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Caring for School-Age Children - PIN 20-29-CCP
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Schedule of Events
Happy Holidays!!! We have a lot of exciting changes occurring at the Resource and Referral program. Misty Pegueros is now our Quality Assurance Manager, Karen Frazier is overseeing the Resource and Referral side of the program, Alicia Roman is combining roles to assist in both the Resource and Referral and Subsidy programs, and I, happily, accepted the position as Program Director. We want to wish everyone a happy and safe holiday season. If you need masks, hand sanitizer, and/or gloves we have extra items, please reach out and we can coordinate how to get them to you. We thank each one of you for your continuous support of families and children in our community. You are truly our everyday leaders.

Best, Sheri

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PIN 20-29-CCP provides a collection of resources and best practices to help support child care licensees and providers who care for children participating in distance learning.

Child care providers successfully support children of different ages and abilities within their
programs on a daily basis. Should you choose to provide care and supervision for children participating in online distance learning during the COVID-19 public health emergency, then different strategies may assist you in providing care for children, to support their distance learning needs. In an effort to make relevant resources available to providers, a list of quick tips and credible websites for different age groups was compiled.

Communicate with families and set clear expectations about your role in distance learning. Be clear with parents that your role is to provide care and supervision for their children, and your supervision does not replace the teacher or parent's role in meeting their child's educational needs. If a child is struggling, please let the parent know, so they can discuss with the teacher.

Parents and providers should talk about what a typical day of distance/virtual learning may look like:

- Is there a schedule for how the day will be divided?
- How much of the day will consist of live instruction, and how much will be independent study?
- What content will be covered?
- Will there be "homework," or will all assignments be started and completed over the course of the structured learning part of the day?
- When will hybrid or on-campus instruction begin?
- What are transportation needs?
- Make time to touch base with parents about the child's day to share information and concerns.

Have realistic expectations and establish a routine. Each day will have its ups and downs and may bring a new challenge. Establish age-appropriate expectations for children. Children participating in distance learning usually will have a schedule set by the local school district. Partner with parents to learn about the child's school schedule for instruction time.

- Provide a timer for children to monitor time spent working. This is a great visual.
- Recommend children use an agenda planner. Some school districts offer agendas.
- Encourage children to work on either the hardest or the easiest task first. Allowing choices gives children autonomy.
- Ask parents and families to review assignments and their schedules with their children.

Plan for physical activity. Research has shown that being physically active helps with brain health and cognition. Children need to have time for outdoor play and gross motor movement throughout the day. Sitting in front of a screen or class materials is hard for everyone and especially the youngest learners. Plan to have at least 30 minutes to an hour of daily outdoor time and physical activity. Vary equipment and activities in your setting to support multiple age groups.
• Get Outside: You can still get outside and go for a walk, bike ride, or just jump around! Outdoor scavenger hunts, obstacle courses, or mini Olympic competitions can add some fun variety.

• Activity Dice: Assign a physical activity to each side of the dice and let children roll the dice to determine what activity to complete. Here is a printable activity dice template.

• GoNoodle is a favorite of classroom teachers because they offer free mindfulness and movement videos created by child development experts. Try it out at home: GoNoodle for Families...

**Additional considerations**

As counties transition from one tier to another, each district may develop different phases for re-opening, including reduced hours and hybrid schedules.

• Work with parents to coordinate the need for care for varying schedules.

• Cohorts for children may need to be adjusted to align with the different schools the children attend.

• Providers who provide transportation to and from school will need to consider health screening procedures and cleaning protocols for vehicles.

Providers not affiliated with the Child and Adult Care Food Program (CACFP) may be able to work with the local school district to obtain meals through their foodservice programs.

More information about CACFP and school food programs can be found at CDE Nutrition Services.


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**12 Ways to Have a Healthy Holiday Season**

**Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.**

1. **Wash hands often to help prevent the spread of germs.** It’s flu season. Wash your hands with soap and clean running water for at least 20 seconds.

2. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.

3. **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.

4. **Don’t drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others...
do the same.

5. **Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.

6. **Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip, and encourage passengers to do the same.

7. **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.

8. **Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.

9. **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children’s reach. Protect them from drowning, burns, falls, and other potential accidents.

10. **Practice fire safety.** Most residential fires occur during the winter months, so don’t leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

11. **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.

12. **Eat healthily, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

**Article Source:** [CDC](https://www.cdc.gov)

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Snowflake Hop

Items Needed:
Snowflakes with action words and pictures

How to Play:
Option 1
- Place snowflakes face down.
- Let students take turns picking a snowflake.
- The entire class performs the activity on the snowflake.
Option 2

- Place the same number of snowflakes as students on the ground.
- Have students walk or hop on snowflakes until the music stops.
- When the music stops students must perform the activity on their snowflake.
- When the music starts students start moving between snowflakes again and play continues.

This activity can easily be modified to a musical chair like game. Have one less snowflake than students playing. When the music stops the student who is not on the snowflake is out.

https://www.pinkoatmeal.com/snowflake-hop-winter-gross-motor/

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Donut Apples

So these don’t exactly taste like a donut, cut they are just as fun! Cut out the gluten and use apples with a cream cheese spread for a better-for-you treat we can all feel good about! We won’t blame you if you want to sneak in a real yeasted donut every now and then though.
Ingredients:
12 oz. cream cheese softened, cut into thirds
2 tsp. honey, divided
1/2 c. melted chocolate
2 drops pink food coloring
3 apples
Assorted sprinklers, for decorating

Directions:
1. Divide cream cheese amount three small bowls. In one bowl, add 1 teaspoon honey. In another bowl, add melted chocolate. In the last bowl, add the remaining 1 teaspoon honey and pink food coloring. Stir each bowl together until combined.
2. Slice apples and use a biscuit or cookie cutter to hollow out centers.
3. Spread mixtures on apple slices and top with sprinkles.

https://www.delish.com/cooking/recipe-ideas/recipes/a52053/donut-apples-recipe/

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**December 2020**

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For additional information on upcoming Resource and Referral workshops, please click on the links below:

Tuesday, December 1, 2020 - Strengthening Families; Parental Resilience from 6:00 to 8:00 PM
[https://us02web.zoom.us/meeting/register/tZUkf-2qrTMoE9dmt9NCjCpCeqHFhJhF6um](https://us02web.zoom.us/meeting/register/tZUkf-2qrTMoE9dmt9NCjCpCeqHFhJhF6um)

Wednesday, December 2, 2020 - Nurtured Heart Approach Part 1 from 6:00 to 7:00 PM
[https://docs.google.com/forms/d/e/1FAIpQLSfkH5WgZIMiPxlwENwefGtZlZTq7Zq4OEfUQqwGZ4l3J2Pd6](https://docs.google.com/forms/d/e/1FAIpQLSfkH5WgZIMiPxlwENwefGtZlZTq7Zq4OEfUQqwGZ4l3J2Pd6)
Wednesday, December 9, 2020 - Nurtured Heart Approach Part 2 from 6:00 to 7:00 PM
https://docs.google.com/forms/d/e/1FAIpQLSfkH5WgZiMiPx1wENwefGlZw7Zi4OEFUOqwGZ4I3J2Pd6
Q/viewform

Wednesday, December 16, 2020 - Nurtured Heart Approach Part 3 from 6:00 to 7:00 PM
https://docs.google.com/forms/d/e/1FAIpQLSfkH5WgZiMiPx1wENwefGlZw7Zi4OEFUOqwGZ4I3J2Pd6
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