



Florida's HEROs Monthly Newsletter

Welcome to the Florida's HEROs Stakeholder and TA Consultant Monthly Newsletter!

This month you'll find a few very important updates on award opportunities, important information to share with your ECE programs, and ways to get involved.

Thank you for your hard work promoting and establishing healthy habits among young children. We're so glad you're here.

Important Updates

Go NAPSACC Announcements

New Demo Site URL!

Please save this [new Demo Site link](#) for your future use. Continue to use your Go NAPSACC demo account usernames and passwords at this new website.

Website Tip: Having problems? Try logging in on Google Chrome. Go NAPSACC always works best on Chrome!

[New Demo URL](#)

Award Opportunity!

Child care programs will now receive an award amount of **\$400** for participating in Go NAPSACC technical assistance in Florida **after** completing

the following steps:

- Initial Self-Assessment
- Action Plan
- Post-Assessment (i.e. self-assessment >30 days after initial self-assessment)
- Four (4) touchpoints with a TA consultant (must be tracked by TA in Go NAPSACC)
- Signed attestation letter with TA



Once the above steps are complete, the award will be distributed through [Kaplan Early Learning Company](#) directly to the program director.

Additional questions? Contact us at floridasheros@gmail.com

Please note: Child care programs that started the Go NAPSACC TA process prior to August 1, 2022 and complete any of the steps listed above after August 1, 2023, will also be eligible.

Trainings now qualify for in-service credit!




Go NAPSACC now qualifies for annual in-service credits (10-hour annual requirement) for child care personnel. Child care personnel must submit a Go NAPSACC training certificate to the Department of Children and Families for credit.

Florida's HEROs Announcements

Increased Award Levels!

The Florida's HEROs award levels have now increased to **\$700**, **\$900**, and **\$1,500** based on the percentage of benchmarks achieved in each focus area and professional development requirements. For more information, please reach out to Florida's HEROs directly at FloridasHEROs@gmail.com.



Benchmarks Achieved	Training Requirements	Awards & Benefits
 75%	All Lead Teachers AND Director Complete One Training Option	\$1,500*
 50% +	50% Lead Teachers AND Director Complete One Training Option =	\$900*
 25%	Director Completes One Training Option	\$750*

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Additionally, if a child care program (1) submits additional documents within two years of submitting their original application and (2) increases the percentage of benchmarks achieved, they will be eligible to receive an additional award of the difference between their previous award level and the new award level.

Are you working with a child care program that is ready to apply? The updated Florida's HEROs application can be found at the link below.

[Florida's HEROs Application](#)

Go NAPSACC Support

Go NAPSACC is an evidence-based tool used to help child care providers improve their practices, policies, and environments to instill healthy habits that support life long health.



Go NAPSACC TA Consultant Training

Still need to complete your training with Go NAPSACC? Go NAPSACC offers a monthly two-part consultant training! Consultants and Stakeholders who are new to Go NAPSACC or just want a refresher are welcome. You'll learn how to support child care programs through Go NAPSACC's five-step improvement process. Register below.

December 7th and December 21st, 2022
3:00PM - 4:30 PM EST

[Register Here](#)

Resources, Trainings & Events

NEW RESOURCE!

Adult Led Physical Activity and Motor Development

Active bodies are healthy bodies. Learning and practicing new motor skills during both child-initiated and adult-led activities allows children to put

fundamental motor skills together to form more complex movement patterns.

This resource from National Resource Center for Health and Safety in Child Care and Early Education outlines how families and/or ECE Providers can provide adult-led movement, including:

Find the resource video available in English and Spanish at the links below.



Motion Moments Video -
English

Motion Moments Video -
Spanish

NEW GRANT OPPORTUNITY! School Garden Grants

Florida Agriculture in the Classroom's (FAITC) School Garden Grant Program is designed to fund school garden projects that will educate Florida's students about the importance of agriculture, healthier meal options and allow teachers to use a school garden to teach Florida standards.

Share this resource with your ECE programs who may be interested.

Read more at the link below for additional grant information, guidelines, and requirements.



School Garden Grants

NEW TRAINING OPPORTUNITY! School Garden Leadership Training



School Garden Leadership Training

Learn how to cultivate your school garden program!

- Two Interactive virtual ZOOM trainings
- Regional hands-on training
- Virtual meet-ups for Q&A/Networking
- Facebook group for connection 

UF/IFAS Extension
Family Nutrition Program



and



Florida Agriculture
in the Classroom

Florida Agriculture in the Classroom and UF/IFAS Extension Family Nutrition Program are hosting a series of virtual and in-person School Garden Leadership Trainings. This training series is for Florida school garden leaders to build gardening confidence, foster collaboration, and strengthen garden programs for long-term success.

The final virtual webinar session will take place on **Thursday, December 1st from 3:30-5:00 pm EST**. Interested ECE Programs can register today for the virtual sessions and find more information at the link below. *Additionally, registration links for regional in-person workshops are forthcoming.*

[Register Here](#)

For additional questions, contact the series host and State School Garden Specialist, Tiffany Torres, at Tiffany@agtag.org.

Go NAPSACC Continuum of Support

Go NAPSACC Continuum of Support by Consultants

	Low Cost & Minimal Time	Medium Cost & Time Intensive	High Cost & Time Intensive
Step 1: Needs Assessment	Conduct a needs assessment to identify the program's strengths and weaknesses. This can be done through a survey, focus groups, or interviews with staff and parents.	Conduct a needs assessment to identify the program's strengths and weaknesses. This can be done through a survey, focus groups, or interviews with staff and parents.	Conduct a needs assessment to identify the program's strengths and weaknesses. This can be done through a survey, focus groups, or interviews with staff and parents.
Step 2: Program Design	Develop a program plan that includes goals, objectives, and a timeline. This plan should be based on the needs assessment and should be approved by the program's governing body.	Develop a program plan that includes goals, objectives, and a timeline. This plan should be based on the needs assessment and should be approved by the program's governing body.	Develop a program plan that includes goals, objectives, and a timeline. This plan should be based on the needs assessment and should be approved by the program's governing body.
Step 3: Implementation	Implement the program plan, including recruiting staff, purchasing materials, and launching the program. Provide ongoing support and training to staff and parents.	Implement the program plan, including recruiting staff, purchasing materials, and launching the program. Provide ongoing support and training to staff and parents.	Implement the program plan, including recruiting staff, purchasing materials, and launching the program. Provide ongoing support and training to staff and parents.
Step 4: Evaluation	Evaluate the program's impact on children's health and well-being. Use data to inform program improvements and share results with the community.	Evaluate the program's impact on children's health and well-being. Use data to inform program improvements and share results with the community.	Evaluate the program's impact on children's health and well-being. Use data to inform program improvements and share results with the community.

Go NAPSACC encourages consultants to use professional judgement and creativity to help child care programs successfully complete the entire 5-step improvement process.

Check out this [step-by-step guide for providing technical assistance](#) to child care providers that require a range from "Low Cost & Minimal Time" to "High Cost & Time Intensive" support.

[Read More](#)


TA OneDrive Shared Folder

Here is your one-stop-shop for TA resources including **ECE outreach materials**, **Go NAPSACC how-to guides**, and **FL HEROs application supporting documents**.

Click the link below to access the TA OneDrive shared folder.

Please reach out and let us know if there is anything missing that you'd like to see included!

[TA OneDrive Folder](#)



Florida's HEROs is focused on recognizing healthy environments for reducing obesity in Florida's early care and education (ECE) settings. We support ECEs that apply for recognition by providing free technical assistance and continuing education opportunities related to the benchmarks for nutrition and physical activity.

Recognition Benchmarks

- Provide Healthy Food
- Offer Healthy Beverages
- Support Breastfeeding
- Limit Screen Time
- Increase Physical Activity

Recognition Requirements

- Professional Development:** Submit certificates of completion from approved trainings for directors and/or staff.
- Childcare Environment:** Submit pictures of your childcare program's healthy environment for each benchmark.
- Childcare Policies:** Submit a copy of your childcare program's policies that align with each benchmark's best practices.
- Staff Practices:** Submit pictures of your childcare program's staff implementing healthy practices for each benchmark.
- Family Engagement:** Submit pictures of events or handouts that your childcare program shares with families you serve focused on benchmark best practices.

Benefits

- Free Technical Assistance
- Award Package*
 - Window Cling & Banner
 - \$500-\$1,000 in Kaplan credits

*Award Package based on the achievement of best practices. Milestones subject to program budget availability.

Scan QR code to submit an Interest Form or contact us for more information.
www.eco4healthykids.org
Floridasheros@gmail.com

Get Involved

Join the Florida's HEROs Stakeholder Committee



[Get Involved](#)

The Florida's HEROs Stakeholder Committee is a group of diverse partners committed to obesity prevention in ECE settings.

- Meetings are quarterly
- Members promote healthy weight among children 0-5 years of age
- Members guide the development and expansion of the statewide technical assistance network and ECE recognition program

Next Meeting:
December 8th, 2022
Time: 1:00PM - 3:00PM



Join the Farm2ECE Workgroup

The Farm2ECE Workgroup is a group of statewide nutrition and ECE stakeholders working to coordinate Farm2ECE efforts across the state with the goal of increasing usage of

Farm2ECE best practices in ECE settings.

Join us the first
Wednesday of every month
11:30 AM - 12:30 PM EST.



[Learn More](#)

Partner With Us!

Refer a Childcare Program



Do you have ECE programs that are ready to apply and need application assistance? Or do you need help recruiting ECE programs in your county?

We are here to support you!

Contact us at the link below to set up a meeting.

[Contact Us](#)

Become a TA Consultant

Does your organization implement policy, systems, and environmental changes to promote healthy eating habits and physical activity for children ages 0 to 5?

If so, [contact us to learn more](#) about the benefits of becoming a TA Consultant.



[Join Us](#)

The Florida's HEROs ECE Recognition is supported by the following:



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