



# Early Childhood Development Support Centre Newsletter

**Spring 2015**

**Table Of Contents**

|   |       |
|---|-------|
| Workshop Guidelines                             | 2     |
| Yarmouth & Bridgewater Professional Development | 3-4   |
| For Work in Regulated Child Care                | 5     |
| ECE Information                                 | 6     |
| Food Safety & First Aid Training                | 7     |
| Network Meetings                                | 8     |
| New Resources                                   | 9     |
| Recipes   | 10-11 |

**EVERY ECE SHOULD BE SHARING THEIR THOUGHTS ON HOW WE CAN SUPPORT THE CHILD CARE SECTOR AND FAMILIES IN NOVA SCOTIA**

**Department of Education and Early Childhood Development**

***Child Care Review***

Regulated Child Care Survey is now live until May 8, 2015.

**PLEASE COMPLETE THE SURVEY AT:**

**<http://nschildcareassociation.org/>**

**NSCC Burrige Campus**  
 Donna Barrett: Coordinator  
 372 Pleasant Street, Yarmouth, NS B5A 2L2  
**Phone:**(902)742-7832 Fax:(902) 742-7857  
**Email:** donna.barrett@nsc.ca  
 or connie.doucette@nsc.ca  
**Hours:** Monday to Friday 8:00am - 4:00pm  
 Extended evening and weekend hours available by appointment.  
**Follow Us Online:**  
**Website:** www.ecdsc.nsc.ca  
**Like us on Facebook:** Early Childhood Development Support Centre Burrige Campus

**NSCCA Worthy Wage Campaign 2015...  
 Worthy Wage Day  
 May 1, 2015**

Professional Pay for Professional Work

It's not Early Childhood Education without the Early Childhood Educator

**<http://nschildcareassociation.org/worthy-wage-day-2015/>**

**Child Care Conference**

**Welcome to Pedagogy/Play & Professionalism Conference and Trade Show 2015**

**<http://nschildcareassociation.org/programinformation/>**

The views expressed herein are solely those of the authors and do not necessarily represent the policy of the Department of Education and Early Childhood Development

**Join our group on Facebook:  
 Early Childhood Development Support Centre  
 -NSCC Burrige Campus**

This project is made possible by contributions received through the Early Childhood Education Training Initiative coordinated by the Department of Education and Early Childhood Development

**Please circulate and post this newsletter!**

To be added to our e-mail list please Email: donna.barrett@nsc.ca  
 or connie.doucette@nsc.ca

Workshop Registration Guidelines

- PRE-REGISTRATION AND PAYMENT is required at least TWO WEEKS IN ADVANCE so we can ensure enough space and materials are provided for, and that we have enough people for the workshop to take place.
• One participant per registration form
• FILL OUT THE ENTIRE FORM including your NSCC student ID. If you do not have an ID then please include either your Birth Date or SIN number to create one.
• Registrations cannot be processed, nor spaces held, unless the above guidelines are followed.
• Cancellations must be processed 2 weeks before the workshop occurs. Therefore, to get a credit, please contact us at least 2 weeks prior to a workshop if you are unable to attend.
• You will receive an email of your confirmed workshop registration, and your receipt will be mailed.

Note:

A workshop may sometimes be cancelled due to low enrollment. Please be sure to register as soon as possible to ensure that you will have a spot in the workshop and check for your workshop's deadline.

Our workshops are held in scent free facilities, please honor this.

Please relay this message to your colleagues.

~ People will receive emails confirming workshop Registration

Mail, Fax or Email Registration Form

To Register for any of our workshops, please mail fully completed registration form to :

NSCC Burrige Campus, ECDSC

372 Pleasant Street

Yarmouth, NS B5A 2L2

along with check or money order payable ECDSC NSCC , or credit card information

Or by faxing to 902-742-7857 with credit card information

Or email Donna.barrett@nsc.ca

REGISTRATION FORM CAN BE DOWNLOADED AT:

http://www.ecdsc.nsc.ca/documents/RegistrationformFeb2014.pdf

NSCC Accounts must be in good financial standing to be enrolled in any workshop.

NAME CHANGE ?

If you have had a change of name:

- Please take photocopies of 2 pieces of ID
-Along with Student w# if you have one,
-Your current address, phone and email

And forward to us so we may update your information in the NSCC System.

WE WANT TO HEAR FROM YOU

- ◆ Did you find this newsletter interesting ?
◆ Do you have questions or ideas about anything you have read ?
◆ Do you have ideas you would like to share ?

Please circulate and post this newsletter!

Email: donna.barrett@nsc.ca or connie.doucette@nsc.ca To be added to our e-mail list. Or visit our website: www.ecdsc.nsc.ca

**The Art of Cooking With Kids**

**Date: May 9th, 2015 Location: NSCC Burrige Campus #1065**

**Cost: \$15 (\$10 for NSCCA Members) Time: 9:00 am – 12:30 pm (3.5 Pd hrs)**

**Members must provide their membership number on the registration form.**

Designed specifically for early childhood educators and cooks working in childcare centers attended by three to five year olds, the Art of Cooking with Kids workshop promises to be a fun-filled, educational morning. Learn about best feeding practices, how to use cooking to promote childhood development, how to deal with food allergies & intolerances, and best of all get to cook and sample yummy recipes from The Little Chef's Big Book of Recipes! All attendees will be entered into a draw for a chance to win their own "Cooking with Kids Toolkit".

Please note that registration is capped at 50 people per session. Pre-registration required – submit ECDSK Registration form along with payment by April, 28th, 2015

**"Nothing I Do Works"**

**Understanding, Preventing and Responding Effectively to a Child's Challenging Behavior**

**Date: November 7th , 2015 Full day workshop NSCC Burrige Campus Cost: \$70 Pre-Register By Oct. 23/15**

**Description of Workshop:** When you understand yourself and the child and what behaviors push your buttons you are in a much better position to respond effectively. When you recognize that a child's challenging behavior is rooted in biological and environmental factors, often begins with anxiety, and is not a desire to ruin your day, it becomes possible for you to figure out what the child needs to learn in order to succeed. By bridging the gap between research and practice, and bringing together information drawn from neuroscience, psychology, and special education this workshop will help you understand why a child behaves in a particular way, making it much easier to meet those needs and effectively manage inappropriate behavior and respond to children when they are out of control using evidence based, proven effective strategies.

**Facilitator: Barbara Kaiser** is the co-author of Challenging Behavior in Young Children: Understanding, Preventing and Responding Effectively 3rd Edition, and Meeting the Challenge: Effective Strategies for Challenging Behaviours in Early Childhood Environments. She has taught part-time in the Faculty of Education at Concordia University in Montreal, Quebec and Acadia University in Wolfville, Nova Scotia.

**Creating a Respectful Workplace in an Early Learning & Childcare Environment Workshop**

**Date: Coming in September 2015 6 PD Hours**

**Location: Online, Cost \$45.00 tax included**

Creating a Respectful Workplace in an Early Learning & Childcare Environment. Is an online workshop where participants will discuss the different components of exhibiting respect and how they apply it within the ELCC workplace. Case studies developed based on survey results create a hands on and applicable learning environment. Videos shown display common issues found in the workplace and demonstrate appropriate ways to manage them in the real world.

**Workshop Goals are:**

To provide an understanding of what appropriate practices are for employers and employees in relation to creating a respectful working environment in an early learning and childcare setting.

To provide participants with the knowledge to detect and respectfully address inappropriate practices.

**Facilitator:** Michelle Doucette-Wallace is a certified online instructor and Early Childhood Education Faculty at the NSCC Burrige Campus.

**Felt Stories and Literacy**

**Date and Further Details TBA Fall 2015**

**Description of Workshop:** How can we use felt stories at group circles and during transitions? How do felt stories support a child’s learning by encouraging language and literacy developments? How can we create felt stories from our favorite books and use them in our classroom? This workshop will encourage you to take a closer look at the value of felt stories.

**Art of Courageous Conversations**

**Date: May 30, 2015 Location: NSCC Lunenburg Campus**

**Cost: \$50 Time: 9:00am—3:00pm (5hr PD) Pre-Register by May 13/15**

With an ever changing climate in the workplace, more and more situations arise where the need for a difficult conversation is at hand. In fact we all need to know how to have a healthy confrontational conversation. Whether you want to know how to offer feedback that includes corrective behavior, need to decline a request, confront someone with whom you have a difficult relationship or want to deepen your interaction with someone knowing how to approach the person, word and pace the conversation, and manage the other person’s responses are skills that will benefit you in your professional and personal lives.

**Facilitator:** Debbie Lawrence is a life, business & career coach. The author of “Standing In Your Light: Women and Entrepreneurship” and the CD “Dancing In Your Light”, she is the former Director of the Professional Ethics Review Committee for the International Association of Coaches. Debbie is a columnist for several publications including the Nova Scotia Business Journal and the Truro Daily News. For three decades she has gained valuable experience as a coach, teacher, consultant and facilitator.

**“Nothing I Do Works”**

**Understanding, Preventing and Responding Effectively to a Child’s Challenging Behavior**

**Date: Nov. 14th , 2015 Full day workshop NSCC Lunenburg Campus Cost: \$70 Pre-Register By Oct. 23/15**

**Description of Workshop:** When you understand yourself and the child and what behaviors push your buttons you are in a much better position to respond effectively. When you recognize that a child’s challenging behavior is rooted in biological and environmental factors, often begins with anxiety, and is not a desire to ruin your day, it becomes possible for you to figure out what the child needs to learn in order to succeed. By bridging the gap between research and practice, and bringing together information drawn from neuroscience, psychology, and special education this workshop will help you understand why a child behaves in a particular way, making it much easier to meet those needs and effectively manage inappropriate behavior and respond to children when they are out of control using evidence based, proven effective strategies.

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## SOUTHWESTERN REGION FAMILY HOME DAY CARE CONFERENCE

NSCC Burridge Campus  
September 19, 2015

Slugs and Snails , Sugar and Spice ~*Liz Hicks*  
&  
The Power of Choice & Interactions  
~*Kathy Black*

## Early Childhood Education and Care Director/Manager Conference

Best Western Conference Centre, Bridgewater  
October 2, 2015

Challenging Behavior-The Director's Role  
~*Barbara Kaiser*

The Art of Courageous Conversation Part B  
~*Debbie Lawrence*

Finding the "Good" in Governance—The Non Profit Board of Directors ~ *Susan Willis*

## NSCC EARLY CHILDHOOD EDUCATION LEVEL 1 TRAINING PROGRAM

**REGISTER NOW FOR SPRING ENROLLMENT** HOW TO APPLY:

### 1.) You Need to Provide

- A letter written by your current employer that provides confirmation of employment in a licensed childcare facility.
- An **OFFICAL** High School transcript providing evidence of grade 12 diploma must either be submitted in a sealed envelope or FAXED by the school directly to Apollonia Laureijs at 902-597-8548.

### 2.) Retrieve Application Form online download the application form:

<http://www.ecdsc.nsc.ca/documents/ECELevelIApplicationForm2013-2014pdf.pdf>

### 3.) Submit completed Application Form, Written Letter of Employment, High School transcript and Payment to :

- ◆ **By Fax:** Fax the application form to (902) 597-8548 Attention: Registrar
- ◆ **By Email:** Email application form to [apollonia.laureijs@nsc.ca](mailto:apollonia.laureijs@nsc.ca)
- ◆ **By Regular mail:** Mail to ECE Level I Registrar NSCC Cumberland Campus  
#1 Main St P.O Box 550 Springhill NS. B0M 1X0 Attn: Apollonia Laureijs
- ◆ **Submit in Person:** Cumberland Campus 1 Main St Springhill NS or Amherst  
Community Learning Center 147 S Albion St Amherst NS Hours- M-F 830am-4pm

*Be sure to supply an up to date email address that you check regularly for information about your courses and the training.*

**What is involved?** The training consists of 3 theory courses that are completed online, and 2 Guided Experiences that are completed on site at your place of employment

For more information on the cost, type of credential NSCC provides, information about level 1 training at NSCC check our website : [www.ecdsc.nsc.ca](http://www.ecdsc.nsc.ca)

### Level 1 Training Program Offerings

| <u>Course Name</u>             | <u>Course ID</u> |
|--------------------------------|------------------|
| Positive Child Guidance        | ECSP 1005        |
| Programming For Young Children | ECSP 7000        |
| Guided Work Experience 2       | ECSP 7020        |
| Guided Work Experience 1       | ECSP 7010        |
| Human Growth & Development     | GDEV 1028        |

### Early Childhood Education Diploma & Alternate Delivery

The Early Childhood Education Diploma can be obtained through the NSCC Alternate Delivery Program. This allows those untrained early childhood educators working in the field, the opportunity to continue working and obtain an ECE diploma through online courses. You have seven years to complete a diploma level course. It is also possible to be credited with up to two thirds of an ECE diploma through recognized prior learning. For further information contact your nearest ECDSC or visit our website: [www.ecdsc.nsc.ca](http://www.ecdsc.nsc.ca) and click on ECE Program page to find links to: NSCC Online Learning, the NSCC Early Childhood Education Diploma and Recognized Prior Learning.

### Continuing Education and Early Childhood Education Assistance Programs

The Nova Scotia Department of Community Services has a recruitment & retention strategy to recruit, retain and recapture individuals to work in licensed child care. There are two programs to provide financial support to eligible persons working in licensed child care and family home day care agencies and ECE graduates. The Continuing Education program will provide financial reimbursement for continuing education courses or to help obtain your ECE diploma/certificate part time while working in the sector. While the Early Childhood Education Assistance Program will provide a debt reduction incentive to ECE graduates who are eligible. To learn more visit the Department of Education and Early Childhood Development [www.ednet.ns.ca/earlyyears/pd/](http://www.ednet.ns.ca/earlyyears/pd/)

### Early Childhood Education Diploma Alternate Delivery Spring Rotation

| Course ID | Course Name                                   | Start  | Cost  | Pre-Requisite   |
|-----------|---|--------|-------|---|
| ECSP 1050 | Work Experience I                             | 27 Apr | \$403 | GDEV 1028,1020, ECSP 1000,1200, 1002  |
| ECSP 1051 | Work Experience II                            | 27 Apr | \$403 | ECSP 1050   |
| ECSP 1052 | Work Experience III                           | 27 Apr | \$403 | ECSP 1051   |
| ECSP 2050 | Work Experience IV                            | 27 Apr | \$403 | ECSP 1052   |
| ECSP 2051 | Work Experience V                             | 27 Apr | \$403 | ECSP 2050   |
| ECSP 2052 | Work Experience VI                            | 27 Apr | \$403 | ECSP 2051   |
| ECSP 2200 | Learning Through Play II                      | 27 Apr | \$302 | GDEV 1028 or equivalent, ECSP 1200  |
| GDEV 1028 | Human Growth & Development I                  | 27 Apr | \$403 | Gr. 12 or equivalent  |
| ECSP 1014 | Applying Developmentally Appropriate Practice | 27Apr  | \$403 | ECSP 2050 & 16 ECSP coded courses   |
| ECSP 1005 | Positive Child Guidance                       | 27 Apr | \$403 | ECSP 1002, co-req-GDEV 1028   |
| HUSV 1000 | Introduction to Sociology                     | 27Apr  | \$403 | Gr. 12 or equivalent  |
| ECSP 1123 | Infant and Toddler Care                       | 27Apr  | \$302 | GDEV 1028 or equivalent   |
| ECSP 7000 | Programming for Young Children                | 27 Apr | \$403 | GDEV 1028   |
| ECSP 1011 | Nutrition for Young Children                  | 27 Apr | \$202 | Gr. 12 or equivalent  |
| ECSP 1016 | Music & Movement                              | 27 Apr | \$403 | Gr. 12 or equivalent  |
| ECSP 7010 | Guided Work Experience I                      | 27 Apr | \$403 | ECSP 1005, ECSP 7000, GDEV 1028, Corequisites: Participants must be employed in a licensed child care facility and working directly with young children, consistent hours to enable supervision of the guided experience. |
| ECSP 7020 | Guided Work Experience II                     | 27 Apr | \$403 | ECSP 7010   |
| ECSP 1012 | Administering Early Childhood Services        | 27 Apr | \$403 | ECSP 2050 & 13 ECSP coded courses   |

### Professional Development Link

For information on professional development try the link provided by the Department of Education and Early Childhood Development:

<http://www.ednet.ns.ca/earlyyears/pd/ProfessionalDevelopment.shtml>

**Food Handlers Training**

To Obtain Current Information for a Course in your area & Register Contact The Department of Agriculture

At 1-902-638-2395 or visit

<http://novascotia.ca/agri/programs-and-services/food-protection/food-hygiene-course/scheduled-courses/southwest/>

Digby Curling Club: May 27, 2015  
9:00 am-4:00 pm

Shelburne Fire Hall: May 12, 2015  
9:00 am-4:00 pm

Bridgewater Fire Hall: April 28, May 14, June 18, 2015  
9:00 am-4:00 pm

NSCC Burrige: May 19, June 10, 2015  
8:30 am-4:00 pm

**First Aid Bridgewater Area 2015**

**902-543-2274**

St. John Ambulance Standard First Aid

CPR-B/AED Located at Town Office

Apr 28 8:30am to 4:30pm

May 12 8:30am to 4:30pm

May 23 9:00am to 5:00pm

June 6 9:00am to 5:00pm

**St. John Ambulance First Aid**

Standard First Aid & CPR "C"

Cost \$101 6 Hours

NSCC Burrige Campus

June 1st & 2nd, 2015 8:00am—4:00pm

**First Aid Training Registration Options**

**1. By Phone**

Speak to us in person:  
8:00 am-5:00 pm Mon. - Thurs.  
8:00 am-4:00 pm Friday  
Toll Free - 1-866-288-7034

**2. In Person**

Register at a campus near you  
8:00 am-4:00 pm Mon. - Fri.

**NAME CHANGE ?**

**If you have had a change of name:**

**-Please take photocopies of 2 pieces of ID**

**-Along with Student w# if you have one**

**-Your current address, phone and email**

**And forward to us so we may update your information in the NSCC System.**

## Directors Meetings

New members are encouraged to join the directors group. We are a gathering of administrators acting as a support group for each other to exchange ideas, concerns and to promote quality child care for children and their families.

### South Shore Directors Meetings

\*\*\*\*\*

Dates: Apr 22, and May 20, 2015

Time: 9:30am

NSCC Lunenburg Campus

For further information: call 902-742-7832

email: donna.barrett@nsccl.ca

RESOURCE FOR CENTRE DIRECTORS

## Employee Orientation Guidelines

Developed by NSCC Support Centres

Download at

[http://www.ecdsc.nsccl.ca/documents/  
NewEmployeeStaffOrientationGuidelines0713.pdf](http://www.ecdsc.nsccl.ca/documents/NewEmployeeStaffOrientationGuidelines0713.pdf)

### Southwest Family Home Directors Association Meeting

\*\*\*\*\*

Dates: May 6, 2015

Time: 10:30am

NSCC Burrige Campus , Room A116 ECDSC

For further information: call 902-742-7832

email: donna.barrett@nsccl.ca

### Tri-County Directors Meetings

\*\*\*\*\*

Dates: May 6, June 3, 2015

Time: 9:30am

NSCC Burrige Campus, Room A116 ECDSC

For further information call 902-742-7832

email: donna.barrett@nsccl.ca





## NEW RESOURCES

- BC-05-114     **Giant encyclopedia Transition Activities 3 to 6**
- BC-05-115     **Giant Encyclopedia Infant Toddler Activities Birth to 3**
- BC-05-119     **Giant Encyclopedia Math Activities 3 to 6**
- BC-05-117     **Giant Encyclopedia Science Activities 3 to 6**
- BC-05-107     **Giant Encyclopedia Preschool Activities 4 Year Olds**
- BC-05-116     **Giant Encyclopedia Preschool Activities 3 Year Olds**
- BC-05-113     **Giant encyclopedia Kindergarten Activities**
- BC-05-118     **Giant Encyclopedia Art & Craft Activities 3 to 6**

To view our current list of resources see the link below:

<http://www.ecdsc.nsc.ca/documents/ResourceList2014-15.pdf>

# Healthy Snack!

## Mango Lassi

### \*\*\*\*\* TIPS \*\*\*\*\*

-You can find frozen mango in the freezer section of your grocery store

-You can also find fresh mango on sale at times

-Add other fruit in addition, or instead of.  
For example: Bananas or Berries



### Ingredients: Per Serving

- 1 cup of Frozen mango pieces
- 3/4 cup of Vanilla Yogurt
- 1/2 cup of Milk
- Ground cinnamon

*Blend the first 3 ingredients and sprinkle with cinnamon.  
Serve!*

*\*You can also make a non-dairy drink by using plain almond or soy milk or by replacing milk and vanilla with other fruit.*

\*Frozen fruit is a great alternative when fresh is not in season and can be cheaper!

*Recipe provided by: Heather Baillie, Public Health Nutritionist. April 2015*

*Source: Jane Pare. Company's coming Kids' Healthy Cooking cookbook 2006*

# Healthy Snack!

## Easy Guacamole and Baked Tortilla Chips

**\*\*\*\*\* TIPS \*\*\*\*\***



-You can often find avocados on sale, or you can find them in bulk for

-Avocado is also great on fajitas, pizzas, sandwiches and salads!

-Avocados are a fruit! They contain healthy fats for growth and development.

-You can use mashed up avocado by itself or add whatever ingredients you like. Serve with crackers too!

**Ingredients:**

- 2 avocados (cut and peel the skin, remove the pit and mash the avocado)
- 1 small onion finely chopped (even better if sauté first!)
- 1 clove of garlic, minced (sauté with onion if doing this)
- 1 ripe tomato, chopped
- 1 lime, juiced

Mix ingredients and blend well.

**Baked Tortilla Chips:**

- Canola oil
  - Herbs and Spices, for example Mrs. Dash no salt
- Cut tortilla or pita chips into triangles. Brush with oil and spices. Bake in oven at 400°F for 5-6 minutes turning once.

Makes 4-5 servings

\*Check out You Tube to watch ‘ How to Cut Perfect Avocado Slices’