Important Dates and Upcoming Events

May is Child care month!

May 3rd, 4th, and 5th– There will be NO StrongStart

Sunday, May 14th– Mother’s Day

Thursday, May 18th– Child care Provider Application Day

May 20th– Town of Golden pool opens for the summer

Monday, May 22nd– Victoria Day. There is no school and the CCRR and EYC will be closed

Wednesday, May 24th– Picky Eating Workshop 6:30pm at the EYC

Thursday, May 25th– Nicholson Ready, Set, Learn event takes place 9:00-11:00

June 6th, 7th and 8th Golden CCRR will be closed

June 14th- Teddy Bear Picnic

Sunday, June 18th– Father’s Day

Thursday, June 29th– Last day of school. StrongStart does not run over the summer. See you in September!

Did you know: As is mentioned in the article, many people get burned in April and May because they underestimate the power of the UV radiation in cooler temperatures.

Please see the link for more information:
http://www.bccancer.bc.ca/health-info/prevention-screening/prevention/sun-safety
UPCOMING PROGRAMS

Ready, Set, Learn
Helping your preschooler get ready for school

I am the Nicholson Nighthawk and I am calling all kids ages 3-5 to our Ready, Set, Learn event!

When: Thursday May 25, 2017
9:00 to 11:00 am

Where: Nicholson Elementary School Library

There will be learning games and activities, with handouts and a bag with good stuff to support early learners at home.

Our 2017-18 new Kindergarten students and their parents will also have a special “Welcome to Kindergarten” with time in the Kindergarten class!

Please let us know you are coming by calling Nancy at (250) 344-2370 or e-mailing Nancy.Watson@sd6.bc.ca by May 1, 2017. We want to ensure we have enough supplies!

Ready, Set, Learn! is sponsored and funded by:

Rocky Mountain School District No. 6
British Columbia
Ministry Education
Les Petits Bilangues
(Little Bilinguales)

Tuesdays 1:30 – 3 pm
(April 4 – May 23)
Early Years Centre
A FREE program for parents/caregivers and their children. Basic French language will be explored through books, crafts and games!
For more information contact:
Melanie Myers
250-439-9665
mmyers@cbal.org
ccal.org

Learning together
ccal
Child Care Resource & Referral

Workshop: Identifying & Helping “Picky Eating” Kids
Facilitated by Marie-Helene Labonte, BSc OT
Date: Wednesday, May 24th, 2017
Time: 6:30pm
Location: Golden Early Years Centre/CCRR (423 9th Avenue North)

During this workshop participants will learn about:

- What is a “Picky Eater”
- Picky eating red flags
- Sources of feeding difficulties
- Strategies to improve food range and facilitate mealtime
- Professional help for picky eaters

This workshop is intended for child care providers, educators, parents and other caregivers working with young children. There is no cost to participate but registration is required. Please email kimccrr@gmail.com to register or call the Golden CCRR 250-344-4996. A certificate of participation will be issued for participants.

Funding for this workshop has been provided by Ministry of Children and Family Development

Golden CCRR is on Facebook!
If you would like to receive training/workshop information or community events information please visit our page at
https://www.facebook.com/GoldenChildCare/

ECDC meeting May 25th.
4:00-6:00 at the EYC
Wednesday, June 14th 10:30-12:00
At The Spirit Square

Golden CCRR is proud to host our annual Teddy Bear Picnic at the Spirit Square this year. There will be picnic baskets full of fun when you join us with your teddy bear to have a morning of music, crafts and adventure.

Golden CCRR 250-344-4996
kimccrr@gmail.com or
goldencrr@gmail.com

Bring your teddy bears and join us at the Spirit Square for all kinds of fun!

If you go down in the woods today
You're sure of a big surprise
If you go down in the woods today
You'd better go in disguise!

ccrr
Child Care Resource & Referral
Responsible Adult Training – Foundations of Child Care Course

BC’s Child Care Licensing Regulation defines an employee in a licensed child care setting who is qualified to act as a Responsible Adult. Section 29 in the Regulation states a Responsible Adult must:

- be at least 19 years of age,
- be able to provide care and mature guidance to children,
- have completed a course, or combination of courses, of at least 20 hours duration in child development, guidance, health and safety, or nutrition, and have relevant work experience.

The Regulation also states a Responsible Adult must have a clear criminal record check, character references, a physician’s note, records of work history, and copies of certificates, diplomas or other evidence of training and skills.

The Golden CCRR offers FCCC at no cost to individuals. The 12 unit course can be completed at the participants own pace. Should there be any questions participants will have support at the CCRR. Learners complete units of each level at their own pace. If you are interested in registering for FCCT or if you would like additional information, please contact Golden CCRR at 250-344-4996 or goldencrrr@gmail.com.

A Reminder to Please Carefully Clean the Toys and Bins Before Returning Them

These three steps ensure a safe and enjoyable “library experience” for everyone:

1. Count and inspect the toys within 48 hours of borrowing: Call or email the office to report any discrepancies.

2. **Clean and disinfect the toys and bins:**
   - For fabrics: Use a lint roller to remove dust and hair and gently wash if possible.
   - For hard surfaces and bins: Wipe down with a solution of **one part bleach to ten parts water** and let air dry.
   - For paper and cardboard items: Wipe with a dry cloth to remove hair, lint and dust.

3. Count and inspect the items as you return them to the disinfected bin.

Check off the checklist items, neatly pack the bin, and return the bin to the toy lending library, ready for the next borrower.

If you have any questions please phone the office 250-344-4996 or email kimccrrr@gmail.com

*If the toys you return are not cleaned we will ask you to clean them.*
Thursday, May 18th is Child Care Provider Appreciation Day

Looking for ways to show the people who care for and teach your child how much their hard work means to your family?
Here are 3 easy ideas:

1) Your provider has a big hand in what your children learn each day. Trace your child’s hand and help her write what she likes most about each of her daycare/child care workers/E.C.E.s so she can give them out to staff.

2) Work with your child on a small homemade gift such as cookies, muffins or a cake that can be shared by staff.

3) If it is a home daycare, consider buying flowers or a small gift if you know something about the provider’s hobbies or interests.

Even just a heartfelt “thanks” is sure to be appreciated.

A Childcare Provider
A willing partner for working moms, she comforts, pampers, soothes and calms.
With all the love she has to share, she’s great to have when mommy can’t be there.
She loves to rock a fussy child, corrects the one that gets too wild.
She hears her share of tearful pleas, and comforts those with skinned up knees.
With little children she plays games of peek, for bigger ones it’s hide and seek.
She is an expert at each game, but somehow loses just the same.
She helps them learn the alphabet, and gives them hugs when they’re upset.
She gently tucks them in their beds, with dreamland tales for sleepyheads.
She is a true and trusted friend, who helps them learn and play pretend.
Although she’s paid, it’s plain to see, she serves them with a love that’s free.

~ Author Unknown ~

The Province of British Columbia has proclaimed the month of May as Child Care month. This month we celebrate the work of thousands of caring child care providers throughout the province.

On May 17th British Columbia will celebrate Child Care Provider Appreciation Day, which acknowledges the valuable services they provide.
Canada
Province of British Columbia
A Proclamation

ELIZABETH THE SECOND, by the Grace of God, of the United Kingdom, Canada and Her other Realms and Territories, Queen, Head of the Commonwealth, Defender of the Faith

To all to whom these presents shall come — Greeting

WHEREAS child care is a vital community service that supports healthy families and a healthy economy, and
WHEREAS quality early learning and child care programs strengthen children’s cultural identity and language, and contribute to their healthy development and readiness to learn, and
WHEREAS child care providers are essential to providing quality and safe child care, and
WHEREAS child care providers, parents, federal, provincial and municipal governments, businesses, community associations, First Nations and Aboriginal communities, and all citizens share a commitment to ensuring that quality child care spaces are available for families, and
WHEREAS the government of British Columbia supports and promotes the delivery of safe, culturally relevant and high-quality child care options to ensure programs and services are available to support and protect our most vulnerable children and families, and
WHEREAS many individuals, organizations and municipalities throughout British Columbia have, since 1982, organized events in celebration of Child Care Month and Child Care Provider Appreciation Day;
NOW KNOW YE THAT, We do by these presents proclaim and declare that the month of May, 2017 shall be known as
“Child Care Month”
and May 18, 2017 shall be known as
“Child Care Provider Appreciation Day”
in the Province of British Columbia.

IN TESTIMONY WHEREOF, We have caused these Our Letters to be made Patent and the Great Seal of Our Province of British Columbia to be hereunto affixed.

WITNESS, The Honourable Judith Guichon, Lieutenant Governor of Our Province of British Columbia, in Our City of Victoria, in Our Province, this fourteenth day of February, two thousand seventeen and in the sixty-sixth year of Our Reign.

BY COMMAND.

[Signature]
Attorney General and Minister of Justice
(counter signature for the Great Seal)

[Signature]
Lieutenant Governor
Insect bites and stings occur when an insect feeds off a person’s skin or tries to defend itself. Different insects bite and sting in different ways. Common biting or stinging insects include mosquitoes, blackflies, bed bugs, fleas, ticks, fire ants, bees and wasps. Bees often leave stingers in the wound. Insect bites usually cause mild swelling, redness and itchiness limited to the small area around the bite or sting. Some children, however, can experience potentially life-threatening reactions. This is called an anaphylactic reaction and requires immediate medical attention. In children who are at risk, anaphylaxis is most commonly caused by bees, wasps and hornets. Other insects can transmit disease. For example, some mosquitoes can transmit malaria or West Nile virus and some ticks can transmit Lyme disease.

Signs and symptoms of an insect bite or sting

Signs and symptoms of insect bites and stings vary according to the type of insect and your child’s reaction. Normally, an insect bite or sting causes:

- a small, red, raised bump, pimple or blisters
- itchiness and irritation around the bump.

The symptoms can last from a few hours up to two days. Some children develop a big firm swollen area around the bite. This is not an allergic reaction. It is known as a large local reaction and rarely leads to a skin infection.

If your child has an anaphylactic reaction, they may develop hives, facial or mouth swelling or breathing problems or they may collapse. Use an epinephrine auto-injector, if your child has one, and call for emergency assistance.

How to treat insect bites and stings

- Cold, damp compresses or ice can relieve some of the swelling.
- Over-the-counter topical medications (medications you put on the skin) may also help to relieve the itch.

Some children may respond well to antihistamine medication for itching, but this medication can cause drowsiness.

When to see a doctor after an insect bite or sting

If your child has been bitten or stung, see a doctor right away if:

- you are in an area where the insects are known to transmit diseases
- your child develops an unusual rash, a fever or other symptoms.

Preventing insect bites and stings

Your child is more likely to be bitten or stung in warm and damp weather and in the evening and at night. Here are some ways you can reduce your child’s exposure to insects.

- Apply insecticide or insect repellent to clothing and exposed skin.
- Wear long pants and socks.
- Wear light-coloured clothing.
- Avoid areas where insects breed and live.
- Stay inside when insects are most active.

This is an excerpt from: Health Canada. Insect bite prevention Shawna Silver, MD, FRCP, FAAP, PEng

http://www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/Dermatology/Pages/Insectbites.aspx

aboutkidshealth
Trusted answers from The Hospital for Sick Children
Spring Activities

Plants
Tune: The Farmer in the Dell

The farmer plants the seeds
The farmer plants the seeds
Hi, Ho and Cherry O
The farmer plants the seeds

Other Variations:
The rain begins to fall
The sun begins to shine
The plants begin to grow
The buds all open up
The flowers smile at me

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Glad You’re My Dad!

My dad is so ________________! He is ____ years old. My dad is really good at ________________.
I love to __________________ with him. His Favorite sport is _________________. He loves to eat ________________, My dad is really smart! He knows how to __________________. I think my dad is special because he ___________________.
I love my dad more than anything, even more than _________________. I think he is a hero because ___________________.
He is the best dad in the whole ________________!

Here is my SUPER dad.
Green Scavenger Hunt

1. Find something soft that is green
2. Find one snack that is green
3. Name a fruit that is green
4. Find something that is hard that is green
5. Find something that you can colour with that is green
6. Find something on the wall that is green
7. Find something you can wear that is green
8. Name an animal that is green

This is a fun scavenger hunt that can be done together.