



# EARLY LEARNING COMMUNITY RESOURCE KORNER

STEP, Inc. Central Regional Key

January 2010

After the Ball Is Over

**Inside this issue:**

Professional Development Calendar	2
Health and Safety	3
Looking for Leadership	4
Stars Designation	4
Technical Assistance	4
Science for Everyday	5
School Age	6
Early Childhood Mental Health	6
STARS	7

While sitting here in the Regional Key office and reflecting on this past fiscal year, I'm surprised at how long ago it seems that we all weathered the terrible storm of the Commonwealth budget impasse. How well I remember the trauma to our operation as well as the individual devastation to each and every one of our providers. In reality, even though we are now over half way through this year, in many ways we have only been afforded a few months to accomplish the very important work we collectively do in our efforts to serve the Central Regions families and children.

I must say I am in a state of awe! I truly find it remarkable how committed and resilient the Central Region Early Care and Education community is. In spite of all of the hardships and obstacles, in spite of all of the delayed funding and lost time, Central Region providers, Community Engagement groups and Regional Key staff have all pulled together and relentlessly refused to allow obstacles prevent them from developing the critical programming needed by our children and families!!

As I sit and review deliverables, grant data, professional development data, technical assistance reports, Community Engagement reports and so much more I cannot be but amazed at what has been accomplished in such a short time in the face of so many obstacles. In almost all areas of service delivery it would appear that the Central Regional Key is either on target or ahead. To my mind this is a remarkable statement about the early care and education professionals working in the Central Region. I am extremely proud to be a member of this dedicated community of professionals. On behalf of our regions children and families I thank each and every one of you for your efforts in building a better future for our children. You are all to be applauded.

John LaRose

Director

STEP Inc. Early Care and Education Administration

Central Regional Key



**New!**

Need a budget revision?  
Revision must be on a certain form.

Call Dana DeVito for the form.  
1-800-346-3020 ext. 9724



**Keystone STARS Open House Schedule**

1.25.10 Clinton County (6-9)	1.26.10 Bradford/ Sullivan Counties (5-8)
1.1.10 Blair County (5-8)	2.2.10 Union/Snyder Counties (6-9)
2.4.10 Columbia/Montour Counties (5-8)	2.8.10 Tioga County (5-8)
2.9.10 Northumberland County (5-8)	2.10.10 Cambria County (5-8)
2.11.10 Perry County (6-9)	2.16.10- Huntingdon (6-9)
2.22.10 Centre (5-8)	2.23.10 Lycoming (5-8)
2.24.10 Mifflin/Juniata (5-8)	3.3.10 Somerset (6-9)
3.8.10 Bedford (5-8)	Questions? mljohnson@stepcorp.org

## Professional Development Opportunities in the Central Region

<a href="#">Adult Learning Principles (Observation Level 3: Implementing &amp; Supporting Observation of Children in Your Center)</a>	1/26/2010 10:00AM-1:00PM	Penn State University, University Park PA 16802
<a href="#">Guiding Behavior</a>	1/26/2010 6:00-9:00PM	Tender Love for Children Center, Altoona PA 16601
<a href="#">School-age Care Environment Rating Scale (SACERS) 203</a>	1/26/2010 10:00AM-12:00PM	Mifflinburg Cooperative Extension, Mifflinburg PA 17844
<a href="#">Infant/toddler Environment Rating Scale-Revised (ITERS-R) 201</a>	1/26/2010 1:00-3:00pm	Mifflinburg Cooperative Extension, Mifflinburg PA 17844
<a href="#">STARS Orientation I</a>	1/26/2010 1:00-4:00PM	Greater Johnstown Career and Technology Center Johnstown PA 15904
<a href="#">Moving Toward Best Practice: STARS Orientation Part 2</a>	1/26/2010 6:30-9:30PM	Greater Johnstown Career and Technology Center Johnstown PA 15904
<a href="#">Coping with the Challenging Child</a>	1/27/2010 6:00-9:00PM	Pleasant Gap United Methodist Church, Pleasant Gap PA
<a href="#">The Work Sampling System</a>	1/27/2010 9:00AM-4:00PM	STEP, Inc. - Head Start Building, Williamsport PA 17701
<a href="#">SAC Programming - Links To Learning</a>	1/27/2010 9:30AM-12:00PM	CCIS/CDFC Central Office, State College PA 16801
<a href="#">Essence of Leadership</a>	1/27/2010 5:30-7:30PM	Danville Child Development Center, Danville PA 17821
<a href="#">Children Grieve Too</a>	1/28/2010 5:45-7:45PM	Altoona Area Public Library, Altoona PA 16602
<a href="#">Food Allergies and Reading Food Labels</a>	2/2/2010 6:00-8:00PM	Pennsylvania College of Technology, Alvin Bush Campus Center, Williamsport PA 17701
<a href="#">Early Childhood Theories: The Foundation (Part 1 of Theories Series)</a>	2/4/2010 6:00-9:00PM	Pennsylvania College of Technology, Alvin Bush Campus Center, Williamsport PA 17701
<a href="#">Exploring the Continuum of Developmental Tasks of School Age Children from 5-12-Implications for Pro-</a>	2/6/2010 8:30-11:30AM	Kids First Blair County, Altoona PA 16602
<a href="#">Exploring Four Areas of School Age Development: Implications for Programming</a>	2/6/2010 12:30-3:30PM	Kids First Blair County, Altoona PA 16602
<a href="#">Infant/Toddler Environment Rating Scale-Revised (ITERS-R) 201</a>	2/10/2010 1:00-3:00PM	Hampton Inn, Altoona PA 16601
<a href="#">School-Age Care Environment Rating Scale (SACERS) 203</a>	2/10/2010 10:00AM-12:00PM	Hampton Inn, Altoona PA 16601
<a href="#">Professional Development Resources @ Your Library</a>	2/11/2010 5:45-7:45PM	Altoona Area Public Library, Altoona PA 16602
<a href="#">Supporting Children with Special Needs in the Inclusive Early Childhood Environment</a>	2/18/2010 6:00-9:00PM	Pleasant Gap United Methodist Church Pleasant Gap PA 16823
<a href="#">The Work Sampling System</a>	2/18/2010 9:00AM-4:00PM	Penn State University, University Park PA 16802
<a href="#">The Ounce Scale System</a>	2/26/2010 9:00AM-4:00PM	Penn State University, University Park PA 16802
<a href="#">Infants and Toddlers: Development, Care, and Education</a>	3/3/2010 6:00-9:00PM	Pennsylvania Highlands Community College Ebensburg PA 15931

A current comprehensive calendar can be found at [www.pakeys.org](http://www.pakeys.org).

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

Central Regional Key Conference

February 19 & 20

Genetti Hotel and Convention Center

Williamsport, PA

U.S. health officials say that there is ample H1N1 and seasonal flu vaccine. They want as many Americans as possible to get vaccinated to prevent a possible third wave of the flu. Caregivers of young children and young children over 6 months of age should be sure to get the vaccine. If you didn't get sick from flu before, don't be fooled. The first time you get the flu, it can kill you.

## Central Regional Key Health Consultant Contact Information

Elizabeth Magill RN— Health Consultant

Available by phone Monday through Friday

1:00 p.m. to 5:00 p.m.

**(877) 328-8570 or (570) 524-1310**

Also available by email at:

**[emmhealthconsult@aol.com](mailto:emmhealthconsult@aol.com)**

Will respond to all inquiries within 24 hours

When contacting Health Consultant please have the following information:

Your name

The name of your program

Date and time of your call

A detailed description of your current concern



## DIAPER CHANGING PROCEDURE TO MINI- MIZE SPREAD OF GERMS

1. Prepare supplies (wipes, diaper, plastic bags, etc)
2. Clean the child's diaper area with disposable wipes
3. Dispose of diaper and used wipes in hands free trash can
4. Disposable wipe used on adult's hands
5. Disposable wipe used on child's hands
6. Dispose of used wipes in hands free trash can
7. Clean diaper put on child
8. Wash child's hands with soap and running water
9. Clean and sanitize diaper changing surface
10. Wash adult's hands with soap and running water
11. Sanitize sink if used for purposes other than diapering

*This diaper changing procedure is the one ERS assessors expect to see*

### **RECALL-** Infant Entrapment and Suffocation Prompts Stork Craft to Recall More Than 2.1

Million Drop-Side Cribs On November 23, 2009, the US Consumer Product Safety Commission (CPSC) issued a recall of over 2 million cribs. Television news programs are featuring this recall information on their programs. The recall issued by the CPSC appears below. Please carefully review the information below to determine whether this recall impacts cribs at your child care facility. Additionally, you may want to provide this information to parents so they can check any cribs that are in their homes.

NEWS from US Consumer Product Safety Commission and Health Canada U.S. Consumer Product Safety Commission [www.cpsc.gov](http://www.cpsc.gov) Health Canada [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

## 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 STAFF QUALIFICATIONS. This assistance can be in any of the following areas:

- Completing the PDR (Professional Development Plan) Plan
- Professional Development Activities
  - What type of activities will count to meet this standard
- Educational Opportunities
  - College Credit Bearing Opportunities
  - Taking workshops to articulate to college credit
- New Staff Orientation
  - School-Age Care
  - Family Child Care
  - Better Kid Care Modules
- Accessing Professional Development
- Understanding the Career Lattice
  - Determining the level for staff members
  - Assistance in figuring out ECE credits from transcripts

Please contact your STARS Manager if you have any further questions or are interested in receiving an application to request STARS Technical Assistance. 1-800-346-3020

## Keystone STARS Designation Notes

**Children's files are to be available at the time of designation with the following documentation:**

- Observations of children
- Work Sampling/Ounce assessments (STAR 3&4)
- Documentation of assessments shared with parents
- Getting to Know You meeting form completed
- IEP/IFSP as applicable or sign-off
- Parent-teacher conference documentation
- Referrals (as applicable to child)
- Transition information (as applicable to child)

Don't let your CDA Credential expire, an expired CDA does not qualify for an Education and Retention Award. A CDA Credential is valid for three years from the award date, after which it may be renewed in five-year increments. Visit the Council for Professional Recognition at [cdacouncil.org](http://cdacouncil.org) for further information.

## Regional Key Leadership

The Central Regional Key Leadership Council has been established to serve as a consultative and advisory body to provide valuable input to the Central Regional Key Early Learning Keys to Quality Program on matters related to our mission, objectives and goals for the twenty county region as defined by the Department of Public Welfare, Office of Child Development and Early Learning.

The Central Regional Key Leadership Council provides the means for discussing and evaluating Central Regional Key affairs and provides the opportunity for reporting on, exchanging ideas about, and evaluating the program components as well as collaboration with other program components supporting early learning and school age child care programs and educators.

The leadership council is made up of twenty-one different stakeholder groups with regional diverse membership. The leadership council meets quarterly in Williamsport. If you are interested in being a part of the leadership council please forward a letter intent to Ricki Ellen Klopp.





## SCIENCE FOR EVERYDAY



**Be the first to share your experience with the following activities and win a prize.**

Send a picture with description to [mljohnson@stepcorp.org](mailto:mljohnson@stepcorp.org)

One winner for each age group.

### Infant/Toddler

#### Sound and Sight Bottles

Gather empty small, plastic soda or juice bottles. Remove labels. Clear bottles work best. Put various items inside the bottles that will create different sounds or sights for auditory and visual stimulation.

IDEAS include: Rice or beans; water and glitter; colored ribbons; dirt and water; sand and small objects; oil and water with food coloring; food coloring with water; jingle bells; small wooden pieces to clunk; etc.

BE SURE TO TAPE THE ENDS OF THE BOTTLES SO THAT THE LIDS ARE VERY SECURE for safety as the cap is small enough to be a choking hazard. *This does use a lot of tape...but the kids will love to carry and explore these magical bottles!!!*

### Preschool **Water and Ice Experiments**

#### **Which Takes up more Space? Ice or water?**

Fill a clear or paper cup half-way full of with water. Mark the water line with a marker. Add an ice cube and mark the new water line. Wait for the ice to melt. Did the water line change at all?

Fill a small plastic bag with water (don't make it too full or it may pop). Using a piece of string, measure the circumference of the bag. Make a note on the string with a marker. Put the bag into your freezer and wait for it to completely freeze. Remeasure the frozen bag. The bag should be slightly bigger.

#### **How Long does Ice Take to Melt?**

Put an ice cube into a few different paper cups. Put the paper cups in various locations around your classroom. Some examples include outside, in the sun, in the shade, in the snow, in a bathroom and in a refrigerator. Using a timer, time how long it takes for each ice cube to fully melt.

### School Age

#### **MY POP IS TOPS**

#### What You Will Do

Make a carbonated soft drink.

#### What You Will Need

½ tsp. vanilla extract	Cinnamon
½ cup of water	3 tbsp. of sugar
½ tsp. lemon juice	1 tsp. baking soda
Drinking cup	

#### Procedure

Pour half of the water in a cup.

Add the sugar, vanilla extract, cinnamon, and lemon juice to the water and stir.

Add the baking soda and stir.

Take a drink.

#### A Closer Look

The baking soda (a chemical base) mixes with the acid from the lemon juice to produce carbon dioxide gas. This process is called carbonization.



## Early Childhood Mental Health

### Understanding Aggressive Behavior

Forty-three percent ( 43%) of the cases referred to early childhood mental consultants last year were for aggressive behavior, and 34% were problems with self regulation. This means that more than three- fourth of the children referred have problems controlling their behavior and in more than half of those cases, they are labeled as too aggressive.

**Aggression** can be defined as “forceful action” (more like the more socially acceptable characteristics of assertiveness) or “hostile, injurious or destructive behavior” (the kind of aggression that’s not acceptable).

#### Possible causes of inappropriate aggression in young children

Frustration, being unable to do something the child really wants to do  
 Inability to express feelings( lack of language skills)  
 Fear, anger, sadness feelings of isolation lack of control

#### Tips for handling aggression

Determine what might have triggered the behavior; redirect the child to something else; don’t over- react  
 Be clear about what is appropriate and what is not (e.g.; it is OK to be angry, but it is not OK to bite)  
 Model the behavior you would like to see in the child (e. g., think about what spanking communicates )  
 Limit the amount of violent and aggressive behavior children are exposed to on television, in movies and video games  
 Provide opportunities for active play and for children to act out their fantasies in ways that don’t hurt

#### Resources:

“ Helping Young Children Channel Their Aggressive ,” by Sally Provence , M. D., Zero to Three:  
[http://www.zerotothree.org/site/PageServer?pagename=ter\\_key\\_temp\\_aggression](http://www.zerotothree.org/site/PageServer?pagename=ter_key_temp_aggression)

Understanding and Raising Boys,” PBS Parents: [http://www.pbs.org/parents/raising\\_boys/](http://www.pbs.org/parents/raising_boys/)

Jane Katch, teacher, author and speaker who focuses on children’s violent play and aggressive behavior: <http://www.janekatch.com/>

**SACC HIGHLIGHT** – When completing the School Age Care New Staff Orientation workbook make sure you are using the most recent updated/revised workbook. The cover sheet for the workbook says “Revised June 2008” in the lower left corner. Please destroy any older workbooks you may have. Call Eileen Okkelberg at 1-800-346-3020 ext. 9738 if you need copies of the current workbook.



## 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 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](http://www.stepcorp.org/crk)





## A word from a STAR

Twelve years ago, when I graduated from college, I was sure I would be come a teacher in one of our local school districts. As I subbed at different levels, my heart gravitated to those smaller children. I loved watching the “light-go-on” in the eyes! It was then I realized that my calling may actually have been with smaller children, not fourth or fifth graders. So began the process of opening my own center....

My mother had actually worked in the Central Regional Key office for a time and was able to point me in the right direction to get started immediately. Shortly after opening, we applied and received our Start with Stars. The SWS grant allowed us to purchase carpeting and have it installed so that our 2 year old children would have a cushioned floor.

By the following January we were ready to pursue our STAR 1. At first it was overwhelming, but once we started we realized it wasn't too bad. When we received our STAR 1 award we all had so much fun furnishing our somewhat bare classrooms. We immediately started our STAR 2. The first time I looked at the workbook, I realized it would be a tad more work than the last. As I approached the staff, there were a lot of moans and groans. Growing pains as it required a little more paperwork on their parts. We made it. We designated STAR 2 in March of 2009. This time we reaped many rewards for our staff, and families. Some of our staff received their retention awards. We purchased items needed to enclose a small playground and furnish it. Each room received new learning materials.

Let's face it, daycare is not the most profitable business there is. The Keystone STARS program allows us the ability to purchase new items for our classrooms, helps cover benefits for our employees, and brings many rewards. If Blessed Beginnings were not a part of the program, we would have a lot less to offer our staff and families. I so am grateful for such a beneficial program to everyone involved.

Submitted by Tatum Heiser, Director



*Some people make the world more special just by being in it.*

## Look who's Moving to a Higher STAR

### STAR 1

- Penn-Mont Academy, Blair County
- Taylor's Turf at the Learning Station, Blair County
- Pitter Patter Day School, Lycoming County

### STAR 2

- Kid's Court, Centre County

### STAR 3

- Bellefonte Family YMCA-Benner, Centre County
- Begin with Us (School Age), Blair County
- Nittany Christian School, Centre County
- Sonbeam Early Learning Center, Juniata County

### STAR 4

- Bellefonte Family YMCA- Marion Walker, Centre County
- Kathy Ann Phillips, Centre County