

Cowichan Valley Child Care Resource and Referral Winter 2021–22

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Coordinators Message:

Wishing everyone a warm winter with many joyful moments in 2022!

We are excited to share our revised toy lending library with you! Please see page 5 for our staff picks.

This module of the Sasquatch Clan Gathering Community of Practice was enjoyed by all, especially the children! Thank you to the participating providers for sharing pictures for this newsletter.

Carmen Barclay Hamm MA



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
Carmen Barclay Hamm, MA Email: cbarclay@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 & ECPN Websites

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

CCRR Closed Statutory Holidays:

February 21



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."

Cowichan Valley Child Care Resource & Referral



First Nations Connections



First Nations Health Authority
Health through wellness

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/>



BC Aboriginal
Child Care Society

Hiiye'yu Lelum House of Friendship Cowichan

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

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



Holidays & Observations



Also Remember:

Orthodox Christmas, January 7; Orthodox New Year, January 14; Arbor Day, January 17; Chinese New Year, February 01; Ground Hog Day, February 2; Valentines Day, February 14; Family Day, February 21; Daylight Saving, March 13; St. Patrick's Day, March 17; Equinox, March 20



Cowichan Valley Child Care Resource & Referral

Government Information Links

For Current Information Click on Links Below

[MCFD Information for Child Care Providers](#)

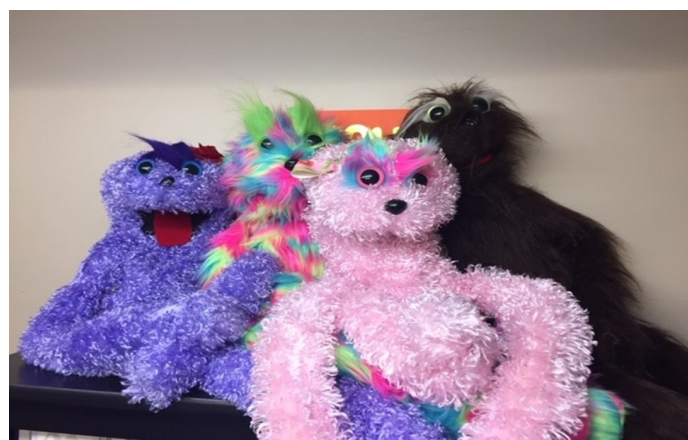
[BC Centre for Disease Control Child Care, Schools and Camps](#)

[BC COVID RESTRICTIONS](#)

[MCFD Family and Child Care Information](#)



Sasquatch Clan Gatherings Community of Practice



Cowichan Valley Child Care Resource & Referral

Professional Development Opportunities



[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](#)



Workshops & Courses

Information & Registration May Be Available on [CCRR Website](#)

Cowichan Valley ECEBC Chapter Meeting Dates & Schedule of Professional Development

Contact Adriana Soler parksidesoc@gmail.com to request Zoom Link

The branch executive will meet at 5:30 - 6:00, all are welcome to come and listen, and the guest speaker for the one hour professional development will start at 6:00 PM.

January 25 - Share a Story or Song, send in a short clip from with the children

February 22 - Centre Tours, send in a short video of your centre

March 29 - VIR Library Resources with Nariel Davis



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 <https://raffifoundation.org/take-the-course/> select "Have a Coupon" entre "CCRRgroup" 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

Heart Hands & Mind Conference

February 12, 2022 by ZOOM

Fee waived for first 100 registrants, courtesy of Coast Salish Employment & Training Society (CSETS)

[CCRR Website](#)



Monique Gray Smith

Caring Connections

April 7, 2022 7:00—8:30 PM

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!

Catching Kindness



Science

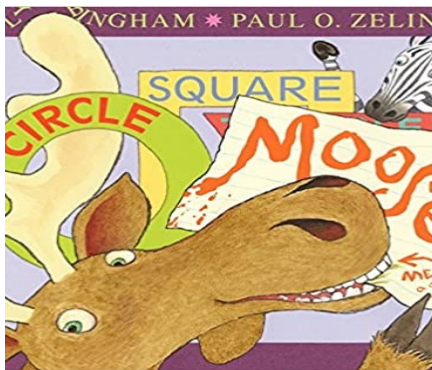
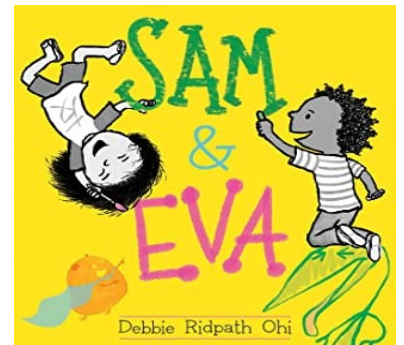
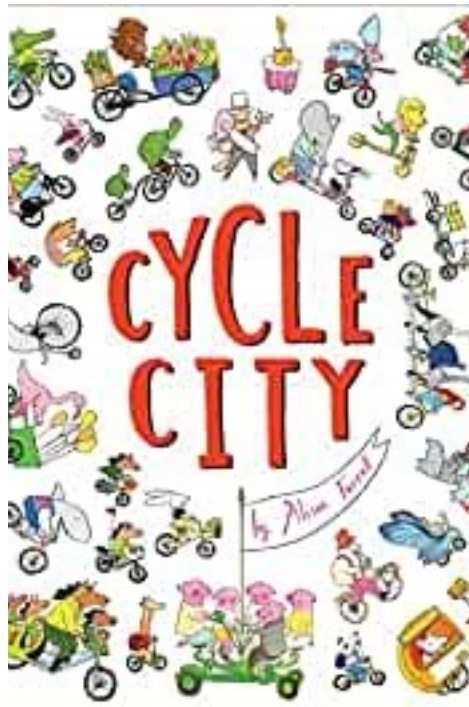
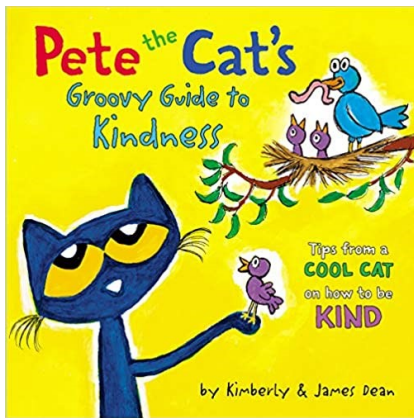


Wood Jewel Pebbles



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

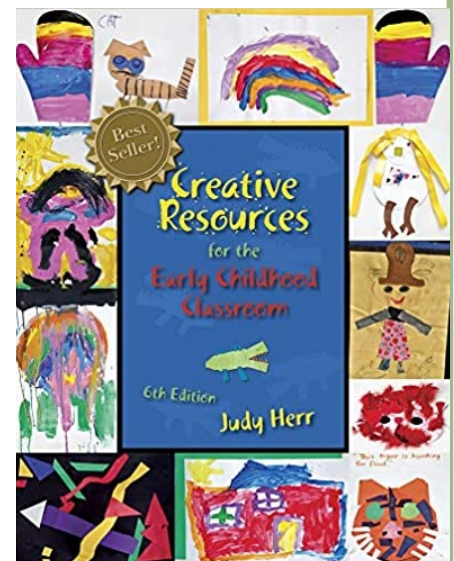
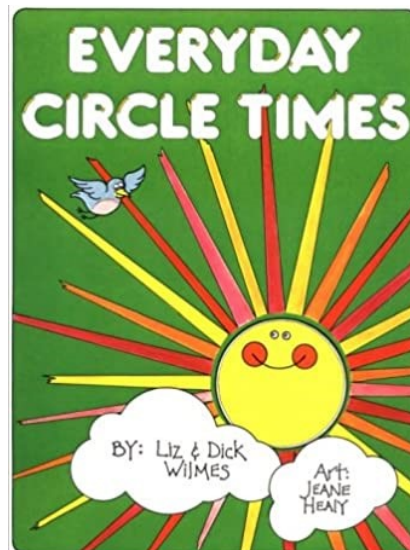
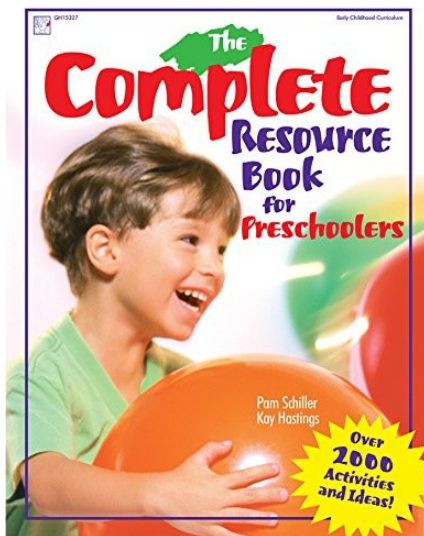
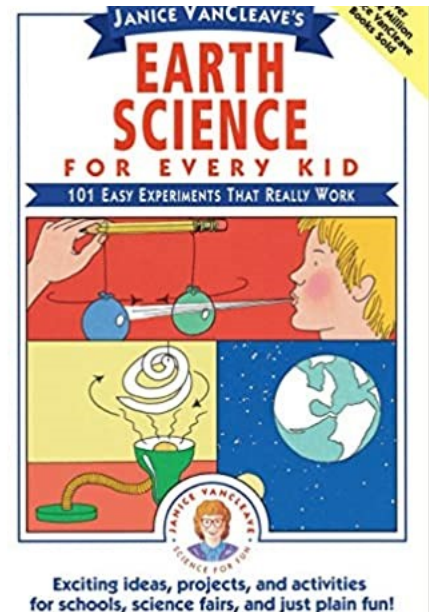
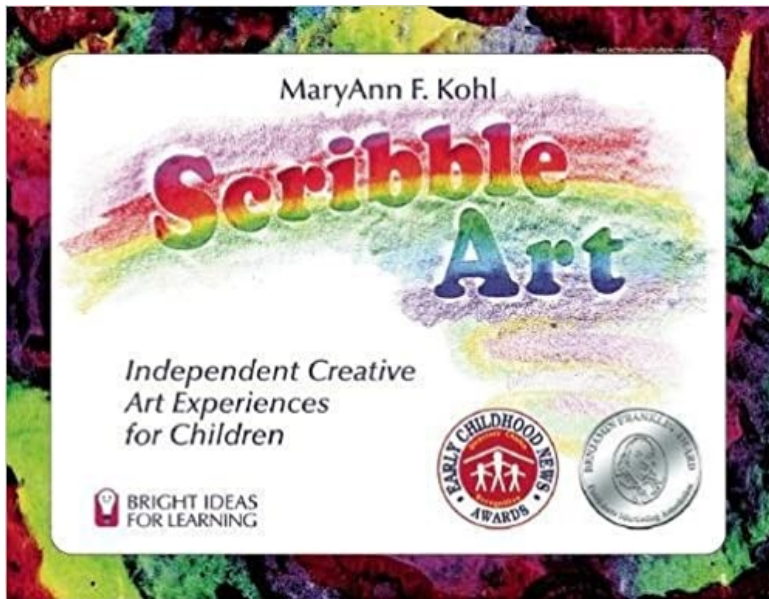
Staff Picks for Kids Books



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



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



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?” [BC Early Learning Framework](#) p.84 (Contact CCRR for a copy of the ELF)

Nutrition & Activity



BUTTERNUT SQUASH MAC & CHEESE

The winter is ideal for eating a comforting squash dish and what better way to enjoy these nutritious, local veggies than with noodles! To save time, you can also find pre-peeled and chopped squash in some stores.

Ingredients:

- 1 package (454 g) pasta, prepared according to package directions
- 1 butternut squash, peeled, seeded & chopped into bite size pieces
- ½ tsp salt
- 1 tsp garlic powder
- ½ tsp nutmeg
- 1 cup milk
- ½ tsp ground black pepper
- 1 tsp dry mustard
- 2 Tbsp olive oil
- 2 cups shredded cheese

Instructions:

1. Cook package of pasta according to package directions then drain and set aside.
2. Meanwhile place stock and chopped squash in a pot, heat to boiling then reduce to simmer until squash is tender, approximately 20 minutes. Drain, reserving the liquid.
3. Blend squash with spices, olive oil and milk, adding a little of the reserved stock if necessary to make a smooth and creamy sauce.
4. Add sauce back to pasta pot and heat gently. Stir in cheese then add the pasta. Mix well.

Source: Nicole Fetterly, RD

Equipment List:

stovetop, large pot, strainer, blender, knife, cutting board, spatula,

Go To Recipe on Appetite to Play

[Butternut Squash Mac & Cheese | Appetite to Play](#)

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



HEALTHY EATING &
PHYSICAL ACTIVITY
IN THE EARLY YEARS



GRANNY'S FOOTSTEPS

How to Play:

1. An adult leader is chosen to be the Granny (or Grandpa) and faces away from the group.
2. When the Granny 'goes to sleep', the children walk slowly and quietly to try and steal the imaginary, special, winter cookies that are in Granny's bedroom.
3. If Granny is woken up by too much noise and sees the children moving, ALL children have to run back to the start to stop Granny catching them.

Change It Up:

Make the story fun and engaging! Pretend you hear cars outside that woke you up or mice running around the house. Look out to the kids but don't chase them.

For a child with a disability that limits their balance, provide a support structure for them when they are frozen, such as the wall or an adult.

For a child who is hard of hearing, provide visual cues such as holding up a large piece of paper or ball to show when to freeze.

For a child who has a visual impairment, provide a noise or sound when the granny turns around and the children have to freeze.

[Check it out on Appetite to Play](#)