



• NEW HANOVER COUNTY •

## EARLY CARE AND EDUCATION NEWS

Smart Start Early Care and Education Newsletter

July 2019

### *Thanks for letting us pamper you!*

Yet again, this year's **Provider Appreciation Night** was a hit. ECE Providers enjoyed spa and relaxation services provided by ColorStreet, Doterra, Mary Kay, Atlantic Rehab and Wellness (Massages), and Seaside Counseling and Assessment (Chair Yoga & Wellness Assessments).

After being pampered, providers continued to relax as they indulged their taste buds in a delicious meal catered by Middle of the Island. To add excitement to the night, over 15 doors prizes (I am Day Spa – 1 hour facial, Blue Moon gift card, Beauty With N - \$100., Cape Fear Seafood gift card, etc.) were raffled off throughout the evening.

Thank you to those that attended this year's event and mark your calendar now for next year– **Thursday, May 7, 2020**– as it's sure to be another great evening in celebration of you and your dedication to the Early Childhood Education field.

### **Physical Activity & Nutrition (PAN) Program– helping children develop in healthy ways!**

SSNHC has added a new program to Early Care & Education. This program will coordinate efforts to raise awareness of the importance of physical activity and nutrition in young children. PAN will address child nutrition, breastfeeding, gardening/outdoor learning and much more.

We're looking for programs who want to improve or expand what they're already doing in terms of supporting healthy, active young children. Would you like to start something new to benefit the children in your program? We can support you in that way also!

Contact LaKeasha Glaspie, PAN Consultant, to talk about adding a garden to your site, change your menu to include healthy options, or get ideas on planning outdoor activities with your children.

[lakeasha.glaspie@newhanoverkids.org](mailto:lakeasha.glaspie@newhanoverkids.org) or 815.3731

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'People don't care how much you know until they know how much you care.'

*-Theodore Roosevelt*

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### **In This Issue**

- New PAN Program
- Director's Corner
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- Scholarships @ CFCC
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## National Heatstroke Prevention Day

July 31<sup>st</sup> is National Heatstroke Prevention Day. As summer heats up, heat-stroke continues to be the number one vehicle-related killer of children, outside of car crashes, according to the U.S. Department of Transportation. Children are more vulnerable to heatstroke than adults, especially in the summer months and when it starts to get hot outside.

In 2018, 52 children died from heatstroke, the highest number of deaths on record. Since 2015 there has been a gradual increase in annual deaths from vehicle-related heatstroke:

2015 – 24 deaths  
2016 – 39 deaths  
2017 – 42 deaths  
2018 – 52 deaths (highest on record)

Take precautions when outdoors in hot weather:  
Monitor weather & heat alerts  
Take frequent breaks  
Drink fluids before, during and after outdoor activities, i.e. sports drinks  
Protect yourself with hat, sunglasses and sunscreen  
Dress appropriately in light, loose fitting clothes.

--US DHHS, Office of Child Care 2019

**Help raise awareness of National Heatstroke Prevention Day--  
share this information with your families!**

### We Heard You!

*Thanks to everyone who attended our recent focus groups.* We really appreciate the feedback and have already started looking at ways to better serve all early childhood professionals.

Directors, a private Facebook group, **Smart Start of NHC: Early Childhood Directors**, was created for you. This page provides a place for administrators to network, ask questions of each other and coordinate efforts to better serve the children in their program. In addition, the Smart Start ECE team will share news and events, and help you with questions you may have about our services.

To join, visit us on Facebook:

<https://www.facebook.com/groups/ECEofNHC/>.

Please stay tuned for more private groups designed for teachers and family child care home providers.



We ALWAYS welcome and encourage your valuable feedback at any time.

### Save the Date:

NCAEYC Annual Conference:  
Raleigh– Sept 12-14

Smart Start Family Festival:  
November 2

### Did you know...

Cape Fear Community College has scholarships available for Early Childhood degree majors?

Check out their website to learn more about how you might qualify to receive aid to work on your degree.

<https://cfcc.edu/eca/>

### Smart Start Job Board

Check out our job board to post open positions at your program.

Browse the job board if you're looking for a job working with young children.

Visit our website at [www.newhanoverkids.org](http://www.newhanoverkids.org) or call Matt at 910.815.3731 for details about posting.

## Directors...

...Looking for a way to meet other directors, network, get ideas, or share frustrations?

Join us at the Smart Start office for an informal gathering specifically for directors. We meet the last Wednesday of every other month. In an effort to increase attendance, we're changing the time to **9:00am**. We hope this new time will allow for more of you to attend!

No planned agenda, and no RSVP needed, just come to chat!

### **Mark your calendars:**

Wednesdays at 9am

July 31      Sept. 25

Dec. 4 (change due to Thanksgiving holiday)

Jan. 29      March 25      May 27

For more information or questions, contact:

Natalie Pond | 910.815.3731

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### **...share our newsletter and training calendar with your staff.**

- \* post them in the staff breakroom (do staff know if the newsletter and training calendar are posted and where?)
- \* email them to staff
- \* provide a copy to each classroom or teacher or provide them with our website address to view the training calendar
- \* encourage staff to decide which training(s) he/she would like to register for

## We can help...

### ... with your self-study AND lesson planning with Foundations!

The Early Childhood Consultants at Smart Start are available to support you in many ways. With the recent focus on using NC Foundations in your activity planning, we can review what you are currently doing and provide tips or resources as needed. We are also able to assist in many aspects of classroom planning, from room arrangement to transition strategies and so much more.

**Family Child Care Providers** – have you been asked to do a Rating Scale self-study to maintain program standard points? We can guide you through that process, including Rating Scale resources and tips tailored to your needs and environment.

Give us a call to schedule a visit!

### **Workshop Registration Options**

- ◆ register online & pay online = immediately enrolled in class/put on waitlist
- ◆ mail your registration form with payment = enrolled in class/put on waitlist once your form has been received in the office
- ◆ request an online invoice (for multiple people/workshops) & pay online = immediately enrolled in class/put on waitlist when payment is received



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## Smart Start Early Care and Education staff

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If you would like to receive our newsletter electronically, send us an email letting us know.

## Contact Us

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