



CEPS staff Marina Shafran, Shauna Skerman, Jene Moore, Abeba Tzeggai and Kamini Jassal presented Eat and Run at the National CACFP Conference.

## Eat and Run Receives National Recognition

Community Education and Provider Services' book "Eat and Run" is receiving recognition at a national level. "Eat and Run" is a book designed to help family child care providers bring good nutrition and physical activity into their daily programs. CEPS Director Jene Moore, CEPS Assistant Director Kamini Jassal, Nutrition Program Coordinator Abeba Tzeggai, along with Child Care Specialists Shauna Skerman and Marina Shafran presented an Eat and Run workshop at the National Child and Adult Care Food Program Sponsors Association Conference in Las Vegas in April.

The book was extremely well received by the workshop attendees. Participants from all over the country including staff in CACFP agencies and child care professionals learned about how the "Eat and Run" book was developed, and how it is being used to recruit and retain family child care providers for the USDA food program. Participants also enjoyed trying two nutrition and physical fitness activities from the book. Eight lucky winners got to take home a copy of the book to use in their programs.

CEPS staff continues to receive requests to present Eat and Run. Other recent engagements include the Virginia State Sponsors Association Conference in Charlottesville, and there are also plans to present "Eat and Run" at the national Food Research and Action Center conference in Washington D.C. in early 2016.

"We are so excited for the opportunity to share "Eat and Run" with other professionals to help promote healthy eating and physical fitness with family child care providers all across the country," said Moore.

Funding to develop "Eat and Run" was made available through a Centers for Disease Control Community Grant received by the Partnership for a Healthier Fairfax for the Live Healthy Fairfax initiative.





# Head Start Hosts Health Fair

On April 25, Head Start staff hosted the fun and educational “I Can Keep My Family Healthy” health fair for families with children in the Greater Mount Vernon Community Head Start programs at Gum Springs Community Center, and Gum Springs Glen, and Early Head Start Family Child Care.

Approximately 50 families took part in the health fair. As families signed in they received a book called “What to do When Your Child is Sick,” a tote bag for gathering information from the exhibitors, and a “Passport to Health,” to present at each exhibitor’s table for validation upon completing each activity.



There were a large variety of exhibitors providing health information relevant to families. These included the Health Department’s WIC program; Neighborhood Health, an open access pediatric health care clinic that treats uninsured families on a sliding fee scale; cooking demonstrations by the Virginia Cooperative Extension; safety in the home; car seat safety; oral health; and hand washing demonstrations. InTotal Health brought their “fun bus” which featured dancing and parachute play outside.

In partnership with George Mason University, several interns and students participated in the health fair. GMU senior year nursing students taught breakout sessions throughout the day on pediatric asthma and “What to do When Your Child is Sick.” GMU public health graduate students gave comprehensive health assessments to the adults. Zumba classes promoting a fun way to exercise were led by a certified Zumba



instructor from Neighborhood and Community Services.

At the end of the event, families received a raffle ticket for every validation they received from a vendor. Raffle prizes included car seats, baby gates, humidifiers, photo albums, blenders and a floor play mat, all of which support healthy families.

## SACC in the News

AfterSchool Today, the quarterly publication of the National AfterSchool Association (NAA) profiled Fairfax County Office for Children’s SACC program in its Spring 2015 issue. The article focused on a “Celebration of SACC’s 40 Years of Quality Afterschool Programming.”

The article was written by Dr. Alice Hall, a former SACC employee, NAA Board member, and associate professor at Georgia State University. NAA recognizes that quality afterschool programs provide positive child and youth development and meet a critical need for working families. Hall highlighted several important components of the SACC

program, including a long-standing partnership with Fairfax County Public Schools; inclusion of children and youth with special needs; a sliding fee scale to keep the program affordable for families of different income levels; and the SACC staff who are committed to long term professions in youth programming.

The article emphasized the special role of SACC by stating “SACC is a part of the fabric of Fairfax County; part of the fabric that makes Fairfax a great place to live and work, and a great



place to be a child. As one parent shared, ‘It is always a good feeling walking into this center and actually experience (sic) the staff providing a variety of experiences that foster exploration, creativity, problem-solving and teamwork.’”

The SACC program serves more than 10,000 children each day and offers before school, after school, and full day programming during winter, spring and summer breaks.

# Child Care Professionals Week



OFC Director Anne-Marie Twohie assists Child Care Advisory Council member Monica Jackson and her staff with children from her child care program.

At their April 28 meeting, the Fairfax County Board of Supervisors declared May 3-9, 2015 Child Care Professionals Week in Fairfax County. The board joined with many other organizations nationwide in acknowledging child care

professionals and their important work supporting families and providing early care and education for children from birth through elementary school. A reception hosted by the Child Care Advisory Council and OFC was held immediately following the presentation. The Office for Children is honored to work in partnership with early childhood and school age professionals and appreciates all that they do to care for the children of Fairfax County.



Child Care Advisory Council Members Hugh "Mac" Cannon (left) and Gita Kumar (right) with Child Care Specialist Sharon Gamache (center).

## ECCC Hosts Annual Picnic

The Employees' Child Care Center recently held their annual family picnic at Burke Lake Park. Families of children currently attending ECCC and families of ECCC "graduates" look forward to this opportunity to get together for a day of fun in the park. Over 100 families attended this year's picnic. The children enjoyed playing games, walking on the gorgeous wooded trails with their families, face

painting, climbing on the playground, and spending time with their friends.

ECCC Director Ruth Stover said, "We are glad that so many families return for this event year after year even once their children move on to school. The teachers love to see how the children are growing, and the families love the opportunity to keep in touch."





# Amazing Kids Spring into Action



During SACC's Spring Break program located in 23 SACC centers across the county, children used their imaginations and ingenuity to take on challenges that appealed to the athlete, artist, performer, writer, innovator and nature lover. Each day of the week-long program featured a variety of exciting challenges that got kids outdoors, and tapping into their creativity. Challenges ranged from who could hula hoop the longest, to designing and constructing an outdoor obstacle course using natural and recycled materials, to writing and producing an exercise video. Challenges came in all shapes and sizes and inspired children to try something new.



## **O F C** Office for Children

This employee newsletter is published by the Office for Children, a division of the Fairfax County Dept. of Family Services. If you have any questions, contact Angela Morlu at 703-324-7528 or Nancy McDonough at 703-324-8042. [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc).



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