

Florida's HEROs Monthly Newsletter

Welcome to the Florida's HEROs Monthly Newsletter for Early Care and Education providers!

Below you'll find key resources and information on encouraging healthy habits among children, along with professional development opportunities for you and your staff. This month there are also updates on award opportunities.

Thank you for all that you do. We're glad you're here.

Important Updates

Go NAPSACC Announcements

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.

Interested in getting started? Submit an interest form below.

Submit an Interest Form

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.

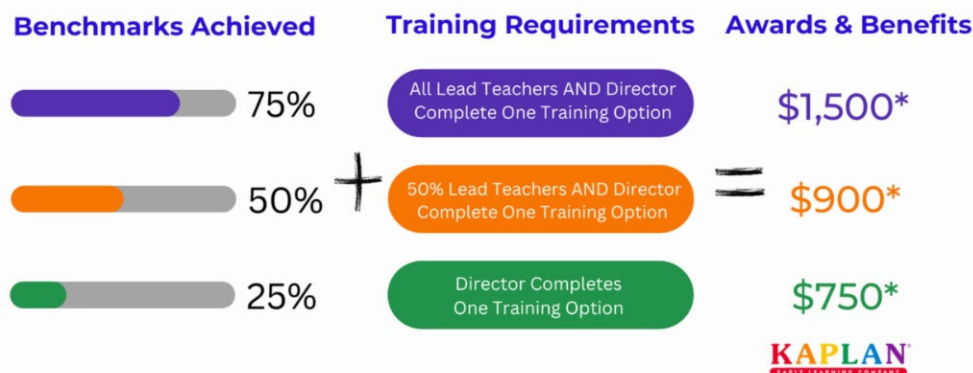
Trainings now qualify for in-service credit!

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.



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.

Ready to apply? Submit your application to floridasheross@gmail.com.

Application Materials

Get Involved

Join the Florida's HEROs Stakeholder Committee



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

[Get Involved](#)

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
11:30AM - 12:30PM EST.

[Learn More](#)

Resources

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:

- Connect the activity to other subjects like math and science
- Provide a variety of developmentally appropriate equipment and loose parts for all children to use
- Look for opportunities to try new motor skills throughout the day
- Demonstrate, role model, and actively participate in activities with children
- Keep it short and fun

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.

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

School Garden Grants

Florida's HEROs Award & Recognition

Apply Now to Become a Florida's HERO

Florida's HEROs (Healthy Environments for Reducing Obesity) recognizes Florida's ECE providers that focus on creating healthy environments that combat obesity for children ages 0 to 5.

The goal is to take proactive steps to improve your program's practices and policies related to encouraging healthy behaviors among the children and families you serve.

Find more information about the application process at [our website](#) and check out our application at the links below.



English Application

Aplicación en Español

Training, Resources, & Events

NEW TRAINING OPPORTUNITY! School Garden Leadership Training

The flyer is titled "2022-23 School Year" and "School Garden Leadership Training". It features a green background with a white line-art illustration of a carrot, a garden fork, and a pencil. The text on the flyer includes: "Learn how to cultivate your school garden program!" and a list of activities: "Two Interactive virtual ZOOM trainings", "Regional hands-on training", "Virtual meet-ups for Q&A/Networking", and "Facebook group for connection". At the bottom, there are logos for UF/IFAS Extension Family Nutrition Program, UF IFAS Extension UNIVERSITY OF FLORIDA, 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.

Become a Breastfeeding Friendly Child Care Facility

Breastfeeding has many health benefits for both the mother and baby. Providing a supportive environment for breastfeeding at your child care facility can encourage new moms to continue breastfeeding, if they have the ability and choose to, after returning to work or school.

Learn how your facility can become designated as a **Breastfeeding Friendly Child Care Facility** at the link below.



Creating a Breastfeeding Friendly Child Care Facility



[Application Information](#)

[Training Module](#)

Need help with goal setting or applying to the FL HEROs Recognition Program?

Go NAPSACC is an evidence-based platform designed to help ECE providers improve the health of young children by providing step-by-step guidance to enhance childcare program practices and policies.



This tool is **FREE** for ECE programs in Florida working with a local Technical Assistant (TA) Consultant.

To learn more about working with a TA Consultant and using Go NAPSACC, contact FL HEROs at the link below.

[Contact Us](#)

Become a Child Care Food Program (CCFP) Provider

Children who eat nutritious food early in life are at lower risk for developing childhood obesity. However, many children are not getting enough nutritious food to eat at home.



The Florida Department of Health's Child Care Food Program (CCFP) is a federally-funded program that provides nutritious meals and snacks to eligible children who are enrolled with participating child care providers.

CCFP funds can even be used for garden supplies!

Learn how to apply at the link below.

Learn More

FREE TRAINING! ABC's of a Healthy Me Online Professional Development

Watch this **FREE** six-part online professional development training, ABC's of a Healthy Me. You will learn about the five best practice areas for promoting a healthy weight in children ages 0 to 5 in the ECE setting and the Florida's HEROs statewide recognition program.

Complete all six sessions to earn
1 Continuing Education (CE) Credit!



ABC's of a Healthy Me
Session 1 - Overview



Complete Training

FREE TRAINING! Active Play for Preschoolers with Autism

This course is designed to provide early childhood educators with tools and support to facilitate active play



with preschool children. Wellness Enhancing Physical Activity for Young Children (WE PLAY) offers strategies for incorporating physically active play into preschool, including adaptations for children with autism spectrum disorder.

Complete the course to earn
2 Credit Hours!

[Sign-Up](#)

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



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