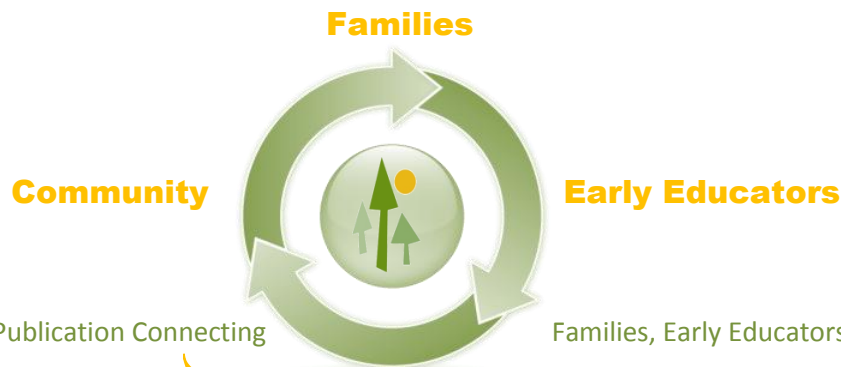


Sierra Nevada Children's Services

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A Partnership Project Publication Connecting

Families, Early Educators and Community

Full Circle

ANNOUNCING OUR NEW NEWSLETTER

New Name! New format!

Sierra Nevada Children's Services is very excited about launching a very new and different version of our bi-monthly newsletters. Improving on the past, we have combined the Parent and Provider newsletter into one publication. We felt it was time that our newsletter grew a bit, not just aesthetically but also in content and functionality. "Full Circle" is just that; getting the same message out to the child care community, providing updates and activities that put SNCS front and center in the lives of the families and providers in our service area. As you explore our newsletter you will notice, streamed throughout these pages, specific content about our services along with relevant updates and developments related to Early Care and Education and Child Care.

Thanks to all SNCS employees who have worked so hard to make this first edition such a success. We hope that you will enjoy it.

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Subsidy Updates
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Artist: Carly
Age: 9



SIERRA NEVADA CHILDREN'S SERVICES would like to thank the families, providers and community members who attended the 1st bi-annual Wine Down and Celebrate Children's Art Event held Friday, September 10th at the Grass Valley facility. The amazing artwork was created by our local children; the "art process" provided them with many learning opportunities, to include motor and cognitive development. Those in attendance enjoyed viewing and discussing the colorful displays, many offered donations for art pieces to add to their homes or offices.

We will be hosting the next Children's Art Event in March 2011 when more masterpieces will be available. The March event will also feature children's photography. Please look for additional information in future newsletters and on our website: www.snics.org.

Thanks again for your support - the proceeds from the event will allow continuance of these important educational services to our community's children.





In November, by Cynthia Rylant

“In November, the air grows cold and the earth and all of its creatures prepare for winter. Animals seek food and shelter, and people gather together to celebrate their blessings with family & friends “Curl up with your loved ones and enjoy this beautiful book about the sights, sounds, scents, and traditions of this very special time of year.”

The Pilgrim’s First Thanksgiving, by Ann McGovern

“The Pilgrim’s first Thanksgiving lasted three whole days. The simple text of this book introduces children to the struggles of the Pilgrims during their first year at Plymouth Colony and the events leading to the historic occasion we celebrate today as Thanksgiving.”

On the Mayflower - Voyage of the Ship’s Apprentice & a Passenger Girl, by Kate Waters

This is the story of William Small, the ship’s apprentice on the Mayflower, and Ellen Moore, a young girl traveling without her parents. The photos of a reenactment of the voyage chronicle how they spent their days while traveling to the new land. There are also additional facts about the Original Mayflower and the reproduction, Mayflower II, and about some of the people who sailed on each of them. I found this book to be very interesting and informative.



More books about Autumn, Halloween, and Thanksgiving:

- Pumpkin Pumpkin, by Jeanne Titherington
- Clifford’s First Autumn, by Norman Bridwell
- Dora’s Halloween Adventure (a ‘lift the flap’ book), by Sarah Willson
- Five Little Pumpkins, by William Boniface
- The Happy Trick-or-Treaters, by Mary Packard
- Arthur’s Halloween, by Marc Brown
- Pumpkins, by Ken Robbins
- Thanksgiving Treat, by Catherine Stock
- Thanksgiving Cats, by Jean Marzollo
- Thanksgiving Day, by Anne Rockwell
- Happy Thanksgiving, Biscuit! , by Alyssa Satin Capucilli

Subsidy and Resource and Referral Updates

What Should YOU Know About Family Fees?

- The fees are based on adjusted monthly income and family size;
- They are a family's share of cost and required by the regulations;
- They contribute towards expanding the child care assistance program which makes it possible to serve more families in need;
- They are due and payable monthly prior to the use of child care;
- They are based and assessed on certified need for care.

What should you pay attention to?

Since Family Fees are assessed on your certified need for care it is important for a family to notify SNCS within the required 5 calendar day period if their certified need for child care changes.

Why?

Because Family Fees are **not** adjusted for:

- Excused or unexcused absences;
- Or 'actual use' of child care if that differs from your certified need for care.

It is a requirement to report changes to SNCS with 5 calendar days. It is also important to update SNCS on changes that affect your need and eligibility for services. But it is also in your best interest to do so—so help us in helping you and don't forget to report any changes! (Please see attached page 20 of the Parent/Provider Guide)

Reporting Changes – Early Educators

It is equally important for early educators to report any changes to SNCS. Per the *SNCS Provider Agreement*, an early educator must report a child's absence, without notification from the parent, when a child is absent 3 consecutive days. Early educators should also report changes to their contracts, rates, and any other materials that are given to families in their program. Rate changes can be accepted by SNCS once per fiscal year (Education Code 8222), and will become effective the first of the month following the month of submission.

Budget Update

Although California still has not adopted a State Budget, SNCS recently reimbursed early educators for July and August 2010 child care services. Reimbursement for September services may not be possible because SNCS reimburses approximately \$265,000 a month, on behalf of CDE, to approximately 140 early educators, which requires a large line of credit from a bank, and past attempts to secure an increased line of credit have been unsuccessful.

Child Care Referral Policy

Because your child care needs are unique, we tailor our services to your specific need. We provide guidance by phone, in person and online. Child Care Resource and Referral Specialists will provide free child care referrals to programs in Nevada and Sierra County, our service area.

Specialists will explain the child care referral policy and ask parents about their child care needs pertaining to type of care, location, hours, ages of children and any special considerations such as pet allergies or transportation needs. Once that information is entered into our database, specialists are then able to refer parents to child care providers that match the parent's needs. Referrals for the full range of child care options include: child care centers, family home child care, exempt and Trustline providers.

SNCS does not make recommendations because parents are best able to assess which option best meets their needs. It is the responsibility of the parent to screen, interview and select child care.



Avoid surprises on
Family Fees - keep
your records current



❖ CO-PAYMENTS

Parents who choose child care providers whose usual and customary fee exceeds the Regional Market Rate (RMR) ceiling are responsible to pay the difference between the rate cap and the child care provider's fee. The *co-payment* will be paid directly to the child care provider by the parent and shall not be accounted for by SNCS.

❖ REGISTRATION FEES

When child care providers charge registration fees, SNCS may be able to pay those fees. This is dependent on state limits. A maximum of two registration fees to two separate child care providers is allowed in a 12 month period.

❖ FAMILY FEES

Some families may be required to pay a Family Fee. Family fees are determined by the California Department of Education Family Fee Schedule and are based on family size and adjusted monthly income. Fees are charged for only one child in the family - the child who is receiving the most hours of care.

What should you know about Family Fees?

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- They are a family's share of cost and required by the regulations;
- They contribute towards expanding the child care assistance program which makes it possible to serve more families in need;
- They are due and payable monthly prior to the use of child care;
- They are based and assessed on certified need for care.

Since Family Fees are assessed on your certified need for care it is important for a family to notify SNCS within the required 5 calendar day period if their certified need for child care changes. Family Fees are **not** adjusted for Excused or unexcused absences, or 'actual use' of child care if that differs from your certified need for care.

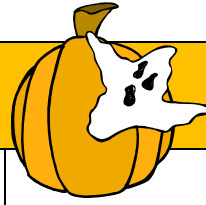
It is a requirement to report changes to SNCS with 5 calendar days. It is also important to update SNCS on changes that affect your need and eligibility for services.

Family Fees are due in advance of the month of child care use. Family fees are billed by SNCS 15 days before the last day of the month for the next month's services. Payments must be submitted to SNCS by the first (1st) day of the service month. SNCS cannot accept post-dated checks. **SNCS cannot accept cash as payment.** Only checks or money orders will be accepted **and all family fees are submitted to the Grass Valley Office.** Family fees are considered delinquent after seven (7) calendar days from the date the fees were due. Upon determination that fees are delinquent, a notice to terminate services shall be mailed. If the fees are paid by the effective date of the termination notice, child care payment assistance services may continue. Fees must be kept current; that is, the current family fee must always be paid; however, SNCS will accept a REASONABLE payment plan for payment of past due fees. If the payment plan is followed, termination of services for delinquent Family Fees can be avoided.

Repeated late Family Fees are grounds for automatic termination. Also, if your Family Fee is paid by a check that bounces, a \$15 non-sufficient funds fee will be added to your bill. If you bounce two checks within a fiscal year, all future payments will be received in the form of money order only. If you are terminated for outstanding family fee bills, all fees must be paid prior to being re-enrolled into the subsidy program.



SNCS Workshops & Activities

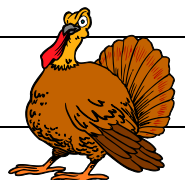


OCTOBER

Date/Time	Location	Title	Description/Comments
EVERY THURSDAY 10:00-11:30 a.m.	SNCS Grass Valley	Tots and Twos	Free, fun activities for children, families, and educators to learn more about how children develop and learn. For more information and to reserve a spot please call: 530.272.8866 - Jeaneen
Tuesday, October 5 Deadline: 5:00 p.m.	SNCS	Subsidy Attendance Sheets DUE	Subsidy Attendance Sheets for September, 2010 due at SNCS no later than 5:00 p.m.
Tuesday, October 12 6:00 pm - 8:30 pm	SNCS Grass Valley	Partnership Project Workshop #3	Creating Environments That Support Children's Growth and Development in Your Program
Tuesday, Oct 19 9:00 am to 11:00 am	SNCS Grass Valley	P.L.A.Y. and Learn	Free play group with hands-on activities for children, parents and caregivers. This month – Farm Visit – For more information and to reserve a spot please call : 530.272.8866 ext. 221 - Ada
Tuesday, Oct 19 6:00 pm – 8:00 pm	SNCS Grass Valley	Social Emotional Competencies Workshop #3	Developing strategies to help children develop strong social emotional skills and strong trusting relationships.
Thursday, Oct 21 6:00 – 8:00 pm	SNCS Truckee*	Partnership Project Workshop	Truckee Park and Recreation

NOVEMBER

Date/Time	Location	Title	Description/Comments
EVERY THURSDAY 10:00-11:30 am	SNCS Grass Valley	Tots and Twos	Free, fun activities for children, families, and educators to learn more about how children develop and learn. For more information and to reserve a spot please call: 530.272.8866 - Jeaneen
Friday, Nov. 5th Deadline – 5:00 pm	SNCS	Subsidy Attendance Sheets DUE	Subsidy Attendance Sheets for October, 2010 due at SNCS no later than 5:00 p.m.
Tuesday, Nov 9th 6:00 – 8:30 p.m.	SNCS Grass Valley	Partnership Project Workshop #4	Working and Partnering with Parents – developing strategies that strengthen relationships to ensure the success of each child in your program
Tuesday, Nov 16th 9:00 – 11:00 a.m.	SNCS Grass Valley	P.L.A.Y. and Learn	Free play group with hands-on activities for children, parents, and caregivers. For more information and to reserve a spot. Please call 530.272.8866 ext. 221 Ada
Tuesday, Nov 16th 6:00 pm – 8:00 pm	SNCS Grass Valley	Social Emotional Competencies Workshop #4	Individualized intensive interventions-determining the meaning of challenging behaviors
Thursday, Nov 18 6:00 – 8:00 pm	SNCS Truckee*	Partnership Project Workshop	Truckee Park and Recreation





Grass Valley

Things were pretty busy here in Grass Valley over the last couple of months. In August, Inger McCormack, one of our early educators, collected back packs, school supplies, and lunch boxes with her Girl Scout troop and distributed the items at SNCS on August 18th to several happy families. Remaining items went to local schools and families. Thank you Inger!

Our Play and Learn series hit the road this summer; bringing lots of fun science, art music and literacy activities to a variety of programs. We still have a few slots open, so if you are interested in a visit, give Ada a call at (530)272-8866 x221.

Finally, our big *Wine Down and Celebrate Children's Art* event on September 10th was a huge success. Quite a few community members, early educators, parents and children attended the event which beautifully showcased children's art from fifteen area programs. Please see our website for photos and more information on the event. We plan to do another art event in the spring. Stay posted for more information.

Sierra County

As autumn rapidly approaches, we, in Sierra County, love seeing the color changes and crispness in the air. Summer wrap-ups are quite exciting. On staff this summer at Toddler Towers, was a very artistic employee who is in the final stage of completing a fantastic nature mural, resplendent with bears, stream, a valley scene and apple tree bedecked with a full load of apples. The mural is located on the side of the new Toddler Towers complex facing the road, great for viewing by those driving by.

Each August the Provider Network meets to outline our trainings goals and focus for the upcoming year. Key goals outlined for this program year are, Inclusion and collaborations between Kindergarten teachers and Special Ed Preschool and providers (center and FCC). A series of events, informal and formal, are in the planning stages to set this in motion. Additionally, Training priorities were outlined with a commitment to include Kindergarten and Special Ed preschool in all mailings.

Truckee

Partnership Project Trainings have been scheduled and announced for Truckee providers through June 2011. All trainings and Provider meetings will be held at the new Park and Recreation building located on Donner Pass Road. The following classes are being offered by Truckee Family Resource Center:

- Got Infant/Toddler? Want Sleep?
- Baby and Me classes
- Jugando Juntos
- Loving Solutions
- Parent Project
- 0-5 Parenting Discussion Group

Scholarships are available for fee-based classes. For more information call 587-2513

Helping Children Deal With Fears

Ada Miyakawa

Halloween is just around the corner and all sorts of scary decorations have begun to spring up in the stores. It reminds me of a Halloween years ago when our oldest son was about two and a half years old. My husband and I were getting ready to parade him around the neighborhood in his Little Red Flyer when the doorbell rang. We opened the door and outside were two older boys dressed up as grim reapers complete with very real looking sickles and masks that oozed with “blood”.

Our son took one look at those boys, let out a blood curdling shriek of terror, grabbed onto my leg, and began to sob hysterically. It took us a long time to calm him down and for months afterwards he suffered from a terrible fear of the dark that kept him up all night, affecting his daytime behavior. Working carefully with our son’s pediatrician, we were able to gradually help him overcome his fear.

It is absolutely normal for children to have fears of varying degrees. In fact, fear can help keep kids from engaging in dangerous activities where they are likely to get hurt. Unresolved childhood fears however, can lead to established adult phobias that can affect quality of life. It is the role of the parent or educator to intervene when a child shows persistent anxiety that compromises wellbeing. Some signs of anxiety are clinginess or impulsivity, sweaty hands, nausea, headaches, rapid breathing and nervous movements such as ticks.

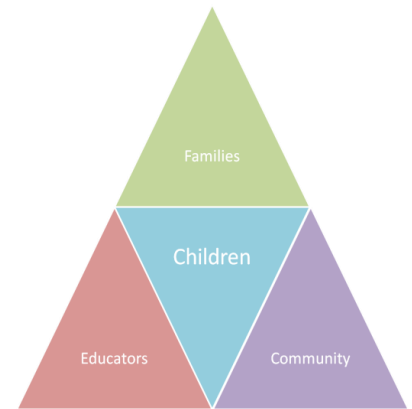
Children’s fears change as they develop. For infants, separation anxiety tops the list because at this age children think that when they can’t see something, it’s gone forever. We can help children at this age by introducing object permanence by hiding an object under a blanket and then uncovering it or by playing games such as “Peek a Boo” together. Parents or caregivers can also practice mini separations, stepping away for gradually increasing amounts of time. Saying goodbyes briefly and matter-of-factly can also help.

When children get to be about the age of three or four, fear of the dark or of imaginary creatures can set in. At this stage children have ability to picture things in their minds that can become pretty scary and because the ability to distinguish between what’s real and what’s make-believe hasn’t quite been established, these things can seem downright terrifying. For this reason, it is very important to be careful to avoid exposing young children to frightening things such as scary movies, costumes, masks, decorations or situations. Nighttime fears can be eased by creating calming, predictable bed time routines, keeping the bedroom door partly open, providing a nightlight, giving the child an object of comfort and making final goodnights calm and brief.

Sometimes children can develop fears after a scary encounter. We can help by openly listening to the child in a non judgmental way, remembering not to tease or say things like “Don’t be afraid” or “That’s no reason to be afraid”. It’s important to keep the lines of communication open so we can work with the child. Avoiding the fearful situation or object can make the fear worse. Gradually exposing your child to the thing that they fear, while introducing relaxation techniques, can be an effective way to help desensitize him or her to the fear. Remind your child of past fears he or she was able to overcome, and remember to provide lots of encouragement.

For older children, social fears tend to be more common. It’s not unusual for school aged kids to fear being laughed at or excluded by others. Again, listen openly to your child and then help them brainstorm things that they can do to prevent the things that they fear from happening. You can even role play different social situations together.

It is important to know that sometimes the usual approaches may not work and a child’s fear may develop into a phobia, affecting healthy development. Should this happen it may be best to consult a professional. With loving guidance though, we can help children overcome most of the fears they face.



Activity Page: Making an Erupting Volcano



Here's an exciting science activity that will provide an enjoyable and educational time for you and the children in your care or family. There are several ways to 'construct' the volcano – it's up to you how to design it! You can use sand, dirt, clay, play dough, or aluminum foil to create the base of the volcano (to cover the bottle or cup that will hold the 'lava'). Then add a few common kitchen ingredients and see what happens. Please note that there are many 'recipes' for making a volcano. Some add warm water to the bottle/cup along with the baking soda, others just put in the baking soda and then add the vinegar, and some add dishwashing liquid. Try experimenting with these variations or maybe come up with your own!

Materials you will need:

- Sand
- Pouring Jug
- ½ - 1 Cup Vinegar
- Old Newspaper
- Red Food Coloring
- Baking soda
- Dishwashing liquid
- A small plastic drinking bottle



Steps:

1. Spread some of the newspaper down in an area that is safe to make a bit of a mess.
2. Put 1-2 tablespoons of the baking soda in the opening of the plastic bottle.
3. Place the bottle in the middle of the newspaper area.
4. Position the sand at the base of the plastic bottle and shape the sand half way up the bottle to make it look like a mountain.
5. Put a few drops of the red food coloring, several drops of the dishwashing liquid, and ½ cup of vinegar into the pouring jug and pour into the bottle.
6. Wait and watch as the volcano will erupt in a few minutes with bright red frothy lava.

Option #2:

1. Place the volcano on a pan or tray (or you'll get lava all over the place!)
2. Fill the volcano with 2 tablespoons of water and stir in a tablespoon of baking soda until it dissolves.
3. Measure 2 tablespoons of vinegar into a separate cup.
4. Pour the vinegar, all at once into the water/baking soda mixture and watch your lava bubble up!

Wicked Witch Cupcakes

These great-tasting, ghoulish-looking cupcakes are a wickedly easy treat for a Halloween party! Our trick: Keep kids antsy for the festivities happily busy by letting them help with the simple decorations.



Makes 12

- 24 brown mini M&Ms plus , more for filling (optional)
- [Hershey's Chocolate Cupcakes](#)
- [Dirty Green Simple Buttercream](#)
- 12 chocolate sugar cones
- 1 pound black licorice laces, cut into 1/4-inch, 1/2-inch and 2-inch lengths
- 12 candy corns

Directions

1. Using a melon baller, scoop out the center of each cupcake, and fill with mini M&Ms, if desired.
2. Cover the tops of each cupcake with a generous mound (about 1/3 cup) of buttercream. Insert one candy corn into each cupcake to form a nose. Using brown mini M&Ms, insert two into each cupcake to form eyes. Place two short lengths of licorice above the eyes to form eyebrows for the witch. Place the shorter licorice lengths above the eyebrows to form bangs. Place an inverted cone on top of bangs, pressing gently into buttercream to adhere. Place the longer licorice lengths under the cone hat to form the hair.



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Go Green!

The greenest paper is no paper at all!
The more you do online, the less you need paper.

Would you like to help us go green?

This publication "Full Circle" is available on our website,
along with other valuable publications, forms, and updates.

If you prefer to utilize this "green option" please call
272.8866 ext. 222 or e-mail katherinec@sncs.org

We're on the Web!
www.sncs.org

investing in our community, one family at a time.



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