CCRR MEMBERSHIP RENEWALS

Most memberships are due for renewal and we are happy to note that the annual membership costs have been reduced to $25 and they are valid for a full year from the date of purchase.

Benefits of membership include:

- Lending libraries, toys & resources
- Newsletters
- Workshops & Training
- Reduced prices on craft supplies, laminating, faxing and photocopying

To stay registered with CCRR the following is required for all RLNR:

- 20 hours of Training per year relevant to child care including Good Beginnings or Family Child Care
- Current first aid

Please keep your information with CCRR up-to-date as well!

We are happy to advise you of upcoming activities, classes and workshops, just let us know your current contact information—phone, fax, mail or email.

Holidays!
The Child Care Resource & Referral office, as well as the Cariboo Family Enrichment Centre will be closed on Wednesday, July 1, Friday July 10, Monday, August 3 and Monday, September 7.

REMINDER

To stay registered with CCRR the following is required for all RLNR:

- 20 hours of Training per year relevant to child care including Good Beginnings or Family Child Care
- Current first aid

Please keep your information with CCRR up-to-date as well!

Continuing Education

There are several post secondary institutions offering the ECE program by distance learning.

The Early Childhood Educator Registry contains a list of post-secondary institutions offering approved programs. There are also some programs which have courses over the summer months and upon completion of practicums can lead to an ECE certificate in just two years.

Many of the post-secondary institutions listed on the site also offer individual courses and upgrading programs. It is certainly worth looking into if you are interested in upgrading your qualifications and/or licencing.

100 Mile House
July/August Newsletter

Inside this issue:

Early Childhood Conference 2
Workshops 4
Kites 5
Summer Snacks 8
Events Listing 9
New Items at CCRR 10
Playdays 11
Holidays/Reminders 12

Lots of fun & creativity at the Science World Workshop held at CCRR on June 18
Brain Dance - Barbara Karmazyn

Special guest, keynote speaker & presenter

Barbara Karmazyn is a dynamic facilitator, educator and free style dancer. She specializes in the early stages of artistic and creative development and is a dance educator and an Early Childhood educator.

Barbara began her career in 1983, teaching arts programs to children of all ages. A few years later she became the director of a children's summer art camp and ran it for 7 years. From this rich foundation of experience, she designed courses and workshops to teach others how to provide creative programs for children. She has given talks to parent groups and training teachers, caregivers and students for over 20 years.

Developed by Dance Educator, Anne Green Gilbert, the Brain Dance is a series of exercises, comprised of eight fundamental movement patterns that we move through in the first year of life. Research has shown that these patterns are crucial to the wiring of the central nervous system, and lay the foundation for sensory-motor development and life-long learning. Barbara introduces the patterns and presents a variety of ways to incorporate the Brain Dance into your day.

Friday & Saturday, Sept. 18 & 19, 2009
108 Mile Resort & Conference Centre
Hosted by
Child Care Resource & Referral

Conference Agenda:
Friday, Sept. 18
6:30 - 8:30 p.m. Keynote Speaker Barbara Karmazyn

Saturday, Sept. 19
9 - 10:30 a.m. Brain Dance Workshop with Barb Karmazyn
10:30 - 10:45 Nutrition Break
10:45 - noon Continuation of Brain Dance Seminar
Noon - 12:15 Lunch
12:45 - 2:45 Handwriting Without Tears® Workshop
2:45 - 3 p.m. Nutrition Break
3 - 5 p.m. True Colours Workshop

Playdays in the park
(for parents/caregivers with children to 12 years)
Contact CCRR at 250-395-5155 for more information

PLAY DAY IN THE PARK
Wednesday, July 15
10 a.m. to noon
Centennial Park, 100 Mile House

ART IN THE PARK
Wednesday, Aug 12
10 a.m. to noon
Centennial Park, 100 Mile House

FREE!
New Books, Toys & Craft Supplies at CCRR

There are some great new toys and books available for members to borrow from the CCRR. A new shipment of craft supplies has also arrived. Come in and have a look, then take some new toys home to play with!

We’ve re-arranged the office to provide better access to the resource books. There is a whole shelf full of story packages which contain the book and a CD, puppet, stuffed animal, felt story or worksheets.

There is also a new display case for the many tray puzzles that are available for lending. We have 3 new tray puzzles with large knobs which make it easy for little hands to manipulate the puzzle pieces.

One of our new puzzles, the Alphabet Train, has 28 pieces and stretches to 10 feet when put together! A great way to learn the alphabet.

LACING SHOE

The Wooden Lacing Shoe will be a great help when teaching children how to tie their laces. It is a hand-painted solid wooden shoe with extra long laces so kids can learn how to lace the shoe as well as how to tie the laces.

PIZZA PARTY!

An all wooden play pizza complete with pizza cutter and server. Add pepperoni, peppers and mushrooms to create six slices of delicious pizza to serve during play time. Great for encouraging coordination and manipulation of small pieces.

New Book titles include:

- Monday with a Mad Genius - Use your imagination to join in the search for one of the four secrets of happiness to help Merlin the magician find joy in his life again.
- Skippyjon Jones - everyone loves to read about the adventures of Skippyjon Jones. Great illustrations throughout the book!
- The Human Body, Inside and Out - A well illustrated book with flaps, tabs and a pop-up skeleton. Explore the human body through giant pop-ups and fantastic interactive features. Find out how food journeys through your body, how your heart keeps your blood pumping, how your bones and muscles keep you moving and learn about the best ways to stay healthy and active.
- The Wooden Lacing Shoe will be a great help when teaching children how to tie their laces. It is a hand-painted solid wooden shoe with extra long laces so kids can learn how to lace the shoe as well as how to tie the laces.

GOLF

We’ve added a second golf set which has a putting green, and a tee which can be used with a waffle ball or with the attached plastic golf ball - great for indoors when play space is limited.

Handwriting Without Tears

Facilitator: Tamara Hatch

The Handwriting Without Tears® Program inspires active learning. It uses hands-on activities, manipulatives, and fun strategies to ensure the development of correct and comfortable habits and provides a foundation for helping children write well.

Tamara has completed the level I HWT training and has been using the program to introduce shapes, numbers and the alphabet to her kindergarten students. Tamara knows the benefits of incorporating music into the classroom and will teach the songs, rhymes and actions that make the HWT program so successful.

True Colours

An interactive workshop focusing on why people act or react in certain ways. Positive attitudes and behaviours are emphasized through effective communication and conflict resolution tools to help us deal with different personality styles.

Our facilitator will help us to learn more about ourselves and how we deal with situations as well as understanding how others learn and react to their surroundings.

Early Childhood Conference Registration Form

Name: ____________________________ Phone Number: ____________________________
Address: ____________________________
Organization: ____________________________

I will be attending the following:

☐ Complete conference ($45)
☐ Friday evening Keynote speech ($20)
☐ Saturday morning "Brain Dance" workshop ($20)
☐ Saturday afternoon Handwriting Without Tears® AND True Colours workshops ($20)

Please attach payment to the completed registration form and mail or drop off at the 100 Mile House CCRR office, 486 S. Birch Ave., P.O. Box 2427, 100 Mile House, B.C. V0K 2E0

For more information, please phone the CCRR office at 250-395-5155.

www.ChildCareChoices.ca
WORKSHOPS/CONFERENCES

1st Aid
The next Child Care first aid class in 100 Mile will be held on Saturday, July 18 from 8:30 a.m. to 4:30 p.m. Cost is $100. Call CCRR for more information and to register at 250-395-5155

2009 Early Years Conference
“Starting Out Right”
Location: Nelson
Dates: October 17 to 19.
The conference brochure is available at www.successby6wk.com or www.successby6wk/2009_conference_handbook.pdf
Last year the Nelson conference filled up early and over 100 people were turned away so register soon if you are interested.
Phone the 100 Mile CCRR if you would like to coordinate with others traveling from our area wishing to attend and wanting to carpool and/or share hotel costs.
The keynote speaker will be Bev Bos who is an internationally renowned presenter and an expert on preschool learners. CCRR has a DVD presentation by Bev available for lending if you would like to view one of her presentations before signing up for the conference.

Upcoming CCRR Workshops in 100 Mile
Be sure to mark these dates on your calendar and contact the CCRR at 250-395-5155 to register or if you require more information.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Workshop</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>July 15, 2009</td>
<td>10:00am-12:00pm</td>
<td>Park</td>
<td>Play Day in the Park</td>
<td>Free!</td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>August 12, 2009</td>
<td>10:00am-12:00pm</td>
<td>Park</td>
<td>Art in the Park</td>
<td>Free!</td>
</tr>
<tr>
<td>Friday &amp; Saturday</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept 18 &amp; 19, 2009</td>
<td>Friday 6:30-8:30pm</td>
<td>108 Resort</td>
<td>Brain Dance conference</td>
<td>$45</td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oct. 5, 2009</td>
<td>6:00pm-8:00pm</td>
<td>CCRR</td>
<td>Thanksgiving &amp; Halloween crafts</td>
<td>Free!</td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oct. 19, 2009</td>
<td>6:00pm-8:00pm</td>
<td>CCRR</td>
<td>Indoor play ideas – games, cards, jacks, Chinese skip, sand table</td>
<td>Free!</td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov. 9, 2009</td>
<td>6:00pm-8:00pm</td>
<td>CCRR</td>
<td>Autism with Marlene (part 2)</td>
<td>Free!</td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov. 23, 2009</td>
<td>6:00pm-8:00pm</td>
<td>CCRR</td>
<td>Christmas crafting</td>
<td>Free!</td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dec. 7, 2009</td>
<td>6:00pm-8:00pm</td>
<td>CCRR</td>
<td>Christmas party/networking</td>
<td>Free!</td>
</tr>
</tbody>
</table>

LENDING LIBRARY RE-OPENING
All toys, equipment and theme boxes were to have been returned to the CCRR lending library by June 19. We have been busy safety checking and cleaning them as well as re-stocking the theme boxes.
The library will re-open again on July 6 with everything ready to be loaned out again.
While everything was in the office, a picture catalogue of all the items was begun and will be available for viewing in our office.
Visit the 100 Mile CCRR website through www.childcarechoices.com to check on our progress as we work on displaying the toys and theme boxes online.

If you have ideas for a workshop or something you would like to see in our newsletter, please call us at 250-395-5155 or e-mail us at ccrr@cariboofamily.org

If you have any ideas or suggestions for a workshop or something you would like to see in our newsletter, please call us at 250-395-5155 or e-mail us at ccrr@cariboofamily.org
25 Healthy Summertime Snacks for Kids

1. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."
3. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
4. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
5. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
6. Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
7. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
9. Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
10. Spread peanut butter on apple slices.
12. Make a mini-sandwich with tuna or egg salad on a dinner roll.
13. Sprinkle grated Monterey cheese over a corn tortilla; fold in half and microwave for 20 seconds. Top with salsa.
14. Toss dried cranberries and chopped walnuts in instant oatmeal.
15. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
16. Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.
17. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
18. Sprinkle grated Parmesan Cheese on hot popcorn.
20. Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favourite shape using a big cookie cutter. Eat the fun shape and the edges, too!
21. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
22. Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
23. Rocky Road: Break a graham cracker into bite-size pieces. Add to a low-fat chocolate pudding along with a few miniature marshmallows.
25. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

For more great ideas on nutrition, visit www.eatright.org

Let’s Go Fly A Kite!

Kites are a great way to celebrate springtime and enjoy a blustery day outdoors.

A little history and background about kites:
Kites have been used by many cultures to celebrate special events and occasions and have been around for two thousand years. It is not known for sure who or where the kite was invented, but China is credited with the invention because they were the first to record their use in legends. Japan, Thailand and other countries also recorded the use of kites in their legends. Marco Polo, the great explorer introduced the kite to Europe in the 13th century.

The kite is most often used as a children’s toy, but it has also been used for scientific purposes: it has been used to record temperatures above the earth and Benjamin Franklin used it to show that electricity was present during a storm. It has also been used for military purposes.

If you would like to see some really amazing kites, visit the following website: Kites from around the world http://www.gombergkites.com/nkm/samples.html

Here are a few more websites to visit to learn more about kites and how to make them.


There are lots of great books written about kite flying and windy weather as well as the story of Benjamin Franklin and his kite. Check out what’s available at the CCRR Library or at the public library (temporarily located in the Pinkney Complex on Horse Lake Road).
The Bumble Bee Kite

The bumblebee design is a simple paper fold kite that can be made in just a few minutes, it is a great kite for the very young or a beginner kite flyer to start with.

Materials: 1 sheet of standard copier paper, thread, stapler, hole punch, scotch tape, pencil

Begin by having the children colour their paper on both sides. A colouring page, photocopied on both sides of a piece of paper is also a great starting point. If several children are making kites together, a theme could be selected such as birds, animals or flowers and corresponding pictures could be drawn or copied on the kites.

Fold the sheet of paper in half...
Mark two points, A and B on the folded edge of the paper. Point “A” should be 2 1/2 inches from the end, and point “B”, 2 1/2 inches.
Fold the top corners of the page to point A and staple them in place. Do not crease the paper. Just bend it back.
Punch a hole at point B and attach your flying thread.

Another great way to have fun with kite flying is to sing -
Let's Go Fly A Kite
(from the movie “Mary Poppins”)
Written by Robert B. Sherman
With tuppence for paper and strings,
you can have your own set of wings. With your feet on the ground,
you're a bird in flight! With your fist holding tight, to the string of your kite!

Let's go fly a kite
Up to the highest height Let's go fly a kite
And send it soaring
Up through the atmosphere Up where the air is clear
Oh, let's go fly a kite!

When you send it flying up there, all at once your lighter than air! You can dance on the breeze, over 'ouses and trees! With your fist 'olding tight, to the string your kite!

Let's go fly a kite
Up to the highest height Let's go fly a kite
And send it soaring
Up through the atmosphere Up where the air is clear
Oh, let's go fly a kite!

The following website has some great ideas for incorporating kites into your learning activities. There is an online story to read, “Spot’s Windy Day” and activities centred around the letter K and the diamond shape of a kite.

http://www.first-school.ws/activities/ onlinestory/animals/spotwindyday.htm