



CCCCC, Inc

April

Family Newsletter



Health will be starting over with Growth checks, vision screens and hearing screens. These are required to be completed annually, and most of the time are completed by your physician during a physical exam; however, history has shown us that we change over time, and this would be a great opportunity for us to evaluate changes that may have occurred over the year of school. Additionally, it will get your little ones more comfortable with the assessment and help them be better prepared for the next year. We will place the results in your kiddo's backpacks, so be looking for those over the next month or two.

Vaccinations reminders will be coming to Brightwheel with what is due and when. If a kiddo is transitioning into grade school, it's important for their family to know that there are a set of vaccinations due between the ages of 4-6years. It may be easier to get those caught up this summer before school starts back.

CDC has come out with new guidelines for COVID 19 and respiratory illness, we have reviewed those recommendations and updated our policy. The most important thing to know is how to prevent these illnesses. It starts with vaccinating per CDC recommendations, washing your hands frequently, social distancing from others who are sick, and staying home when you are unwell and reduce the risk of spread.

-Audie Hartman, RN



In this newsletter you'll find
Important Dates & Information
CCCCC, Inc Company Updates
Menus & Recipes
What to know about Storing Medication
E-Cigarettes & Vaping: What Parents Need to Know

CHILD PLUS TRAINING

All employees will receive on site or online child plus training.

This will assist us in monitoring our data.

More Details to come!

ORGANIZATIONAL CHART

The supervision of component staff are now under the supervision of the Site Director at the Site where they work.

Nutrition Assistant is now titled Nutrition Specialist

WILSON SECURITY

Classroom safety system, camera server update, door security

FY 2024 OHS GRANT APPLICATION

The grant application was submitted without the consideration of the change of scope request.

Head Start aprx:

\$1,839,7773

Early Head Start aprx:

\$634,927

Important Dates

Be sure to check your counties calendar, as each county follows a slightly different schedule.

April

Policy Council Meeting - 04/17

Board of Directors Meeting - 04/22

May

Mother's Day - 05/12

School Readiness Meeting - 05/16

Last Day of Class - 05/21

Policy Council Meeting - 05/21

Board of Directors Meeting - To be determined



Respiratory Illness Policy Update

SOURCE: POLICY NUMBER H#13



If an enrolled child tests positive for COVID-19, Influenza A and/or B, or RSV the following isolation practices shall be followed.

- Isolate for at least 24 hours and continue isolation until symptoms have improved and the child has been fever-free for 24 hours without fever reducing medication.
- Upon return to the classroom, all positive children shall wear a mask for 5 days post the start of a positive test or symptoms; whichever comes first.
- Symptoms may include but are not limited to chest discomfort, chills, cough, decreased appetite, fatigue, fever, headache, muscle/body aches, new loss in taste or smell, sneezing, runny nose, sore throat, vomiting, weakness or wheezing.

When an enrolled child has close contact exposure to someone who is positive for COVID-19, Influenza A or B, or RSV they may attend class without additional precautions. If a parent/guardian wishes for their child to wear a mask, this will be encouraged at their request.



Toasted Pita Wedges and Fruit Dip

Love to snack on chips and dip? Try swapping tortillas for toasted pita wedges with this sweet and tasty fruit dip.

Ages: 3–5 years **Prep time:** 10 minutes
Makes: 6 servings **Cook time:** 20 minutes

the INGREDIENTS

- 1 cup apricots, halves, canned in 100 percent fruit juice, drained
- 1 tsp brown sugar, packed
- ½ tsp ginger root, fresh, grated OR ¼ tsp ginger, dry, ground
- 1½ pita rounds, whole-wheat (at least 56 g or 2 oz each)
- Nonstick cooking spray
- ½ tsp cinnamon, ground

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a small nonstick pot, combine apricots, brown sugar, and ginger.
4. Cook on medium-high heat for 5 minutes or until it comes to a boil. Reduce heat to medium and simmer for 8–10 minutes, until apricot reduces to ¾ cup. Heat to 140 °F for at least 15 seconds.
5. Cut each whole pita round into 8 wedges. Cut each half pita round into 4 wedges.
6. Spray pita wedges with nonstick cooking spray and sprinkle with cinnamon.
7. Place on ungreased baking sheet. Lightly toast in the oven for 5 minutes.
8. Remove pita wedges from the oven.
9. Serve ½ cup (2 Tbsp) fruit dip with 2 wedges. Serve immediately, or keep warm at 140 °F or higher.

the NUTRITION INFORMATION

2 toasted pita wedges and ½ cup fruit dip

Nutrients	Amount
Calories	70
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	76 mg
Total Carbohydrate	16 g
Dietary Fiber	2 g
Total Sugars	1 g
Includes Added Sugars	N/A
Protein	2 g
Vitamin D	N/A
Calcium	11 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

the CACFP CREDITING INFORMATION

½ cup fruit
½ oz eq grains

the CHEF TIPS

- **Contains wheat (pita rounds).** Pita rounds can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pita rounds) and may be included in ingredient statements as “spice” or “flavoring.”
- Fruit dip can be served cold, keep cold at 40 °F or lower.
- The symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov



FUN FRUIT COLORING





Family of the Month

Jessica, 28
Thomas, 31
Gunnar, 18 months
&
Griffin 6 months



We love dogs, playing puzzles, museums and play places. Being outside and taking walks are activities Mom, Gunnar and Griffin enjoy together, and Dad enjoys relaxing at home.

We enjoy eating pizza, pasta, sausage, biscuits & berries, listening to country music.

Our best memory is when Mom & Dad brought Griffin home and he got to meet Gunnar.

Our family goal is to help communicate better with our toddler.



WHAT TO KNOW ABOUT STORING MEDICINE

JUST ONE MINUTE

In ER visits for medicine poisonings, parents often say that they only turned their back for a minute.



CURIOUS CLIMBERS

Research indicates in about half of over-the-counter poisoning cases, the child climbed on a chair, toy or other object to reach medicine.



CHILD-RESISTANT ≠ CHILDPROOF

Research suggests about half of accidental poisonings involved child-resistant packaging.



EVERY 9 MINUTES,

a young child (under age 6) goes to the ER because he/she got into medicine, and



EVERY HOUR,

a young child is hospitalized, and



EVERY 12 DAYS

a young child dies.



THE RISK IS REAL: HOW FAMILIES CAN HELP PROTECT KIDS

- Put all medicine up and away, out of children's reach and sight. Remember to keep visitors' purses, bags and coats out of reach, as they may contain medicine.
- Remember child-resistant packaging is not childproof. So put medicine away immediately after every use, even if you need to give another dose in a few hours.
- Save the Poison Help number – 1-800-222-1222 – in your phone and post it visibly at home so other caregivers can find it in an emergency.

**SAFE
KIDS**
WORLDWIDE™

E-Cigarettes and Vaping: What Parents Need to Know

E-cigarettes have become very popular. These devices (also called e-cigs, vape pens, e-hookah, e-cigars, mechanical mods, and pod systems) are not a safe alternative to cigarette smoking. The American Academy of Pediatrics (AAP) supports actions to prevent children and youth from using or being exposed to the vapor from e-cigarettes. This fact sheet offers facts and tips for parents to help address e-cigarette use and exposure.



Common types of e-cigarettes

Health Harms

- The solution and vapor from e-cigarettes contain harmful chemicals, some of which cause cancer
- The nicotine in e-cigarettes is addictive and can harm brain development
- E-cigarettes are not recommended as a way to quit smoking
- In some cases, e-cigarettes have exploded, causing burns or fires
- Exposure to secondhand vapor from e-cigarettes is harmful to growing lungs
- Long-term health effects on users and bystanders are still unknown
- E-cigarettes can be used to smoke or “vape” marijuana, herbs, waxes, and oils

Dangers to Youth

- E-cigarettes are the most commonly-used tobacco product among teens: in 2019, over 25% of high school students reported having used e-cigarettes in the last 30 days
- Youth are uniquely vulnerable to the nicotine in e-cigarettes because their brains are still developing
- Youth who use e-cigarettes are more likely to smoke traditional cigarettes in the future
- Children are exposed to e-cigarette advertising in the media, online, and in magazines and billboards
- E-cigarettes come in flavors, which are appealing to children
- Although it is illegal for e-cigarettes to be sold to youth under age 21, they can be ordered online

Risk of Poisoning

- E-cigarette solutions can poison children and adults through swallowing or skin contact
- A young child can be killed by very small amounts of nicotine: less than half a teaspoon. Because of this, liquid nicotine is required to be sold in childproof packaging
- Symptoms of nicotine poisoning include sweating, dizziness, vomiting, and increased heart rate.
- Calls to poison control centers related to e-cigarettes have skyrocketed in the last 5 years
- If exposure to liquid nicotine occurs, call the local poison center at 1-800-222-1222

Recommendations for Parents

- The best way to protect your children is to never smoke or vape in the house, in the car, or in places that children spend time. Talk with your doctor about ways to help you quit tobacco products
- Talk to your children about the dangers of e-cigarettes, and make sure you can identify them
- If you are an e-cigarette user, always keep e-cigarettes and liquid nicotine locked and out of the reach of children. Protect your skin if handling e-liquid

For more information about these devices, including statistics and citations, please visit

<http://www2.aap.org/richmondcenter/ENDS.html>

Visit the AAP Richmond Center online at: www.richmondcenter.org

Early Head Start



MEAL PROVIDED

Make my own Chia Pet!

Location: Clay County, Wesleyan Church

Date: April 18, 2024

Time: 5:30 pm

RSVP: April 13, 2024

Location: Cloud County, EHS Building

Date: April 23, 2024

Time: 5:30 pm

RSVP: April 17, 2024

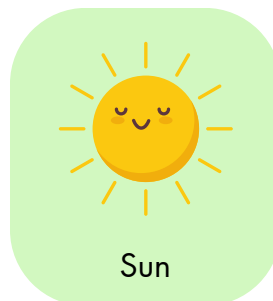
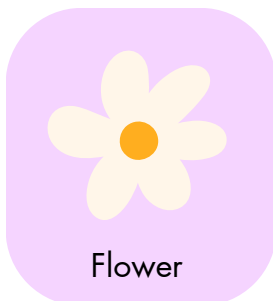
fight seasonal allergies

8 tips to minimize allergy symptoms

- Stay inside when it's dry and windy
- Limit your time around grass and trees
- Wash clothes after being outside
- Bathe or shower after being outside
- Keep doors and windows closed
- Use a HEPA filter
- Vacuum often
- Flush sinuses with nasal rinse

Get more tips on fighting allergies at [childrens.com/allergies](https://www.childrens.com/allergies)

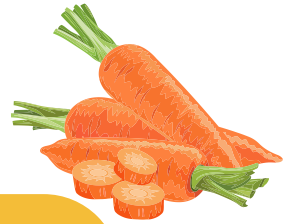
children'shealth



Homemade



BABY FOODS



CHOOSE

- Use fresh fruits and vegetables when you can.
- buy frozen or canned fruits and vegetables with no added sugar, syrup, salt or spices.

CLEAN

- Wash the cutting board, utensils, blender or food processor with soap and hot water. Rinse well.
- Wash your hands with soap and hot water.

PREPARE

- Scrub or peel the skin on fruits and vegetables.
- Remove any stems, pits or seeds.
- Boil carrots, peas, green beans or broccoli in a small amount of water. Bake sweet potatoes or squash.
- Some fresh fruits and most canned fruits and vegetables don't need to be cooked before pureed.

MASH

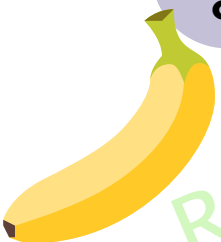
- Puree vegetables or fruits in a blender, small food processor or baby food grinder.
- Add a small amount of breastmilk, infant formula or water to make the baby food smooth.

FREEZE

- Fill an ice cube tray with the pureed fruit or vegetable.
- Cover the ice cube tray with plastic wrap and put in the freezer to freeze the cubes.
- Remove the frozen cubes from tray and place in a freezer bag.
- Label and date the freezer bag. Return the bag of baby food cubes back into the freezer



Frozen foods can be stored for a month!



Ready to heat and eat!

EASY

Toddler Meals



Your toddler is ready to stop eating baby foods.

What can they eat?

Most of his foods can come from the family meal when he is one year old

Offer table foods that are soft, chopped and lightly seasoned, and
eat together!

toddlers love pasta

SERVE FRUITS AND VEGTABLES AT EVERY MEAL!



Pasta and Meatballs - with diced peaches or cooked broccoli

- Cook pasta - macaroni, egg noodles, alphabet shapes, circles or shells
- Top pasta with spaghetti sauce and a crumbled meatball
- Keep a bag of meatballs in your freezer-ready to heat and eat!



Noodles and Cheese - with cooked green beans or carrots

- Cook pasta - macaroni, egg noodles, alphabet shapes, bowtie noodles
- Drain pasta and sprinkle with Parmesan, shredded cheddar, or american cheese.
- Serve noodles with shredded chicken, meatball, or heated diced ham



Chicken and Rice - with cooked peas

- Heat 1 tablespoon of vegetable oil in a skillet.
- Cook one chopped chicken breast in skillet until meat is no longer pink.
- Add 2 cups cooked rice, 1/2 cup peas, and 3/4 cup chicken broth to chicken.
- Heat and stir.



Limit processed foods such as canned pastas and soups and boxed dinners. they have a lot of extra salt.

Make your own pasta dishes!

