

# CRS CONNECT



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA CHILDCARE RESOURCE SERVICE

3333 Camino Del Rio S., San Diego CA 92108

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[www.crs.ymca.org](http://www.crs.ymca.org)

Linking families, child care professionals and the greater San Diego community.

## HERE'S TO A HAPPY AND HEALTHY NEW YEAR!

**Our WELLNESS CHAMPION program is here!** This innovative project helps promote health and wellness in child care facilities along with giving parents the peace of mind that their children are enrolled in a program where nutrition and physical activity are valued. This program is aligned with community efforts to reduce childhood obesity, source local foods, and to promote healthy habits.

### FOR CHILD CARE PROVIDERS:

Every year, our child care referral line receives over 53,000 calls from parents seeking quality child care. Make your program stand out by becoming a Wellness Champion and be placed on our priority referral list. To begin this program, providers will fill out a pre-self-assessment on best practices regarding health and wellness at their site. This helps to give the YMCA a baseline on what areas are going well and what areas may need some assistance. The next step is to attend a workshop on best practices for a healthy food and physical activity environment in child care. Free training, support and one-on-one coaching by our Health Educators will assist providers to enhance their knowledge and expertise and implement recommendations in those areas. Health Educators provide technical assistance through site visits and by reviewing progress that has been made. A post-self-assessment is then administered to acknowledge the changes that have taken place at the sites. Once the program is completed, the provider is flagged as a Wellness Champion in the YMCA child care referral database which includes all licensed child care providers in San Diego County. Those sites that have a Wellness Champion designation will rise to the top as a priority

referral match for families who indicate during the referral process that they prefer a Wellness Champion. Wellness Champion window decals will be distributed for child care programs to display.

**The Wellness Champion program is currently available in select zip codes. To see if you are eligible, contact Norma Mendoza at 619-521-3055 ext. 2212 or e-mail [nmendoza@ymca.org](mailto:nmendoza@ymca.org).**

### FOR PARENTS:

Choosing a quality child care program can be a difficult process for parents. By selecting a site that cares about nutrition and physical activity, you can be confident that the provider will consider the health and well-being of your child.

(Continue on page 2)



**CRS CONNECT** is published four times per year by YMCA Childcare Resource Service (CRS), a department of the YMCA of San Diego County. 3333 Camino del Rio South, Suite #400 San Diego, CA 92108-3839

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**CRS CONNECT** is sent as a public service to families, licensed child care facilities and other professionals in the community. To be placed on the mailing list, call 619-521-3055 x2312.

### YMCA Childcare Resource Service Referral and Complaint Policy

YMCA CRS provides free child care referrals to parents for their specific child care needs in licensed and legally license exempt facilities in San Diego County. Service is provided to all persons requesting them regardless of income or other eligibility factors. Confidentiality of both parents and providers is maintained. Child care referral lines are open Monday–Thursday from 8:00 am to 4:00 pm and Fridays from 8:00 am to 12:00 pm or referrals may be accessed online at [www.crs.ymca.org](http://www.crs.ymca.org).

Consumers are offered a variety of child care options including family child care homes, child care centers, preschools, before and after school care, and in-home agencies. YMCA CRS seeks to promote and develop quality care for children but does not make recommendations regarding particular providers. YMCA CRS strongly encourages parents to visit facilities and review provider histories with Community Care Licensing at 619-767-2200, prior to making the final decision for child care arrangements. Responsibility for selecting a child care provider rests with the parent or guardian.

YMCA CRS has established policies and procedures to ensure all complaints from parents, providers and the community are addressed in a clear and equitable manner. California legislation mandates that child care resource and referral agencies may not refer child care programs that are on probation, under a temporary suspension order or hold a revoked license from Community Care Licensing (CCL). Referrals are resumed when CCL sends written notification which indicates the program can return to active referral status. For a full version of YMCA CRS referral and complaint policies and procedures log on to [www.crs.ymca.org](http://www.crs.ymca.org), call 1-800-481-2151 or E-mail [myresource@ymca.org](mailto:myresource@ymca.org).

**Mission Valley Office** 619-521-3055  
**South County Office** 619-474-4707  
**Child Care Referrals** 1-800-481-2151  
**Website** [www.crs.ymca.org](http://www.crs.ymca.org)

## PROVIDER TRAINING

Get the latest information about upcoming trainings and activities for parents, providers and child development professionals. Sign up to receive the Training Calendar updates on a monthly basis via e-mail by following these four easy steps:

1. Visit our web site at [www.crs.ymca.org/calendar](http://www.crs.ymca.org/calendar)
2. Click on "Receive Updates" on the left side of the page
3. Complete the requested information and click on "Submit Registration"
4. Check your e-mail for a confirmation message and click on "Account Activation"

Monthly updates on the many events in the Training Calendar will now be sent to your e-mail address automatically.

(WELLNESS CHAMPIONS continued from page 1)

Children will receive healthy meals and snacks, screen time (television, computer, electronics) will be limited, and physical play will be structured and encouraged.

**To find a Wellness Champion provider, call the YMCA child care referral line at 1-800-481-2151.** Our expert team of child care consultants will inquire if you prefer a referral to a child care center or family child care home that has received a Wellness Champion designation.

This can help tremendously to find a child care provider who has taken steps to improve their nutrition and physical activity environment. Please don't hesitate to inform your current child care provider about this great opportunity!



# SAVED BY THE BELL: YMCA CHILDCARE RESOURCE SERVICE TEENS IN MOTION

By Joangrace Espiritu

**Working parents who have teenagers and young adults with special needs are limited in the type of care offered in our community.**

Typical afterschool programs cannot accommodate them, they cannot be home alone, and they cannot participate in a child care setting due to the age gaps between the students and the younger children in care. YMCA Childcare Resource Service is working hard to meet the needs of these parents through Teens in Motion, an afterschool program for teens and young adults with developmental disabilities.

This program allows parents to work and be comfortable knowing that their child is in a safe and engaging environment, and the students are able to socialize and have fun with their peers. Teens in Motion differs from other programs because it is set on typical high school campuses. When the bell rings at the end of the school day, the lessons students learn at Teens in Motion are so much more than academic.

## LESSON #1: INCLUSION

Research shows that combined groups of children, with and without disabilities, learn from each other and contribute as equals. Teens in Motion staff and volunteers make an effort to incorporate school activities like football games into the weekly schedule. In an age where differences are often thought of as negative, inclusive settings give typically developing students a chance to demonstrate acceptance and model diversity. Also,

students are often out and about in San Diego. This helps them practice independent living skills with a little help from staff and peers.



## LESSON #2: FRIENDSHIP

Think back to high school, and the most salient memories are with a core group of friends and peers. Students at Teens in Motion are given daily opportunities to build friendships, make lasting memories and develop social skills that will help them in the future.

## LESSON #3: BE YOURSELF

Diversity is an integral part of Teens in Motion. The strength of the program and the commitment to students and families is grounded in the Y's four core values; honesty, responsibility, respect, and caring. As a result, the students are surrounded by these core values through daily interactions with staff and volunteers. Differences are celebrated and students of all abilities are welcome to participate.

## ABOUT TEENS IN MOTION

YMCA Childcare Resource Service Teens in Motion is an afterschool program for high school students with special needs. This program is located at three sites: Clairemont High School, Rancho Bernardo High School, and Viking Academy. From February 3 through March 17, we participate in a Fundraising campaign to help the program with transportation and other needed supplies to enhance the program for our teens. **To learn more about how you can make a positive impact on this program, visit [www.crs.ymca.org/giving](http://www.crs.ymca.org/giving).**



# COMMUNITY HIGHLIGHTS

## SAVE THE DATE!

### Legislative Breakfast on April 24, 2015

Discuss vital policy issues affecting children and families in early care and education programs. Network with early care and education community members, legislative representatives, city officials, County Board of Supervisors and County Board of Education members. More information is available on the [CRS Training Calendar](#).

## CALL FOR NOMINATIONS

The San Diego County Child Care and Development Planning Council is calling for nominations for The Barbara Chernofsky Lifetime Achievement Award. This award is presented to individuals who demonstrate exceptional leadership, passion, and commitment in the field of Child Development in San Diego County.

If you would like to nominate a person for their outstanding leadership in the field of Child Development please complete a 2015 Barbara Chernofsky Lifetime Achievement Award Nomination Form ([click here](#)) and e-mail to Judy Butterfield at [jbutter@sdcoe.net](mailto:jbutter@sdcoe.net).

## PLANNING COUNCIL UPDATE

The San Diego Child Care and Development Planning Council would like to welcome Tara Ryan as its new coordinator. Tara has broad experience in the early care and education field, including both program and fiscal operations. Most recently, she worked with the San Francisco Unified School District's Early Education Department as Director of Operations. Ms. Ryan's experience includes fiscal management, systems development, strategic planning, program coordination, and professional development planning and implementation. She holds a multiple subject teaching credential as well as a Master's degree in Education. She was previously a Consumer Member of the San Diego Child Care and Development Planning Council and has two young children. If you have any questions about the Planning Council, feel free to contact her at [tara.ryan@sdcoe.net](mailto:tara.ryan@sdcoe.net).



## BRAND NEW YMCA OPENING JANUARY 2015

### Copley-Price Family YMCA Connects City Heights, Talmadge and Kensington Neighborhoods to Strengthen Community

Construction is nearly complete and we plan to open our doors in January 2015. The Copley-Price Family YMCA is located at 4300 El Cajon Blvd. San Diego, CA 92105. The 53,000 square foot, LEED certified facility will feature two pools, a gymnasium, preschool and school-age child care centers, teen center, a spacious fitness and wellness center, group exercise rooms, a demonstration kitchen and an outdoor soccer arena. This facility will replace the 56 year-old Copley Family YMCA located on Landis Street in City Heights, approximately one mile from the new location.

"Throughout San Diego County, countless people know the YMCA. But there's so much more to our Y than one might think," said Baron Herdelin-Doherty, President and CEO, YMCA of San Diego County. "From exercise

to education, from volleyball to volunteerism, from preschool to preventative health, the Y doesn't just strengthen our bodies. It strengthens our community. The Copley-Price Family YMCA is so much more than a gym. For 132 years, we have been proud to help our neighbors learn, grow and thrive and we are thrilled to bring such an incredible Y to these three very deserving and underserved communities."

The Copley-Price Family YMCA is located at the former Pearson Ford Dealership location on El Cajon Blvd. and Fairmount Ave. in San Diego. In early 2011, Robert Price, chairman of Price Charities, gifted the land (a 3.7 acre parcel valued at \$7.6 million) to the Y to help to revitalize the El Cajon Blvd. corridor. **For more information visit [www.copleyprice.ymca.org](http://www.copleyprice.ymca.org).**

# COMMUNITY HIGHLIGHTS

## 2015 CHILD CARE AND DEVELOPMENT STATE BUDGET POLICY WORKSHOP

Learn how the Governor's January version of the 2015-2016 budget impacts children, families, and child care. Now in its 26th year, the State Budget Policy Workshop provides an overview of political issues and California's state budget. Discussion topics include: Child Care Legislation, Federal Impacts on California, Licensing/Early Care and Education Issues, and Advocacy/Local & State Activities.

The workshop will be held Friday, January 30, at Neighborhood House Association, 5660 Copley Drive, San Diego, 92111 from 8:30 AM to 2:00 PM. Register by January 16 for a fee of \$110. Registration includes lunch and materials. For more information visit On the Capitol Doorstep at [www.otcdkids.com](http://www.otcdkids.com) or call 530-297-5420. This workshop is presented by On the Capitol Doorstep, California Child Development Administrators Association and Children's Defense Fund California; sponsored by Lakeshore Learning Materials and YMCA Childcare Resource Service.

## TICKET TO A SUCCESSFUL FAMILY CHILD CARE BUSINESS

Are you thinking about entering a rewarding and challenging career as a professional licensed family child care provider? Ticket to a Successful Family Child Care Business was created to support the early success of newly licensed family child care providers. The modules are designed to offer basic information vital to the provider's business practices and professional development.

### ENGLISH SESSIONS

January 10	9:00 AM – 12:00 PM	Ticket 1	Understanding the Business of Family Child Care
February 7	9:00 AM – 12:00 PM	Ticket 2	Creating a Safe and Inclusive Family Child Care
March 14	9:00 AM – 12:00 PM	Ticket 3	Planning Activities for the Family Child Care
April 11	9:00 AM – 12:00 PM	Ticket 4	Professionalism in Family Child Care
May 2	9:00 AM – 12:00 PM	Ticket 5	Positive Guidance in Family Child Care

The training modules will be held at YMCA Childcare Resource Service, 3333 Camino del Rio South, #400, San Diego, 92108. Cost is \$15.00 per module; voucher approved for Child Care Initiative (CCIP) participants.

To learn more about qualifying to receive the trainings free of cost and participate in the CCIP program or registration information, contact 800-481-2151 or e-mail [mytraining@ymca.org](mailto:mytraining@ymca.org).



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# QUALITY RATING IMPROVEMENT SYSTEM

This is the second in a series of articles designed to help child care programs begin preparing for California's Quality Rating and Improvement System (QRIS). See our [Fall 2014 CRS CONNECT](#) for the first article, "What is a QRIS?"

QRIS is currently being implemented in over 17 counties that are receiving federal Race to the Top-Early Learning Challenge (RTT-ELC) funding. It is expected that eventually QRIS will be statewide. Currently more than 50% of the states and the District of Columbia have a statewide QRIS.

## HOW CAN YOU GET STARTED?

There are seven different elements for receiving a rating with QRIS. Some elements involve a review, Environment Rating Scale (ERS) and Classroom Assessment Scoring System (CLASS), but others are areas that you can begin working on right away.

- ❑ Require the Community Care Licensing Form ([LIC 701](#)) annually or ensure vision and hearing assessments are conducted annually.
- ❑ Learn about the Ages and Stages Questionnaire ([ASQ](#)).
- ❑ Learn about and require staff to conduct an evidenced based child assessment/observation tool annually that covers all five domains of development. For more points use the Desired Results Developmental Profile ([DRDP](#)).

If you are interested in staying up to date on QRIS and how to begin building a quality portfolio, please contact Laurie Han at 619-521-3055 ext. 3350 or e-mail [myqualityportfolio@ymca.org](mailto:myqualityportfolio@ymca.org).

## EARLY CHILDHOOD ENVIRONMENT RATING SCALE-REVISED (ECERS-R) & FAMILY CHILD CARE ENVIRONMENT RATING SCALE-REVISED (FCCERS-R) TRAINING

The Environment Rating Scales are currently being used in Quality Rating and Improvement System (QRIS) program improvement efforts throughout the United States.

The Early Childhood Environment Rating Scale-Revised is designed to assess and score over 40 environmental criteria in child care programs, including program structure, activities, parents and staff interactions, personal care routines and more for preschool-kindergarten aged children, from 2 through 5 years of age. The Family Child Care Environment Rating Scale-Revised is designed to assess and score more than 30 criteria in family child care homes including, physical environment, health, safety, social development, program structure, activities and more.

Learn how you can use this reliable instrument to identify areas of strength and areas for improvement within your child care program, develop a quality improvement plan and prepare to participate in the proposed QRIS for California.

- ❑ Gather transcripts, degrees and Child Development permits for yourself, family child care assistant, teaching staff, site supervisors and directors to determine where your site would fall on the QRIS matrix. If units need to be completed, enroll in college coursework to increase your rating.
- ❑ If staff are interested in applying for a Child Development permit, help them complete the application and obtain their official transcripts to apply. For more information on permits and the availability for first time permit stipends, visit the [Child Development Training Consortium](#).
- ❑ Examine the class size and ratios for your site. Determine what tier your site is at and look into the possibility of lower ratios (Centers only).
- ❑ Gather documents in a portfolio and update at least twice a year.
- ❑ Learn more about the Environment Rating Scale (ERS) by taking training and begin working on improvements prior to your official review.
- ❑ Begin setting aside funds to pay for QRIS related costs such as training, ERS and CLASS reviews, and resources for quality improvement.

### FCCERS-R

March 10 and March 24, 2015  
6:30 PM to 9:30 PM

### ECERS-R

May 12 and May 26, 2015  
6:30 PM to 9:30 PM

**LOCATION:** YMCA CRS Mission Valley  
3333 Camino del Rio South, #400, San Diego

**COST:** \$20 class only; \$40 includes a copy of the scale and reproducible score sheets for assessments

**CCIP PARTICIPANTS:** Voucher approved class; additional \$24 for copy of the scale and reproducible score sheets for assessments.

To register, call 1-800-481-2151 or e-mail your request for a registration flyer to [mytraining@ymca.org](mailto:mytraining@ymca.org).

# LICENSING UPDATE

## NEW LAWS AND REGULATIONS

The following 2014 legislation pertaining to licensed child care programs was signed into law effective January 1, 2015.

**AB 1819 (Hall) Family Child Care Home: Smoking Prohibition.** The smoking of tobacco is prohibited in a private residence that is licensed as a family child care home without regard to whether the act occurs during the hours of operation of the home.

**AB 2236 (Maienschein): Community Care Facilities: Penalties.** The maximum civil penalties for community care licensing facilities will increase to \$10,000 for violations resulting in the serious injury or physical abuse of a child and to \$15,000 for violations resulting in death.

**AB 2386 (Mullin) Child Care Facilities: Carbon Monoxide.** Community care facilities are required to have at least one functioning carbon monoxide detector in the facility and require that it be accounted for during licensing inspections.

**AB 2621 (Garcia) Internet Posting of Inspection Records.** The Department of Social Services is required to post on its internet web site the following information for child care and

development centers and family child care homes: the status of the license; license capacity; number of citations assessed; and the number of site visits, including the number of substantiated or inconclusive complaint inspections and noncompliant inspections during the previous five year period. The information must be updated on a monthly basis.

**AB 2632 (Maienschein) Criminal Background Clearance.** Prohibits granting a criminal background clearance to a person to operate, live, work, or be present in a community care facility who has been arrested for sexual offenses or for crimes for which the person may not be granted an exemption without an investigation of the incident to assess the possible risks to a client.

For more information about the implementation of new laws and regulations, contact Community Care Licensing at 619-767-2200 or visit the Community Care Licensing Division website [www.cclcd.ca.gov](http://www.cclcd.ca.gov).

## DISASTER PREPAREDNESS TIPS FOR YOUR CHILD CARE PROGRAM GET READY AND STAY READY!

Print and post our monthly  
Disaster Preparedness Tips.  
Check out our archives [HERE](http://www.crs.ymca.org).  
[www.crs.ymca.org](http://www.crs.ymca.org)





# MISSION MOMENT

**COMMUNITY HEROES WEEK IS MARCH 15-22.** Here at CRS, we asked our staff members to write about who they consider a hero. The responses were very touching. Learn more about the people who make up YMCA Childcare Resource Service. Who are your heroes? Let us know on our Facebook page and you might find yourself in the upcoming issues of CRS CONNECT.

## MY FAMILY'S HERO - TYLER

**April Kerr, Program Director for Alternative Payment**

Tyler was 11 years old when we found out that he had Stage II(a) Hodgkin's Lymphoma. Hodgkin's Lymphoma is a cancer that originates from white blood cells called lymphocytes and is most common among people between the ages of 15 to 35, and 50 to 70. Tyler did not really have a lot of symptoms of the tumor as one might expect, which is why it was really hard for him to grasp what was going on with him. He described his discomfort as "my chest hurts but only when I take deep breath, or if I have to cough or sneeze." That was it! Initially he was diagnosed with pneumonia and put on antibiotics; however, on the 5th day of taking that antibiotic, he passed out and was taken to the Emergency Room. If he hadn't fainted and he wasn't taken to the Emergency Room, then a CT scan would not have been done, showing "a mass" in his chest. We were transported to Children's Hospital that night and after 5 days of numerous tests; he was finally diagnosed with cancer. It is just unimaginable, as a parent, to have someone deliver information like this about your child.

I have never been more scared and afraid in my life! Tyler, on the other hand, could only think of "when do I get to go home." He did have a few other questions, like "So there's a tumor in my chest, what does that mean?" and "When are they going to stop it from growing?" and "Do I get to back to school?" To say this kid was AMAZING is a huge understatement! As I processed everything going on, all the information I received and constantly had to learn (doctor appointments, phone calls, nurse visits at home, how to flush his PICC line, chemotherapy appointments, how to read his blood test results each week, radiation appointments, etc.), Tyler was always somewhere in the

background waiting for it all to be over so he could get back to normalcy. He wasn't in any pain, he didn't have a fever, there was no weight loss, he could eat just fine. He was extremely positive, he still made people laugh, he was as active as ever. I gained any ounce of strength I had from him! Even when he was in the hospital waiting

to be diagnosed, one of the doctors came in to see him after a biopsy procedure and was beyond shocked to see him up, playing a game with me. She said "I was not expecting to come in here and find you up; I thought for sure you would be laying down and maybe in a little bit of discomfort."

Tyler is now in early remission. His last chemotherapy treatment was on February 17, and final radiation therapy was on April 1. For this first year after treatment, we go for check-ups every three months. At the one year mark, they will do PET and CT Scans to ensure that there are no other live cells that have come back either in the same location or somewhere else. We will continue along this timeline, more or less, for the next 5 years.

It is still pretty stressful for me and his dad, but Tyler is more than cooperative and

totally willing to go to a doctor's appointment if it means it won't interrupt him for more than an hour or two from his daily routine of being a kid! He is now in Middle School and enjoys it. He plays basketball, watches basketball, sleeps basketball, and he now NEEDS every Kobe Bryant or Kevin Durant basketball shoe (so he thinks!).

He's a very relaxed and low-key kind of guy, and he is somewhat of a comedian. He loves to make people laugh! Because of all he has gone through and the way in which he has dealt with it, he is our family's HERO!





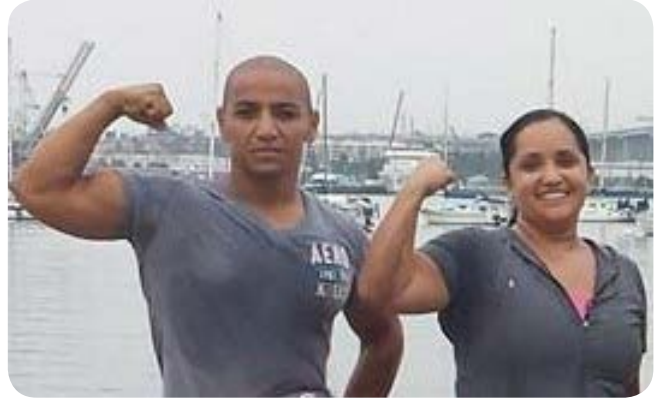
# MISSION MOMENT

## MY COACH – GUSTAVO

### Imelda Figueroa, Case Manager Alternative Payment

My Community Hero is Coach Gustavo Brown. I met Coach Gustavo in July 2014. Since joining his Fitness Group, I've dropped 20 lbs, lost 7% body fat and by his encouragement and motivation, I am now an Assistant Coach. I never saw myself as a fitness role model, but he sees that in me and motivates his entire group. Coach Gustavo's goal for us is to grow in our fitness knowledge and self-confidence. He's helped change the way I view or define "healthy lifestyle."

As a result of working with Coach Gustavo, I no longer focus on what the scale says I weigh. Now, I focus on how my clothes feel, inches lost, and how I eat. He taught me that my body is a Ferrari; I must give it the best fuel to achieve my goal. It will take 20% fitness/80% nutrition and the only limit to my goal is me. Our fitness group created a close-knit community focused on staying fit, getting healthy, fighting obesity and heart disease, relieving stress but most of all having fun!



**"I think a hero is any person intent on making this a better place for all people."  
– Maya Angelou**

## MY THREE SONS – CORY, SHANE, ANDY

### Paul Sullivan, CFO, YMCA of San Diego County

My heroes are my three sons. Yes, I know, "My Three Sons" used to be a TV show a long time ago. What's special about my sons is they are all currently serving active duty in the US Army. I could not be any prouder of each of them for their patriotism and their commitment to service, especially in such a difficult war time with so many long deployments and challenging assignments. I often get the question – "how did that happen – did you serve?" In fact I did not, but my father was an Admiral, and my father-in-law served in the Army Air Corps – so service is in our family tradition. Our oldest son, Cory, was recruited to play soccer at West Point, then our middle son Shane, followed him and was part of the Army Black Knights parachute team. Our youngest son Andy, who went to CSU Fullerton, decided to join through basic training and Officer Candidate School in Georgia. All three are doing well in the Army and in their personal lives. All three are married – Cory's wife is a Broadway actress currently touring with the show Chicago, Shane



has a daughter and two sons, and Andy has a baby daughter. While their jobs are dangerous and exhausting (one is Infantry, one Special Forces, and one Special Ops Aviator), what they sacrifice to serve their country goes well beyond their personal commitment. Their families also sacrifice with long separations, the stress of constant uncertainty, and challenging relocations. Last week was the first time in 20 months that all three boys were on US soil at the same time. Collectively, they've been deployed to the Middle East over a dozen times.

My wife LeAnn and I worry a lot but we have grown a thick skin and we pray constantly. I am writing this on Veteran's Day and thinking all day about the sacrifices made by so many to protect our freedom and serve through the incredibly difficult profession of arms. I am reminded often of the quote from George Orwell... "We sleep peacefully in our beds because rough men stand ready in the night to visit violence on those who would do us harm." My heroes are there serving – ready to do just that.

# HEALTHLINE

CALL THE HEALTHLINE  
AT 1-800-908-8883

## 24 CHILD CARE SITES IN LEMON GROVE RECEIVE WELLNESS CHAMPION DESIGNATION

On Friday, November 7th the Lemon Grove HEAL Zone and YMCA Childcare Resource Service (CRS) hosted a Graduation celebration for twenty-four child care providers who have earned a Wellness Champion designation.

To receive this distinction of WELLNESS CHAMPION, providers worked with a Health Educator from the YMCA Childcare Resource Service. They received individual coaching, technical assistance and materials with the goal of supporting healthy eating and active lifestyles at their sites. All providers developed and established a wellness policy for their site insuring continued focus on health and wellness.



Almost all of the graduates (21) built gardens and are following the Farm to Preschool Curriculum. The children are planting seeds, watering, tending and looking forward to their first harvest. Eighteen of the twenty-four graduates were in attendance and recognized for their dedication to the project. All types of child care sites participated in the program. Graduates came from Small and Large Licensed Family Child Care sites, Child Care Centers and even the Lemon

Grove School District Preschool Program. Graduates brought family and friends to share in the festivities. Kim McDougal, Executive Manager at YMCA CRS and Chery Moder, Vice

President of the San Diego County Childhood Obesity Initiative, from Community Health Improvement Partners (CHIP) were in attendance.

Kim and Cheryl explained that this project, working directly with child care providers on ways to combat obesity, was

the first of its kind and is paving the way for similar work in all of San Diego County. Also in attendance were Master Gardeners from the University of California Master Gardener program who have assisted in garden builds and will remain connected to provide ongoing support.



# IDEAS

## HARVEST OF THE MONTH

**The Farm-to-Preschool project represents an ongoing effort to promote healthy, fresh food access and improve preschoolers' eating habits.**

The curriculum is based on the Harvest of the Month (HOM) model and provides teachers with a variety of lessons and activities to build young learners' (ages 2-5) healthy eating habits. The HOM curriculum takes preschoolers on a "journey" to meet farmers and learn about local agriculture, explore the multiple benefits of fresh fruits and vegetables, and sample the fruits of California's bountiful harvest. Here are ideas on activities you can do at your child care program that incorporate the Harvest of the Month themes for January-March; Citrus, Beets and Peas. To get a full year's worth of HOM activity packets visit the San Diego Childhood Obesity Initiative's webpage: [www.5210sandiego.org](http://www.5210sandiego.org)

### ACTIVITY: TASTING AND GROUPING

#### • Citrus Fruit, Beets, Peas

Introduce the fruit/vegetable of the month by talking to children about where it comes from and which other fruits or vegetables are similar. Taste-testing fruits and vegetables can be a great way for preschoolers to have a hands-on lesson on produce. Begin by letting children smell the fruits before tasting. (Optional) Blindfold children and have them taste the fruits/vegetables, you can help the children describe the fruits/vegetables they are tasting by introducing new words such as sweet, bitter or sour. Cut the produce and talk about the different colors and shapes each one has with the children and identifying other fruits that are similar in color, shape and maybe taste.

### ACTIVITY: JUICE JUICE!

Creating juices with children can be a great experience. After introducing a variety of vegetables and fruits with the children, talk about how you can mix the fruits and vegetables: juicing, stews and much more.

### MAKE A JUICE OF YOUR OWN:

- Have the children help choose the fruits and vegetables to use for the juice, you can even have the children help cut the fruit and vegetables if appropriate.



- Explore and mix different items in the juice such as oranges, lemons, and beets.

- Talk to the children about the nutrients each vegetable/fruit has and how it helps their growing bodies, ex: Kale contains vitamins K, A and C that will help support bone health and a healthy growth. Additional juice recipes can be found at: <https://juicerecipes.com>

### FRUITS AND VEGETABLES TREASURE HUNT

Visiting a farmers' market can be a fun way to get kids interested in fruits and vegetables.

### BEFORE YOUR VISIT:

- Contact the director of local farmers' market to find out the best times for a visit.
- Find out which farmers will be present and which fruits and vegetables will be available or on display.
- Gather supplies for your trip: notepad for each child, pencils, crayons or colored pencils, paper, permission slips, emergency contact list, water and sunblock.

### AT THE FARMER'S MARKET OR FAIR:

- Set up a scavenger hunt on paper
- List items children need to find (red beets, limes, oranges, peas or any other seasonal fruits and vegetables) in each area or exhibit.
- Have children find out where the fruits or vegetables on their list were grown.
- Have the children draw pictures of the fruits and vegetables they found on their scavenger hunt.
- If possible, have the children taste the fruits or vegetables on their scavenger hunt.

You could also buy the fruits and vegetables on their scavenger hunt and take them back home. The children could help wash, cut, and serve their treasures! A list of seasonal fruits and vegetables for January, February, and March in San Diego can be found at <http://www.sdfarmbureau.org/BuyLocal/Harvest-Calendar.php>.



# WHAT'S IN THE CRS RESOURCE LIBRARY?

**Call 800-481-2151 to make your Resource & Toy Lending Library appointment!**

## BOOKS:

### Snack Activities

**By MaryAnn E. Kohl & Jean Potter**

Easy, fun food creations for snack time, meal time, any time! Spark the imaginations of your budding chefs with these 50 simple, delicious “snacktivities” – activities you can eat. Show your children how much fun good foods can be – and make playful experiences into memories filled with laughter and learning. Who knew snack time could be so fun?

### Jump, Frog, Jump!

**By Robert Kalan**

This is the turtle that slid into the pond and ate the snake that dropped from a branch and swallowed the fish that swam after the frog – JUMP, FROG, JUMP! This tale will soon have the young frogs you know jumping and chanting with joy.

### Growing Vegetable Soup

**by Lois Ehlert**

“Dad says we are going to grow vegetable soup.” So begins Lois Ehlert’s bright, bold picture book about vegetable gardening for the very young. The necessary tools are pictured and labeled, as are the seeds (green bean, pea, corn, zucchini squash, and carrot). Then the real gardening happens... planting, weeding, harvesting, washing, chopping, and cooking! In the end? “It was the best soup ever.” Ehlert’s simple, colorful cut-paper-style illustrations are child-friendly, as is the big black type. A recipe for vegetable soup tops it all off!

## TOYS:

### Healthy Meals Puzzle Set

As children piece together our fun food puzzles, they discover one nutritious meal after the next! Our set includes 2 puzzles each for breakfast, lunch & dinner—all featuring a full plate of healthy foods from multiple food groups.

### Side to Side Balance Board

This muscle-building board gently teeter-totters from side to side—while children try to balance in the middle!

### Activity Scarves & Musical Scarves Activity CD

Get children moving! Our bright nylon scarves are lots of fun to wave, toss, twirl and more—perfect for music & movement activities or for fun at home!

### Shop and Play First Food Set

Shop & Play First Food Set from broccoli and bacon to pizza and peas—our play set is packed with soft, squeezable food that tots will love to shop for! Little ones get everything they need for a balanced breakfast, lunch and dinner, plus plenty of healthy snacks. Best of all, the pieces come in an easy to tote vinyl shopping bag that tots can fill again and again!





# TOP 10 TIPS FROM OUR CONSULTANTS

## Kick-start the New Year being healthy-get the kids moving!

**1. Yoga is a good way to get children moving and stretching.** You can select 2-3 stretches that are appropriate for the children. Children will learn flexibility, strength, coordination, and body awareness along with concentration and a sense of calmness without even realizing it. <http://www.parents.com/fun/activities/indoor/yoga-for-kids/#page=2>

**2. A great way to get children moving outside is creating a scavenger hunt.** Make a list of things to find outside in the yard or park. (Ex: feathers, twigs, rocks etc.)

**3. Explore with music & movement.** Allowing the children to dance freely can help them experiment with self-expression and movement. Incorporate silky scarves, wrist bands and much more to dance with the music. Have the children wave, raise and shake the scarves and wrist bands to the rhythm of the music.

**4. Have fun and play kick-ball.** Give the children some soft outdoor balls. Children can play a game of kick ball either by forming two teams or individually.

**5. You don't have to be outside to get moving!** Play freeze dance in any setting. Play music and have children move and dance. When the music stops, they must freeze. Children will enjoy dancing and trying to not get caught moving when the music stops.

**6. Go to an indoor trampoline park.** You can look online for a coupon and/or discounted prices for your local trampoline park. It's a fun activity for the entire family and it's also a great workout!

**7. Create your own obstacle course with recycled items.** Use empty bottles as cones, cardboard boxes, old pillow cases for sack races and an old basket to create a zigzag for the older children when racing.

**8. Hopscotch gets the kids moving by hopping around!** Did you know...hopscotch helps improve physical coordination, balance and cognitive development? Children can refine their physical coordination as well as building neural pathways in the brain. Those same pathways will one day become the channels for left and right brain thinking tasks such as creativity, reasoning and self-regulation.

**9. Make your own Chinese jump rope** using a string of rubber bands that have been tied into a circle, usually at least 6 feet long. Typically you would need three players, two on each end with the string around their ankles and the jumper will stand in the middle of the two sides of string. Have the children jump from side to side in the middle or on top of the string. <http://www.hopstic.com/#!/instructions/cee5>

**10. Kids love to pretend to be animals.** Let the children walk the walk and talk the talk! Have them walk or crawl like certain animals and make animal noises. Some examples are: hop like a frog, crawl like a crab and crawl sideways around the room, or have them roar like tigers and walk on all fours.



# HONORING HIS LEGACY

**Cesar Chavez Day, March 31st, is a national holiday that celebrates the birth and enduring legacy of the American civil rights and labor movement activist Cesar Chavez.** During Chavez's early life, he and his family worked in the fields across the state of California. Racial intolerance was a common occurrence in 1939; he remembered being punished in school for speaking Spanish, seeing signs that read "Whites Only" and enduring many racist remarks. In 1942 Cesar graduated from the eighth grade; instead of attending high school he became a migrant farm worker because he didn't want his mother to work in the fields. Later in life, education was his passion and Chavez was self-taught in many subjects including economics, philosophy and nonviolence. In 1948 Cesar married Helen Fabela. They settled in Delano and started their family of eight children.

**"Cesar Chavez gave a voice to an underrepresented population; he is relevant today because he is a role model for what an equality leader is."**

Cristina Ballesteros  
Association Director for Diversity & Inclusion  
YMCA of San Diego County

## THE UNITED FARM WORKERS IS BORN

In 1962 Cesar co-founded the National Farm Workers Association with Dolores Huerta, later to become the United Farm Workers - the UFW. By 1970, the UFW got grape growers to accept union contracts and had effectively organized most of that industry, at one point in time claiming 50,000 members.

Cesar focused national attention on the struggles of farm workers for fair and free elections, workers' rights, better pay and safer working conditions. He succeeded through nonviolent tactics such as the Delano grape strike, fasts, and the 340-mile march from Delano to Sacramento in 1966. Cesar Chavez and the union sought recognition of the importance and dignity of all farm workers.

## THE LAST MARCH

On April 29, 1993, Cesar Chavez was honored in death by those he led in life. More than 50,000 mourners came to honor the charismatic labor leader at the site of his first public fast in 1968 and his last in 1988, the United Farm Workers Delano Field Office at "Forty Acres." It was the largest funeral of any labor leader in the history of the U.S. They came in caravans from Florida to California to pay respect to a man whose strength was in his simplicity.

Many of the mourners had marched side by side with Chavez during his tumultuous years in the vineyards and farms of America. For the last time, they came to march by the side of the man

who had taught them to stand up for their rights, through nonviolent protest and collective bargaining.

## CESAR CHAVEZ TODAY

The work and history of Cesar Chavez has a powerful impact today. Cristina Ballesteros, Association Director for Diversity and Inclusion at YMCA of San Diego County, states that "Cesar Chavez gave a voice to an underrepresented population; he is relevant today because he is a role model for what an equality leader is. We can celebrate his leadership by sharing his story and teaching our youth what he did and what he stood for; this will help develop equality leaders in our next generation. Instilling these leadership skills in our youth will change the fibers of our communities."

## SOURCES:

United Farm Workers (2006). The Story of Cesar Chavez. Retrieved from [http://www.ufw.org/\\_page.php?menu=research&inc=history/07.html](http://www.ufw.org/_page.php?menu=research&inc=history/07.html).

Wikipedia (October 2014). Cesar Chavez. Retrieved from [http://en.wikipedia.org/wiki/Cesar\\_Chavez](http://en.wikipedia.org/wiki/Cesar_Chavez).

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A Collaborative Project of  
Arbor Day Foundation and  
Dimensions Educational Research Foundation

## Nature Explore Workshops

Sponsored by YMCA Childcare Resource Service

*We proudly invite you to a Nature Explore Workshop devoted to reconnecting children with nature.*

### Workshop Location

**YMCA Childcare Resource Service  
3333 Camino del Rio South  
4<sup>th</sup> Floor Conference Room  
San Diego, CA 92108**

### Workshop Schedule

**Saturday, March 28, 2015**

**Using Your Outdoor Classroom** 9 a.m. – 12 p.m.

**Description:** Through fun and engaging hands-on experiences, participants will gain techniques for using outdoor classrooms as an integral part of preschool and elementary children's daily learning. Discover how well designed outdoor spaces facilitate children's overall development in traditional academic areas, strengthen specific skills, and aid social-emotional growth. Explore a variety of motivating strategies for facilitating and assessing student learning in outdoor classrooms, and reaching a variety of interests and needs.

**The Arts and Nature** 1 p.m. – 4 p.m.

**Description:** In this fun, hands-on workshop, adults will experience the Look-Move-Build-Sketch planning model. This approach encourages multi-faceted arts experiences that support children's individual interests and needs (and is especially helpful for children with sensory integration challenges). The projects explored during this workshop are inspired by nature and serve as another way to help children make deeper connections with the natural world.

### Registration Form

**Name:**

**Organization:**

**Street Address:**

**City:**

**State:**

**Zip:**

**Work Phone:**

**Home Phone:**

**Email Address:**

**Registration: \$35 for one workshop, \$70 for both**

**Deadline:** March 26, 2015

**Register Online or send registrations to:**

Attn: Workshop Department, Nature Explore  
1010 Lincoln Mall, Suite 103 Lincoln, NE 68508  
P: 402 467-6112 | F: 402 467-6118

**Questions?**

402-467-6112

| [info@natureexplore.org](mailto:info@natureexplore.org)

| [natureexplore.org](http://natureexplore.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ASK THE EXPERTS

## Everything You Need to Know About Licensing and More

### YMCA CHILDCARE RESOURCE SERVICE

Come prepared with questions and receive information regarding new Community Care Licensing regulations, how licensing visits have changed, common deficiencies and proper documentation, handling neighborhood complaints, child care provider rights, and zoning and permit issues. Enjoy an interactive session with experts from Community Care Licensing.

**Date:** January 29, 2015  
**Time:** 6:30 PM – 9:30 PM  
**Cost:** \$15 (Free for CCIP Participants)  
**Location:** YMCA Childcare Resource Service  
3333 Camino del Rio South #400  
San Diego, CA 92108  
**Info:** 1-800-481-2151  
mytraining@ymca.org



Space is limited. Registration in advance is required to hold a space. Adults only please. Session will begin promptly, please arrive 15 minutes early as no late admittance is allowed.

Check or money order only, no cash accepted. Make check payable to: YMCA CRS  
Sorry no refunds, credit or substitutions if unable to attend.

**To reserve a space, complete and mail registration to:**  
YMCA Childcare Resource Service, Attn: R&R TRAINING, 3333 Camino del Rio South, #400, San Diego, CA 92108

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**Ask the Experts (January 29, 2015)**

☐ \$15 included

☐ Free for CCIP

Name: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail \_\_\_\_\_