

# HAPPY NEW YEAR



## Early Education Newsletter January 2019

The CASY office will be closed  
January 21st - Martin Luther King Jr. Day



### ADVANCEMENTS Level 3

Vigo County  
Davis Park Elementary  
Preschool

Ouabache Elementary  
Preschool

### ENROLLMENTS

Morgan County  
Artesians Childcare

Clay County  
CRADLES of Clay County  
Clay City

## Ready, Set, Return: Helping Children Readjust after Winter Break

Returning to school after winter break can be stressful as children readapt to the routine and structure of a program.

With these tips and strategies, the children in your classroom will be able to transition back to the daily routine in no time.



[Tips here](#)

## Burnout Blues

Burning brightly or burning out?  
Maintain your pep and bypass burnout with these tips.



[Read Here!](#)

## How to Prepare for Winter Weather

When it comes to caring for children, it's always better to be over prepared in case of an emergency. Schools should have emergency evacuation plans available in every classroom. These plans should be accessible to teachers, parents, students, and even substitute teachers.

[Learn how to prepare!](#)

## Q & A on Adding Whole Grains to your CACFP Menu

### **How often do I have to serve whole grains in the CACFP?**

Each day, at least one of the grain components of a meal or snack must be “whole grain-rich.” Whole grain-rich food items must be offered at least once per day, not once per meal/snack.

### **What does whole grain-rich mean?**

In the CACFP, whole grain-rich means that at least half the grain ingredients in a food are whole grains, and the remaining grains are enriched grains, bran or germ. This is required for CACFP Child and Adult meal patterns only. There is not whole grain-rich requirement for infants.

### **If I am serving meals and snacks to different groups of children throughout the day, does each group have to be served at least one whole grain-rich food item a day?**

No, the requirement states a CACFP provider is required to serve whole grain-rich items for the grain component at one of the meals or snacks each day.

Note: Best Practice would be to serve at least one whole grain-rich item to each group but this is not a requirement.

### **How do I meet this requirement if I serve only snacks?**

You do not have to serve a grain component at snack. But if you do, it must be whole grain-rich.

### **If I want to serve a meat/meat alternative at breakfast, do I have to also serve a whole grain-rich food item?**

No, you do not need to serve a grain, because you are replacing the grain component with a meat/meat alternative. You may do this up to three times per week. Your whole grain-rich food item should then be served at lunch or snack.

Note: If you only serve breakfast, on the days when a meat/meat alternative food item is not served, you must serve whole grain-rich items for the grain component.

### **Can I serve a grain-based dessert if it is whole grain-rich?**

No, grain-based desserts, even those made with whole grains, cannot count towards the grain component of a CACFP meal or snack. There are many other whole grain-rich foods that you can add to your menus. See this link for credible substitutes: <https://bit.ly/2EBp6SK>

**Source:**

USDA Food and Nutrition Services: Adding Whole Grains to your Child and Adult Care Food Program Menu (resource link here: <https://bit.ly/2SQA49Y>)

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## Properly Documenting Whole Grain-Rich food items in KidKare

In KidKare when documenting whole grain-rich food items always check to see if the “Is this whole grain-rich?” option below the food item line states Yes. Some food items such as hamburger and hot dog buns will not automatically state Yes. If you have served a whole grain-rich food item and the option does not state Yes, click/tap on the option to switch it to Yes.

Meals will be disallowed if a whole grain-rich item is not properly documented at least once daily. Always check your monthly Claim Errors Report for accurate processing for your menus. Contact the CASY Food Program office for any questions.

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## Preschool Art Activities Interest Center

Preschool art activities are amazing and should happen every day in every preschool classroom!

Art activities help your preschoolers to develop in so many ways! It helps them to engage their imaginations, learn about cause and effect, develop fine motor skills, eye-hand coordination, express creativity and so much more!

Click on the link to the right to read more about what children learn, how to prepare and options for materials.

[Ideas!](#)

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## How to Facilitate Risky Play in the Classroom

Risky play is when children engage in risk-taking activities. This benefits the child because it helps them build essential skills for their development; for example, their confidence, self-regulation, and independence.

Need help identifying what is risky play, understanding the benefits and reassuring parents who are hesitant about the concept?

[Click here to learn more.](#)



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## Want happier, calmer kids? Simplify their world.

If the schedules and screens are making you feel like you're losing track of or losing touch with your child, it's time to simplify.

The benefits of simplifying your child's world are many, and it can make your life more fulfilling, too. Children flourish when they have the time and space to explore their world without the constraints of "too much."



[Read more here!](#)

## DIY: Kid Friendly Glow Water

Want a safe and simple way to add a new spin to sensory play, water play, or dramatic play. [Click here](#) for a recipe for glow water.



## 35 Gross Motor Activities for Preschoolers that Like to MOVE

Preschoolers aren't quite as hard as toddlers to plan activities for, but there still are some limitations to what you can do. And getting their little bodies moving helps a ton! [Click here for ideas!](#)

## ADDITIONAL INFO

 On My Way Pre-K funding is available but may end soon for the current school year.

Enrollment for 2019/2020 preschool year is anticipated this Spring.

For more information, please contact:  
Crystal at 812-230-1983  
On My Way Pre-k Project Manager  
or visit [onmywayprek.org](http://onmywayprek.org)



## 2018 Tax Changes Affecting Family Child Care

Stay up to date on how these changes will affect you by visiting <http://tomcopelandblog.com/2018-tax-changes-affecting-family-child-care>

**“Children learn how to make good decisions by making decisions,  
not by following directions.”**

~Alfie Kohn

