



Cowichan Valley Child Care Resource and Referral

Autumn 2021

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Coordinators Message: Autumn brings bright colours, cooler and shorter days, and this particular one has provided us with *National Day for Truth and Reconciliation* which we acknowledged on September 30, 2021.

September 30 has historically been known as *Orange Shirt Day*, highlighting the damage the residential school system did to the well-being of Indigenous children. Equally, it serves as a healing journey for the survivors and a commitment by all who wear an orange shirt, that every child matters. We support and stand in solidarity with Indigenous families across Canada.

Another day to remember is November 20, *World Children's Day*, focusing on investing in our future, investing in children. A day to promote awareness among children, togetherness and improving children's welfare. We must engage in critically reflective dialogue that supports joyful early childhood spaces that are local, inclusive, ethical and democratic.

You are invited to join the on-line *Raffi Child Honouring Course* for a special group rate when you register at the Raffi Foundation by using the code: CCRRgroup.

Wishing everyone love, joy and peace through the coming shorter days of Autumn. If you cannot find the light, be the light.

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

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Office Hours:

8:30 AM—4:00 PM M-T-F

8:30 AM—7:00 PM W-Th

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:

Oct 11—Nov 11—Dec 27, 28, Jan 3

Remainder Week of December 29-31 TBA

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

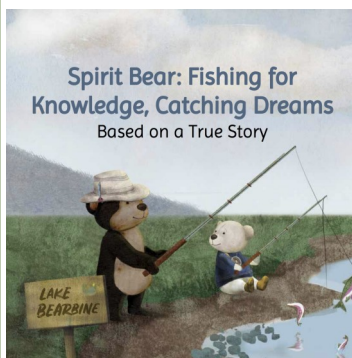
Email: reception@acc-society.bc.ca Web: <https://www.acc-society.bc.ca/>



Hiiye'yu Lelum House of Friendship Cowichan

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

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



The First Nations Child and Family Caring Society stands with First Nations children, youth and families so they have equitable opportunities to grow up safely at home, be healthy, get a good education and be proud of who they are. Books available to borrow at Cowichan Valley CCRR.

Email: info@fncaringsociety.com

Website: <https://fncaringsociety.com>

[Download a free PDF](#) of *Spirit Bear and Children Make History*!



Holidays & Observations



Also Remember: Thanksgiving October 11 - Halloween October 31 - Diwali November 4 - Day Light Saving November 7 - National Aboriginal Veterans Day November 8 - Remembrance Day November 11 - World Child's Day November 20 - Hanukkah (First day) November 29, (last day December 6) - Winter Solstice December 21 - Christmas Eve December 24 - Christmas Day December 25 - Kwanzaa December 26 - New Year's Eve December 31



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](#)



Ministry of Children and Family Development - Child Care Funding News

September 13, 2021, the Childcare BC New Spaces Fund is now open and accepting applications. The deadline to apply is November 16th, 2021 at 4:30 p.m. PST.

Please note the following changes have been made for the 2021-22 intake:

Eligible organizations include public sector, Indigenous governments, not-for-profit organizations and Indigenous not-for-profit organizations only

An increased priority for projects creating Infant/Toddler child care spaces

Focus on full-time 0-5 and school age licence types

More detailed information about these changes, including other key priority areas, as well as the application form, funding guidelines and supporting documents can be found on the [Childcare BC website](#).

If you have additional questions, please contact the Capital Funding program at MCF.CCCF@gov.bc.ca or 1-888-338-6622 (option 5).

Sasquatch Clan Gatherings Community of Practice

Happy & Coco communicating in Fall colours!

Granny Sassy enjoying time in the forest.



Communication and Literacies, from the Early Learning Framework is full!

The joyful, curious and brave child care centres coming together to learn, think deeper and implement this framework are...

Parkside Academy - Arcadian Early Learning Centre - Just for Kids—Palsson, Mt. Prevost, Alex Aitken

We look forward to this learning adventure with these caring humans!



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 [CRR 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.

September 28th - Intuitive Eating - Janet Krans, RD Public Health Dietitian

October 26 - Happy Friends - Jan Bruce

November 30 - Sara Ashley, Pedagogist, Early Childhood Pedagogy Network

December - No meeting



Raffi - Child Honouring Course

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 "CRRgroup" 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

Collaborative Dialogue

6:30-7:30 PM (1 hr. cert) Wednesdays October 13, November 3, December 1, Facilitated by VIU's ECEC Team

An on-line opportunity for ECE Students to share a short presentation based on the Early Learning Framework, with mentors and curious educators, followed by Collaborative Dialogue.

To Register: 1-888-480-2273 or Email: Juliet@pacific-care.bc.ca

Introducing the Early Learning Framework



This is a free on-line self paced training on the MCFD site, the goals of the course are to help providers understand and begin to implement, the Principles of Early Learning, a pedagogy of listening, critical reflection, collaborative dialogue and pedagogical narration to enhance learning the Living inquiries.

To Register: <https://mytrainingbc.ca/ELF/>

Toy Lending Library

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

Multi Cultural Dress Up #083



Fall #178

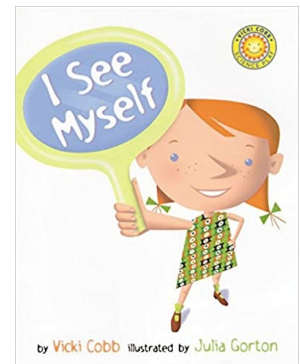
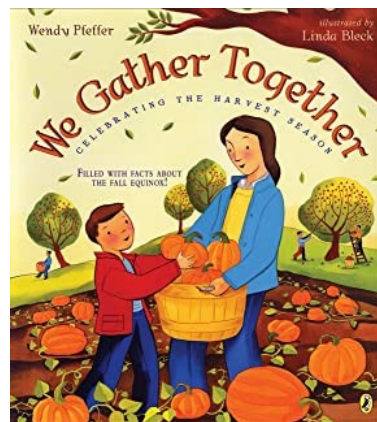
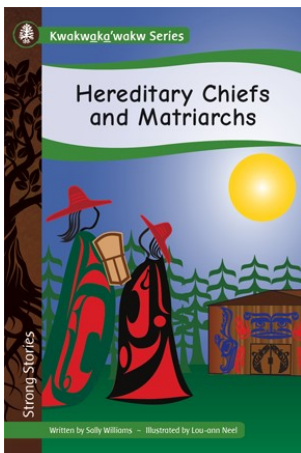


Indigenous Peoples #687



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



This selection of books is available to borrow at the Cowichan Valley CCRR or click on the picture to purchase.

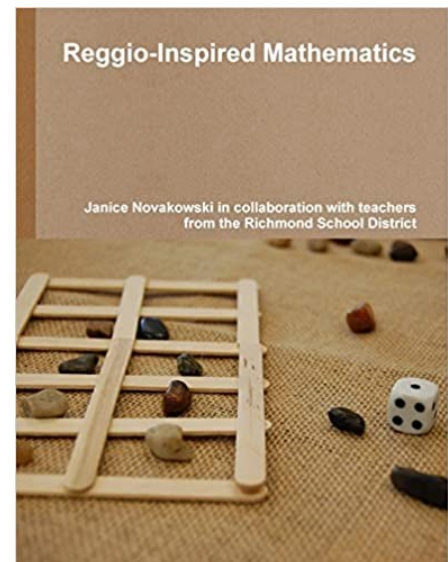
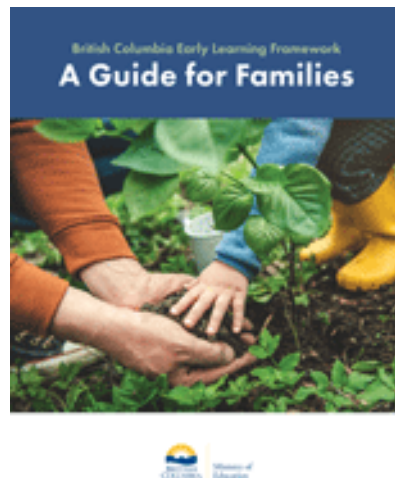
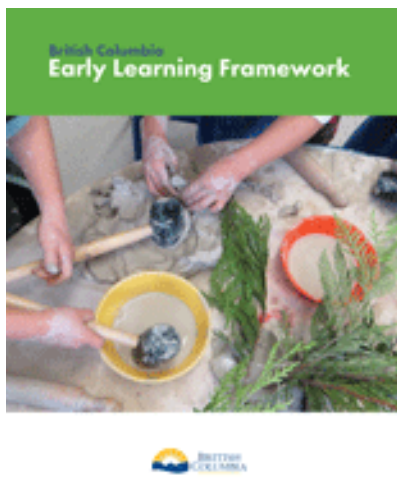
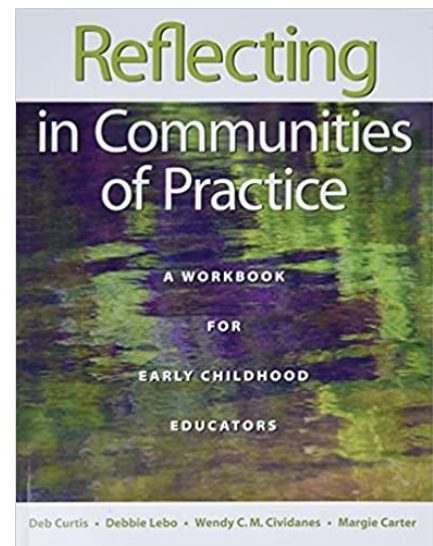
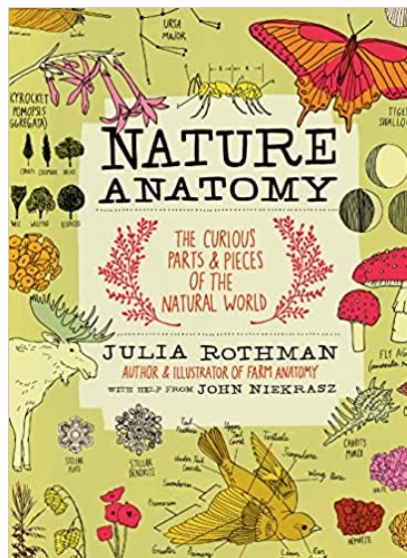
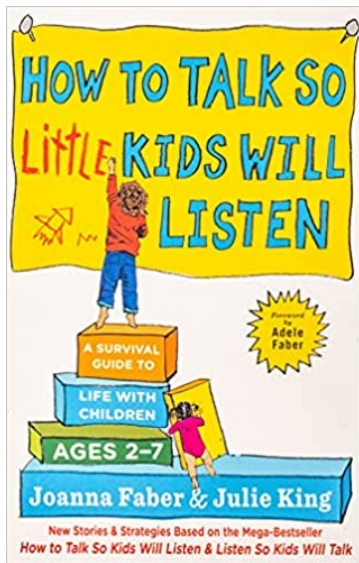
"In what ways are children exposed to a wide range of singing and speaking voices, and in a variety of contexts?" [BC Early Learning Framework](#) p. 83 (Contact CCRR for a copy of the ELF)

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Care Provider's Literacy Corner



Keep watch on Cowichan Valley CCRR newsletters for our newest library addition of Felt Story selections and Felt Boards!



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

"How is written language made part of the rhythm of the program?"

[BC Early Learning Framework](#) p.83 (Contact CCRR for a copy of the ELF)



Nutrition & Activity



Greens are one of the easiest thing to grow in gardens or containers throughout our province in the summer and even in the winter on the coast. Children can build food literacy by helping to tend the plants, harvest the leaves, wash them and tear them into bite-sized pieces. Nutritional yeast is a great way to add flavour and nutrition and minimize the use of salt. If it's hard to find in your community, a splash of soy sauce or a sprinkle of salt works .

Get Your Greens

Ingredients

- 2 large bunches of greens
- 1/4 cup olive oil
- 3 garlic cloves, minced
- 1/4 cup nutritional yeast
- 1/4 apple cider vinegar (or lemon juice)

Instructions

1. Remove the stems from the greens and rip the leaves into bite-size pieces (a great job for kids of any age!).
2. In large skillet, heat olive oil on medium-low then add the garlic. Stir briefly until just turning golden then add the greens.
3. Cook, stirring frequently, until the greens are wilted and much of the water has been released and evaporated. Add the nutritional yeast and vinegar.
4. Serve warm.

Equipment List

Stove top - large skillet/frying pan - knife - cutting

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

Get Your Greens <https://appetitetoplay.com/get-your-greens>



HEALTHY EATING &
PHYSICAL ACTIVITY
IN THE EARLY YEARS



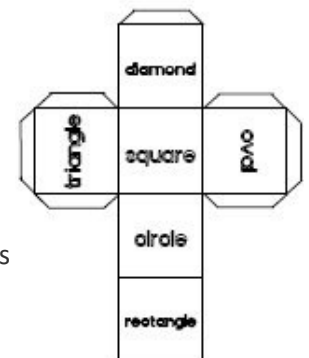
Let's Make Activity Dice!

Directions

Adapted from Appetite to Play [click here](#) for the cube pattern, or use your own dice.

Here are six ideas to get you started: 1) Run on the spot, 2) Jump high 5 times, 3) Spin around in a circle, 4) Stand on one foot, 5) Make your body in to a star, 6) Walk backwards
Alternatively, find images of these movements or animals and place them on the image before printing. For example, place a picture of a horse on one side to show galloping.

Tip: CCRR has a super activity bin available in their toy lending library!



© www.lessonplans.com

CCRR Summer Colouring Contest Winners



Winners selected by the staff and clients of Clements Centre and Sundrops Centre for Child Development. Thank you to all who entered, we felt immense joy at the many beautiful coloured strawberries. Congratulations!!



Newborn to 35 Months - 5 entries, Winners: Wild, Tanner, Emma
 Pre-School 36-60 Months - 49 entries, Winners: June, Hailey
 School Age 6 to 12 Years - 25 entries, Winners: Violet, Kya
 Adult 19 to Infinity - 20 entries, Winners: Megan, Jody