

# Healthy Children, Healthy Futures

## Fairfax Futures' 15th Annual School Readiness Symposium

Early childhood educators play a critical role in supporting the healthy development of young children. On March 30, hundreds of Fairfax County early childhood educators participated in Fairfax Futures' 15th Annual School Readiness Symposium: Healthy Children, Healthy Futures.

Supervisor Cathy Hudgins, who is retiring later this year, welcomed participants and was recognized by Fairfax Futures and the Office for Children for her steadfast support of the symposium and educators in Fairfax County. First Lady of Virginia Pamela Northam, also shared her passion and vision for early childhood education across the state.

Keynote speaker Dr. Harvey Karp, a pediatrician, national bestselling author, and co-founder of "Happiest Baby," introduced concepts such as the role of non-verbal communication and positive feedback, as well as actionable steps to support an educator's role in providing a healthy and safe environment for children.

After his talk, Dr. Karp was joined in a panel discussion with Dr. Kofi Essel, pediatrician, Children's National Health System and assistant professor of pediatrics, George Washington University School of Medicine; John

Richardson-Lauve, director of mental health and lead trauma and resilience educator at ChildSavers; and Christopher J. Revere, deputy director for innovation and planning at the Fairfax County Health Department. Each brought unique perspectives across different health lenses—nutrition, social-emotional, environmental and physical—to broaden participants' perspectives on how the early childhood education setting supports the full spectrum of health in children.

In the afternoon, participants heard from Dr. Nimali Fernando, a pediatrician with Yum Pediatrics and founder of The Dr. Yum Project; Lacy Stephens, program manager with the National Farm to School Network; and Leticia Flores-Ortiz, an Early Head Start family child care provider in Fairfax County. Collectively, they shared innovative resources and strategies to encourage early childhood educators to bring nutritious, local, fresh foods to their child care programs.

This annual professional learning opportunity was made possible through a generous grant from the PNC Foundation's Grow Up Great Initiative and in partnership with Fairfax County Public Schools and Fairfax County Office for Children.



Morning Panelists: Dr. Harvey Karp, Dr. Kofi Essel, John Richardson-Lauve, and Christopher J. Revere, with Fairfax Futures Director Sallyann Bergh and OFC Director Anne-Marie Twohie.



First Lady of Virginia Pamela Northam shares her commitment to advancing early childhood education.



Dr. Nimali Fernando, opens the afternoon session where she, Lacy Stephens and Leticia Flores-Ortiz shared ways to bring healthier food into early childhood programs.



Dr. Harvey Karp talks with Symposium participants and signs his book "Happiest Baby" after the morning session.



## National Expert Tom Copeland Returns for Family Child Care Business Seminar

“Planning for Retirement” and “Building Your Own Business.”

Held on April 6, approximately 130 family child care providers attended this event to enhance their knowledge of the business side of owning a family child care program. Copeland is known for explaining tough topics in a clear, easy to understand way that engages all audiences.

Since 1981, Copeland has helped hundreds of thousands of people understand complex business and tax issues. First working as director of Redleaf National Institute for 15 years, now Copeland is an independent consultant, trainer,

speaker, licensed attorney, author of eleven books on the business of child care, and family child care advocate.

“Tom Copeland was such a popular presenter last year, we felt that providers would benefit from having him here again this year.” said Community Education and Provider Services Director Jene Moore. “We are also excited to be able to offer three workshops later this year so providers who missed this conference, can view a video of the presentation.”

For additional resources, visit his website at [tomcopelandblog.com](http://tomcopelandblog.com).

“Growing Your Business, Building Success” was the focus of OFC’s Half Day Business Seminar for family child care providers. For the second year in a row, nationally acclaimed expert Tom Copeland, provided lots of great information to participants.

Copeland spoke on topics including “Advanced Record Keeping Management Strategies,” “The Top Ten Tax Deductions,” as well as

## Nutrition Fair Features Best Practices for Children’s Health

Community Education and Provider Services celebrated National Nutrition Month with an event on March 26 for child care providers who participate in the USDA Child and Adult Care Food Program. Child Care Specialists Marilyn Frost, Sumi Abrol, Pilar Vilcarromero and Dianna Irving were the presenters.

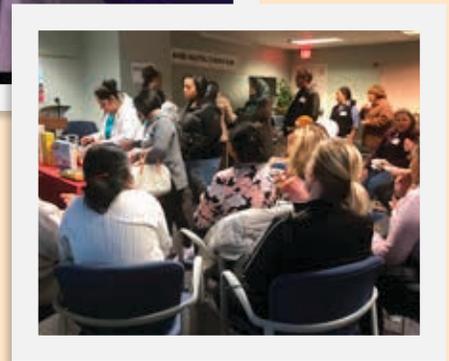
The presenters encouraged providers to incorporate activities from The National CACFP Sponsors Association 2019 Nutrition Calendar they receive every year as a record keeping tool. These activities encourage healthy eating and physical activity to promote children’s overall health.

Providers engaged in 12 different activities from the calendar. They sampled healthy snacks featured in the calendar and tried some new ideas for ways to involve children at mealtime.

The calendar is full of delicious recipes and ways to include CACFP best practices in meal planning, such as using more whole-grains and fat-free dairy in recipes. Participants had the chance to sample trail mix including whole grain cereal, and fat-free yogurt with whole-grain granola. Everyone enjoyed the hydration station, sampling two different flavors of

water infused with fresh mint and mixed fruit.

Providers also worked in small groups to try a few different physical activities from the calendar that could help them adopt a healthy lifestyle for themselves and the children in their care.





# Celebrating Child Care Professionals Week

The Board of Supervisors proclaimed May 5-11 as Child Care Professionals Week in Fairfax County, to acknowledge and celebrate the vital contributions of educators in more than 2,100 programs including family child care homes, centers and preschools across the county.

Several members of the county's Child Care Advisory Council including Wynne Busman, Mercedes Dash, Moniica Jackson and Scott Stroh were on hand to accept this recognition and present a video celebrating child care professionals. Representatives from early childhood associations and child care programs were invited to share in the proclamation.

The board joined with many other organizations nationwide in recognizing the unique role of early childhood professionals. They cited the importance of child care

professionals in supporting Fairfax County families and providing early care and education for children from birth through elementary school. Supervisor John Cook read the proclamation, acknowledging:

- The importance of child care professionals to the success of the Equitable School Readiness Strategic Plan.
- Their role in promoting children's school readiness and ongoing success in school and life.
- The positive difference child care professionals make in the lives of children and families in the Fairfax County community.

Supervisors Cook, McKay, Foust and Bulova each made positive remarks about the child care community in Fairfax County.

Supervisor Jeff McKay in particular, citing the ESRSP, emphasized the

important role of child care professionals in supporting working families through nurturing and teaching children. He shared that several years ago, a child care professional was instrumental in bringing to his attention his daughter's verbal delay, and then referring his family to the Infant & Toddler Connection for her evaluation and therapy services. He praised early childhood educators for their professionalism and the significant role they play in providing safe, nurturing environments for children, and preparing them for school and beyond.

Afterward, the Office for Children and CCAC hosted a reception to celebrate. To see the video celebrating the work of child care professionals, and to view photos from the event, visit [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc).



Children and members of the child care community gather for the photo.



Children and staff from the Employees' Child Care Center enjoy the reception.



Some families attend the proclamation and reception as well.



## SACC Mysteries Unlimited: Let's Figure It Out!

During SACC's Spring Program, "Mysteries Unlimited: Let's Figure It Out!," teachers encouraged children to put their curiosity and natural sleuthing skills to the test while taking on puzzles, mysteries and exciting challenges. Children became Mystery Masterminds as they spent the week honing their problem-solving skills through experiences in each of SACC's six focus areas: science, technology, sports, community, and the visual and performing arts.

Children enjoyed a variety of adventures such as creating mystery boxes, solving team challenges, designing art mysteries, writing and performing mysteries, guessing the mystery food, reading "Whodunit?" stories, decoding secret messages and going on scavenger hunts. Throughout the week children also had fun participating in some of their favorite games and activities and playing outdoors with friends. Each center highlighted children's discoveries with an end-of-week celebration featuring an exciting "mystery reveal."



## SACC Kids On Stage: This is How We Move

Children from 17 SACC centers took the stage Saturday, March 9 at Hayfield Secondary School as part of SACC's multi-center performance showcases. The excitement continued on April 6, as children from 20 SACC centers put on their program at Centreville High School. The theme of this year's showcases, "This Is How We Move," celebrated the children's diverse interests and talents, and reflected the School Year curriculum, "SACC on the Move."



Performers from Keene Mill SACC have a blast being on stage.



Children from Saratoga SACC charm the crowd with this hip hop dance performance."



Shreveewood SACC's ballet-influenced contemporary dance is set to a rockin' rhythm.

SACC's amazing teachers worked with the children to choreograph and rehearse their dance routines, and to prepare them to perform in front of hundreds of cheering family members and friends. Canned and boxed food items were collected to support United Community Ministries, and snack items were collected for FACETS.

### 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. [Fairfaxcounty.gov/ofc](http://Fairfaxcounty.gov/ofc).



A Fairfax County, VA Publication



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