

Prince George CCRR Newsletter

STAFF

Sarah Munt
Coordinator

Gail Mason
Community Consultant

Alisha Wilson
Child Care Consultant

Celina Richards
Outreach Consultant

Samantha Starkes
Family Consultant

**Serving the
Communities of:**
Prince George, McBride,
Valemount,
Vanderhoof, Fort St.
James, Fraser Lake, Fort
Fraser, Burns Lake,
McLeod Lake,
Mackenzie, Kwadacha,
Upper Fraser.

Agreement Number
#40677583

Office Hours

Monday-9:00am-7:00pm

Tuesday to Friday-9:00am-4:30pm

Highland Office Hours

Tuesdays- 9:00am-12:30pm

Closures

Monday, November 13- Remembrance Day

Monday, December 25- Christmas Day

Tuesday, December 26- Boxing Day

We have attached a quick survey to gain important feedback to help provide better support for all of our Members.

Please take a moment to fill it in and return at your convenience.

PO Box 1808, 2020 Massey Drive
Prince George, BC V2L 4V7

Phone: 250-563-2483 Fax: 250-563-2482

Toll Free: 1-800-680-6699

<http://nbc.ymca.ca/>

www.crr.bc.ca

crr@nbcy.org



Workshops

**WANT TO LEARN MORE ABOUT
HEALTHY EATING & PHYSICAL
ACTIVITY IN THE EARLY YEARS?**



THE APPETITE TO PLAY interactive workshop for early childhood providers will enhance knowledge, skills and confidence in creating childcare settings that support healthy eating, physical activity, food and physical literacy to promote healthy child development. Early childhood (0-5) is a critical time for setting the stage for lifelong healthy behaviours. During this workshop planning tools, tips and ideas, recipes, games and activities will be shared and practiced. Participants will receive a booklet to help them get started and an overview of the **Appetite to Play** online resources. The workshop is three hours in length and will count towards professional development credits for early childhood educators.

NEXT WORKSHOP:
November 15, 2017
6-9 pm

Fee: \$10

appetitetoplay.com

TO FIND OUT MORE AND REGISTER

Registration with CCRR office
Phone: 250-563-2483
Email ccrr@nbcy.org



**HEALTHY EATING &
PHYSICAL ACTIVITY
IN THE EARLY YEARS**

Appetite to Play is supported by the BC Physical Activity Strategy. It is delivered in partnership through:





Active Play

For Parents and Child Care Providers

Tuesdays

10:00am-11:00am

**At Highland Family Development Centre
(155 McDermid Dr)**

Join CCRR every Tuesday to support Active Play in Children. We will have a variety of activities that will encourage moderate to vigorous bursts of energy. We will include both adult and child activities that support fundamental movement skills involving different parts of the body such as feet, legs, trunk, head, arms, and hands.



WINTER PLAY DAYS

Wednesday, December 6 Harry Loder Park (Rainbow Drive)

Wednesday, December 20 College Heights Recreation Park (Domano Blvd.)

10am-11am

All child care programs are welcome to come out and meet CCRR for FREE winter games, activities and tobogganing. Please email ccrr@nbcy.org or call, 250-563-2483, the CCRR office to sign up. CCRR will have a limited amount of sleds please bring your own.

CCRR Events

National Child Day

The YMCA will be hosting a free event to celebrate National Child Day.

Come by the Gymnasium and the Rec Room for *free* activities between 10:00am-12:00pm on Saturday, November 18,2017.

CCRR Networking Night

Come out to the CCRR room for some great food, great crafts, and great company!
It's our very own child care provider Christmas party!

Thursday, November 30,2017,6:30pm-8:00pm.

Please call 250-563-2483 or email crr@nbcy.org to register.

Winter Play Days

Join our CCRR for some winter fun!

We have two play days scheduled for now and if they are a hit, we promise there will be more!

Wednesday, December 6, 10:00am-11:00am- Harry Loder Park

Wednesday, December 13, 10:00am-11:00am- College Heights Recreation Park



Funded by the BC Ministry of Children and
Family Development
Sponsored by the YMCA of Northern BC

First Aid Training

Life Savers First Aid offers:

Canadian Red Cross Emergency Child Care Course

Saturday, November 25 8:00am-4:30pm

Saturday, December 9 8:00am-4:30pm

Cost: \$100.00

Phone: 250-562-1238

Email: lifesavers@telus.net

Address: 439 Cassiar Street

St. John Ambulance offers:

Emergency First Aid - Community Care

Saturday, November 25 8:00am-4:30pm

Saturday, December 9 8:00am-4:30pm

Cost: \$95.00

Phone: 250-561-1696

Email: Prince.George@bc.sja.ca

Address: 470 - 3rd Avenue



Outreach Corner

The Robson Valley and Mackenzie early childhood development tables are both in the process of having new coordinators hired in the upcoming weeks.

Celina Richards – Outreach Consultant
Phone: 250-563-2483 Email: celina.richards@nbcy.org

I attended the ECD meetings in both Vanderhoof and Burns Lake, it was exciting to meet everyone for the first time and I look forward to providing support in your communities. While in Vanderhoof I was able to meet and visit with child care providers and community service providers. Thank you for taking the time to sit and help me gain a better understanding of how I can start to support you and your communities. I look forward to booking more support visits in the coming months with all of you.

I am in the process of scheduling and organizing a new workshop opportunity “**Appetite to Play**” in the various outreach communities. If you are interested in partnering with me please contact me either by phone or email. If you are interested in attending please let me know and I will contact you with dates and locations.

Outreach in Prince George

I have started calling to schedule support visits with child care providers. I am excited to meet everyone and get to know the providers and their programs. In doing these visits the CCRR will have a better understanding of the diverse quality child care programs in our area and how we could better support your needs as providers.

What is a support visit? A support visit can be a story time, circle time, art activity, outdoor activity or just someone to talk and problem solve with about concerns or struggles in the child care provider profession. If you are interested in a support visit with me please call or email to set up a time and day.

Motivation getting outdoors in the winter with children is difficult. CCRR will be hosting two outdoor ‘**Winter Play Days**’ in parks around the PG area in the month of December. We are hoping this activity will be successful and would be interested in hosting more days through winter depending on attendance.

Winter Play Days

Wednesday, December 6, 2017 Harry Loder Park (Rainbow Drive)
Wednesday, December 20, 2017 College Heights Recreation Park (Domano Blvd.)
10:00 am-11:00 am

Remembrance Day

During November, we take time to thank those who fought for freedom and for the country we live in today. One way to help children participate in Remembrance Day is by encouraging them to find out about their own ancestors. Learning about their families can help them relate and understand why we all take time to remember. Work with their families to help the children create their family trees, some might even have relatives still alive that were in a war or might have come to Canada because of it.



@YMCA_Canada

YMCA Peace Week

YMCA Peace Week is November 18-25. This is a great time to remind our children about peace and acts of kindness. CCRR will have peace crafts available for programs to do at our active play on November 21, 2017. Here are some ideas to promote peace with the children in your care:

- Pick a park go and clean it up as a center
- Collect donations for a food bank
- Warm and fuzzies: Ask families to bring in gloves, hats socks and take them to the Salvation Army
- Create a chain of kindness with the children of kind acts they can do. Then, encourage them to pick something off the chain and do something kind for a friend or family member.



Bright Ideas

Winter Outdoor Play Ideas

We all know the motivation to play outdoors in the colder months is low. Here are some of the creative ways I have kept the children moving, engaged and interested in outdoor winter play!

Adding indoor toys to your outdoor environment can help ease the transition of colder weather.



Figure 1 via Happy Hooligans



Remember, there are no limits to doing 'summer' activities in the winter! Bring those bubbles out or make a volcano. They are honestly even more fun in the winter, the cold air and ground changes the outcome.



Figure 2 via Growing a Jewel Rose

Bright Ideas

Make children part of the process in adding to their outdoor space. Have the children help fill the balloons (a funnel makes this easier) or ice trays with water and choosing the colors. By guiding an open ended conversation during this activity it encourages thoughts and ideas on the end result. Making it available to play with after creates imagination and wonder.



Respecting our natural surroundings is also important for children to learn and understand at an early age. The comforting sounds of warmer weather make being outdoors more enjoyable.



Figure 3 via Hello Glow



Figure 4 via Hello Glow

Bright Ideas

These bright Ideas are made with items you can find in your home or at the dollar store. The children in your centre will get active and gain physical literacy skills like coordination and running. Cut out the ideas and attach them to a ring to save them. Drop them off at CCRR for laminating if you want! (\$1.50 a foot)

Christmas Ball Bead Maze

- Unbreakable Christmas balls
- String

String an assortment of Christmas balls onto the string. Attach the string along a fence or across the yard, or in between a couple trees. Watch the kids moves the balls back and forth on the string like a giant bead maze.

Christmas Ball shakers

- Unbreakable Christmas balls
- Hot glue gun
- Rice, beans

Fill the Christmas balls with different items, like rice, beans etc. Hot glue the cap on. Let kids shake them and hear the different noises.

Christmas ball hide and seek

- Matching Christmas balls
- Decorating Outside
- Wire

Hide one of the pairs around your yard.

Give the children the other pair and ask them to find its match.

Christmas balls

- Unbreakable Christmas balls
- Wire

Use wire to make extra large hooks for the Christmas balls watch the children as they try to hang the Christmas balls around the yard.

Lending Library Corner



Winter fun with three resources: Arctic/Antarctic, Polar Bear, Polar Bear and Indoor Snowballs

Brrr... it's that time of year again! Grab these three resources to complete your winter fun! Get active waddling like a penguin using balloons, or try these indoor snowball activities on those very cold days:

Snowball Fight: This one is obvious, right? You may as well do this one first because your children are eager to throw these at each other anyway. We have a few ground rules at our house such as, always aim below the chest (no head shots).

On Target: Print out or draw a target that can be taped up on a door, wall or window. Have the children throw the snowballs to try to hit the target. How many times can they do it? Throw a little learning into the mix for younger children by having them count out loud or have one child draw tally marks on a chalkboard while another is throwing.

Relay Race: Grab a couple of wooden spoons and have a relay race. This is just like an egg race, but uses the snowballs instead. And if these snowballs fall on the floor, there's no mess to clean up!

<https://confidencemeetsparenting.com/indoor-snowball-activities/>

Parents Corner

What was your favorite thing that happened today?

What was (insert friend's name) doing at lunch?

Who would you like to play with at recess?

If you could learn about anything at school, what would it be?

If you could choose, who would you sit with in class? Why?

What was something that made you happy today?

15 QUESTIONS

TO ASK YOUR KIDS

(to get them talking about their day)

Tell me something you learned at school today

When were you bored today?

Who did you play with?

Who was the funniest person in your class today?

What was something you did that was kind?

What is something you'd like to learn more of at school?

Tell me something that made you smile today?

What word did your teacher say the most today?

What did you and your friends talk about at lunch time?

Resources

Ministry of Children and Family Development:

Child Care Information on Child Care Subsidy, Operating Funding ECE registry: Child Care BC Help Line – 1-888-338-6622

www.mcf.gov.bc.ca/childcare

Children’s Help Line (to report abuse)
310-1234 or 1-800-663-9122

Child Care Liability Insurance:

Pacific Care 1-888-480-CARE (2273)

www.pacific-care.bc.ca

Western Financial Group 1-800-665-8990

www.westernfinancialgroup.ca



Community Care Licensing Office 250-565-2150

<http://northernhealth.ca/YourHealth/CommunityCareLicensing.aspx>

Child Care Referral Form

<http://www.childcarechoices.ca/main/North/Prince+George/>

Parent Support Services- Prince George Area

http://parentsupportbc.ca/prince_george_interior

For your information...

Dates to Remember

DESCRIPTION	Date
Good Beginnings Course (Final Class)	Thursday, November 2
Making Sense of Anxiety and Children's Feelings	Saturday, November 4
Daylight Savings Time Ends- Clocks go back one hour	Sunday, November 5
Remembrance Day	Saturday, November 11
Remembrance Day- CCRR Office Closed	Monday, November 13
Appetite to Play workshop at CCRR Office from 6:00pm-9:00pm	Wednesday, November 15
Peace Week	November 18-November 25
National Child Day Event from 10:00am- 12:00pm	Saturday, November 18
National Child Day	Monday, November 20
Provider Networking Night- Christmas Theme	Thursday, November 30
Winter Play Days at Harry Loder Park	Wednesday, December 6
Winter Play Days at College Heights Recreational Park	Wednesday, December 13
CCRR Closed for Christmas Day	Monday, December 25
CCRR Closed for Boxing Day	Tuesday, December 26



NOVEMBER 20, 2017

THIS YEARS' THEME IS

THE RIGHT TO BE SAFE

www.nationalchildday.ca

Funded by the BC Ministry of Children and
Family Development
Sponsored by the YMCA of Northern BC



YMCA of Northern BC

P.O. Box 1808
2020 Massey Drive
Prince George, BC • V2L 4V7
www.nbcy.org

Prince George CCRR Survey Fall 2017

Facility Name:
Facility Address:
Mailing Address:
Contact Name:
Contact Phone:
Contact Email:

Personal information is only collected for the purpose of maintaining membership and is not released for any purpose without permission or where there is a clear duty to report.

*In Accordance with anti-spam legislation we need to ask; Do you wish to receive newsletters, updates and other pertinent information via email? What is the best way to contact you?

YES NO PHONE EMAIL

Did you know the CCRR office is open until 7pm on Monday evenings? What evening would be most convenient for you?

YES NO

Would you be interested in attending a variety of events, hosted by the CCRR, for you and your daycare children?

YES NO

What type of support would you be interested in from the Prince George CCRR?

Would you be interested in any workshops facilitated by the Prince George CCRR?

*YES NO

*If YES what type of workshop would you be interested in?

*If YES what would you prefer?

EVENINGS WEEKENDS BOTH

How to send your completed survey: Scan or take a photo of your survey and email it to celina.richards@nbcy.org, bring it to the CCRR office at 2020 Massey Drive, or fax it to 250-563-2482.

Building healthy communities