



Sidewalk Chalk

Monthly e-newsletter

OUR VISION

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

In this month's issue:

- Zumba & The Basics Randolph
- Giving Tuesday
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- No Small Matter
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- Don't forget to scroll all the way down for calendar reminders



"The more that you read, the more things you will know. The more that you learn, the more places you'll go."

~Dr. Seuss

Zumba & The Basics Randolph

We recently had the pleasure of meeting Katie Rose during the 2019 Health Fair in Archdale. When she visited our booth, we began talking about The Basics Randolph. She immediately connected with the five Basics because she's already doing all five when she visits child care centers, like First Church of God Dayschool, to teach Zumba Kids classes.

If we take a moment to think about our interactions with children, whether we conduct story times at the local libraries, teach in early care and education, or are directly caring for our own young children, it's easy to find the parallels to The Basics Randolph.

Katie connected The Randolph Basics in her work with young children as a shining example!

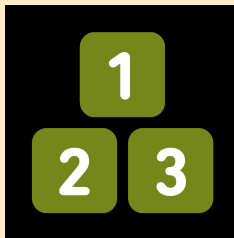


Maximize Love/Manage Stress

Zumba Kids classes are all about sharing love and relieving stress! We give each other hugs and high-fives to maintain a positive and loving environment. I give the children lots of verbal praise such as "Great job moving!", "You're such a good listener", and "I'm so glad you're in my class". The children release their stress through physical activity in a judgment-free atmosphere. The focus in Zumba Kids is to move to the music with friends, instead of trying to get every step right.

Talk, Sing, and Point

In Zumba Kids classes, children volunteer to tell the instructor important things that have happened to them in their day leading up to the class. Children are encouraged to talk about steps that they enjoy doing. They request to have certain jobs such as being the line leader for the parade held at the end of each class and to be the map holder during story time. At the end of class, each student is expected to answer the question "What did you do at Zumba class today?". Children often sing the lyrics to the songs we dance to. They point to musical instruments they want to play during the parade segment of class, and they point to objects in illustrations during story time.

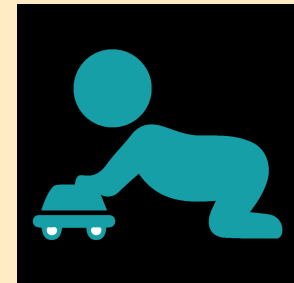


Count, Group, and Compare

Zumba Kids is a multi-cultural program focusing on Latin American countries, the United States, and countries around the world. Therefore, children learn to count in English and Spanish as they learn sequences of steps. For example, "We are going to march for four steps. Let's count to four in Spanish!". Children learn to compare aspects of various cultures with their own during the cultural lesson. This includes musical genres, location on a world map, holiday customs, typical food dishes, and children's style of dress.

Explore Through Movement and Play

Zumba Kids is a dance fitness program designed to get kids moving through the use of age appropriate dance steps and kid-friendly music from genres including American pop, salsa, merengue, reggaeton, cumbia, and more. A simple game such as Musical Chairs or Limbo is often used to give the children a brief break from structured dancing.



Read and Discuss Stories

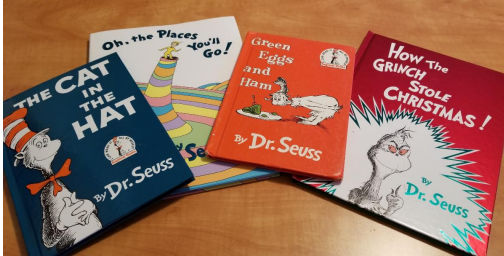
Each class in Zumba Kids has a "Cultural Lesson" component. This is what makes Zumba Kids so unique! Instructors read stories to children that educate them on the diverse cultures that correspond to the types of dance they are learning. For example, if the children are learning a cumbia style song from Mexico near that country's Independence Day, the instructor might read a story describing how children celebrate Independence Day in Mexico. Children are asked questions about the story and how it relates to their lives.

Zumba Kids classes teach resilience by instilling the idea that it's okay to make mistakes. Even instructors forget the steps to a song from time to time! The children are reminded that there is always another opportunity to get stronger, do the steps faster, etc. Zumba Kids also teaches mindfulness by asking students to be aware of what their bodies are doing in space. For example, are they respecting other students' space on the dance floor? Are they giving their best effort? At the end of class, students perform a cool down to make sure their minds and bodies are calm before returning to their classrooms.

Katie Rose is a licensed Zumba, Zumba Kids, and Zumba Kids Jr. instructor. She has worked with children for 10 years in various capacities. She has had a lifelong passion for exercise and fitness and sharing multicultural experiences in her local community. The Zumba Kids program combines all of her passions and provides an outlet for educating children in how to stay active, healthy, and engaged in a multicultural world. Currently, Katie teaches weekly Zumba Kids programs to preschool children, after school programs, and dance studios. Children ages 5-10 years of age are welcome to join the Zumba Kids class that meets on Wednesdays and Fridays from 3:30-4:15 at The Arts Academy located at 304 Trindale Road in Archdale, NC. For more information on starting a Zumba Kids class in your child's childcare center, preschool, or after school program, please email Katie Rose at kscrose@gmail.com or message Katie Suzanne Call Rose on Facebook messenger.

#GIVING
TUESDAY

Our Giving Tuesday Voting
Pages are LIVE!



Which is Randolph County's favorite Dr. Seuss book? At the end of Giving Tuesday, we'll know.

For our 2019 Giving Tuesday campaign, you have the opportunity to vote for *The Cat in the Hat*, *Oh The Places You'll Go*, *Green Eggs and Ham*, and *How the Grinch Stole Christmas*.

To vote, simply donate any amount to our campaign! Visit our Giving Tuesday page at RandolphKids.org to learn more and to donate. Voting is open now through 11:59 p.m. on Tuesday, Dec. 3 (Giving Tuesday).

And don't forget, those who donate \$50 or more will receive (while supplies last) our 2019 collectible ornament!

Watch our social media pages and website as we post videos promoting each of the four books. You might see someone you know!

VOTE NOW!

November 21, 2019

8:00-9:00 am

Coffee & Conversation



Sponsored By:



Please Join Us in Welcoming:

Andee Edelson, Director of Early Care & Education

Micki Bare, Director of Marketing and Community

Engagement & Outreach

Meredith Shields, Literacy & Family Engagement Specialist

Topic:

***“Getting It Right From the Start in Randolph County:
Working Together as a Community to Help Our Youngest
Children Grow, Learn and Thrive”***

Location:

**Guil-Rand Fire Department
Community Room
10506 S Main Street , Archdale**

***A Business Services Program
of the***

**Archdale-Trinity Chamber of Commerce
213 Balfour Drive
Archdale, NC 27263
(336)434-2073
Beverly Nelson, President**

**No RSVP
Necessary**

**ARCHDALE-TRINITY
CHAMBER OF COMMERCE**

A continental breakfast will be served and we assure our participants we will end promptly at 9:00



Business Before Hours



Spread the word, plan to attend, share with friends!

Randolph ChAMPS and Randolph Family Engagement & Leadership Coalition are hosting a FREE public screening of the feature-length documentary:

No Small Matter

Monday, December 9

6:30 p.m.

The Sunset Theatre
234 Sunset Ave., Asheboro

FREE POPCORN & DRINK! DOOR PRIZES!

Watch the trailer:



Fall Family Recipe

Sweet Potato Apple Sauce

This one is so easy and yummy, you'll want to keep "throwing it together" all throughout fall and winter!

What you'll need:

1/2 sweet potato, peeled and chopped
2 apples, peeled and chopped
1/2 handful old-fashioned oats
1/2 handful raisins
1 Tbsp honey
1 tsp cinnamon
1 cup water
ice



How to make it:

Put all ingredients into a blender and blend until well combined — the consistency of applesauce!

Penciled in

- **Thursday, Nov. 21:** Archdale-Trinity Chamber of Commerce Coffee & Conversation featuring RPC at Guil-Rand Fire Dept. **8 a.m.**
- **Friday, Nov. 22:** Asheboro/Randolph Chamber of Commerce Business Before Hours at RPC **7:15 a.m.**
- **Wednesday, Thursday & Friday, Nov. 27-29:** Office closed.



Happy Thanksgiving!

- **Tuesday, Dec. 10:** Sustainability Committee Meeting **1 p.m.**
- **Thursday, Dec. 12:** Randolph ChAMPS Meeting **4 p.m.**
- **Tuesday, Dec. 17:** Board of Directors Meeting **8:15 a.m.**

- **Tuesday, Dec. 17:** Family Engagement & Leadership Coalition Meeting **11:30 a.m.**
- **Friday, Dec. 20-Wednesday, Jan. 1:** Office closed for staff retreat and holidays.

*Happy Hanukkah
Merry Christmas
Happy New Year*

[Visit our calendar online, too!](#)

*Help us put kids first in
Randolph County!*

Donate

new & gently used books
new infant blankets
diapers

#1 holiday hack:

When you shop at
smile.amazon.com,
Amazon donates.



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