



Cowichan Valley Child Care Resource and Referral

SPRING 2021

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Coordinator's Message...

Happy Spring to Each of You!



The fresh air, the budding trees and flowers are a welcome part of Spring for many and for others they bring allergies! We hope regardless of how Spring impacts you, you get to spend many joyful times in the warmer weather.

We have experienced a lot of joyful times with the Sasquatch Clan Gathering Community of Practice and share that with you on page 2.

Changes to our CCRR Team, Chloe Parkes moved to casual and Denise Gray is now permanent part time Program Consultant. We are seeking one more casual Program Consultant, the posting is located on www.indeed.com.

CCRR Team has been busy hosting trainings, boosting our resource library, supporting community and raising the vibration of Joy in the Cowichan Valley.

Wishing all the moms and dads joy and hugs for their special day in May & June!

Check out CCRR's awesome colouring contest, see page 10, great prizes to be won!

All the Best,

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'qa

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



[Like us on Facebook!](#)

"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."

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

CCRR Closed Statutory Holidays:

MAY 24

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



Early Learning Framework

Module 1

Well Being & Belonging

Module 2

Identities, Social Responsibility & Diversity



Insights to Cowichan Valley CCRR's Big Hairy Idea!

Who starts a big hairy idea in the midst of a pandemic? A team of dedicated women working to support child care providers, children and families... that's who! We give thanks to the child care Centres: Parkside Academy, Just For Kids at Palsson and Mt. Prevost, Arcadian Early Learning Centre and Jubilee Montessori for stepping forward into the unknown with the Sasquatch Clan Gatherings Community of Practice (COP).

Funding for COP came from the *ECE Professional Development Bursary Fund* through Westcoast Child Care Resource Centre. This funding allowed us to create education kits and sets, purchase puppets, coaching, record events plus supply food for events.

Outcomes from this COP: we raised the vibration of joy and created in-house professional development in Centres.

Granny Sassy was curious and asked participants... what impact did participating in the Sasquatch Clan Gathering Community of Practice have on you, the littles in your care, your team, families and your child care centre?

Answer: "Oh my word!!! Such an incredible impact! Skit and Neo have helped the littles so much expressing emotion and having opportunities to speak their hearts truth! Watching, listening and coaching them through has been an absolute blessing! To see smiles and joy and hear them excitedly share with others in their family...wow! Especially in todays environment!!"

Answer: "For me, this program served as a reminder to stay present and to "dig deep" by asking us to keep the ELF at the for front of our minds. I am grateful to have been asked to focus deliberately on cultivating a culture of wellbeing and belonging while bolstering our everyday experiences of joy... this program helped to inspire the staff to foster further understanding of community and kindness within ourselves and our classroom. The resources that were provided within this program were rich and a joy to incorporate within our curriculum (and to then share with other classrooms too!)."



Cowichan Valley Child Care Resource & Referral Training Opportunities - For Current Information Click on Links Below



[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](#)



Check Out [ECE BC Cowichan Valley Chapter on Facebook](#)



Congratulations to GOOD BEGINNINGS Graduates!

Responsible Adult—Julie Ramsay & Travis Folk

Family Child Care—Precila Pover & Makela Paramio



Workshops & Courses

Information & Registration Available on [CRR Website](#)

May 15, 2021 9:00 - 3:30 Heart Hands & Minds VI Regional Conference - Virtual \$40

Theme for this conference is Self-Care for the Caregiver. Stories from Elders, Keynote: Lisa Baylis, Self Compassion & Sustainable Wellbeing Through a Pandemic, Tea & Teachings with Jared Qwustenuxun Williams... plus 6 amazing workshop sessions to boost your self-care! Please visit V.I. Regional Early Childhood Conference on Facebook or to register phone 250-746-4135 Ext 235.

May 22, 2021 10:00 -11:00 Coffee-Compassion-Children—Complimentary with Raffi

You are invited to a virtual round table conversation about how Raffi started out as a children's troubadour and became an advocate for "a compassion revolution" with the well-being of children as the Centre.

Raffi and Adela Barcia, a psychologist, have set aside this time to meet with Mary Dolan and Carmen Barclay to describe how the Child Honouring philosophy in action results in a more compassionate world for all.

Please call to register 250-746-4135 Ext 235.

Cowichan Valley Child Care Resource & Referral



First Nations Updates

Hiiye'yu Lelum House of Friendship

Hiiye'yu Lelum Society 250-748-2242

PROGRAMS & SERVICES

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



Visit the Website

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

Please Contact the Program Director
(250) 748-2242

BC Aboriginal Child Care Society Supporting the Village to Raise the Child

We have entered a new political climate—one which brings unprecedented opportunity for transformative, systemic change for Indigenous peoples. In realizing First Nations inherent rights to self-determination and governance, a [National First Nations ELCC Policy Framework](#) builds upon the work and achievements of the last two decades. This is being accomplished by enhancing, expanding, and supporting innovation within existing Indigenous early learning and child care (IELCC) programs and supporting communities or regions where there are no programs and services, or where they are severely underfunded.



General Inquiries: 604-913-9128

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

BC Aboriginal Child Care Society

First Nations Health Authority

Jordan's Principle

Indigenous Services Canada (ISC) BC Region is where you go if you have questions or access to Jordan's Principle. ISC can be reached by telephone at 778-951-0716.

For further information on Jordan's Principle, including step-by-step information on how to submit a Jordan's Principle request, please see the national ISC Jordan's Principle website at:

<https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824>



First Nations Health Authority
Health through wellness

FNHA Main Contact Information

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

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



Cowichan Valley Child Care Resource & Referral

Toy Lending Library

Cowichan Valley CCRR has a diverse assortment of resources designed with the early childhood educator in mind. To access the toys, equipment and other resources please register with Cowichan Valley CCRR. It is **FREE** and **Easy!**

Families are welcome to borrow from our amazing library, simply connect with our Program Consultant and complete a borrowers agreement. **Phone 250-746-4135 Ext 235 to get started or to schedule pick up or drop off.**

[Click Here to Check out CCRR Toy Lending Library Catalogue Today!](#)

CCRR Open Late Wednesdays & Thursdays to 7:00 PM

Spring # 903



Lifecycle of Frog, Lady Bug & Bee

649



Bugs & Insects # 0533



Vancouver Island Regional Library

Literacy Kits are available to providers and families through your local library. Literacy Kits are theme-based and cover a wide variety of topics such as Wild Animals, Pirates, Things That Go, Force and Motion, Divorce, and Yoga. Each kit comes in a backpack or plastic tote and contains books, CDs, DVDs, and/or toys. They can be borrowed from any of our branches for three weeks. Cultural Literacy Kits focus on specific cultures, including Coast Salish, Métis, Korean and Arabic and many more. Cultural Literacy Kits are designed to help parents, caregivers and educators engage with their children through books, songs and games – all in their own language and about their own culture!

[Click Here to Check out the Literacy Kits Today!](#)

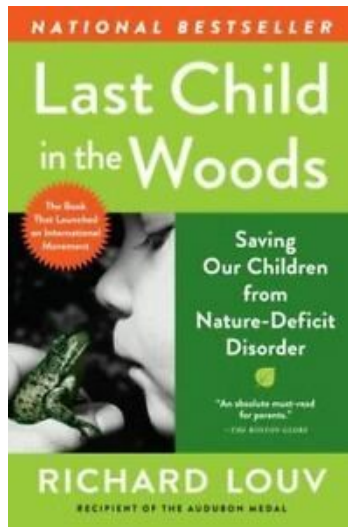
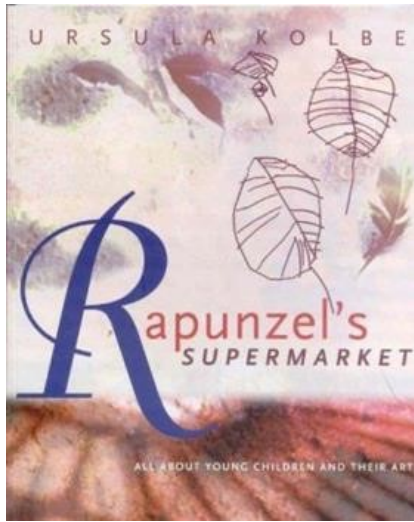
"How are children encouraged to think, speak, and learn about their identities? What does that look like to me?" [BC Early Learning Framework](#) p. 87 Please let CV CCRR know if you would like a copy of the ELF

Cowichan Valley Child Care Resource & Referral

Care Provider's Literacy Corner



The team at CCRR Cowichan loves books and wanted to share some of their favourites. You may find these books for purchase in a local book store, online or borrow for free from your local library. We hope you like this selection and invite your feedback! Visit us at [CCRR Facebook](#) or phone 250-746-4135 Ext 235.

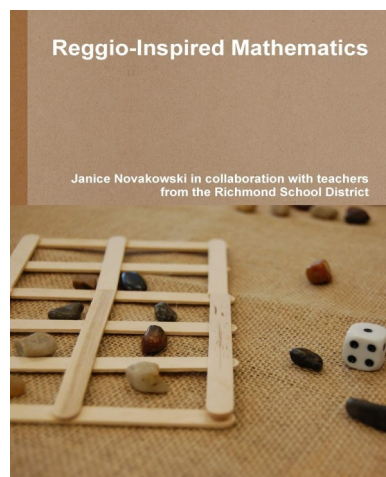
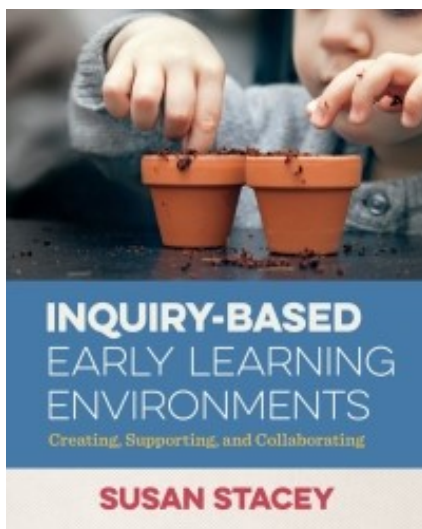


Click Picture to Access Link to Amazon.ca

You can access these books from CCRR reception area.

CCRR Monthly Books

- ◆ **Rapunzel's Supermarket-All About Young Children And Their Art by Ula Kolbe**
- ◆ **Last Child in the Woods-Saving Our Children From Nature-Deficit Disorder by Richard Louv**
- ◆ **Inquiry-Based Early Learning Environments-Creating, Supporting, and Collaborating by Susan Stacey**
- ◆ **Reggio-Inspired Mathematics by Janice Novakowski in collaboration with teachers from the Richmond School District**



"What might emerge if I considered rhythms and flows rather than routines?" [BC Early Learning Framework](#) p. 78

Please let CV CCRR know if you would like a copy of the ELF



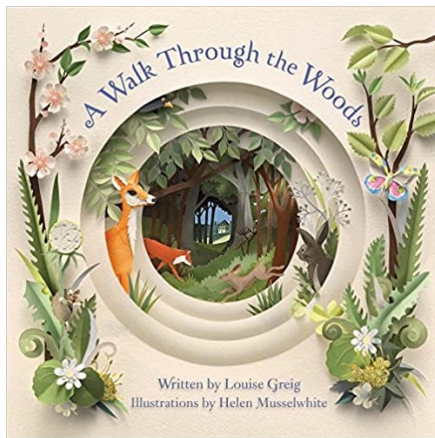
Cowichan Valley Child Care Resource & Referral

Children's Literacy Corner

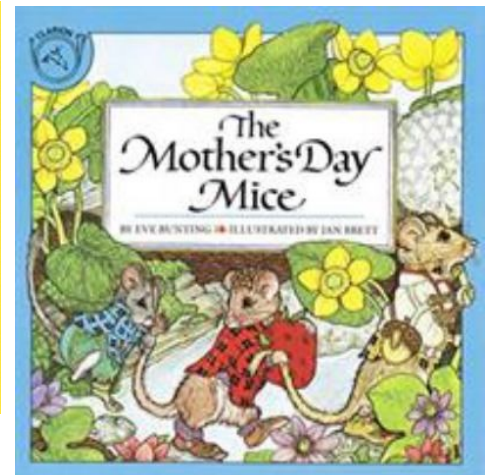
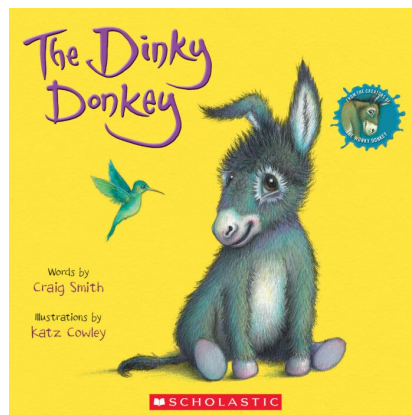


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Click Picture to Access Link to Amazon.ca



- ◆ A Walk Through the Woods by Louise Greig
- ◆ We Are T Gardeners by Joanna Gaines
- ◆ I Love Dad by Eric Carle
- ◆ The Dinky Donkey by Craig Smith
- ◆ The Mother's Day Mice by Eve Bunting



Remember... [Vancouver Island Regional Library](#) has a great selection of books and resources available to families and child care providers!



Nutrition & Physical Activity

Salmon Pasta Salad



Yield: 12 child size portions
Preparation Time: 15 minutes
Cooking Time: 12 minutes
Common Allergens: Wheat, Fish, Milk

Canned salmon is one of the best pantry staples to keep on hand for a convenient source of protein, healthy fats and calcium (if it contains bones- they become completely soft and maskable in the canning process). Many people in British Columbia have relied on salmon for centuries—we're so lucky to have this natural resource.

Adding in vegetables and whole grain pasta makes this a perfectly balanced meal that will appeal to kids and grown-ups!

INGREDIENTS

- ◆ 1 bag (~500 g) whole grain pasta
- ◆ 1/4 cup olive oil
- ◆ 2 lemons, zested & juiced
- ◆ 1 tsp Salt
- ◆ 1/2 cup chives or herbs, finely chopped
- ◆ 2 cans salmon, drained
- ◆ 1 yellow or red Bell Pepper, seeded & diced
- ◆ 1 long English Cucumber, diced
- ◆ 2 cups broccoli florets, diced

INSTRUCTIONS

1. Cook pasta according to package instructions, drain & cool
2. Combine oil, yogurt, lemon zest/juice, salt, pepper, & chives in a large measuring cup. Set aside.
3. Mash salmon lightly in the large bowl to break up any skin, bones, or large pieces.
4. Add: Chopped pepper, cucumber, & broccoli.
5. Top with half of the dressing & mix in the pasta.
6. Serve immediately or refrigerate for up to 2 days.
7. Serve with remaining half of sauce for those that desire.

EQUIPMENT

- ◆ Stove Top
- ◆ Large Pot
- ◆ Strainer
- ◆ Large Measuring Cup
- ◆ Cutting Board
- ◆ Knife
- ◆ Large Bowl

<https://appetitetoplay.com/healthy-eating/recipes/salmon-pasta-salad>



HEALTHY EATING &
PHYSICAL ACTIVITY
IN THE EARLY YEARS



WRIGGLY RIBBONS

Age: 3-5

Equipment

- ◆ Ribbon sticks or
- ◆ Canning ring & ribbon

Where This Can be Played

- ◆ Indoors or outdoors

Child Development

- ◆ Supports play & language

How to Play

1. With the children, hold the end of the ribbon stick or the canning ring and practice making patterns (e.g. figure 8, waves, rainbow, spiral, circle, wiggle).
2. Show the children how to use the whole arm, the lower arm or just the wrist, to make the ribbon move.
3. Change hands.
4. Invite the children to act out ideas using their ribbons (e.g. pretend it's a windshield wiper, a tornado, a bicycle wheel, a wiggly snake, etc.).

Change It Up / Alternatives

- ◆ Read "Washing Machine" create the movements described in the poem.
- ◆ THE WASHING MACHINE by Anonymous
Washing in the washing machine, going round and round. Washing in the washing machine, moving up and down. Round and round and up and down, it makes a noisy sound. Faster, faster, faster, round and round and round.
- ◆ Pretend the ribbon has magic powers...but only if it never touches the ground...or never stops moving...or always holds one hand behind her back, etc. Take turns deciding on the "the rule."

<https://appetitetoplay.com/physical-activity/games-activities-3-5-yrs/wriggly-ribbons>

Early Childhood Pedagogy Network

How do pedagogical narrations invite us to (re)think curriculum in Early Childhood Education? Part three: Collecting traces for documentation

By Sara Ashley and Samantha Wylie, *ECPN Pedagogists*

This newsletter piece is a continuing invitation to early childhood educators in the Cowichan Valley to engage in thinking about pedagogical narrations and curriculum making in early childhood education. We invite you to revisit the ideas we introduced in our [first](#) and [second](#) pieces, which wondered what the work of creating curriculum through pedagogical narrations might do to generate openings for questioning assumptions.

In this offering, we would like to focus on the act of collecting traces within the process of creating pedagogical narrations. Traces are “artifacts such as materials created by children, notes of text, photos, audio, video, journals or digital data” ([BC Early Learning Framework](#), 2019, p. 54). Educators might collect traces by capturing moments which draw their interests, while wondering, *what am I paying attention to in my everyday encounters with children?*

“Traces make visible a moment of practice and bring attention to learning, thinking, the connections and relationships” within early childhood classrooms (BC Early Learning Framework, 2019, p. 54). They are something that educators can return to and talk about with each other, the children, and families. Although there are many possibilities, educators might share pedagogical narrations through displays within classrooms, virtual platforms, newsletters, and family gatherings.

These tangible traces can help educators to consider “new provocations and resources to build on the children’s questions, learning, and interests” (Pacini-Ketchabaw et al., 2015, p. 66). Collective thinking and discussion, prompted by traces from practice, supports co-creating curriculum that responds to the context of the work. In this practice, pedagogical narrations are never complete, but always emerging.



Questions for Consideration:

- How might you invite the children to collect traces?
- How might you engage the children in discussions about the traces?
- How might traces from practice make visible what “respectfully learning and living together” (BC Early Learning Framework, 2019, p. 54) means with/in/for our children/families/centre/community?

For questions related to the Early Childhood Pedagogy Network, visit www.ecpn.ca or email ecpn@uwo.ca

References

Pacini-Ketchabaw, V., V., Nxumalo, F., Kocher, L., Elliot, E., & Sanchez, A. (2015). *Journeys: reconceptualizing early childhood practices through pedagogical narration*. University of Toronto Press.

Province of British Columbia. (2019). *British Columbia early learning framework* (2nd ed). Ministry of Education, Ministry of Health, Ministry of Children and Family Development, & British Columbia Early Learning Advisory Group.

Cowichan Valley Child Care Resource & Referral

Artist: Michelle Stoney - Gitxsan



Return to Cowichan Valley CCRR By:
May 31, 2021

Gift Card Prizes: **1st)** \$50 Dominos Pizza
 2nd) \$30 Thrifty Foods **3rd)** \$25 Volume One Books

Name: _____ **Phone:** _____ **Age:** _____

Shared from a Collection of Indigenous Colouring Pages [TIME TO COLOUR](https://www.time-to-colour.com/)

<https://woodlandculturalcentre.ca/>

Phone: (519) 759-2650

Woodland Cultural Centre

184 Mohawk Street Brantford, ON N3S 2X2