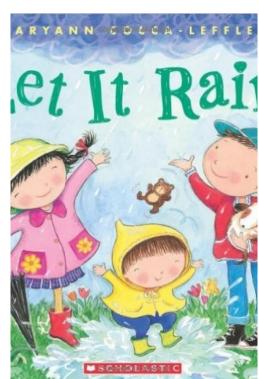


We are excited to offer new items in our library! The above items are ready to lend out. Check out CCRR Toy Catalogue.

# **Staff Picks for Kids Books**









Phone: 250-746-4135 Ext 235

"In what ways can children experiment with numbers, measurement, and form in meaningful contexts?" <u>BC Early Learning Framework</u> p. 83 (Contact CCRR for a copy of the ELF)



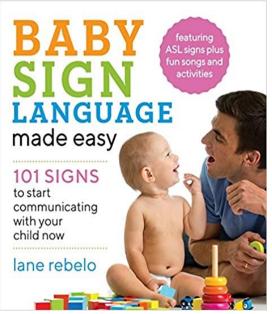
# Cowichan Valley Child Care Resource & Referral

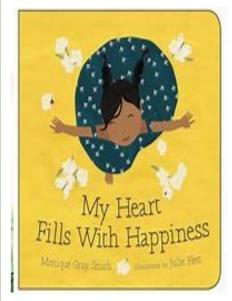


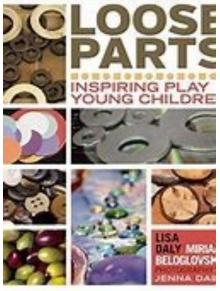
# **Care Provider's Literacy Corner**

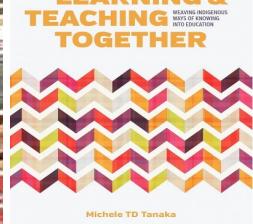
Felt Board Stories are ready to lend out! Contact us for the list.











Phone: 250-746-4135 Ext 235

These books are available to borrow from the Cowichan Valley CCRR or click on the picture to purchase.

"What are my personal views of technology, childhood, learning, and creating in the 21st century?" <u>BC Early Learning Framework</u> p.84 (Contact CCRR for a copy of the ELF)



# Cowichan Valley Child Care Resource & Referral



# **Nutrition & Activity**



# **BALANCE BOWLS**

This recipe is great due to its versatility--substitute any veggies in the fridge and mix up the protein to keep it interesting. It's nice to pair at least one roasted vegetable with the the raw vegetables for different textures. This dish can be served hot, cold or at room temperature. If you cook anything in advance, cool and chill it or use it within 2 hours of cooking. Allow children to help determine their toppings.

## Ingredients:

2 medium sweet potatoes peeled and chopped, 2 tsp olive oil, 1.5 cups quinoa or brown rice, 1 beet peeled, 2 carrots peeled, 2 cups spinach chopped finely, 2 cups cooked protein -boiled eggs, baked tofu, to taste—salt, pepper, cinnamon, cajun seasoning.

## **Equipment List:**

Oven, Baking Sheet, Stovetop, Medium Pot, Cutting Board, Knife & Grater

#### Go To Recipe on Appetite to Play

Balance Bowls | Appetite to Play

Childcare facilities with 8+ children should check with their Licensing
Officer about what is needed to serve food.



#### Instructions:

- 1. Preheat oven to 375°F. Toss sweet potatoes or cauliflower with oil and desired spices and spread in one layer on a baking sheet. Bake in oven for 30-40 minutes until tender and lightly browned, stirring occasionally.
- 2. Meanwhile, in a medium-sized pot, cook brown rice or quinoa according to package directions. Set aside once when done with a clean tea towel between the pot and the lid to absorb the steam. Let cool 10 minutes.
- 3. Ideally, allow children to help determine what goes into their bowl, layering a scoop of grains topped with protein and veggies for a balanced bowl.

Source: Nicole Fetterly, RD

## **BEETLES & BUGS**

**Age**- 2-5

Equipment – Chalk or rope, bean bags

Physical Activity-Jumping

Where this can be played -Indoors or outdoors

### How to play

- Create two long lines with either rope or chalk.
- Scatter the bean bags in between the lines so that there is some space in between but not too much.
- Let the kids know that the bean bags are bugs and beetles and they need to jump to avoid them but they must stay within the lines.

Once children have jumped through they can run back to the start and try again!

#### Change it up

If you have a child who has a visual impairment, allow them to walk through the course and use a bell or other noise making device to let them know when a bug or beetle is close.