



EARLY LEARNING COMMUNITY RESOURCE KORNER

STEP, Inc. Central Regional Key

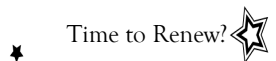
December 2009/January 2010

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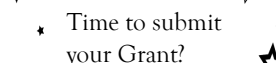
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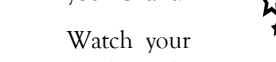
Reminders!!!!



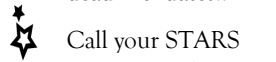
Time to Renew?



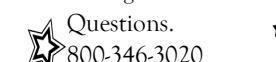
Time to submit your Grant?



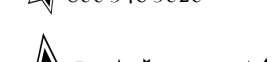
Watch your deadline dates..



Call your STARS Manager with



Questions.
800-346-3020



Time: Where Does It Go?

"All that really belongs to us is time."

-Baltasar Gracian

Here at the Central Regional Key we understand how complex life can become. As the new year approaches Time Management is crucial to accomplishing balance in work, family, community and personal responsibilities. Here are a few suggestions to help...

- Set Goals
- Use a calendar for effective scheduling
- Delegate tasks to others
- Prioritize TO DO lists
- Do not procrastinate
- Take time for you

Keystone STARS Open House

Coming Soon to a County Near You!

Central Regional Key Staff will be holding Keystone STARS Open Houses throughout the region in January and February 2010.

Keep a look out for the information on one near you!

Professional Development Opportunities in the Central Region

Integrating the Early Childhood Standards into Curriculum and Assessment	1/9/2010 9:00AM-4:00PM	Greater Johnstown Career and Technology Center Johnstown PA 15904
Today, Leading Tomorrow: Finding the Leader Within You	1/11/2010 6:00-9:00PM	Clinton County Cooperative Extension, Mill Hall PA 17851
Helping Families Understand Developmentally Appropriate Practice	1/13/2010 6:00-9:00PM	Clinton County Cooperative Extension, Mill Hall PA 17851
Families in Society	1/15/2010 6:30-8:30PM	Penn State Coop Ext. Centre, Bellefonte PA 16823
ECE 225.80 Health, Safety, and Nutrition for the Young Child	1/19/2010	PHCC (online), Johnstown PA 15904
Early Childhood Environment Rating Scale-Revised (ECERS-R) 202	1/19/2010 1:00-3:00PM	Mifflinburg Cooperative Extension, Mifflinburg PA 17844
Environment Rating Scale (ERS) 101 - Foundations	1/19/2010 10:00-12:00AM	Mifflinburg Cooperative Extension, Mifflinburg PA 17844
What's New with the Revised Early Learning Standards	1/21/2010 9:00-11:00AM	http://vclass.cciu.org
Community Emergency Response Team (CERT) 3 Parts	1/23/2010 7:30AM-5:30PM	Bishop Carroll Catholic High School, Ebensburg PA 15931
ECD 281.01 Leadership in Early Childhood Programs	1/23/2010 8:30AM-	Pennsylvania Highlands Community College, Johnstown PA 15904
What's New with the Revised Early Learning Standards	1/26/2010 9:00-11:00AM	http://vclass.cciu.org
Infant/toddler Environment Rating Scale-Revised (ITERS-R) 201	1/26/2010 1:00-3:00pm	Mifflinburg Cooperative Extension Office, Mifflinburg PA 17844
Moving Toward Best Practice: STARS Orientation Part 2	1/26/2010 6:30-9:30PM	Greater Johnstown Career and Technology Center Johnstown PA 15904
School-age Care Environment Rating Scale (SACERS) 203	1/26/2010 10:00AM-12:00PM	Mifflinburg Cooperative Extension, Mifflinburg PA 17844
STARS Orientation I	1/26/2010 6:30-9:30PM	Greater Johnstown Career and Technology Center Johnstown PA 15904
Using Portfolios to Bring Out the Best in School-Age Children	1/30/2010 9:00AM-4:00PM	Head Start Williamsport PA 17701
What's New with the Revised Early Learning Standards	2/1/2010 9:00-11:00AM	http://vclass.cciu.org
Food Allergies and Reading Food Labels	2/2/2010 6:00-8:00PM	Pennsylvania College of Technology, Alvin Bush Campus Center, Williamsport PA 17701
Early Childhood Theories: The Foundation (Part 1 of Theories Series)	2/4/2010 6:00-9:00PM	Pennsylvania College of Technology, Alvin Bush Campus Center, Williamsport PA 17701
Community Emergency Response Team (CERT) Part 1 of 3	2/6/2010 8:30AM-Noon	Johnstown Central Park Complex, Johnstown PA 15901
Community Emergency Response Team (CERT) Part 2 of 3	2/10/2010 6:00-9:30PM	Johnstown Central Park Complex, Johnstown PA 15901
Where's ART	2/12/2010 6:30-8:30PM	Penn State Coop Ext. - Centre, Bellefonte PA 16823
Community Emergency Response Team (CERT) Part 3 of 3	2/16/2010 6:00-9:30PM	Johnstown Central Park Complex, Johnstown PA 15901

A current comprehensive calendar can be found at www.pakeys.org.

The Central Regional Key will NOT be publishing a paper calendar.

Professional Development Registration

There is a new way to register for workshops with the Central Regional Key. The new Professional Development registration line is now open and can be accessed by dialing (800) 346-3020 and asking for extension 9740.

When you dial in, you will hear the following message:

“Hello, you have reached the Central Regional Key Professional Development registration line. For your convenience you may register for all Central Regional Key workshops at www.pakeys.org. Follow the online menu prompts to register you and your staff. If you would like to register now please provide the following information slowly:

1. Name of workshop
2. Date of Workshop
3. Location of Workshop
4. Your Name
5. Staff Names
6. Your Program name
7. Email Address
8. Phone Number

Please submit payment to the sponsoring Professional Development office immediately.

Thank you for using the Central Regional Key Registration Line.”

Updates on Professional Development

Hold This Date - New Date

Our very popular conference date has been set and we wanted you to be the first to know about it!

February 19th and 20th Conference in Williamsport at the Genetti Hotel and Convention Center – Limited to 200 registrants

Conference rates are:

- \$10 Friday Night Only**
- \$30 One Day**
- \$50 Two Days**
- \$10 Act 48 Credits**

These rates do not include overnight accommodations. However, we have secured very reasonable rates if you are planning to stay overnight.

Please be sure to review the conference flyers to see if any classes might offer CEUs as well.

We have added some very interesting workshops to this year’s lineup. [Usbourne Books](#), [The Learning Works](#) and [Discovery Toys](#) will be there too!!

See you in February.

ATTENTION PROVIDERS NEEDING PEDIATRIC FIRST AID

It is important that you contact Patty Cohick, Professional Development Specialist

BEFORE you speak to a pediatric first aid instructor. We always want to be sure we have the funds to accommodate your needs.

Thank you for your cooperation.



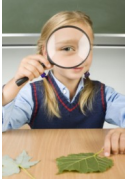
STARS Technical Assistance...*Did You Know?*

On-site consultation is available to assist you as you work through the Keystone STARS continuous quality improvement program. One possible area of assistance is LEADERSHIP & MANAGEMENT. This assistance can be in any of the following areas:

- Performance Reviews—Tools and scheduling of review of staff performance
- Code of Conduct—sample policies to utilize with staff/professionalism
- FPD (Facility Professional Development) Plan—follow up to Professional Development session and utilization of tools to complete the FPD
- PDR (Professional Development Record)—follow up to Professional Development session and work with individual staff
- Professional Development Activities—resources for accepted events
- Staff Meetings—resources for organization, agendas, minute taking, sign-offs
- Staff Planning Times & Breaks—assistance with scheduling staff and tools to reflect breaks and planning hours
- Education Opportunities—resources for support of continuing education of staff
- Job Descriptions—tools available to guide written job descriptions, inclusion in policy and procedure manual
- Organization Chart—development of structure chart of program hierarchy—who reports to whom
- Personnel Policy & Procedures—resources and supports to include possible topics and “must haves” for staffing
- Financial Review—Financial strategies, planning and tracking
- Operating Budgets—basic to complex operating budgets to include revenue and expenditures
- Program Evaluation by Staff, Parents and School-Age—sample tools and recommended practice for observations. Including gathered data as one source of evidence for Continuous Quality Improvement
- Program Policy & Procedure/Parent Handbook—tool for items to include, phrasing in professional manner
- Strategic Planning—items to include, setting long term goals
- Systems Financial Records—Financial record keeping strategies
- Injury & Illness—tracking patterns of injury and illness and plans of action to address current trends
- Site Safety Review—review of the physical plant, individual classrooms, playgrounds, etc. for health and safety concerns
- Risk Management Plan—Items to include, review of plan, areas of possible risk to program and individuals
- Mission Plan—statement of purpose for the site, incorporating all work into the mission of the program

Community Engagement Group Contacts

<p>Bedford Stacey Tice 814-623-9129</p>	<p>Clinton Laurie Welch 570-726-0022</p>	<p>Lycoming Jennifer Bolich 570-323-9448</p>	<p>Perry Karen Barlup 717-567-7323</p>
<p>Blair Autumn Temple 814-944-0884</p>	<p>Columbia Beth Cherwinski 570-784-8618</p>	<p>Mifflin-Juniata Cristy Yoders 717-248-9636</p>	<p>Somerset Katie Kline 814-445-9628</p>
<p>Bradford/Sullivan Lenette Weinman 570-265-6246</p>	<p>Fulton Jamie Taylor 717-485-5038</p>	<p>Montour Beth Cherwinski 570-275-4047</p>	<p>Tioga Coleen Evert 570-723-0520</p>
<p>Cambria Oriana Poruban 814-472-6341</p>	<p>Huntingdon Joyce Mull 814-542-5458</p>	<p>Northumberland Karen Ulp 570-988-0993</p>	<p>Union-Snyder Mary Mahoney Ferster 570-966-8194</p>
<p>Centre Eileen Wise 814-238-0331</p>			



SCIENCE FOR EVERYDAY



PRESCHOOL

Sponge Gardens for Preschoolers

Gardening is a great way for kids to get their hands dirty and learn about nature, but in Pennsylvania it's impossible to do year-round. When the wind starts howling and the snow starts falling, help your preschoolers plant a sponge garden in the comfort of your warm classroom.

What You Need:

- A new, clean sponge, any color
- A small plate
- Grass seeds
- Water



Clear plastic wrap

What You Do:

1. Soak the sponge in water and wring out until damp. Place on plate.
2. Sprinkle with grass seeds.
3. Sprinkle with water.
4. Cover loosely with plastic wrap and set plate in sunny spot.
5. Sprinkle with water as needed to keep sponge only slightly damp.

SCHOOL AGE

School Age Science Activity - Beautiful Beans, Nutritious Beans (also makes a great gift)

This activity helps children become aware of design in nature and how food can be enjoyed on different levels. This activity will enhance language development, number skills and the ability to follow directions. Layering the beans in a clear container is a way for children to manipulate materials into a design. There is no right or wrong way to layer the beans.

SUPPLIES – clear plastic jar with a lid, 1/3 measuring cup, variety of beans enough for 1/3 cup for each child – suggestions - lentils, dried lima beans, black beans, white beans, kidney beans and black eyed peas, index cards, pencils, tape, ribbon.

Have children clean and remove label from jar. Allow to dry thoroughly.

Place each type of bean in a large container. Have the children scoop 1/3 cup of a bean into their jar. Have them repeat the process using the beans in any order they choose.

Cover the jar with its lid and decorate the lid with ribbon.

Have each child write the following recipe on an index card and tape it to the jar.

RECIPE – one large onion chopped, three large carrots chopped, three stalks of celery chopped, 28 oz can of plum tomatoes, basil, salt and pepper to taste.

Wash beans thoroughly and soak them overnight.

In an 8 quart pot add 3 quarts of water, soaked beans and all ingredients. Bring to a boil then turn down to a simmer for 2-3 hours or until beans are soft.

ENJOY!!!!!!

Early Childhood Mental Health

As we are all aware, the budget impasse in Pennsylvania has affected the active services of many social service programs; including the Central Regional Key. We are also aware that there continue to be many children in need of services provided by the Early Childhood Mental Health Program.

The Central Regional Key would like to inform you that the Early Childhood Mental Health (ECMH) Program is again an active service and is available for child care providers who are involved in all levels of the STARS program.

As a reminder our program has three major goals. They are to reduce the number of children expelled from childcare due to behavior concerns, increase the understanding of social and emotional development and its impact on educational success and link and bridge systems and services of behalf of child and family.

ECMH Consultants, Lori Kahler- Brown B.S. MA and DeAlison Dixon M.S.W. are both available to help meet the needs of children with challenging behaviors in your program. If you would like to request services for a child or have any questions, please contact us by phone (1-800-346-3020) or email.

Lori Kahler-Brown

lmkahler-brown@stepcorp.org
Ext. 9731

DeAlison Dixon

dsdixon@stepcorp.org
Ext. 9734

CDC Guidelines Regarding Influenza for Child

The Centers for Disease Control (CDC) released new federal guidelines to help child care and early childhood programs respond to influenza during the 2009-2010 influenza season. For more information please visit the following websites :

<http://www.flu.gov>
[Child Care and Early Childhood Guidance](#)
[Preparing for the Flu: A Communication Toolkit for Child Care and Early Childhood](#)



School Age

Remember to include a check made out to the Central Regional Key for each School Age New Staff Orientation submitted. The cost for each orientation is \$5.00.

Look for upcoming SACC trainings on the PA Key website. Six modules focusing on School Age Growth and Development are scheduled to be rolled out shortly.

The purpose of the T.E.A.C.H Afterschool and Youth Work Scholarship is to assist afterschool and youth work professionals in earning coursework towards a credential, certificate or degree in School Age Afterschool child care, youth work or appropriate related field.

For more information please contact –
PACCA Afterschool and Youth Work Scholarship Program- 2300 Vartan Way—Suite 103- Harrisburg, PA 17110
877-51TEACH. Ask for a scholarship counselor www.pacca.org/teach.aspx.



Central Regional Key Staff: 1-800-346-3020 Professional Development hotline: 570-601-9740

Management

John LaRose, Director	jhlarose@stepcorp.org	ext. 9720
Ricki Ellen Klopp, Program Manager	reklopp@stepcorp.org	ext. 9721

Professional Development

Patricia M. Cohick, Specialist	pmcohick@stepcorp.org	ext. 9723
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Community Engagement

Patricia M. Cohick, Specialist	pmcohick@stepcorp.org	ext. 9723
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Keystone STARS

Dana DeVito, Coordinator	dadevito@stepcorp.org	ext. 9724
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Claudia Hunold, Coordinator	cmhunold@stepcorp.org	ext. 9726
Terri Matthews, Coordinator	tjmatthews@stepcorp.org	ext. 9728
Barbara Parker, Coordinator	bpparker@stepcorp.org	ext. 9732

STARS Technical Assistance

Shannon Cohick, Coordinator	slcohick@stepcorp.org	ext. 9735
Michele Johnson, Coordinator	mljohnson@stepcorp.org	ext. 9727

School Age/Keystone STARS

Eileen Okkelberg, Coordinator	esokkelberg@stepcorp.org	ext. 9738
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Early Childhood Mental Health

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DeAlison Dixon, Specialist	dsdixon@stepcorp.org	ext. 9734

Contracts/Fiscal

Teresa Frierson, Specialist	tafrierson@stepcorp.org	ext. 9730
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Informational Specialist

Sherry McKinney, Assistant	samckinney@stepcorp.org	ext. 9736
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We want to hear from you!

Send us your ideas, questions, and success stories and the next time you receive our newsletter or visit our new website you may just see your thoughts included.

Visit us at our website and check out the latest news and information at:

www.stepcorp.org/crk

STEP, INC.

Central Regional Key

2138 Lincoln St.

Williamsport, PA 17701

