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Coordinator's Message...

We are happy to see Summer arrive and anticipate enjoying all the blessings that comes with it. Summer is also a time for revising our lending libraries in preparation for Autumn.

These past three months have been an exercise in adapting to change and the challenges have been felt by providers, parents and community.

We think it is time to press pause and search for and create moments of joy! You are invited to share your joyful pictures and stories on our Facebook page <https://www.facebook.com/CVCCRR/>. To assist on this journey our team has adopted a family of Giggles Sasquatch and are developing a Sasquatch Clan Community of Practice, open to all who are curious about Sasquatch families and are ready to seek joy, connect to the earth and live well with others, see page 4 for more details.

We hope your are enjoying the new Early Learning Framework and invite you to join the Sharing Circles this Fall, see page 4 for dates and times.

Good news... we have extended hours on Wednesday and Thursday 8:30 AM to 7:00 PM. Please refer to page 2 for CCRR Office Protocols.

Stay safe, be kind and enjoy summer!

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

All the Best,

Carmen Barclay

Cowichan Valley CCRR

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Office Hours:

8:30 AM—4:00 PM M-T-F

CCRR & ECPN Websites

Cowichan Valley CCRR: www.clementscentre.org

Provincial CCRR: www.gov.bc.ca/ChildCareResourceReferralCentres

Early Childhood Pedagogy Network: www.ecpn.ca **NEW!!**

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."



Like us on Facebook!

<https://www.facebook.com/CVCCRR/>

CCRR Closed Statutory Holidays:

July 1, August 3, September 7

Cowichan Valley Child Care Resource & Referral

Ministry of Children and Family Development (MCFD) Updates



Child Care Covid-19 Resources

COVID 19 Child Care June 25 2020 Newsletter #5: https://www2.gov.bc.ca/assets/gov/family-and-social-supports/child-care/covid-19/newsletter/covid-19_provider_newsletter_vol5_25_june_2020.pdf

Child Care BC's Covid-19 Updates: www.gov.bc.ca/ChildCareCovid-19Response

- *Temporary Emergency Funding (TEF):* will remain in place until August 31, 2020

Operators can continue to make individual choices as to when they wish to resume operations.

BC Child Care Operating Funding Phone: 1 888 338-6622—Option 2

- *Liability:* Providers cannot be held liable for employee or child exposed to COVID-19. Providers should familiarize themselves with the [Public Health Guidance for Child Care Facilities](#)

Essential Workers Matching Request Form: <http://www.gov.bc.ca/essential-service-child-care>

Additional Provincial and Federal Covid-19 Resources

MCFD COVID-19 Updates: www.gov.bc.ca/MCFD-COVID

BC's Action Plan... We Are in Phase 3: www.gov.bc.ca/covid19

Canada's COVID-19 Economic Response Plan: <https://www.canada.ca/en/department-finance/economic-response-plan.html>

Help Managing COVID-19 Related Stress, Anxiety and Depression: https://www2.gov.bc.ca/assets/gov/health-safety/covid19_stressmanagement_5_accessible.pdf

BC Centre for Disease Control Child Care and Schools: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/childcare-schools>

Cowichan Valley CCRR is Open for In-Person and Virtual Contacts

PROTOCOLS

Upon Entering CCRR you will be asked if you have any of the following symptoms:

Fever, Chills, New or Worsening Cough, Shortness of Breath, New Muscle Aches or Headache, Sore Throat, Have You Traveled Outside of Canada within the last 14 days, are you in Close Contact of a Person Who Tested Positive for COVID-19?

At the station you will be asked to sign in/out and use the hand sanitizer.

We have social distancing reminders and markings in place. If you cannot attain the 6 foot distance you are asked to wear your mask.

We have space for one person at a time in the CCRR reception area.

You are invited to schedule an appointment with a Program Consultant 250-746-4135 Ext 235



Cowichan Valley Child Care Resource & Referral

First Nations Updates

Hiiye'yu Lelum House of Friendship



Promoting Wellness and Unity the Hiiye'yu Lelum addresses the needs and aspirations of Aboriginal people by providing holistic programs and services.

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

Hiiye'yu Lelum Society 250-748-2242

BC Aboriginal Child Care Society

The COVID-19 pandemic has meant that we must all adjust to a new normal and do our part to reduce the spread of the virus.



BC Aboriginal
Child Care Society

For programs considering re-opening there is a long list of things to do and to get ready.

BCACCS is sharing some new resources to help you prepare. All of our resources are collected on the [BCACCS COVID-19 Resources webpage](#)

Share this information with colleagues, friends, and families so we can all help to support communities .

First Nations Health Authority

The Good Medicine Initiative shares how we, as Indigenous people across BC, are using culture, traditional knowledge and spirituality to support ourselves and each other in these trying times.



Resilience, lateral kindness and humour – these inherent strengths and others are featured in positive stories and fun, interactive posts.

Good Medicine messages are captured and shared in four categories:

Community Stories – good news stories from Indigenous communities, both urban and on-reserve

Wellness Champions – stories of inspirational role models from Indigenous communities

FNHA as a Wellness Partner – information, education and tools to support your wellness

Living It – contests, challenges and recognition of how Indigenous people are “walking the talk”

<https://www.fnha.ca/wellness/good-medicine>

Cowichan Valley Child Care Resource & Referral

Professional Development & Networking



On-Line Webinars

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

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



Early Childhood Investigations: Free webinars for early childhood education

Visit: <https://www.earlychildhoodwebinars.com/>



Crisis and Trauma Resource Institute: <https://ca.ctrinstitute.com/online-training/>



NEW! BC Early Years Hub online learning hub <https://bcearlyyearshub.ca/?fbclid=IwAR0L63qV3MKW8cUwiA07Pdwb0losedQ3iw6vMg-7iivTvJHzq0v5XITuR8A>



BC Early Years
Professional Development Hub

BC Council for Families On-Line Parenting Programs: <https://www.bccf.ca/program/>



The Natural Roots of Empathy, Gordon Neufeld, July 25 \$90 per person Registration will close on July 23, 2020 <https://neufeldinstitute.org/event/the-natural-roots-of-empathy/>

Cowichan Valley CCRR In Person Workshops and Courses

Please Note: The Following Workshops May Be Switched to Webinar

Workshops: \$5/CCRR Members, \$10/Non-Members Call 250-746-4135 Ext 235 to Register

Reggio Inspired Loose Parts with Cindy Batyi, November 5th 6:00-8:00 PM—Clements Centre

Join us as we explore the world of Loose Parts and how they benefit Children's Development and Imagination.

The Basics of Car Seat Safety, October 22nd, 6:00-8:00 PM - Clements Centre

We will cover the basics of car seat safety with Certified Car Seat Technician, Laura Hagan.

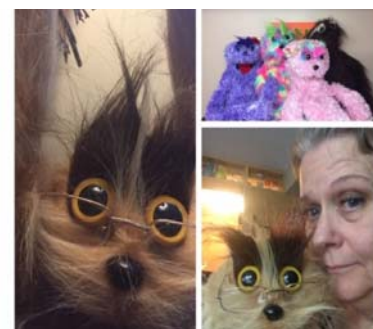
We are currently taking names for Responsible Adult 20 hour training and Family Child Care 30 hours. To start Mid October 2020 Phone 250-746-4135 Ext 235 before August 6

Communities of Practice

Early Learning Framework Sharing Circle September 10, October 8 and November 12 these sessions are free and will be virtual using Go To Meeting 6:30—8:00 PM

Sasquatch Clan Gathering - August 26 11:00—1:00 Location TBA

We are excited to invite you to a gathering of a Sasquatch Clan. We will explore diversity, kindness, joy and living well with each other and with our planet. We are planning to have lunch available. More details posted on CCRR Facebook soon!



Please Register 250-746-4135 Ext 235



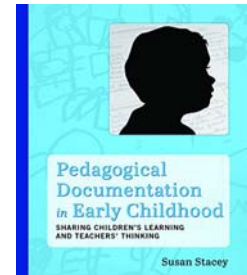
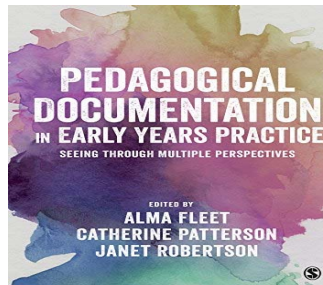
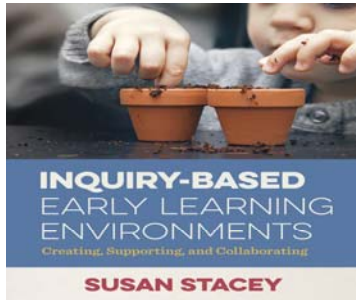
Cowichan Valley Child Care Resource & Referral

Public Resources and Provider Toy Lending Library



Please Note: The Provider TLL is Closed for Cleaning and Renewal—Items Will Be Available September 2020

Recently Added Books to Public Resources

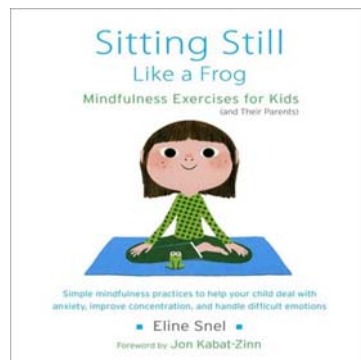
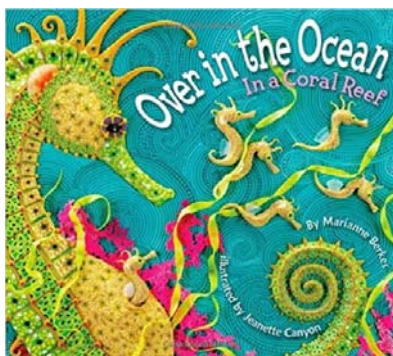
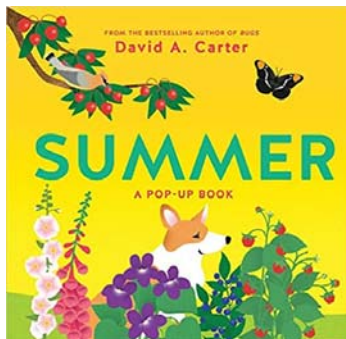


Available to ECE's, ECE Students, Caregivers, Parents, All Interested in Quality Early Learning

Protocols for Borrowing These Books: This service is FREE on a first-come, first serve basis and items are available to borrow for one month. Two items may be borrowed at a time and returned by the due date in good condition. Each person using the library will be asked to sign a borrower agreement and update annually. Accordingly, the items will be the sole responsibility of the borrower and if items are damaged or lost, will be repaired or replaced, as per the CCRR issued invoice.

Email us for the public resource list! Imanraj@clementscentre.org, dgray@clementscentre.org, amullins@clementscentre.org

Staff's Top Picks for Summer



Click on picture to go to Amazon.ca

- ◆ Summer by David A. Carter
- ◆ Baby Loves Summer! by Karen Katz
- ◆ Over in the Ocean in a Coral Reef by Marianne Berkes and Jeanette Canyon
- ◆ Sitting Still Like a Frog by Eline Snel



Nutrition & Physical Activity

YOGURT POPS

What better way to beat the Summer heat than with a cool fruit pop? Fresh, quick, and with common household staples... Have children pick the fruit and mash, mash, mash!



INGREDIENTS

- ◆ 2 small Bananas
- ◆ 3/4 cup (175 mL) Fresh or thawed strawberries or blueberries
- ◆ 2 cups (500 mL) Plain yogurt
- ◆ 2 tbsp. (30 mL) Honey

Equipment List

- ◆ Food processor or blender
- ◆ Paper cups or plastic molds

<https://www.appetitetoplay.com/healthy-eating/recipes/yogurt-pops>

INSTRUCTIONS

1. Peel and slice your banana and put it into a food processor or blender with the frozen berries, yogurt and honey.
2. Mix it up on a low setting until really smooth.
3. Divide the mixture between 6 paper cups or plastic molds – you want about 4 oz. (125 mL) in each.
4. Place the pops in the freezer for 10 minutes, and then gently poke a popsicle stick into the center of each one.
5. Place back in the freezer for at least 3 hours or until frozen solid.

Yield: 6 child size portions
Preparation Time: 5 minutes
Cooking Time: 10 minutes
Common Allergens: Milk

Modifications

If blender is not available, use a potato masher to mix all of the ingredients together thoroughly.

If a Dairy-Free household, substitute a dairy free yogurt;

Can also use other fruits, such as Raspberries or Peaches

Note: Childcare facilities should check with their Licensing Officer about what is needed to serve food



HEALTHY EATING &
PHYSICAL ACTIVITY
IN THE EARLY YEARS

Age: 3-5

Child Development

Language skills, gross motor skills

Equipment: Pieces of nature

Physical Activity

Running, Jumping, Balancing

Where this can be played

Outdoors

How to Play

1. Collect different pieces of nature from around the outdoor space (e.g. types of leaves, dandelions, pine cones, pebbles).
2. Lay the items out and have the children go find that item in the space.
3. When they find the item, they bring it back and match it up with the items that have been laid out

Change it up / Alternatives

- ◆ Use pictures of things in nature (e.g. trees, birds, pine cones, stumps) & have children find the item.

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

