

Partnership Book Club

Several weeks ago, our staff challenged ourselves to read a book focusing on (in)equity and bias in early education classrooms. Titled *Don't Look Away: Embracing ANTI-BIAS Classrooms*, the book was written in hopes of helping early childhood professionals understand and explore things like unconscious bias, working with children from marginalized communities, and how children can face adversity based simply on their race, ethnicity, and culture.

We' have been digesting this book slowly: each week or so, we read and discuss a new chapter in the book. It is weighty material and we want our discussions to inform how we work with each other and within our community. Though the topics raised in the book - for example, viewing early educators as people who have a role in building an equitable community, the research supporting culturally responsive anti-bias education, and how to gather an understanding of the racial attitudes of young children - are substantial, the authors have structured the chapters to feel quite interactive. Each chapter includes discussion questions and action steps to help people who want to utilize the information in the book in their work with children.

As a staff, we hope to have a voice and an active role in the discussions currently happening around our country related to racism and equity. We are a diverse staff with different perspectives and experiences - this book has proven to be a valuable springboard as we try to increase our understanding and competence regarding some of the issues facing not just adults but even the youngest children in our community.

We highly recommend this book to all early educators!

By Sara Stephenson, Program Evaluator

Look What's New at Teddy Bear CCC

Little Free Library to welcome families and friends!

YOU ARE INVITED TO VIEW

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOME

Drive-In Screening Event!

Thurs. October 22 7:00 - 8:30 pm

RCC, Archdale Center (parking lot)

110 Park Dr. Archdale

Gate opens @ 6:30 pm

To reserve your parking space visit Archdale Parks & Rec website: secure.rec1.com/NC/archdale-nc/catalog

Rain

Date:

Tues.

10/27

Early Education Explorations

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

Vol.18 Issue IV

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A monthly publication of the Randolph Partnership for Children, providing resources for the early childhood community.

The Joy of Summer!



Child Care Services Program

349 Sunset Avenue Asheboro, NC 27203

If you would like to receive this newsletter by e-mail or would no longer wish to be on our mailing list, please call (336) 629-2128.



Randolph Partnership for Children

To add your name to our mailing list please contact us! Include your name, address, phone, fax, etc.

349 Sunset Avenue
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Did you know?



October 2 is World Smiley Day

Celebrated on the first Friday in October, a proclamation of this day was made by the U.S. Congress. The ever popular yellow smiley offers us an opportunity to do an act of kindness.

When we smile: dopamine, endorphins and serotonin are all released into your bloodstream, making not only your body relax but also sends the message to your body that you're happy.

Not only do you feel better, but your heart rate and blood pressure both decrease.

The intent of World Smiley Day is to do an act of kindness, or help one person smile.

What a great way to help get through a COVID-19 day, smiling to everyone we meet and bringing joy to ourselves and others.

In Gratitude and Appreciation of our Early Educators

We, the Partnership, continue to be amazed by our early childhood community! We are so inspired and thankful to work with dedicated early educators who clearly are remarkable and give so much care, love and attention to our children! Here's to you and the valuable role you play every day in the lives of Randolph County families.

Equally important is taking care of yourselves!

Health and Wellness Toolkit: Culturally Responsive Self-Care for Early Childhood Educators by Nicolson, Kurtz, Marquez and Wesley (2020)

Listed below are examples of the types of activities that can help you begin to think about your own health and wellness needs.

Play and Fun: Activities that are enjoyable and done for fun rather than as a task to be completed or for practical purposes. Examples: dancing, listening to music, creative cooking, going on outdoor adventures, exploring.

Self-Reflection: Time we tune inward and reflect on our self and our life. Examples: Yoga, meditation, journal writing, talking with a friend (of course, social distancing if in person).

Daydreaming: Letting your mind wander while exploring ideas or creative thoughts. This allows the brain to live in a creative mode that often allows for new ideas and insights. Example: Lying on a blanket while looking up at the sky, walking and/or writing and thinking of ideas.

Sleep Hygiene: Maintain a regular sleep routine. Exercise regularly, Have a comfortable pre-bedtime routine, Drink caffeinated drinks with caution.

Relationship Time: Surround yourself with those who restore your energy, provide support and who care about you can help buffer toxic stress.

Intellectual Time: Activities that grow the mind and knowledge are things such as reading, taking classes, watching a documentary. Called pre-frontal activities; stimulating your thinking mind and gain new knowledge.

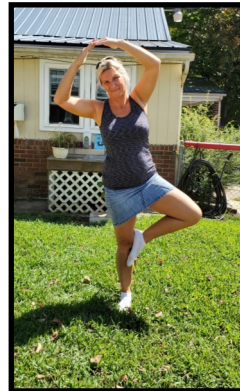
Nutrition and Physical Health Time: The Center for Disease Control (CDC) recommends an average of 150 minutes of mild to moderate exercise per week. Examples: walking, running, hiking, yoga, cross fit.

Spiritual Time: Sharing values/beliefs or having spiritual beliefs and practices can help ground you and your perspective on life and world events.

Environment: Places that help us feel safe and restored, that feed our soul and hearts. Examples: Physical spaces and objects of beauty, being with friends and family.

Creating a list of all the restorative activities and/or strategies you begin to integrate into your life on a monthly basis, can increase your likelihood of preventing burnout, compassion fatigue and secondary traumatic stress.

www.optimalbrainintegration.com



Mindfulness for Children

At each developmental stage, mindfulness can be a useful tool for decreasing anxiety and promoting happiness. Mindfulness - a simple technique that emphasizes paying attention to the present moment in an accepting, nonjudgmental manner - has emerged as a popular practice.

Children are uniquely suited to benefit from mindfulness. Habits formed early in life will inform behaviors in adulthood, and with mindfulness, we have the opportunity to give our children the habit of being peaceful, kind and accepting.

While our brains are constantly developing throughout our lives, connections in the prefrontal circuits are created at their fastest rate during childhood. Mindfulness, which promotes skills that are controlled in the prefrontal cortex, like focus and cognitive control, can have a particular impact on the development of skills including self-regulation, judgment and patience during childhood.

Shape NC: Sustaining and Maintaining a Culture of Health and Wellness in Early Education

In 2008, our early childhood community embarked on a journey to transform our outdoor learning environments! This morphed into an entire movement that changed our outlook and mindset on outdoor play and learning, but also included intentional physical activities, indoors and outdoors, and enhancing nutritional opportunities. Shape NC may come to a close, but not our work! We recognize the impact and influence this body of work has on combating childhood obesity, and also the incredible learning experiences it has brought to our classrooms, homes and community! As we continue to forge ahead to create and maintain a culture of health and wellness in our child care programs, we reflect on a few components of Shape NC, celebrate the numerous changes made and look forward to many more possibilities!



Let our Garden Grow! Children at Noah's Ark Playschool plant, nurture and harvest vegetables in their flourishing garden.



Celebrating their 10th Anniversary, The Kids of Hope has a newly completed toddler OLE with a stage, garden, pathway mud kitchen and much more!



Connecting with Nature! Opportunities to explore, discover and investigate during outdoor play at The Growing Place.

Dena Harward from Connie Redding Head Start participates in the virtual Healthy Futures through Classroom Cooking series creating hands on healthy easy to prepare snacks and plan learning experiences including nutrition concepts for her children.



Children and teachers enjoy a weekly dance party at A Child's Journey! Great way for moving your body and getting physical to a variety of musical venues and some very creative dance moves!



Safe Risks! Developing problem solving skills, visual-spatial thinking, coordination, building self-confidence and having lots of tree climbing fun at Randleman Enrichment Center.



Oh, What A Peach! Bringing fresh produce for yummy taste testing at Shepherd's Way Day School.



A multi-purpose lawn creates the perfect setting for meditation, relaxation and calm at The Children's Center.



Children at The Children's Center of Asheboro engaged in watching a short documentary of a child who was born without arms. They were amazed at all the things she has adapted to do with her feet, her incredible abilities, including making beautiful paintings! The teachers challenged the children to paint using their toes which gave them an experience to remember and an opportunity to display empathy and kindness.

By: Debbie Lockhart



Professional Development Health and Wellness trainings

11/7: Partnering with the Environment as a Third Teacher: The Healing Power of Nature

11/10: Powerful Messages for a Healthier Tomorrow

12/1 & 8: Growing Up Wild

Visit our website: randolphkids.org, click on "training" to view the descriptions and information for additional training opportunities. **To register:** Email training registration forms to Susan: shelsabeck@randolphkids.org or fax: (336) 629-2135

Apple Crunch Day: October 21



Celebrate National Farm to School Month by purchasing and crunching locally and regionally grown apples at NOON on Thursday, **October 21!**