

CEPS Workshops Celebrate National Nutrition Month Family Child Care Providers Explore New Traditions

Community Education and Provider Services celebrated National Nutrition Month with workshops for child care providers who participate in the USDA Child and Adult Care Food Program. To highlight this year's theme of "Savor the Flavor of Eating Right," the providers had an opportunity to explore the cultures and traditions of four different



At the 'India' station, providers were able to make and taste mango lassis, a traditional Indian drink.

countries. China, Mexico, India and France were showcased from "Passport to Adventure," the CACFP 2016 Nutrition Calendar and Record Keeping System for family child care providers.

At each workshop family child care providers received a "passport" to visit stations representing each of the four countries. Moving from station to station, providers took part in physical activities and tasted foods that they could adapt to use with their families and the children in their care. These activities and recipes were sampled from the CACFP 2016 Nutrition Calendar.

According to the Academy of Nutrition and Dietetics, how, when, why and where we eat



Family child care providers participated in a festive and energetic hat dance at the "Mexico" station.

are just as important as what we eat. The key message of National Nutrition Month, "Savor the Flavor of Eating Right," emphasizes the importance of making informed choices and developing sound habits for eating and physical activity.

CEPS's workshops supported the NNM theme. Family child care providers were encouraged to take the time to share food traditions with the children in their programs, so they can learn to appreciate the pleasure, great flavors and social experiences food can add to life.

Nutrition Workshop Encourages Healthy Habits for OFC Staff

During National Nutrition Month, the CEPS nutrition committee hosted OFC staff at a workshop where they learned new ideas for preparing easy workplace meals and participated in fun workplace workouts.



Demonstrations featured ideas for healthy breakfasts, portable snacks, and easy work lunches. Staff sampled a variety of tasty

foods including homemade guacamole, bean dishes, quinoa salad, pasta salad and Asian turkey wraps.

Chef Phil Skerman with the Ritz Carlton, Tyson's Corner demonstrated how to prepare a nutritious, tomato soup with garlic, which everyone enjoyed. The chef



also showed how easy it is to pack your salad for the

workplace in mason jars, by placing the dressing in the bottom of the jar and layering the vegetables of your choice.

CEPS staff Kerri Ralston, a certified personal trainer, introduced quick exercises staff can do every day. These easy strengthening exercises use resistance bands or body weight and can be done while sitting or standing in the office.



CEPS Director Jene Moore thanked everyone for their participation, and encouraged everyone to, "adopt some of these techniques for a healthier lifestyle."

Head Start Parents Can Smile Brightly!



OFC's Everludis Lopez and DFS's Andrea Lomrantz register families for the MOM Project.



Dental hygienists prepare Head Start parent Feven Tesfaye for her dental work.



OFC's Amy Joyner provides health assessments for families before their dental work.

There are 43 Head Start family members who are able to smile with confidence, because they received dental services through the 13th Annual Mission of Mercy (MOM) Project.

The MOM Project is a partnership between the Northern Virginia Dental Society and Northern Virginia Community College. It brings together dental professionals, dental hygiene students and community volunteers for two days to provide high quality dental care to uninsured, and under-insured

income eligible adults from Northern Virginia jurisdictions.

In preparation, Head Start Public Health Nurse Amy Joyner worked with Head Start family service workers to recruit adult family members in need of dental services. FSWs also helped family members to complete required paperwork so they were prescreened to qualify for care before the event.

On March 11 and 12, Fairfax County Head Start staff assisted with the MOM Project's clinic at NVCC's Medical Education

Campus. Joyner performed health assessments on participants before they received free comprehensive dental care. Head Start Nutritionist Everludis Lopez assisted with registration and provided translation services as needed.

During the two day period, 885 adults from across Northern Virginia received dental care and more than \$600,000 dollars in dental care was donated. It was a busy and fun-filled day for all participants including the staff and 43 families from Head Start who participated.



Council members including (top left to right): James Campana, Chairperson Alicia Doe, Supervisor Cathy Hudgins, Community Representative Jennifer Ferraro, Hisham Hassan; front row left to right: Xenia Sivirian, Treasurer Brittany Ross, Parliamentarian Abebeche Negero, Community Representative Patricia Aldas; Secretary Grace Asiedu (not pictured), and Vice-Chair Ilesha Debose (not pictured).

Head Start Policy Council Sworn In

Each year a new slate of Head Start parents and community agency representatives are elected to the Head Start Policy Council to share governance responsibilities with the Fairfax County Board of Supervisors in the planning, operation and evaluation of Fairfax County Head Start programs.

Fairfax County Hunter Mill District Supervisor Cathy Hudgins performed the swearing-in of the new Policy Council and offered them encouraging words. The officers pledged to support the mission and goals of the Head Start program and serve as representatives of the Policy Council.

Head Start Director Jennifer Branch said "Past Policy Council members have found that volunteering their time and service on the council is a valuable learning experience for them. We are happy that these families have made a commitment to be so involved in their children's education."

SACC and GMU Athletes, A Winning Partnership!



Children attending Oakton SACC's spring program enjoyed participating in a skills clinic presented by GMU Coach Paulsen and the basketball team.

GMU Deputy Athletic Director for External Relations Adam Brick, who is also a SACC parent, and Harold Schrager, center supervisor at the Vienna Elementary SACC program. The two recognized the opportunity for community engagement as a natural fit for both students and coaches in the George Mason athletic department and children, families and staff in the SACC program across Fairfax County.

The partnership kicked-off during SACC's Winter Program when SACC children attended a GMU basketball game, enjoyed a special performance by the GMU pep band, and participated in fun on-court activities. They also had the opportunity to meet and talk with players on the team.

During the Spring Program, head basketball coach Dave Paulsen and

several members of the team made a special appearance at Oakton SACC to conduct a basketball clinic with the children. The clinic featured skills work on dribbling, shooting, passing and other basketball fundamentals. In addition, at both the winter and spring sessions, one of the coaches gave a short motivational speech to encourage the children in the pursuit of academic excellence and physical fitness.

According to SACC Regional Supervisor Damon Terrell, this is just the beginning of an exciting partnership. "The goal is for the partnership to evolve into more opportunities for children, at multiple centers, to interact with student athletes and coaches of a variety of sports and to expand the partnership to include other opportunities for learning."

The School Age Child Care program is excited to announce a new partnership with George Mason University's Athletics Department. This partnership emerged as a result of conversations between

SACC Spring Program Adventures!

During SACC's Spring Program, teachers led children's exploration as they traveled the globe to discover some of the world's most amazing natural wonders! Children investigated the unique attributes of these natural wonders and had the opportunity to experience the sports, art, literature, traditions and contemporary culture of their global destination.



Children at London Towne SACC enjoyed making and shaking Rain Sticks as they explored the culture of the Amazon Rainforest region.



Left: SACC "Global Adventurers" explored animal life along the Amazon River, creating mini-Giant South American River Turtles from river rocks.

Children were also able to participate in some of their favorite games and activities, and play outdoors with friends. The weeklong program culminated with a celebration of the culture and the amazing natural wonders of the location they explored.

CCAR Staff Helps Parents Choose Child Care

Community Presentations a Part of CCAR Outreach

Choosing Child Care Workshop instructors, Jenna Piombo, Marissa Younts, Jody Withrow, Rachel Copeland, Mary Ann Patterson and Emily Sareen

Finding quality child care is one of the most important decisions facing working families. Parents want a safe nurturing and educational environment where young children can learn, play and grow.

Recognizing this, the Office for Children's Child Care Assistance and Referral (CCAR) program reaches out to the community to

share information about the importance of choosing quality child care.

One of the ways CCAR shares information is through a quarterly Choosing Child Care workshop. The workshop is an opportunity for parents to explore different child care options, get a sense of the average cost of care in the region, and assess their own child care needs.

During the workshop, parents learn about the importance of communicating with caregivers and center staff including:

- Questions to ask when calling or visiting prospective family child providers and centers.
- A checklist to take when visiting the programs.
- Suggestions for how to approach difficult situations or address concerns that may arise.

The workshop also provides an opportunity for parents to hear what other families are doing in their search and what kinds of resources they have used.

In addition to the quarterly workshop, CCAR is providing presentations to groups such as county employees; Department of Family Services programs where parents are part of the child care subsidy program such as Virginia Initiative for Employment Not Welfare or VIEW; and residential programs including shelters, and AYM House for teens.

In this age of online resources and webinars, it is unique to find an opportunity where parents can meet to discuss these issues face to face. CCAR staff is excited to grow participation in these workshops. Spread the word! Upcoming dates are posted online at www.fairfaxcounty.gov/ofc/chocareseminar.htm.



CCAR staff Emily Sareen and Employees' Child Care Center Director Ruth Stover (not pictured) recently presented information to county staff and families at a motherhood event hosted by LiveWell Fairfax.

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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.

 Reasonable accommodations made upon request; call 703-324-8000 or TTY 711.