



Sidewalk Chalk

Monthly e-newsletter

OUR VISION

All children in Randolph County enter school healthy & ready to succeed.

In this month's issue:

- Meet Board Director Sarah Neely Lanier
- Free screenings of the documentary "Resilience: The Biology of Stress and the Science of Hope"
- Healthy Eating in Practice 2018, complete with a couple of recipes!
- Ramseur Play Daze
- Don't forget to scroll all the way down for calendar reminders



"If the childhood obesity epidemic remains unchecked, it will condemn many of our kids to shorter lives, as well as the emotional and financial burdens of poor health."

Richard Carmona, former Surgeon General of the United States

Inspirations

Years ago my colleagues at the Partnership learned that children are more likely to try new fruits and vegetables if they had a hand in growing or preparing the food. For more than a decade now, our Partnership team has worked closely with child care providers in our county to incorporate gardening in their outdoor learning environments. Children are scientists at heart! They love to *observe* the plants as they grow, to *discover* what a fruit or veggie feels and tastes like, and to *count* how many items are in their harvest.



The Partnership is also a big proponent of family-style dining in our child care environments and in the family home. Family-style meals have two important components: Children serve themselves, and they eat with their peers and adults at a table. Serving one's self, even at an early age when spills inevitably happen, helps children learn to respond to their own hunger and fullness cues with appropriate servings. What's more, the child develops motor skills related to scooping and passing bowls and plates.

The second part of family-style service, role modeling, is also important for both social development of children and healthy eating. There is evidence that parents, siblings, teachers or other caregivers can promote healthy food consumption by modeling it themselves and that meals eaten with family members and adult role models are positively associated with the consumption of healthier meals by children and adolescents.

In the child care environment, the young diner is accompanied not only by adult role models but also by other children. *Peers!* We've learned – and formal evidence backs us up – that children are more willing to try new foods when they see other children eating that different looking green vegetable or that brown grain.

Family-style also gives children a chance to practice their social niceties, such as passing food to their peers, saying “please” and “thank you” and conducting conversations. Thus, a good meal is not only nutritious and filling; it also is an opportunity to broaden a child's food experiences and social development.

If you want to know more about the ways in which our Partnership staff is working with our child care providers and families to improve nutrition and healthy eating styles as part of our overarching strategy to reduce childhood obesity, please ask! Our young children are developing tastes and preferences they will carry for the rest of their lives, and we aim to help them *give peas a chance*. (Sorry! Couldn't resist!)

Lisa Hayworth

Executive Director

Board Profile

Meet Board Director Sarah Neely Lanier

Sarah Neely Lanier is an attorney-at-law who is currently running for district court judge in Randolph County. Sarah began her service on the Randolph Partnership for Children's Board of Directors in 2015. She practices law at Neely & Lanier, PLLC in Asheboro. She and husband Jeremy Lanier, a captain with the Randolph County Sheriff's Office, are the proud parents of 3-month-old Alex. The family lives in Asheboro.



Q & A

Why are you involved with RPC?

I was asked to join the board several years ago. My mother is a retired preschool/kindergarten teacher and my father served on the board many years ago. It's important to give back to the community and this is a great cause.

Why is high-quality early childhood education important to you?

I want Randolph County children to have the best education possible and that starts on Day One. The Partnership, through various organizations, reaches out to children and families that young to impress upon them the need for early childhood education and development. What an awesome role in our community! Randolph County is a great place to live, work, and play and our efforts focus on developing our next generation to continue that tradition. These children will be our doctors, nurses, mechanics, teachers, law enforcement, etc. and our community cannot afford for them not to meet their potential.

What is your vision for early childhood education in Randolph County?

That every child enters school prepared, healthy, and ready to learn. That every family gets the support they need to help their child be successful. That children that may need additional assistance gets that help sooner rather than later.

What is your favorite childhood memory?

Spending time with my cousins at my grandmothers' house. Climbing my grandmother's magnolia tree with my cousins and neighborhood children. Having parents that

encouraged creative play.

It's never too early to start reading together as Sarah and Alex demonstrate!



"Resilience" documentary screenings

Randolph County's KidsReadyNC team is facilitating three public screenings of ***Resilience: The Biology of Stress and the Science of Hope***, a 60-minute documentary.

Each screening will be followed by a 30-minute discussion period.

The documentary, which is the recipient of nine film festival awards, chronicles the birth of a new movement among pediatricians, therapists, educators and communities using cutting-edge brain science to disrupt cycles of violence, addiction and disease.

By understanding what Adverse Childhood Experiences are and how they affect us, we can work toward implementing "trauma-informed" policies and practices in our homes and communities. In this way, Randolph County can realize drastic reductions in rates of high-school drop-outs, teen pregnancy, youth suicide and domestic violence, as well as increased health outcomes and longevity.

Public Screenings

Tuesday, September 25, 6-8 p.m.

Providence Grove High School
5555 Mack Lineberry Road, Climax

Thursday, September 27, 6-8 p.m.

Wheatmore High School
3678 Finch Farm Road, Trinity

Monday, October 1, 6-8 p.m.

Randolph Community College
R. Alton Cox auditorium
629 Industrial Park Ave., Asheboro

These events are not appropriate for children. For more information, please contact Micki Bare at the Partnership for Children at 336-629-2128 or mbare@randolphkids.org.

In addition to the public screenings, our Child Care Services department will be providing three professional development opportunities in October in which the documentary will be screened.

Directors Institute Session

Tuesday, Oct. 9, 11 a.m.-2 p.m.

RCC (CEIC Building)

[REGISTER ONLINE](#)

Two sessions for all child care teachers, staff, directors

Tuesday, Oct. 16, 6:30-8:30 p.m.

The Growing Place, Asheboro

[REGISTER ONLINE](#)

Tuesday, Oct. 23, 6:30-8:30 p.m.

First Church of God Day School, Archdale

[REGISTER ONLINE](#)

For more information on the professional development events, please contact Susan Helsabeck at shelsabeck@randolphkids.org.

Healthy Eating in Practice 2018

At the end of August Andee Edelson, Patty Sullivan, Pam Hall (It's A Kid's World), Donza Timmons (RCS Head Start), Lisa Hayworth and Meredith Shields traveled to Asheville for the Healthy Eating in Practice 2018 Conference.



The event — a hands-on conference for practitioners, researchers and influencers — focused on changing the culture of health care to better support healthy eating behaviors, particularly in children and families, and prevent chronic diet-related diseases.

The experience had our delegation side-by-side with doctors and researchers as they learned, shared and inspired each other. The information gained and connections made will not only enhance

ShapeNC efforts in Randolph County, but also help to transform how our early educators work with and through young children and families toward healthier outcomes. Scroll down for more information on ShapeNC in Randolph County.



Maple-Flax Granola

8 cups quick oats
5 Tablespoons flaxseed
1 1/2 teaspoons salt
1/4 cup coconut oil
3/4 cup maple syrup
1 cup water

Preheat oven to 225 degrees F
Lightly grease baking sheet with olive oil spray

Mix oats and flaxseed together in a medium-sized bowl. In a small saucepan, combine coconut oil, maple syrup, salt and water. Heat until warm —



Roasted Tomato Bisque

20 large roma tomatoes, halved
1/4 cup + 2 Tablespoons olive oil
1/2 cup fresh chopped herbs
(parsley, thyme, basil)
8 cloves garlic, finely chopped
2 Tablespoons kosher salt
1 teaspoon black pepper
1 large yellow onion, medium dice
1/4 cup butter
1 cup all-purpose flour
2 quarts vegetable or chicken stock
3 Tablespoons honey or tomato paste (optional)
1/2 cup half & half

DO NOT BOIL. Add wet ingredients to dry until you are able to form big clumps with your hands.

Spread granola evenly onto baking sheet. Bake for 45 minutes, tossing every 15-20 minutes. Remove from oven and let cool. Store in airtight container.



Preheat oven to 325 degrees F

Combine tomatoes, 1/4 cup olive oil, fresh herbs, garlic, 1 tablespoon salt and black pepper in a large mixing bowl. Coat tomatoes and spread onto a baking sheet evenly, skin-side down. Roast for 30 minutes, or until tops of tomatoes become crispy brown and are tender inside.

In a medium saucepan, on medium heat, melt butter and remaining olive oil. Add onions and saute until translucent. Add flour and stir until a roux forms. Quickly add half of stock. Stir vigorously, then add remainder of stock. Add roasted tomatoes and mix well. Reduce heat and simmer about one hour.

Remove soup from heat and let cool. With an immersion blender, blend until smooth. Return to saucepan. Add honey or tomato paste for sweetness. Stir in half & half. Garnish with basil or parsley.

*Recipes from "Secrets to Kid-Friendly Meals" led by Katherine Valencia Caro and Alexis Young
Healthy Eating in Practice 2018 Conference*

Community Play Daze set for Ramseur



Physical activity is an important factor in combating obesity and promoting healthy habits.

Active play helps children regulate emotions, relieve stress, develop

creativity and build confidence.

Play Daze events celebrate the value of free play and offer opportunities for children to explore and use materials provided or found in more than a dozen unique play stations. Activities include fort-building, drum circle, mud and water play, nature art, fairy gardens, dance spark, engineering, obstacle course and more.

**Ramseur Play Daze is a free event
for children ages 3-12 and their families.**

WHERE: Mount Nebo Holiness Church
5152 Brookgreen Road, Ramseur
WHEN: October 13, 2018, 11 a.m.-1 p.m.

For more information or to register as a Play Daze volunteer, please contact Kendall Phillips, BS, CHES at kendall.phillips@randolphcountync.gov or 336-318-6197.



82%

of licensed early child care programs in Randolph County are re-imagining their outdoor classrooms.

Shaping future generations

Randolph Partnership for Children has participated in the Shape NC initiative since its inception in 2010.

This multi-year initiative was created to increase the number of children starting kindergarten at a healthy weight and ready to learn. To date, twenty-two licensed child care centers achieved advancement in their practices, policies and development of outdoor learning environments that encourage young children to be healthy, as a direct involvement with Shape NC. Significant improvements occurred in increasing active play, limiting screen time, offering of healthy food and beverages, and including outdoor play. Over the next year we will be introducing this work to five additional child care centers.

- **1,750** early childhood teachers have received training from Randolph Partnership for Children on building and designing outdoor learning environments and incorporating nutrition and active play.
- **3 of 16** Randolph County has 3 child care centers recognized as Shape NC Demonstration sites out of 16 statewide, a status achieved for best practices in nutrition, physical activity and outdoor learning environment transformations
- **9** licensed child care centers are participating in the Farm to Child Care initiative implementing strategies and activities that offer increased access to healthy, local foods, gardening opportunities and food-based activities to enhance the quality of educational experiences in their centers.

Help spread the word about Dolly Parton's Imagination Library

Through funding from the General Assembly to Smart Start, we are able to register all eligible children in Randolph County. **The only eligibility requirement is that the child is younger than 5 years old.**



www.smartstart.org/dpil

That's right, no more waiting lists. If you've tried before and received a message that the program was unavailable (due to the wait list) or if you've never registered your infant, toddler or preschooler, now is the time!

Please share this good news with family, friends and neighbors who have children younger than age 5. And feel free to share the link!

To register your child to receive a free book each month until their fifth birthday, [CLICK HERE](#).

Did you know???

When we began our journey in 1999, a



teacher with a two-year degree could expect to make about **\$6** an hour as a child care teacher.

Today, despite the fact that **72%** of child care teachers in Randolph County have a 2-year degree, 4-year degree or higher, the average wage is

\$10.97

We are proud to work with partners to effect change that will raise awareness and raise pay in the child care industry.

PARDON MY MISTAKE: Our director of marketing inadvertently used the wrong formula to calculate the current average Star Rating in Randolph County.

In June of 2018, Randolph County's average Star Rating by enrollment was **4.52**, *not* 4.0, as was reported in our August issue.

Penciled in

- **Friday, Sept. 21:** RPC Board of Directors meeting at RPC **8:15 a.m.**
- **Saturday, Sept. 22:** End of Summer Bash at Creekside Park in Archdale. Stop by our booth **5-8 p.m.**
- **Tuesday, Sept. 25:** "Resilience" Screening (see above)
- **Wednesday, Sept. 26:** Farm-to-Childcare meeting at [Randleman Enrichment Center](#) **noon**
- **Thursday, Sept. 27:** KidsReadyNC local team meet at RPC **4 p.m.**
- **Thursday, Sept. 27:** "Resilience" Screening (see above)
- **Monday, Oct. 1:** "Resilience" Screening (see above)
- **Tuesday, Oct. 2:** Grant Review committee meeting at RPC **12:30 p.m.**
- **Wednesday, Oct. 3:** NC Pre-K Collaborative meeting at RPC **3:30 p.m.**
- **Thursday, Oct. 4:** Parent Engagement Night at Deep River Baptist Church, Coleridge. Visit



our booth **5:30-7:30 p.m.**

- **Saturday, Oct. 6:** Asheboro Fall Festival.
Stop by our booth **10 a.m.-6 p.m.**
- **Thursday, Oct. 18:** Randolph Parent Education Community Collaborative (RPECC) lunch & learn: Child Abuse Overview **Noon-1:30 p.m.** at RPC. [REGISTER HERE](#)

*Help us put kids first in
Randolph County!*

Donate

new & gently used books
new infant blankets
diapers

Shop

We're connected with Amazon Smile, so when you shop and select Randolph County Partnership for Children, you're helping to raise money for literacy programs, parent support, early childhood professional development and NC Pre-K right here in Randolph County!



Randolph Partnership for Children | 349 Sunset Ave., Asheboro, NC 27203 | 336-629-2128

Visit our Website