



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:

- Inspirations
- 5 Steps for Supporting Children's Mental Health
- Benefits of Outdoor Nap Time
- More NC Pre-K Application Drop-Off Event Dates
- Laugh Lines
- A (virtual) Salute to Seuss
- Don't forget to scroll all the way down for calendar reminders



"The mental health of our children must be seen as every bit as important as their physical health."

—Her Royal Highness Catherine, The Duchess of Cambridge

Inspirations

Over the past couple of weeks, I have sought out wisdom on our emotional responses to the painful, stressful, and fearful things we encounter in life. On May 5, I lost my big brother Bill to cancer, and I am experiencing grief and sorrow as I have never known it before. When my mind is settled enough to allow me to be introspective, I keep returning to thoughts on the *human condition* and all the positive and negative aspects of being a human being. I'm talking about the big, big things—like birth, growth, ethics and morality, love, and death.

Articles I've read in recent days have reignited my interest in emotional intelligence. As an emotionally intelligent person, I'm a work in progress. Truth be told, I believe we all are. Making emotions work for us, instead of against us, is not always easy or natural.



In the nonprofit sector, we are trained to be data-driven and analytical. These are incredibly important traits—just absolutely essential. Yet, the Randolph Partnership for Children is a people business. We are human beings doing the best we can to serve other human beings. So, as this organization's CEO, I'm recommitting myself to be as emotionally intelligent as I can be and to really think about feelings and understand the role they play in influencing a person's thoughts, words, and actions. I'll work hard to help our team pause when we find ourselves in emotionally charged moments. I'll lead with humility and be the first to admit that I don't know everything, and I will become even more

willing to seek out answers and to learn from others.

The dichotomies of our worlds, the dualisms, the yin and yang; these are the things—as painful as they are sometimes—that give our lives such rich textures. I want the Partnership for Children to have this same richness in our organizational dualities. We are—and can become even more so—data-driven and emotionally intelligent all at the same time. I know we can; I just feel it.

Lisa Hayworth

Executive Director

Are you or someone you know in need of urgent child care?

Call 1-888-600-1685 for Emergency Child Care Referrals & Information

5 Steps for Supporting Children's Mental Health During COVID-19

On Thursday, May 14, **Early Childhood Specialist Kristy Umfleet** appeared on the Mommy Matters segment of WGHP Fox 8's morning news show to talk about supporting young children's mental health during the pandemic.

Kristy began by explaining a lot of people don't put the words 'early childhood' and 'mental health' together. However, it is important to understand how experiences affect young children and their mental health. Here's what else she had to say:

One thing we know about young children is that relationships and experiences, good or bad, help shape the architecture of the brain. Young children respond to and express emotional experiences and traumatic events in ways that are different from adults, and even older children.



[READ MORE](#)

Benefits of Outdoor Nap Time



It can be a crazy thought, children napping outside. However, it is so much more beneficial than having children nap inside. **Infant-Toddler TA Specialist Scarlet Welborn** shares two good reasons why outdoor nap time is a good idea:

Fresh air. The children breathe in fresh air while napping outside. This helps build up their immune system. Because of the fresh air; the children sleep better, allowing them to get the rest that they need.

Brain development. The children also experience their natural surroundings in a new light. They are able to see the trees move and hear the birds chirp and really be aware of

their surroundings while resting. This provides the opportunity for children to have active brain development while resting in an Outdoor Environment.

Looking for more resources? Scarlet suggests:

[Why you should consider taking children's naptime outside](#)
[6 benefits of outdoor napping for babies](#)

NEW NC Pre-K Application Drop-Off Event Dates!

Partnership staff will be on site at the RPC Offices, 349 Sunset Ave., Asheboro, to receive [NC Pre-K](#) applications for four-year olds for the 2020-21 school year following this schedule:



Thursday, June 4: 2-4 PM

Friday, June 5: 10 AM-Noon

Tuesday, June 9: 4-6 PM

Families dropping off applications must stay in their cars. Partnership staff will retrieve materials while maintaining safe social distancing guidelines.

The Partnership will continue to accept applications through the mail and email, as well. For information about the application events or about the NC Pre-K program, please call 336-629-2128 ext. 10.

Laugh Lines

According to the [Mayo Clinic](#), laughter gives us a stress-relieving boost with positive short-term and long-term effects.

Let's all laugh together with a joke from Jase, son of Early Childhood Specialist Kristy Umfleet:

JASE: Why did the bear say 'No!' to dessert?

KRISTY: I don't know, why?

JASE: 'Cause he was stuffed!



Does your child have a funny joke to share? [Send it to us](#) and we'll share it on social media and may even include it in next month's newsletter!

You don't have to submit a video or photo (unless you just want to). Be sure to include your child's name and the name of his or her school or child care, if applicable!

And while we're doubled over laughing, check out the Archdale Parks Laugh Line for 2 new kid-friendly jokes every day!

#InThisTogether

Archdale Parks Laugh Line



Call daily for 2 new kid friendly jokes.



336-431-8130



Want us to read your joke on the laugh line? Submit your jokes to

Jocelyn at jmoon@archdale-nc.gov

All jokes must be kid friendly!



Acme-McCrary &
Sapona Foundation, Inc.

&



NATALYA MENDEZ
—DMD, FICOI—
BRACES • IMPLANTS • DENTURES

Present



Our 2020 Gala for the Children **A Salute to Seuss**, our annual fundraising auction and benefit, is planned for:

Saturday, August 29

And we're going **VIRTUAL**!

We're so very grateful for our growing list of sponsors!

Presenting Sponsors/Top Cats (\$3000)

Acme-McCrary & Sapona Foundation

[Dr. Natalya Mendez](#)

Sam I Ams (\$1200)

[Beck & Associates Insurance Agency](#)

Pam Hill, Clerk of Court

[The Courier-Tribune/C-T Media](#)

[Wilhoit Group/Keller Williams](#)

Hospitable Hortons (\$750)

[The Wet Whistle Company](#)

[Four Saints Brewing Company](#)

McKenzie Properties and Investments

[McDowell Lumber Company, Inc.](#)

Mr. & Mrs. Chuck & Lisa Miller

David L. Allen, Randolph County Commissioner

[Asheboro Fire & Security, Inc.](#)

[Carolina Pharmacy](#)

Hope Haywood, Randolph County Commissioner

Who's Whos (\$350)

[McRae Roofing](#)

Dr. Frances & Mr. William Jones

Ms. Lisa Hayworth

Mr. & Mrs. Dave & Judy Bryant

Mr. & Mrs. Marcelo & Frances Pariz

Mr. & Mrs. Phil & Marilyn Koonce

[Grinz Orthodontics](#)

Advisors Financial Center

Drs. Bryan & Cheryl Freeman | [Randolph Center for Dental Excellence](#)

H.R. & Vickie Gallimore | [RE/MAX Central Realty](#)

[Thomas Tire & Automotive](#)

Clothes Wearhouse

Mr. & Mrs. Bryan & Elizabeth Cone

[Uwharrie Investment Advisors](#)

Mr. & Mrs. Mike & Lonnie Keogh

Dr. & Mrs. Stephen & Kelly Gainey

Mr. & Mrs. Chad & Stephanie Branson

[Trinity Furniture](#)

[BB&T](#)

[High Point Veterinary Hospital](#)

Representative Pat Hurley

BECOME A SPONSOR

Penciled In

- The RPC office is closed to the public until further notice. Staff will still be working primarily from home during this time.
- Essential agency board and committee meetings will be held virtually. Attendees will be notified with participation information. Contact **Lisa Hayworth** for an invitation to board meetings.
- Night of the Stars, a celebration to honor child care professionals who earned degrees during the 2019-2020 year will be held June 25 as a virtual event.
- The 2020 Gala for the Children A Salute to Seuss fundraising auction & benefit has been postponed and will now be held on Saturday, August 29 as a virtual event.
- For virtual professional development opportunities, visit our **TRAINING** page on the RandolphKids.org website.



*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!

WE KNOW you're shopping online.
Did **YOU KNOW** you can impact the success of young children in Randolph County by using **Amazon Smile**?
Without paying anything extra??

SIMPLY SELECT
Randolph County Partnership for Children Inc



amazonsmile
You shop. Amazon gives.

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

Visit our website