



Program Updates

Oct/Nov 2012



October 2012

Days to Remember...

- 1 - Mail In/Submit Your Claim
- 5 - Do something nice day
- 8 - Columbus Day
- 31 - HALLOWEEN



November 2012

Days to Remember...

- 1 - Mail In/Submit Your Claim
- 7 - Hug a Bear Day
- 13 - World Kindness Day
- 18 - Mickey Mouse Day
- 25 - THANKSGIVING

Remember...

- If you claim on-line you can check your claim error report. We recommend you do that between the 9-10th of each month. Go to Claims >> review Claims >> click on claim month >> choose a report >> claim summary and error letter
- "All new Licenses and Enrollment Forms need to be **IN** our office by the last day of the month you begin claiming. Otherwise your claim may be disallowed. If you use the scannable claim form you can send them with your claim.
- Remember everyone is required to have sign in/out sheets for all children in their care signed by the PARENT
- Please remember claims are due in our office by the 5th of each month. This has become a problem. Claims submitted or mailed after the 5th of the month, will be considered late and will not be reimbursed until the end of the following month.
- If you have two meal times; remember to claim children for meals that their attendance time agrees with the meal time. Otherwise the meal will be disallowed
- Remember Thanksgiving is a day you cannot claim

Dear Aunt Bee,

Now that school started, is there anything special I need to remember to do???

Nervous Nellie

Dear Nervous Nellie:

Good question. Most importantly make sure you have meal times that accommodate school times and times they are actually in your care. Call the office if you need to change your meal times. Additionally remember if they are sick or out of school, to let us know. You do this on the CIF or on-line with checking the 'school out' or 'sick' box AND making sure their times indicate they were in your care during meal times.



Any other questions, give us a call! Enjoy the school year!

Aunt Bee

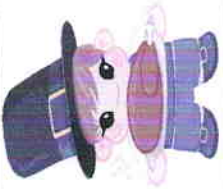

This Institution is an equal opportunity provider.

You are responsible to understand the information in this newsletter. If you can't because of a language barrier, call this number (435) 797-2169 or 1-800-540-2169 for translation services.

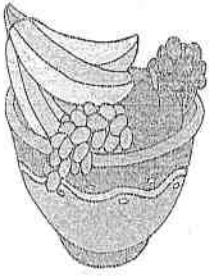
October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>7 Work on creating force—throw and kick a ball all over the yard.</p>	<p>1 I spy something red! Take turns saying “I spy something_____!” And then together run to that object.</p>	<p>2 Connect to someone else and try moving together in different ways. How long can you stay connected?</p>	<p>3 Stretch as big as you can. Curl up as small as you can. Now explode back to being as big as you can.</p>	<p>4 Go outside and pretend to be an airplane flying around the yard, going high and low, fast and slow.</p>	<p>5 Create a pathway with paper plates—crawl, walk, hop, and run along that pathway.</p>	<p>6 Make a big circle with a piece of yarn. Put your entire body inside the circle and wiggle. Put part of your body in and part of your body outside the circle and wiggle some more.</p>
<p>14 Place a sock on your head and don't let it fall off. Bend over, stretch and reach, shake, and try to run.</p>	<p>8 Put a paper plate on your tummy and run as fast as you can. Can you keep the plate on your tummy without using your hands?</p>	<p>9 Tip toe to every room in your home.</p>	<p>10 Turn some music on and make someone dance with you.</p>	<p>11 Play a game of I can do that. Someone does a movement trick and everyone else tries to do it too.</p>	<p>12 Get outside and throw and kick. How far can you make the ball go? How many throws does it take to hit the tree?</p>	<p>13 Practice your ball rolling skills today... either by rolling a ball into a box set on its side, or rolling a ball to knock over obstacles set up at different distances.</p>
<p>21 Pick up some sticks around the yard, line them up and jump over them.</p>	<p>15 Fold a towel and put it on the floor. Pretend it is a puddle. Each time you leap over it make it a little bit bigger.</p>	<p>16 Using a handkerchief or something that floats, work on tossing and catching outside. Try catching it on different body parts. Watch as the wind helps keep it floating!</p>	<p>17 Go outside and walk around your home—first going forwards, then backwards, then sideways.</p>	<p>18 Bubble fun—have someone blow bubbles as you try to pop them using different body parts. Take this activity outside!</p>	<p>19 Practice your running in the yard—swing your arms forward and backward, keeping them in a straight line.</p>	<p>20 Find some open space outside and make your body really straight and roll across the ground like a log.</p>
<p>28 Make the letters of your name with your body. First do it on the floor and then try it standing up.</p>	<p>22 Rake up some leaves and practice jumping over them, around them and then into them.</p>	<p>23 Go on a parade outside—take turns leading and pretending to play different instruments. Don't forget to wave to everyone watching.</p>	<p>24 Go for a color walk around the outside of your home. As you walk keep track of the different colors you see and then when you return home draw a picture using those colors.</p>	<p>25 Make paper airplanes and create targets using towels. Try to make your airplanes land on the towel.</p>	<p>26 Run and touch - have someone identify a part of your body and a number your job is to run and touch that many items using that body part. (touch 8 things with your elbow)</p>	<p>27 Galloping Fun—Find something around your home that could be your horse (broom, hockey stick, wrapping paper tube). Go for a horse ride as you walk, run and gallop.</p>
<p>29 Practice walking. Stand up straight and swing your arms.</p>	<p>30 Act out emotions with your movements. Can you move as if you are happy, sad, scared, silly, or mad?</p>	<p>31 Go back and do your favorite activity from this month!</p>				

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>4 Practice your jumping skills. Bend your knees, push off the floor, and reach to the sky. How high can you jump? How far can you jump?</p>	<p>5 Set up a few of your stuffed animals. Roll up a pair of socks. Practice throwing the sock ball at the animals. Step at the animal as you throw.</p>	 <p>6 Turn on some music and take turns making up a movement. Play copy cat boogie, by following what each other does.</p>	<p>7 Jumping stones—put a bunch of wash clothes or handkerchiefs on the floor. Can you jump from one to the next? Try to cross the room with out touching the floor.</p>	<p>1 Make a big circle outside. Practice moving in relationship to the circle. Can you move around it? Can you move in and then out of it? Can you run across it?</p>	<p>2 Move in opposites—fast/slow, up/down, near/far, big/small.</p>	<p>3 Practice rolling your body across the floor. Make your body like a pencil and roll, and make your body like a ball and roll.</p>
<p>11 How many parts of your body can you bend? Give it a try!</p>	<p>12 Use your body to pretend—can you move like spaghetti? How about applesauce? How about a melting ice cube? Can you melt something?</p>	<p>13 Balance fun. Try putting 4 parts of your body on the ground and balancing. How about 4 other parts? Now try balancing on 2 parts or even 5 parts.</p>	<p>14 Walk, jog, run—start out by walking one lap around your house. Now jog one lap and then finally run one lap. Which one was harder?</p>	<p>15 Play I spy. One person says I spy _____. And when the other person sees it you both run to it. Next time try skipping or galloping.</p>	<p>16 Go to every room in the house and practice hopping on one foot and then the other. Run to a new room and hop again.</p>	<p>17 Get a laundry basket and practice throwing things into it—try tossing far away and try tossing when you are really close.</p>
<p>18 Walk like your favorite animals through your house. When you get to a new room change to a new animal.</p>	<p>19 Work on your catching skills. Use a soft ball or rolled up socks. Toss it up and catch it. Keep your eye on it as it travels through the air.</p>	<p>20 Work on moving in relationship to each other. Move side by side. Move front to back. Move under then over.</p>	<p>21 Statues—form a statue with your body. Hold it really still, while someone else tries to do the exact same statue. Take turns.</p>	<p>22 Walking with Style... Go on a backwards walk. Now try a sideways walk. How about a spinning walk.</p>	<p>23 Jump over the river. Roll up a towel and put it on the floor. Can you jump over it? Make the towel just a little bit bigger—can you jump over? How big can you make it?</p>	<p>24 Practice rolling a ball back and forth with someone. Try to roll the ball in a straight line. How far can you make the ball go? Can you roll it to knock over an empty bottle?</p>
<p>25 Turn on some music and try to keep moving for an entire song. Check out what it does to the way you are breathing.</p>	<p>26 Make a set of cards that have a number on each card. Put the cards in a bucket. Draw a card, read the number, then take that many steps together.</p>	<p>27 Draw a shape on a piece of paper and then try to put your body into that shape. Keep your body still as you hold the shape.</p>	<p>28 Get outside and work on your kicking skills. Kick the ball as far as you can, chase it, and kick it again.</p>	<p>29 Color find and Move. Have someone name a color and then your job is to move to something that is that color. Move in all different ways.</p>	<p>30 Play a game of Can You? Can you spin on your bottom? Can you jump to the sky? Can you balance on your tummy? Your turn to create a movement to try!</p>	

My Plate Promotes Healthy Eating



By Mary Kay

In June 2011, the United States Department of Agriculture (USDA) introduced MyPlate, a new way to visualize healthy eating. It identifies the five basic food groups that build a healthy plate. The MyPlate icon is based on a familiar image - a plate.

Everything on the ChooseMyPlate.gov website was developed by a team of nutritionists, dietitians, economists, and policy experts at USDA. The information is based on expert nutrition recommendations for Americans two years and older from the Dietary Guidelines for Americans. It was developed as an effort to promote healthy eating to consumers, and the guidelines are directed towards healthy people over the age of two years old.

If you are already familiar with the MyPyramid educational materials that were introduced by the USDA in 1992 and then updated in 2005, you can use these in conjunction with the new MyPlate icon. The information about what and how much to eat has not changed; both MyPyramid and MyPlate are illustrations based on the same food groups and recommendations about what and how much to eat. The ChooseMyPlate.gov website contains much the same information that was available on MyPyramid.gov. However, some of the sections have been updated to reflect the 2010 Dietary Guidelines.

Use the new MyPlate icon to generate interest and prompt your children to think about what they actually put on their plates. As a child care provider, you are responsible for serving healthy snacks and meals to your child care children. Teach them about healthy eating as you serve them their meals. You can download coloring sheets of the new MyPlate diagram from www.ChooseMyPlate.gov for your children and have them draw in their ideas of what they think is on a healthy plate.

The plate is divided into four sections: fruits and vegetables take up one side of the plate, and whole grains and lean protein are on the other. Dairy is represented by the circle to the side of the plate.

Grains - At least half of your grains need to be whole grains

Any food made from wheat, rice, oats, cornmeal, barley or other cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. There are 2 subgroups of grains - whole grains and

refined grains. Whole grains contain the entire grain kernel, e.g., whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. Refined grains have been milled, which is done to give grains a finer texture and improve their shelf life; however, this also removes dietary fiber, iron, and many B vitamins. Examples of this type of grain include white flour, degermed cornmeal, white bread, and white rice. Some refined grains are then enriched, which means certain B vitamins are added back in after processing.

Protein Foods

Foods made from meat, poultry, seafood, dry beans and peas (also part of the vegetable group), eggs, processed soy products, nuts, and seeds are considered part of the protein foods group. Meat and poultry choices should be lean or low-fat.

Fruits and Vegetables - Half of your plate needs to be fruits and vegetables

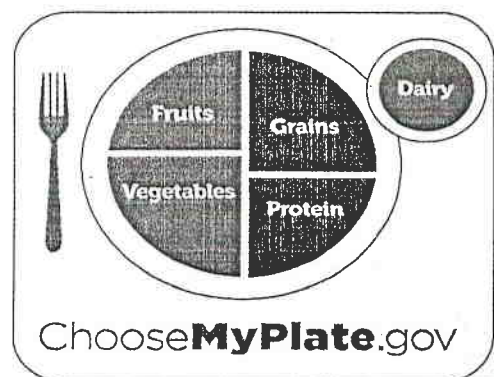
Vegetables include any vegetable or 100% vegetable juice. Vegetables may be raw or cooked, fresh, frozen, canned, dried/dehydrated, and may be whole, cut up, or mashed.

Fruits include any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried, and may be whole, cut up or pureed.

Dairy

Dairy consists of all fluid milk products and foods made from milk. Most dairy group choices should be made with fat-free or low-fat (1%) milk.

For more detailed information on each of the food groups and guidelines and resources to help you build healthy eating patterns for your family and your child care children, visit ChooseMyPlate.gov.





Cleaning Product Label Blind Spots

The *Cleaning Product Right-to-Know Act of 2011*, a ground-breaking consumer rights bill, was introduced into congress in November. Under the new bill makers of household cleaning products would no longer be allowed to hide untested and even cancer-causing chemicals in their products.

Every chemical would have to be listed on the product label—not hidden under vague terms like, “fragrance” or “other ingredients.”

A recent investigation of cleaning products used in California schools uncovered 450 toxic contaminants, some linked to risk of asthma and cancer.

One product, *Comet* Disinfectant Powder Cleanser produced 146 air contaminants when used as directed. Its fumes contained formaldehyde, benzene, chloroform and 4 other chemicals known to be carcinogens or reproductive toxicants.

“Vinegar and baking soda can make affordable and effective replacements for store-bought cleaners,” said the Environmental Working Group.

Environmental Working Group, Nov 2011

Roundup®

A new study has found *Ginkgo biloba* leaf extract to be protective against glyphosate-induced toxicity in mice. Glyphosate is the active ingredient in Roundup®, the synthetic herbicide made by Monsanto (USA).

“Roundup® shows adverse effects in all standard categories of toxicological testing, including medium-term toxicity, long-term toxicity, genetic damage, and effects on reproduction,” stated the researchers.

Journal of Medicinal Food, Oct 2011

Under current laws, the US government has little or no information about the health risks posed by most of the 80,000 chemicals on the US market today.

—*Environmental Working Group*

Household Products

Many household products are *corrosives*. That is they are acid, alkaline, or oxidizing agents. These include bleach, oven cleaner, floor cleaner, window cleaner, laundry detergent, toilet bowl cleaner, stain and mildew remover, ammonia, batteries, pine oil cleaners, phenol-based disinfectants, dish machine chemicals, and all-purpose cleaners.

These products can be harmful if misused. Corrosives can burn the skin, eyes, tongue, throat, and stomach, and cause serious bodily harm.

Unintentional poisonings happen most frequently between the ages of 1 and 6 years. Often in these cases, children mistook the item for something else. For example, a bottle of foam cleaner that appeared to be whipped cream. Or a bottle of blue or orange-colored cleaner that appeared to be a fruit drink.

Great care must be taken to keep all harmful substances out of children's reach.

Pediatrics in Review, Apr 2006

Old Enamel Kettles

It is best to throw out older enamel pots and pans used for cooking if they are chipped. That's because the underlying exposed metal may contain *lead* that could seep into food.

Newer pans made in the US should not have any lead content.

Plants & Sun

Polyphenols are naturally occurring substances widely present in plant foods: vegetables, legumes, grains, fruits, nuts, seeds, tea, herbs and spices.

Research suggests that regular ample intake of plant foods may be protective against harmful effects of UV radiation, including the risk of melanoma and non-melanoma skin cancers.

Polyphenols appear to protect against DNA damage and dysregulation of important cellular signaling pathways in the body.

Mini Rev Med Chem, Oct 2011

Flame Retardants

Elevated exposures to flame retardants (PBDEs*) have been linked to diminished intellectual capacity in children and hormone disruption in adults.

Research shows that children's bodies have higher levels of PBDEs than adults, possibly because of greater hand-to-mouth activity.

PBDEs have been used extensively in consumer goods, particularly in California, where the law has required that flame retardants be added to the polyurethane foam used in children's products such as car seats, and in upholstered furniture.

PBDEs are not chemically bound to the plastic and foam to which they are added, and so can escape into household dust. Many products containing now-banned PBDEs are believed to still be in use throughout the world.

PBDEs have been detected in food, especially in fatty meats and salmon, and human breast milk.**

**polybrominated diphenyl ethers*

***Plastic Ocean*, by Charles Moore (2011)

Environmental Health Perspectives, Oct 2011



Test your Food & Nutrition knowledge!

Below are 20 statements about food and nutrition. Are they true or false?

- | | | |
|---|---|--|
| T | F | Watermelon is native to Africa. |
| T | F | The parsnip is a root vegetable related to the carrot. |
| T | F | Broccolini is a cross between broccoli and Chinese kale. |
| T | F | Overall, vegetable consumption in US children is well below recommended amounts. |
| T | F | Gardening is an excellent way for children to learn about food. |
| T | F | Rice and vegetables are among foods least likely to cause allergy. |
| T | F | Children can outgrow some types of food allergies. |
| T | F | Iron deficiency is a common nutritional problem in young children. |
| T | F | Beef is a good source of iron and a rich source of protein and zinc. |
| T | F | Fiber is found in plant foods (fruits, vegetables, grains, legumes, nuts, seeds, herbs). |
| T | F | <i>L. Acidophilus</i> is a beneficial probiotic bacterium commonly present in yogurt. |
| T | F | Good nutrition supports the immune system and helps protect against sickness. |
| T | F | Diet is one of the most important factors in the inception and prevention of cancer. |
| T | F | Fats are classified as <i>saturated</i> or <i>unsaturated</i> . |
| T | F | The major fats in tree nuts are unsaturated. |
| T | F | Beans, peas, and lentils are high in <i>folate</i> , an important B-vitamin. |
| T | F | Our skin can make vitamin D in the presence of sunlight. |
| T | F | Vitamin D deficiency causes rickets. |
| T | F | A great deal of learning about food and eating occurs in early childhood. |
| T | F | According to one legend, the herb rosemary was used to awaken Sleeping Beauty. |

Answers: All are true