

Florida HERO's Application Supporting Documents

Early Childhood Center at J.Colin English Elementary

Early Head Start Program

Infants & Toddlers

License # C20LE0095



Healthy Foods

Parent Information on school website

My Plate snack tips for parents. (Shared on 3/12/21)

Kid-Friendly Veggies and Fruits. (Shared on 3/ 26/21)

Program Created Flyer. (Shared on 4/30/21)

Healthy Food added to the parent meeting on 5/21/21.

USDA United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

MyPlate snack tips for parents

Snacks can help children get the nutrients needed to grow. Prepare snacks that include two or more food groups. For younger children, help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

- 1 Save time by slicing veggies**
Store sliced vegetables in the refrigerator and serve with hummus. Top half of a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.
- 2 Mix it up**
For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Put fat-free yogurt, 100% fruit juice, and frozen peaches in a blender to make a tasty smoothie.
- 3 Grab a glass of milk**
A cup of low-fat milk or fortified soy beverage is an easy way to drink a healthy snack.
- 4 Go for great whole grains**
Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.
- 5 Snack on protein foods**
Choose protein foods such as unsalted nuts and seeds, hummus or other bean dips, and hard-cooked (boiled) eggs for a healthy, easy snack. Store hard-cooked eggs in the refrigerator for up to 1 week for kids to enjoy any time.
- 6 Keep an eye on the size**
Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.
- 7 Fruits are quick and easy**
Fresh, frozen, dried, or canned fruits, such as applesauce, frozen grapes, or raisins, can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served. Choose canned fruits that are lowest in added sugars.
- 8 Consider convenience**
A single-serving container of low-fat yogurt or individually wrapped string cheese can be just enough for an afterschool snack.
- 9 Swap out the sugar**
Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.
- 10 Prepare homemade goodies**
For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lessee.

Go to ChooseMyPlate.gov for more information.

DO TipSheet No. 24
March 2013
Revised October 2016

10 tips kid-friendly veggies and fruits

Nutrition Education Series

10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

- 1 smoothie creations**
Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!
- 2 delicious dippers**
Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.
- 3 caterpillar kabobs**
Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.
- 4 personalized pizzas**
Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.
- 5 fruity peanut butterfly**
Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.
- 6 frosty fruits**
Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popicles" by inserting sticks into peeled bananas and freezing.
- 7 bugs on a log**
Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!
- 8 homemade trail mix**
Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.
- 9 potato person**
Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.
- 10 put kids in charge**
Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Distributed by UF/IFAS Extension
Go to www.ChooseMyPlate.gov for more information.

DO TipSheet No. 11
June 2011
USDA is an equal opportunity provider and employer.

Program Created Flyer English-Spanish

Healthy Children, Healthy Future



Healthy Foods



Choose **MyPlate**.gov

<https://www.myplate.gov/>

Healthy Beverages



Drinking water is best and should be visible and always available to children
Only fat-free of skim milk should be offered to children ages 2 and older

Screen Time Best Practices

Children under age two (2) years of age should have no screen time
Children age two (2) and older should be limited to one hour daily

Breastfeeding



ECC is a breastfeeding friendly child care center
You are welcome to breastfeed or pump at our center or provide your expressed milk

Physical Activity

Both adult and child led physical activity is needed for children to grow and development

The recommended amount of indoor and outdoor physical activity each day includes:

- 120 minutes for preschool children
- 90 minutes for toddlers

Infants should be offered tummy time 4 or more times per day

Niños Saludables, Futuro Saludable



Comidas Saludables



Choose **MyPlate**.gov

<https://www.myplate.gov/>

Bebidas Saludables



Bebier agua es la mejor opción y debe estar visible y siempre disponible para los niños. Solamente se le debe ofrecer leche sin grasa o leche descremada a los niños de 2 años o mayores de 2 años.

Mejores Prácticas del tiempo de pantalla

Los niños (as) menores de (2) años no deben tener tiempo de pantalla.
Los niños (as) de (2) años o mayores de 2 años deben tener un tiempo limitado de pantalla de una hora diaria.

Lactancia Materna



ECC es un centro que apoya la lactancia materna. Las madres son bienvenidas para que puedan amamantar a su niño o extraer su leche en el centro. También, pueden proveer su leche materna extraída en el hogar.

Actividad Física

Ambas, la actividad física dirigida por los adultos y la actividad iniciada por los niños, son necesarias para el crecimiento y desarrollo.

El tiempo recomendado de actividad física para los niños (as) tanto adentro como al aire libre cada día incluye:

- 120 minutos para niños en edad preescolar
- 90 minutos para niños pequeños

A los infantes se les debe ofrecer tiempo de juego boca abajo 4 o más veces al día

Healthy Food Posters



Healthy Foods Books and Materials



Healthy Snacks



Family Dining Style

Our family style practices Pre-COVID

The older children (Toddlers) would help to set the table and practice serving most of the food themselves. The teachers and the children would eat together and the teachers would role model eating healthy foods.



Family Dining style

Our current family dining style practices

The food is individually pre-packed in plastic disposable containers; however, the other pre-covid practices are still in place. We will resume our full practices of family dining style when the next school year begins in August.



Monthly Menus

Pre-K Breakfast Menu - May 2021

Monday, May 3, 2021	Tuesday, May 4, 2021	Wednesday, May 5, 2021	Thursday, May 6, 2021	Friday, May 7, 2021
Cheerios Cereal Bowl Assorted Fruit 1% White Milk	Pancake Sandwich w/ chicken sausage Assorted Fruit 1% White Milk Syrup (1)	Breakfast Bread Slice Assorted Fruit 1% White Milk	Egg & Cheese Wrap Assorted Fruit 1% White Milk	French Toast Sticks with Sausage Patty Assorted Fruit 1% White Milk Syrup (1)
Monday, May 10, 2021	Tuesday, May 11, 2021	Wednesday, May 12, 2021	Thursday, May 13, 2021	Friday, May 14, 2021
Egg & Cheese Wrap Assorted Fruit 1% White Milk	Cinnamon Cream Cheese Mini Bagels Assorted Fruit 1% White Milk	Breakfast Bread Slice Assorted Fruit 1% White Milk	Bacon, Egg & Cheese Toast Assorted Fruit 1% White Milk	Mini Maple Pancakes with Sausage Patty Assorted Fruit 1% White Milk
Monday, May 17, 2021	Tuesday, May 18, 2021	Wednesday, May 19, 2021	Thursday, May 20, 2021	Friday, May 21, 2021
Cheerios Cereal Bowl Assorted Fruit 1% White Milk	Pancake Sandwich w/ chicken sausage Assorted Fruit 1% White Milk Syrup (1)	Breakfast Bread Slice Assorted Fruit 1% White Milk	Egg & Cheese Wrap Assorted Fruit 1% White Milk	French Toast Sticks with Sausage Patty Assorted Fruit 1% White Milk Syrup (1)
Monday May 24, 2021	Tuesday May 25, 2021	Wednesday May 26, 2021	Thursday, May 27, 2021	Friday, May 28, 2021
Egg & Cheese Wrap Assorted Fruit 1% White Milk	Cinnamon Cream Cheese Mini Bagels Assorted Fruit 1% White Milk	Breakfast Bread Slice Assorted Fruit 1% White Milk	Bacon, Egg & Cheese Toast Assorted Fruit 1% White Milk	Mini Maple Pancakes with Sausage Patty Assorted Fruit 1% White Milk

Monthly Menus

Pre-K May 2021 Lunch Menu

Monday, May 3, 2021 CYCLE D	Tuesday, May 4, 2021 CYCLE D	Wednesday, May 5, 2021 CYCLE D	Thursday, May 6, 2021 CYCLE D	Friday, May 7, 2021 CYCLE D
Pepperoni Cheesy Bread Marinara Sauce Carrot Coins Assorted Fruit 1% White Milk	Nachos with Meat & Cheese* Black Beans Assorted pre-cupped Fruit 1% White Milk <i>*use scoops</i>	Cheese Quesadilla Green Beans Assorted Fresh Fruit Milk Salsa <i>*English & Spanish Educational Cookies</i>	Oven-Roasted Chicken Dinner Roll Mashed Potatoes Assorted Pre-cupped Fruit 1% White Milk Gravy (2oz)	Crispy Chicken Sandwich Corn Assorted Fresh Fruit 1% White Milk Ketchup (1), Mustard (1)
Monday, May 10, 2021 BRUNCH BONANZA WEEK! CYCLE A	Tuesday, May 11, 2021 BRUNCH BONANZA WEEK! CYCLE A	Wednesday, May 12, 2021 BRUNCH BONANZA WEEK! CYCLE A	Thursday, May 13, 2021 BRUNCH BONANZA WEEK! CYCLE A	Friday, May 14, 2021 BRUNCH BONANZA WEEK! CYCLE A
Chicken & *Biscuit sandwich Waffle Sweet Potatoes RiPs Fruit Slush Milk Ketchup (2), Mustard (1)	Bacon Cheeseburger Vegetable Dippers Baked Beans *Assorted Chex Mix Assorted Pre-cupped Fruit Milk Ketchup (1), Mustard (1)	Three Bean Chili *Cinnamon Roll Tossed Salad Assorted Fresh Fruit Milk	Brunch Boat Vegetable Dippers Assorted Pre-cupped Fruit *Backpacker Bites Milk Ketchup (1)	*Mini Blueberry Waffles Sausage Patty Tossed Salad Hash Brown Rounds Assorted Fresh Fruit Milk Syrup
Monday, May 17, 2021 CYCLE B	Tuesday, May 18, 2021 CYCLE B	Wednesday, May 19, 2021 CYCLE B	Thursday, May 20, 2021 CYCLE B	Friday, May 21, 2021 CYCLE B
Mexican Pizza California Veggie Blend Assorted Fruit 1% White Milk	Marinara Penne and Meatballs Garlic Breadstick Green Beans Assorted Fruit Milk	Mozzarella Sticks Marinara Sauce Fresh Green Beans Assorted Fruit 1% White Milk	Breaded Chicken Drumstick Corn Tater Tots Assorted Fruit 1% White Milk	Chicken Nuggets Baked Beans Assorted Fruit 1% White Milk Ketchup (1), BBQ (1)
Monday May 24, 2021 CYCLE C	Tuesday May 25, 2021 CYCLE C	Wednesday May 26, 2021 CYCLE C	Thursday, May 27, 2021 CYCLE C	Friday, May 28, 2021 CYCLE C
Chicken Tenders Waffle Sweet Potatoes Assorted Fruit 1% White Milk Ketchup (2), BBQ (1)	French Toast Sticks Sausage Patty Potato Roasters Assorted Pre-cupped Fruit 1% White Milk Ketchup (1), Syrup (1)	Cheese Pizza Steamed Broccoli Assorted Fresh Fruit 1% White Milk	Mini Hot Dog (1) Potato Smiles :) Assorted Pre-cupped Fruit 1% White Milk Ketchup (1)	Hamburger Baked Beans Assorted Fresh Fruit 1% White Milk Ketchup (1), Mustard (1)

Fresh Fruit and Vegetables Program (FFVP)

Monthly Menu

3 times a week or more our children have a healthy snack
in the morning and the afternoon

May 2021



April '21							June '21									
S	M	T	W	T	F	S	S	M	T	W	T	F	S			
					1	2	3					1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12			
11	12	13	14	15	16	17	13	14	15	16	17	18	19			
18	19	20	21	22	23	24	20	21	22	23	24	25	26			
25	26	27	28	29	30		27	28	29	30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	FFVP Schedule				1
2 Cauliflower Cantaloupe Cucumbers	3	4	5 FFVP 5th grade	6 FFVP 3rd grade	7 FFVP 4th grade	8
9 Oranges Apples/ grapes Zucchini	10	11	12 FFVP 2nd grade	13 FFVP ESE/Coaches	14 FFVP 1st grade	15
16 Asparagus Grapefruit Honeydew/ Cantaloupe	17 Interims	18	19 FFVP Admin	20 FFVP PreK	21 FFVP Special Areas	22
23	24	25	26 FFVP 1st grade	27 FFVP 2nd grade	28 FFVP Kindergarten Spirit Day	29
30	31 Memorial Day No School	Notes				

Healthy Foods

2020-2021 Parent Handbook

Nutrition Policy

A nutritious breakfast, and lunch will be provided at our center. Our menus have been designed to include a healthy balance of foods from each of the basic food groups. Please let us know of any allergies your child may have by providing a doctor's note of listed allergens, symptoms and treatment. Our registered nurse is available if you have any questions. Also, along with the J.Colin English Elementary School, our program participates in a Fruits and Vegetables program (FFVP) that provides healthy snacks for our students three times a week.

Nutrition is an important component of every child's development, including healthy and positive attitudes toward food. We will encourage children to try new foods and to enjoy eating and will include nutrition as a part of our curriculum. However, we will never force or pressure a child to eat.

Early childhood center provides a nutritious, well-balanced diet. Due to safety concerns, no store bought, or homemade foods may be brought into the classroom, including items for birthdays, holidays or special prescribed diets. If your child has a special prescribed diet, please contact the school nurse.

Early childhood center will provide milk or formula. If you are a nursing mom, please let us know. We encourage breastfeeding and we are a breastfeeding friendly center. If you would like to nurse your child at the center, gliders will be available in the classrooms. We also have a private area in our center, if you prefer.

Healthy Beverages

Healthy Drinks for children (Shared on 3/12/21)

Program Created Flyer. Picture on slide 3 (Shared on 4/30/21)

Healthy beverages added to the parent meeting on 5/21/21

Healthy Drinks for Children



Milk

Serve children 2 and older non-fat or skim

Why do children need milk?
Skim milk gives the body important nutrients such as vitamins D and A, protein, and calcium. Vitamin D and calcium are important for growing healthy bones. Vitamin A is important for good vision, a healthy immune system, and normal growth and development of the body. Protein builds, maintains, and regulates tissues in the body—the body can't work without protein!

Think before you drink
A cup of chocolate milk can have up to 24 g of sugar. That's similar to a cup of soda!

Why skim milk?
Skim milk has exactly the same nutrients as other milks, only fewer calories and fat (check out the table below!). The saturated fat in milk is an unhealthy fat, and skim milk has none. Children grow out of whole milk at age two. You can make the transition to skim milk slowly, but skim milk is the healthiest choice.

8 oz serving	Calories	Percent Calcium	Saturated fat (grams)
Whole milk	140	25%	4
2% milk	110	25%	3
1% milk	100	25%	1.5
Skim milk	80	25%	0

Lactose intolerant?
The same nutrients that are in skim milk are also found in Lactaid milk!

Milk allergies?
Milk alternatives such as soy milk can be used. Be sure to choose alternatives that are fortified with vitamins (such as vitamin D and calcium) and that have no added sugars.

Water

Drink water first for thirst



Why water?
Water is the best choice for children outside of meals and snacks. It keeps children hydrated and healthy. Water rinses acid from children's teeth that can cause cavities. Drinking water teaches children to make healthy choices when they're thirsty. And, it is free!

Serve water often
Without enough water, children can feel tired, cranky, groggy, or even get headaches. If children aren't getting enough water throughout the day, they might drink more at night, which can lead to bed-wetting.

QUICK TIP! Model it. Children want to do as you do! If you drink water, your child will be more likely to drink it too.

Offering water
Anytime is a good time! In child care, water is always available to your child, and children ages 3–5 are encouraged to serve themselves. Keep things consistent by doing the same at home. Children especially need water:

- When thirsty outside of meal and snack time
- Before, during, or after physical activity, indoors or out
- When it's hot outside

Ideas to keep water handy

- At home, leave sturdy cups at a level your child can reach, and put a stepstool to the kitchen or bathroom sink
- On the go, bring water bottles for yourself and your children
- For sports and at the park, bring water



Go NAP SACC: Tips and Materials Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill
2016. Available at www.napsacc.org
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Healthy Beverages



Healthy Beverages

Milk and water are the only beverages served at the Early Childhood Center

Refer to menus on slides 9-10

Refer to nutrition policy from parent handbook on slide 12



Physical Activity

Program Created Flyer. Picture on slide 3 (Shared on 4/30/21)

Physical Activity added to the parent meeting on 5/21/21



Physical Activity Outdoors



Physical Activity Outdoors



Physical Activity Indoors



Physical Activity Indoors Materials



Physical Activity Lesson Plan

May 2021

Mon 3	Tue 4	Wed 5	Thu 6	Fri 7
Mother's day	Mother's day	Mother's day	Mother's day	Mother's day
<p>Mighty Minutes® Mighty Minutes 129, "For Twos: Read With Me!"</p> <p>Indoor Group Experiences I love you ritual We will introduce the I love you ritual "Little Miss Muffet"</p> <p>Outdoor Group Experiences Walk around the school The children will explore the school environment and will identify new and familiar items.</p> <p>Read-Aloud Does a kangaroo have a mother too? Who is my mom?</p> <p>Changes to Environment Pictures of the children with their mom and books about families.</p> <p>Custom Peel and Stick The children will manipulate stickers and will use their fingers to peel them and stick them on a piece of paper.</p> <p>Family Partnerships Refer to Home Activities Monthly Calendar</p> <p>Ilyana Santos's Plan LL34 - Our Names, Our Things</p> <p>James Brown's Plan LL34 - Our Names, Our Things</p>	<p>Mighty Minutes® Mighty Minutes 129, "For Twos: Read With Me!"</p> <p>Indoor Group Experiences Music & Movement We will introduce the songs of the month.</p> <p>Going Outdoors M20 - Where's the Water?</p> <p>Read-Aloud Does a kangaroo have a mother too? Who is my mom?</p> <p>Changes to Environment Pictures of the children with their mom and books about families.</p> <p>Custom Molding with playdough The children will manipulate play dough with their hands and a dough roller.</p> <p>Family Partnerships Refer to Home Activities Monthly Calendar</p> <p>Elijah Alvarado's Plan LL21 - Will You Read to Me?</p> <p>Serenity See's Plan LL21 - Will You Read to Me?</p>	<p>Mighty Minutes® Mighty Minutes 129, "For Twos: Read With Me!"</p> <p>Indoor Group Experiences Breathing techniques The children will choose the breathing technique for the day.</p> <p>Outdoor Group Experiences P19 - Beach-Ball Kicker</p> <p>Read-Aloud Does a kangaroo have a mother too? Who is my mom?</p> <p>Changes to Environment Pictures of the children with their mom and books about families.</p> <p>Custom Mother's Day Card The children will create a Mother's Day Card with scrap paper.</p> <p>Family Partnerships Refer to Home Activities Monthly Calendar</p> <p>Amelia Galindo's Plan LL11 - Let's Talk</p> <p>Izaiah Quijano's Plan LL11 - Let's Talk</p>	<p>Mighty Minutes® Mighty Minutes 129, "For Twos: Read With Me!"</p> <p>Indoor Group Experiences Sign Language Review the signs that we know during the daily routines.</p> <p>Going Outdoors M20 - Where's the Water?</p> <p>Read-Aloud Does a kangaroo have a mother too? Who is my mom?</p> <p>Changes to Environment Pictures of the children with their mom and books about families.</p> <p>Custom Ripping and Snipping paper The older children will snip paper using age appropriate scissors and the younger children will rip paper.</p> <p>Family Partnerships Refer to Home Activities Monthly Calendar</p> <p>Alaia Rivera's Plan LL25 - A Book of Faces</p>	<p>Mighty Minutes® Mighty Minutes 129, "For Twos: Read With Me!"</p> <p>Indoor Group Experiences Friday Dance and Singing Party The children will select the song of their choice to dance and sing along with their classmates.</p> <p>Outdoor Group Experiences P19 - Beach-Ball Kicker</p> <p>Read-Aloud Does a kangaroo have a mother too? Who is my mom?</p> <p>Changes to Environment Pictures of the children with their mom and books about families.</p> <p>Custom Helpers The children will choose their classroom job for next week.</p> <p>Family Partnerships Refer to Home Activities Monthly Calendar</p> <p>Kayden Hennessey's Plan LL11 - Let's Talk</p>

Physical Activity Activity

MyTeachingStrategies®

Mercedes Guerrero, Kattia Colby - Infant/toddler

May 2021

Mon 3

Mother's day

Notes

Outdoor Group Experiences

Walk around the school

The children will explore the school environment and will identify new and familiar items.

Outdoor Group Experiences

- 33 Explores the visual arts
- 26 Demonstrates knowledge of the physical properties of objects and materials
- 31 Explores change related to familiar people or places
- 32 Demonstrates simple geographic knowledge
- 4 Demonstrates traveling skills
- 5 Demonstrates balancing skills
- 6 Demonstrates gross motor manipulative skills
- 12a Recognizes and recalls
- 25 Demonstrates knowledge of the characteristics of living things

Physical Activity Activity

MyTeachingStrategies®

Mercedes Guerrero, Kattia Colby - Infant/toddler

May 2021

Wed 5

Mother's day

Notes

Outdoor Group Experiences

P19 - Beach-Ball Kicker

Izaiah Quijano Serenity See Alaia Rivera Amelia Galindo Elijah Alvarado Ilyana Santos
James Brown Kayden Hennessey

P19 - Beach-Ball Kicker
Outdoor Group Experiences

Primary Objectives

- 6 Demonstrates gross motor manipulative skills

Related Objectives

- 8b Follows directions
- 11b Persists
- 4 Demonstrates traveling skills
- 1b Follows limits and expectations
- 3a Balances needs and rights of self and others

Physical Activity Process Document and Addendum



THE SCHOOL DISTRICT OF LEE COUNTY
PROCESS DOCUMENTATION

Process Locator Number: xxxxxx

Division:	Teaching & Learning
Department:	Intervention
Originator:	Early Childhood Learning Services

Process Name:	Structured and Unstructured Physical Activity
Process Purpose:	To provide children, families and staff with recommendations on how to meet 60 minutes of structured and 60 minutes of unstructured physical activity each day
Date of Origination:	10/4/2018
Date of Revision:	Click here to enter a date.

Part A: Process Description
Description Documentation Method: Step by step procedure.

Step		Responsibility
1	Describe physical activity recommendations to all program staff	Wellness Committee
2	List benefits of physical activity for children and adults	Wellness Committee
3	Provide resources on physical activities	Wellness Committee
4	Recommend physical activity ideas families can engage in with young children	Wellness Committee

Part B: Process Cycle

Process Cycle	Ongoing
Start Date:	
End Date:	Click here to enter a date.

Part C: Process Automation

Automation Status:	Choose one...
Automation Target Date:	Click here to enter a date. <input type="checkbox"/> <i>Not applicable</i>
Automation Completion Date:	Click here to enter a date. <input type="checkbox"/> <i>Not applicable</i>

Part D: Process Authorization and Approval

Board Approval Required:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Board Approval Date:	Click here to enter a date. <input type="checkbox"/> <i>Not applicable</i>
Related Authority Type (s):	<input type="checkbox"/> Federal law, regulation, code, rule, etc. <input type="checkbox"/> State law, regulation, code, rule, etc. <input type="checkbox"/> Board policy <input type="checkbox"/> District administrative regulation <input type="checkbox"/> Agreement or contract <input type="checkbox"/> Other
Related Authority Reference:	
Other References:	

Describe physical activity recommendations to all program staff

- Structured physical activity is adult led
- Unstructured physical activity is free play or free choice activities

Physical activity recommendations by age

- Infants and Toddlers – accumulate at least 30 minutes of structured play per day
- Preschool (3-5) – accumulate at least 60 minutes of structured play per day
- All children – engage in at least 60 minutes and up to several hours of unstructured play per day

Benefits of physical activity for children and adults

- Children – builds brain, develops coordination and balance, builds strength, flexibility and endurance, aids in concentration and focus, improves sleep, builds self-esteem, and improves social skills
- Adults – reduces risk of heart attack, osteoporosis, type 2 diabetes and some cancers, lowers blood cholesterol level and blood pressure, strengthens bones, muscles and joints, improves balance, sleep, mood and energy levels

Provide resources on physical activities

- For parents –
- For teachers –
- For staff –

Physical activities families can engage in with young children

Physical Activity

Daily schedule - Parent handbook 2020-2021

The goal of early childhood center is to prepare children for success in kindergarten. Teachers create learning environments that are designed to help meet specific school readiness goals. The daily schedule is important and reflects how young children learn.

A typical day for children consists of a balance of quiet and active times. Activities may be directed by the teacher, however, there will be times when the child has a choice of learning activities. Work areas in each classroom provide a wide variety of possibilities for children to experiment and explore. These areas include, but are not limited to, dramatic play, music, literacy, writing, art, sand/water, manipulatives and computers. Outdoor time is also provided each day.

Screen Time

Program created flyer. Picture on slide 3 (Shared on 4/30/21)

Young Children and Screens: Putting Parents in the Driver's Seat (Shared on 5/15/21)

Screen time added to the parent meeting on 5/21/21

SCREEN SENSE ✓

YOUNG CHILDREN AND SCREENS:

Putting Parents in the Driver's Seat ✨

+

Introducing young children to screens puts **you** in the driver's seat. When you share a television show, video chat, game, app, or e-book with your baby or toddler, use these strategies to make early screen experiences learning experiences for your child:

View, play, or engage in the screen experience with your child. The research shows children under-5 are often alone during screen time. Think about screen time like learning to drive. Young children need an experienced adult there to make sense of what they're seeing and doing on screens.

Talk about what your child is doing and discovering. Label objects and people on-screen, ask questions, respond to your child's comments, and sing along to songs on-screen. Make connections to your child's everyday life. See how the game has you counting apples? We bought apples at the supermarket today.

Encourage your child to use skills learned on screens in the "real world." Does your child play a matching game on a tablet or phone app? Play together, then give your child a chance to use these skills in the real world by playing Memory or by matching socks while folding laundry.

Set limits on screen use. Young children learn best by playing and interacting in the real world. Also, avoid using screens as a reward or as a way to help children recover from tantrums or emotional upset.

Be a role model for screen use. Show your child how to put screens aside and focus on time together as a family. Silence your phone while you're spending time with your child so you can focus on each other.

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Screen Time

Our program does not allow any type of screen time in our licensed childcare center serving children birth to three.

There are no screens available in the classroom.

We do not have a screen time policy because there is simply no screen time at school.



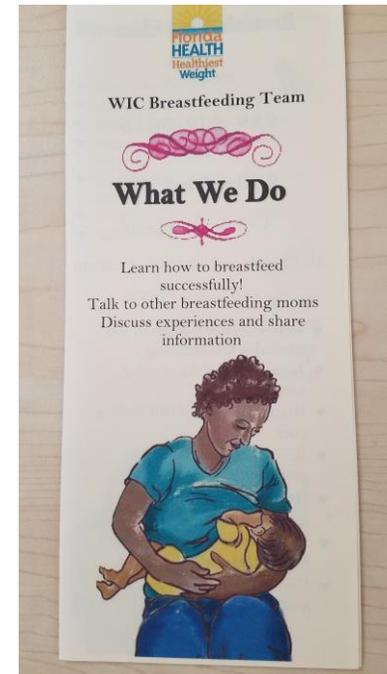
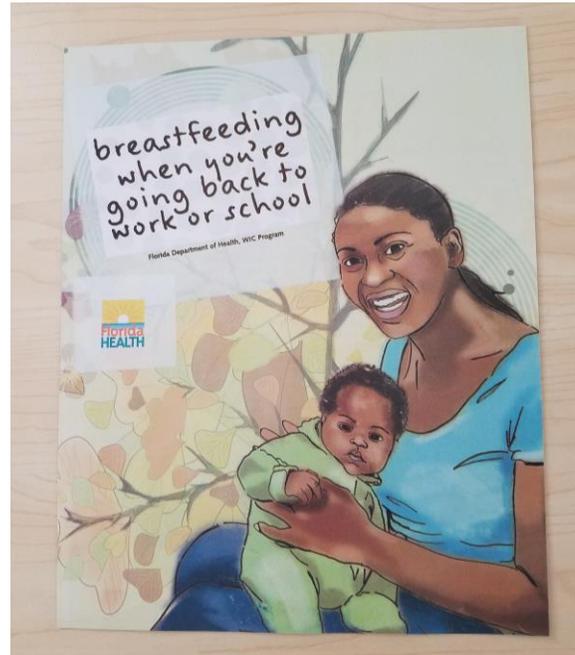
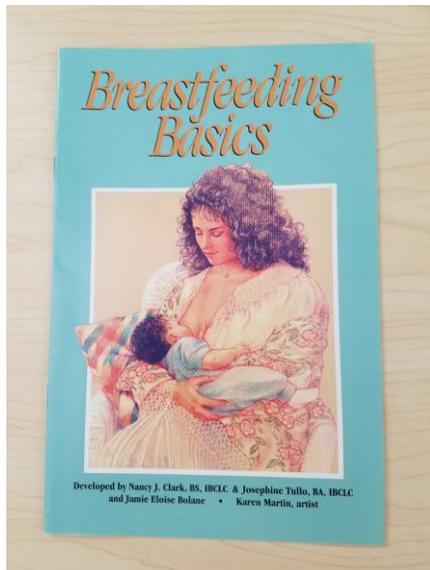
Breastfeeding

The Early Childhood Center at J. Colin English is a breastfeeding friendly center

Program created flyer. Picture on slide 3 (Shared on 4/30/21)

Breastfeeding added to the parent meeting on 5/21/21

Note: We don't have any Infants enrolled this school year; however, we shared the information with our families and have materials and resources available to offer to our parents when needed.



Breastfeeding

Breastfeeding in Parent Handbook 20-21

The Early Childhood Center will provide milk or formula. If you are a nursing mom, please let us know. We encourage breastfeeding and we are a breastfeeding friendly childcare center! If you would like to nurse your child at the center, gliders will be available in the classroom. We also have a private area, if you prefer.



Breastfeeding

Policy and Procedures related to breastfeeding promotion and support

Policy: Early Childhood Early Head Start Program must provide information on the benefits of breastfeeding to all pregnant and nursing mothers. For those who choose to breastfeed in center-based program, arrangements must be provided, as necessary.

Procedure: Early Head Start

- 1) Early Childhood Early Head Start Program recommends breastfeeding as the optimal method of infant feeding. All expectant mothers are encouraged to breastfeed, and new mothers are educated on the benefits of breastfeeding.
- 2) Mothers may visit the childcare setting to breastfeed. If a mother attends lamp or works near the childcare setting, she may visit one or more times a day to breast-feed.
- 3) Mothers may bring expressed breast milk to the childcare setting. Mothers may express breast milk to be fed to their infant in childcare.

Breastfeeding

4) Refrigerators and freezer space is made available for labeled, pumped human milk as needed.

- Expressed breast milk can be stored in a plastic or glass bottle with a sealable top or in a sterile, sealable bag and be kept refrigerated or frozen until fed to the infant.
- Expressed milk may be frozen in the freezer section of the refrigerator for 3 months.
- Never use a microwave to thaw breast milk, or to heat an infant's bottle. Thaw frozen breast milk in warm water, after which the bottle is inverted or swirled, and the milk temperature tested on the preparer's wrist before feeding.
- Discard fresh refrigerated breast milk after 48 hours and thawed refrigerated breastmilk after 24 hours.
- All bottles of breast milk are refrigerated until immediately before feeding, and any content remaining after a feeding is discarded immediately.
- Once frozen breast milk thaws, it is to be used within 24 hours and never refrozen.
- Breast milk brought to the childcare setting should be labeled with the child's name and the date the breast milk was expressed and used only for the intended child.

Breastfeeding

5)The program nurse will train the staff on the benefits of breastfeeding and techniques for the handling and storage of human milk.

□ Safety considerations

- Wash your hands before and after feeding. wash the infant's hands, too.
- Always wash your hands and use clean containers when handling and storing breast milk.
- Any container used to store milk should be clean and sterile.
- Ask the mother to write the date and the infants name on the containers of breast milk she brings to childcare. use the older breast milk first.
- Ask the family to provide containers of breast milk in the amount the infant is likely to eat at one time, about 2 to 4 ounces. this prevents waste.
- Refrigerate or freeze promptly.

Breastfeeding

- 6) A positive breastfeeding attitude is conveyed by distribution of culturally appropriate materials, displaying breastfeeding posters, providing breastfeeding classes for pregnant women and informational breastfeeding packets are made available to mothers in both English and Spanish.
- 7) A space is designated for mothers who want to breastfeed their infants in private.
- 8) Home visitors and staff members work with parents to find safe methods for storing and handling breast milk in both home and program environments, and for transporting breast milk, if necessary.
- 9) Of course, not every family will choose to breastfeed. Our role is to provide accurate information and support to every family we serve, offering understanding and encouragement to all.

Staff Training Certificates

There is a total of three staff members at our center

Director/ Lead Teacher: Kattia Colby

(Completed Healthy Kids, Healthy Future / ABCs of a Healthy Me)

Lead Teacher: Mercedes Guerrero

(Completed ABCs of a Healthy Me)

Teacher's assistant: Evelyn Acuna

(Completed ABCs of a Healthy Me)

Note: Evelyn has not received her certificates yet

Kattia Colby
Lead Teacher/Director



Physical Activity Healthy Foods No Screen Time Breastfeeding Support Healthy Beverages

THIS CERTIFICATE OF COMPLETION IS TO ACKNOWLEDGE THAT

Kattia Colby

Has completed the ABCs of a Healthy Me Session 1 - Overview, equivalent to 1.5 hours of in-service credit.

Issued on 5th day of March, 2021






Physical Activity Healthy Foods No Screen Time Breastfeeding Support Healthy Beverages

THIS CERTIFICATE OF COMPLETION IS TO ACKNOWLEDGE THAT

Kattia Colby

Has completed the ABCs of a Healthy Me Session 2 - Active Play, equivalent to 1.5 hours of in-service credit.

Issued on 5 day of March, 2021






Physical Activity Healthy Foods No Screen Time Breastfeeding Support Healthy Beverages

THIS CERTIFICATE OF COMPLETION IS TO ACKNOWLEDGE THAT

Kattia Colby

Has completed the ABCs of a Healthy Me Session 3 - Breastfeeding, equivalent to 1.5 hours of in-service credit.

Issued on 5 day of March, 2021






Physical Activity Healthy Foods No Screen Time Breastfeeding Support Healthy Beverages

THIS CERTIFICATE OF COMPLETION IS TO ACKNOWLEDGE THAT

Kattia Colby

Has completed the ABCs of a Healthy Me Session 4 - Screen Time, equivalent to 1.5 hours of in-service credit.

Issued on 5 day of March, 2021






Physical Activity Healthy Foods No Screen Time Breastfeeding Support Healthy Beverages

THIS CERTIFICATE OF COMPLETION IS TO ACKNOWLEDGE THAT

Kattia Colby

Has completed the ABCs of a Healthy Me Session 5 - Healthy Beverages, equivalent to 1 hour of in-service credit.

Issued on 5 day of March, 2021






Physical Activity Healthy Foods No Screen Time Breastfeeding Support Healthy Beverages

THIS CERTIFICATE OF COMPLETION IS TO ACKNOWLEDGE THAT

Kattia Colby

Has completed the ABCs of a Healthy Me Session 6 - Food Choices, equivalent to 3 hours of in-service credit.

Issued on 5 day of March, 2021






Mercedes Guerrero Lead Teacher

Physical Activity Healthy Foods No Screen Time Breastfeeding Support Healthy Beverages

THIS CERTIFICATE OF COMPLETION IS TO ACKNOWLEDGE THAT

Mercedes Guerrero

Has completed the ABCs of a Healthy Me Session 1 - Overview, equivalent to 1.5 hours of in-service credit.

Issued on 5th day of March, 2021

Physical Activity Healthy Foods No Screen Time Breastfeeding Support Healthy Beverages

THIS CERTIFICATE OF COMPLETION IS TO ACKNOWLEDGE THAT

Mercedes Guerrero

Has completed the ABCs of a Healthy Me Session 2 - Active Play, equivalent to 1.5 hours of in-service credit.

Issued on 5 day of March, 2021

Physical Activity Healthy Foods No Screen Time Breastfeeding Support Healthy Beverages

THIS CERTIFICATE OF COMPLETION IS TO ACKNOWLEDGE THAT

Mercedes Guerrero

Has completed the ABCs of a Healthy Me Session 3 - Breastfeeding, equivalent to 1.5 hours of in-service credit.

Issued on 5 day of March, 2021

Physical Activity Healthy Foods No Screen Time Breastfeeding Support Healthy Beverages

THIS CERTIFICATE OF COMPLETION IS TO ACKNOWLEDGE THAT

Mercedes Guerrero

Has completed the ABCs of a Healthy Me Session 4 - Screen Time, equivalent to 1.5 hours of in-service credit.

Issued on 5 day of March, 2021

Physical Activity Healthy Foods No Screen Time Breastfeeding Support Healthy Beverages

THIS CERTIFICATE OF COMPLETION IS TO ACKNOWLEDGE THAT

Mercedes Guerrero

Has completed the ABCs of a Healthy Me Session 5 - Healthy Beverages, equivalent to 1 hour of in-service credit.

Issued on 5 day of March, 2021

Physical Activity Healthy Foods No Screen Time Breastfeeding Support Healthy Beverages

THIS CERTIFICATE OF COMPLETION IS TO ACKNOWLEDGE THAT

Mercedes Guerrero

Has completed the ABCs of a Healthy Me Session 6 - Food Choices, equivalent to 3 hours of in-service credit.

Issued on 5 day of March, 2021

To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.

Buddha