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Partnership for Children of Sampson
County
Provider Newsletter
January, February, March



“A Smart Start to a Successful Future”

CDC Recommends Updated COVID-19 Vaccine for Fall/Winter Virus Season

Protect yourself and others from COVID-19, Flu, and RSV



It is common to get sick from respiratory viruses such as [COVID-19](#), [flu](#), and [respiratory syncytial virus \(RSV\)](#), especially in the fall and winter. There are actions you can take to protect yourself and others. Learn about whether you're more likely to get seriously ill, how to prevent these viruses, and if these viruses are spreading in your community.

COVID-19 can be very contagious and spreads quickly. Most people with COVID-19 have mild symptoms, but some people become severely ill.

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs.

RSV usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for babies and older adults.

Viral Respiratory Illness Data

Find a summary of the key viral respiratory illness findings for COVID-19, influenza, and RSV from the past week and access to additional information and figures.

Understand Risk Factors and Prevention Tools

Anyone can get a respiratory virus infection, but some people have a higher risk of getting very sick from it. Certain respiratory viruses, like the ones that cause COVID-19, flu, and respiratory syncytial virus (RSV) infection, are more likely than others to make people very sick.

Prevention Tools Vaccines Handwashing & Cleaning Air quality improvements Masks Physical Spacing Testing Treatments
Each prevention tool you use adds to your overall protection!

Whether or not you're at higher risk, you can use strategies and tools to lower your chances of catching or spreading a respiratory virus and lower your likelihood of getting very sick if you do catch one.

Learn more about risk groups.

Select any of these risk groups, which may apply to you or someone you spend time with, for personalized information:

Children under 5 Older adults Immunocompromised Pregnancy People with disabilities Underlying health conditions

<https://www.cdc.gov/respiratory-viruses/index.html>

Check out the links below for other valuable information about how to get free COVID-19 Test Kits

<https://www.cdc.gov/media/releases/2023/p0914-uninsured-vaccination.html>

<https://covid19.ncdhhs.gov/PickUpHomeTests#map>

<https://www.cdc.gov/media/releases/2023/p0912-COVID-19-Vaccine.html>

SCHOLARSHIP PROGRAM:

Supports parents with the cost of childcare. Parents must be working more than 20 hours a week or going to school FT. Call for more information.

Parents as Teachers

Supports children prenatal to 5 years old. Call Barbara Fortner for more information.

NCPREK

A free preschool Program that supports children who turn 4 on or before August 31, of the current school year. Call for an application appointment.

Triple P

Positive Parenting Program Levels 2, 3, & 4 Call for more information.

Dolly Parton Imagination Library

Children ages 0-5 years old can receive a free book each month. Call to Enroll today!

Partnership For Children!
(910) 592- 9399

Unpacking ITERS-R: An Overview of the Infant/Toddler Environment Rating Scale – Revised Edition On Demand Training Webinar

The NC Birth-to-Three Quality Initiative is excited to announce a new online, on-demand course for everyone interested in understanding and using the *Infant-Toddler Environment Rating Scale - Revised Edition* (ITERS-R). This two-hour course provides an introduction to ITERS-R: what it is, its history and how NC uses the assessment. Every item of the assessment is discussed along with specific tips on how to improve your classroom quality and, in turn, improve your overall ITERS-R score.

Sign up for the course at https://reg.learningstream.com/reg/event_page.aspx?ek=0041-0007-24ac1d4d53ed4eb69ffc6726ead570f. Registration is \$20.

Remember to have your own copy of the assessment with you to follow along! This course is ideal for those preparing for the resumption of star-rated license assessments.

If you have any questions about this on-demand course, please reach out to B3QI@childcareservices.org.

<https://ncchildcare.ncdhhs.gov/Whats-New>

Love What You Do and Do What You Love

Incorporate activities throughout the day that are interesting and engaging for children. This will help them learn and use the skills now and the rest of their lives. Children can find ways to be busy but it can be chaotic. If we, as providers, set up interesting and engaging activities and engage with them they will less likely become bored and have time to cause problems. Be involved with what they are doing and learning each and everyday.

Teach with a purpose!!
Read with enthusiasm!!
Play with excitement!!

Children feel the love when teachers are engaged with them!!!



SCPFC Training Calendar 2023-2024

January 16th TUESDAY	Triple P Seminar 3 Raising Resilient Children Trainees are introduced to dix core building blocks for children to manage their feelings and become resilient in dealing with life stress. Elizabeth Marquez	6:00-7:30	\$7	Healthy Social Behavior Teachers will learn strategies to put in place for children who struggle with positive behavior. Tim Sinclair	6:00-8:00
February 13th Tuesday	Center/Materials Teachers will learn what learning centers are, the types of learning centers, materials that support learning centers, and making centers meet children's needs. Elizabeth Marquez	6:00-8:00	\$10		
March 12th Tuesday	**ITS SIDS In person Training/ Information about Sudden Infant Death Syndrome, causes and preventive precautions. Elizabeth Marquez	6:00-8:00	\$10		

Want ways to help children be creative; look below at the fun engaging activities!!!



What a Great Way for Kids to Show their Creative Art Work

This activity can be used with all ages (supervised)

What to use:

Trays

Sand/Plain or colored

Food Coloring for plain sand

Brushes of different sizes/Popsicle sticks

The art of mixing can be very captivating and children can learn many skills as they play:

Imagination

Explore

Sensory

Texture

Creativity

Colors

<https://www.adventure-in-a-box.com/rainbow-sand-art/>



Let the fun begin, let the children get creative and make some fun snacks for the holidays that they will enjoy!!!

This quick and easy cheese Christmas trees recipe makes a great healthy fun snack for kids

Easy Cheese Christmas Trees

Ingredients:

Small block cheddar cheese

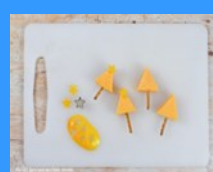
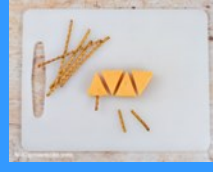
Small block any cheese

Pretzel sticks

1/2 yellow pepper

Method:

Cut a thick slice (around 1.5cm-2cm thick) from each block of cheese and cut into triangles.



<https://www.eatsamazing.co.uk/christmas/healthy-christmas-recipes/easy-cheese-christmas-trees-recipe>

This Easy Snowman Smoothies Recipe is great for kids to help make

Ingredients:

1 banana

250ml milk

50g Greek yogurt

25g oats

30g desiccated coconut

a few drops of vanilla extract

maple syrup or honey to taste

To decorate (optional):

Squirty cream

snowflake sprinkles

clear plastic cups or glasses

black & orange marker pens (I used sharpies)



<https://www.eatsamazing.co.uk/family-friendly-recipes/drinks/easy-snowman-smoothies-recipe>

“Ready for School, Ready for Life!”



Do you have a child who will turn 4 YEARS OLD on or before August 31? If so, you may qualify at no cost to you for the NC Pre-Kindergarten Program, which is designed to prepare children for success in school. Please call to make an application appointment.



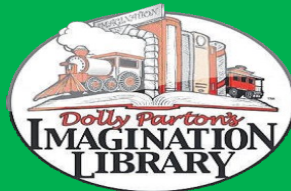
Scholarship Program

Our Scholarship Program supports at-risk children ages 0-5, who meet the income and scholarship eligibility guidelines. This program allows children access to high-quality care and assists parents with the cost of child care expenses. The parent/guardian in the home must meet the work and /or school requirements of the program to qualify.



Dolly Parton's Imaginary Library

We hope your child is receiving books from the Dolly Parton Imaginary Library every month and if not please contact our office to sign them up to receive a free book every month until the age of 5.



Lending Library Resources

Don't forget to come by and check out some of the resources we have in our lending library. Materials you can use with your children that they will enjoy and will help them grow. This is a great way to get a jump start on learning for the future.



*** Triple P = Positive Parenting Program ***

Support to help your child cope with challenges – Simple strategies you can start using right now!

- Positive ways to help your child reach their potential
- Promote your child's emotional wellbeing
- Make family life more enjoyable for everyone with routines and rules that really work.

<https://www.triplep-parenting.com/nc-en/triple-p/>

www.scpfc.org

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