

Week of the Young Child: April 13 - 17, 2020

In conjunction with the City of Asheboro's current work through the NC Main Street and Rural Planning Initiative, we invite our early childhood community along with the Partnership for Children to once again celebrate, create and share in the vision on connecting downtown Asheboro as the gateway to the world's largest zoo, the North Carolina Zoo, with a Zootopia themed Week of the Young Child! As last year, we plan to host a variety of events during April and May that support and draws attention to our young learners, their teachers, families and community.

The Week of the Young Child is designed to share the importance of high-quality early learning, and the critical role early childhood educators play in a child's development and learning. Please join us during our two month display in making our work visible by participating in any or all of the eclectic mix of activities.

Projected programming:

Art Explosion: April 1 - 30, 2020 Zootopia art display throughout Randolph County using various art mediums and creating a forum for children to express and interpret zoo animals in their own unique way.

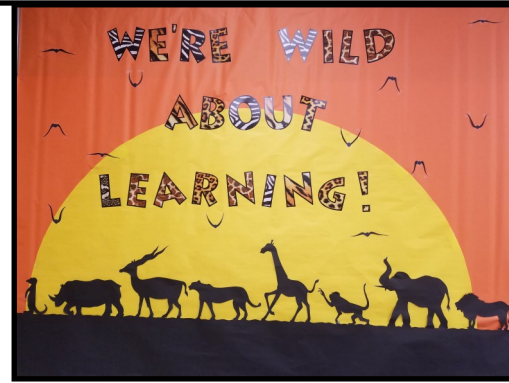
Children's Puppet Parade: Friday, April 24, 2020: Transforming Bicentennial Park and Sunset Avenue into a Zootopia wonderland filled with small and large puppets and lots of animal related fun activities!

Zootopia Project Exhibit: May 4 - 15, 2020: A display of animal projects created by our children and teachers.

Many more activities will enhance this fun filled event and we would love to hear your thoughts and ideas!

We have scheduled an initial planning session for our **Week of the Young Child events on Thursday, 1/16/20**, and need lots of creative and enthusiastic voices to help prepare for a spectacular experience for our young children and their families.

If you are interested in attending and/or serving on the WOYC committee, please contact Andee Edelson: (336) 629-2128 ext 30 or aedelson@randolphkids.org.



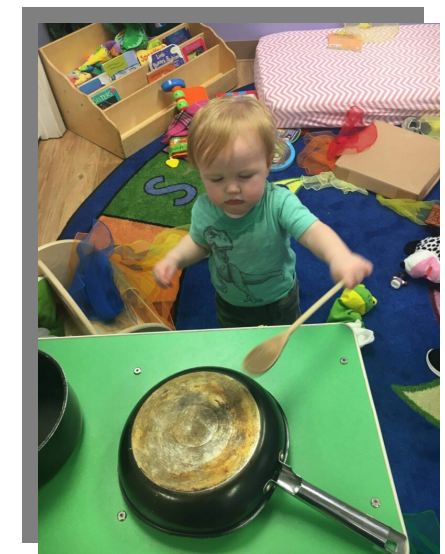
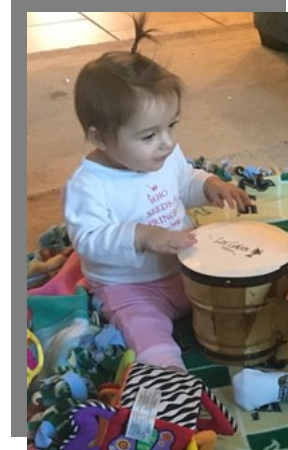
Early Education Explorations

Discovery, Investigation & Experiences in
Randolph County's Quality
Early Care & Education

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Child Care Services Program
349 Sunset Avenue Asheboro, NC 27203
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Randolph Partnership for Children

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Trauma Responsive trainings

Nurturing the Brain
(3 part series) with
Aviva Starr

January 23

Toxic Stress and Early
Brain Development

February 20

Buffering Stress through
Responsive Relationships

March 19

Family Engagement: Having
the Difficult Talk

March 5

Rhythm and Movement
with Cathy Kielar,
Music Explorium

Trauma healing requires 6 R's

Relational (safe)

Relevant (developmentally
- matched to the child)

Repetitive (patterned)

Rewarding (pleasurable)

Rhythmic (resonant with
neural patterns)

Respectful (of the child,
family, and culture)

Rhythm Regulates the Brain

Our ancestors have known the healing power of rhythmic music for centuries, with almost all indigenous cultures having a traditional role for music in their healing ceremonies. Rather than use words, they utilize rhythmic music, movement and song with the drum taking a central role; to bring people together, to assist with communication, to transport people to a spiritual dimension, and to heal the restless spirit.

Trauma specialists support how rhythmic music impacts the brain, that are responsible for how we process trauma and the need for "patterned, repetitive, sensory input, such as drumming and music" that can influence the brain-stem to reorganize and reduce the hypersensitivity, impulsivity and anxiety. Rhythmic interventions, at the correct tempo, can assist in realigning brain stem activity to reduce stress and improve emotional stability.

Patterned, repetitive rhythmic activity can be anything from dancing, swaying, running, walking, rocking, drumming, repetitive meditative breathing, and singing to yoga. These repetitive somatosensory activities help the brain stem to regulate by safe, predictable, repetitive sensory input.

Resources: Internet articles



Learning how to manage stress and how to be trauma responsive at the October "Creating Environments that Heal" forum. Dynamic presentations by Tanya Dennis, Ennis Baker and keynote address by Barbara Sorrels energized and enthralled forty-two early educators in a rhythm trance of patterning, rhythmic touch and movement to help regulate our brains.

Childhood Resilience & The Role of Rhythm

Children are naturally drawn to rhythm! Early educators can effectively cultivate relationships, environments, and activities that will facilitate regulated brains and promote resilience.

- **Self-Regulation as Rhythm:** Self-regulation can be defined as the ability to tune into our own bodies, interpret our own needs and experiences, listen to our emotions, and manage our feelings. We have the role in helping children organize their feelings and understand their own particular body rhythms and trust themselves to get their needs met.
- **Rhythm Through Attunement:** Attachment theory tells us that children need emotional attunement! We need to align our own internal state with that of the child's. Attuning and responding to children's needs is referred to as interactive regulation. When we predictably see and hear children, being sure to value, recognize, and understand them, we are cultivating a relationship based on safety and security.
- **Rhythm Through Structure:** When we provide routine and predictable structure, children benefit in a lot of ways. Predictability fosters trust! The key, however, is to find a balance between predictability and rigidity. If we are truly responsive to our children's rhythms we will recognize that sometimes these rhythms change.
- **Rhythm Trough Activity:** Children love rhyming stories, dance, play, drama and games! One of the reasons is that these activities facilitate regulated nervous systems. Activities that expose them into activated states for a short time, and then back into a calm state, are teaching their bodies to move out of the fight or flight alarm state in a natural way. Games like Duck, Duck, Goose allow the nervous system to experience pattern and pendulation between being settled and activated teaches the body to regulate itself!

Professional Development

A multitude of Reggio Emilia Professional Development opportunities filled our hearts and minds with incredible experiences that provided our early educators concrete examples and dialogue on how to integrate this philosophy in our child care centers.

Kicking off our fall Reggio Emilia series; The Reggio Emilia Approach to Education, laying the groundwork for understanding the history and guiding principles. Teachers were able to explore and discover how loose parts play an important role in inquiry-based learning and problem solving.



Reggio Emilia Conference, Durham: Transforming the Image of the Child created a forum for reflection, networking with innovative educators and transformative practices to promote exploration, connection and growth!

The Sabot Institute provided Reggio Fundamentals and Open Doors Early Educator Day. Traveling to Richmond, VA, twelve Randolph County Reggio-inspired learners observed classrooms, studios in action, talked with teachers and viewed documented studio and long term projects.



Randolph County held its 1st Reggio Emilia Community of Learners Symposium. Communication: Listening & Speaking to Connect Authentically and Environment: How the 3rd Teacher Can Nurture Communication in the Classroom were the discussion topics led by Education Integrator, Jodi Wert.

RhinoLeap Productions commitment to Education in Randolph County

Performing arts refers to forms of art in which artists use their voices, bodies or inanimate objects to convey artistic expression.

Dramatic play and storytelling encourages children to put themselves in someone else's shoes. Such role-playing helps them to improve their ability to do this in real life. They learn important social skills, such as empathy and language development. This can be a powerful tool for children who have trouble expressing themselves.

Early Educators can now attend RhinoLeap Productions and see first hand the emotion that theater education can bring, live at Sunset Theater, Asheboro.

Upcoming shows:

Dec. 26 - 29, 2019

It's A Wonderful Life: A Live Radio Show

January 23 - Feb. 2020

The Last Five Years

May 7 - 17

The Curious Incident of the Dog in the Night-Time

Admission to all RhinoLeap Performances is **FREE** for Randolph County High School and College students..

Come 30 minutes to any performance before show time to get your ticket.

Additional information for the 2019-2020 season performances visit: www.rhinoleap.com.

INSPIRED IDEAS

The toddlers at Shepherd's Way Day School enjoyed a multi layered experience when teachers Carli Brewer and Emily Harries initiated The Image of the Child Project! The children began exploring various materials in creating their own image through body and family drawings. This was followed by self portraits using play dough and loose parts, tracing/painting pumpkins and creating shadows, using their recent experience of tracing their bodies and how they explored their own images.

A month long project inviting parents and grandparents to participate on each Friday, and together with their teachers, observed the children learning and playing in new ways, understanding their emotions and spacial awareness, and ways to express themselves. As Carli stated, " This was a big eye opener for us, to see how independent the children became and responded to this experience."

