

November, 2011

# Child & Youth Development Services

## NUTRITION AFTER SCHOOL

By Susan Neufeld (Director of Child & Youth Development, HTHF)

This month's Child and Youth Development Team Newsletter focuses on nutrition, specifically the Child and Adult Care Food Program (CACFP). This Federal Department of Agriculture (FDA) programs provides us with financial resources to offer healthy and balanced snacks to low-income children and youth. We spend roughly \$60,000 a year on snack - an expense that is mostly covered by CACFP.

In a nation of french fries in school lunches and Hot Cheetos as the preferred snack, we have a unique opportunity to help children discover the healthy benefits and good taste of fresh fruits and vegetables. This becomes all the more important given recent data showing that **one-third** of children and adolescents are obese. For low-income youth, this rate is even higher.

Recently, I watched a video of Chef Jamie Oliver -- a man passionate about improving the eating habits of children and youth. He made a shocking statement that, for me, underscores the importance of what we feed kids: **For the first time ever, the generation of children and youth that you serve will have a shorter lifespan than their parents -- all because of obesity and related health problems.**



The good news is that this is reversible. We **can** do something -- NOW. Some quick ideas? Have a Virtual Vacation to a farm. Talk a daily group walk and log miles to get to China. Start a "pizza garden" with all of the ingredients for pizza sauce. Play with your food -- make fruit kabobs, veggie faces, and other fun edibles. Most importantly, recognize that the messages you give kids about food choices make a lifelong impression that could help our kids live long lives.



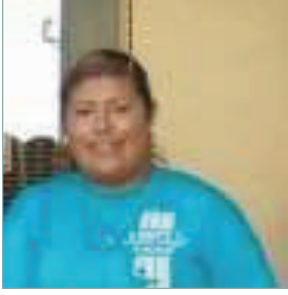
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### SPECIAL POINTS OF INTEREST

- Peace Corner: Helping Others
- Idea Corner: Giving Thanks
- Tools of the Trade: Creating a successful snack time
- Get info about our upcoming trainings as well as how to earn a Rocker Coin or two

## MEET OUR STAR STAFF



Andrea Rivera

Congratulations, Andrea Rivera!  
(Site Coordinator at Cobblestone Village,  
Escondido, CA)

Andrea is our November Star Staff. As one of our new Site Coordinators, Andrea has shown incredible leadership and growth. She works hard to ensure that her program remains engaging. As her program staff, Kenna Brown, says: “she works very hard at making sure all of the kids at Cobblestone attend [regularly].” Andrea is also a team player and regularly helps out other program sites that are short of staff.

Thank you Andrea for your team spirit and commitment to excellence!

Get to know Andrea:

- Favorite color: PINK
- Favorite food: Mexican
- Favorite/Dream Vacation: Hawaii
- What she is most proud of: Making her parents proud
- Her favorite part about working with youth: Helping them understand that school is the most important thing.

*“We worry about what a child will become tomorrow, yet we forget that she is someone today.”*  
-Stacia

### PEACE CORNER

#### Helping Others

- Lead by example: ask your kids how you can help them.
- Do the 30 Seconds of Help activity with kids and then see how many of those ideas each person can do during program.
- Do a canned food drive for the week and select a local charity, family or senior property to donate it to.
- Go to the property manager and get a list of seniors on the property. Have the kids go offer help (take out the trash, carry laundry, put away groceries).

-Submitted by Lamar Simmons & Debra Viola

## PEACE BUILDERS SPOTLIGHT

Rancho Verde Village, Rancho Cucamonga, CA

Congratulations to our November Peace Builder's Site!

Rancho Verde Village staff are dedicated not only to their site, but to the improvement of all sites in After School & Beyond. They have truly taken the Peace Builders' principle



of Helping Others to heart. Staff at Rancho Verde took it upon themselves to assist Crossings by storing several large boxes that were taking up their program space. They also host our all- staff trainings and are frequently the last ones to leave as they help clean up and store supplies. In addition, they engage their RSTs and Leasing Staff to ensure they work as a team to support each other. One of their greatest achievements is creating the PSA (Parent and Staff Association), a committee that invites parents to get involved and take responsibility in the after school program. They have also assisted other sites in creating PSAs of their own. Finally, they have peer-elected youth leaders that assist in activity and event planning throughout the year.

In short, Rancho Verde Village is truly a site that is committed to building peace in their community



# HOW IS YOUR CACFP EXPERTISE?

## EVERYTHING YOU NEED TO PASS THE AUDIT

Submitted by Melissa Thompson-Walker (Assistant Director of Child & Youth Development, HTHF)

The Federal Department of Agriculture (FDA) will be conducting an audit on our CACFP services this school year. Unannounced site visits will be conducted by the FDA at any time. As mentioned in the cover article, this program supports over \$60,000 worth of snacks each year, and this is a critical program for our youth. As such, it is extremely important that all sites are ready to impress the auditors whenever they arrive. Below you will find a checklist to help you ensure that your site is ready to pass the audit. If you are struggling to understand or meet any of these guidelines, contact the corporate office immediately for guidance. We are here to help!



- Two of the four meal components (fruits & vegetables, grains, protein, dairy) are served during snack.
- A monthly snack menu is posted on the parent board in view.
- WIC and CACFP information is posted on the parent board and in view.
- The "Justice for All" Poster is legal size or bigger and posted in view.
- Snacks are served during the time that's posted on the schedule. The schedule is posted in view.
- The daily routine includes hand washing.
- All original snack receipts are sent to corporate and the copies are kept in my CACFP binder on site.
- My CACFP binder includes: monthly menus, monthly claim reimbursement reports, meal counts, copies of snack receipts, refrigerator temperature logs.
- My refrigerator temperature logs are completed daily.
- Meals are served at point of services.
- The meal count form is completed at point of services.
- Left over meals are placed in a "goody box" and are not recounted in the meal count.
- 1% milk is served during snack.
- Claim reimbursement are completed monthly and a copy is kept in my CACFP binder.
- The claim reimbursement supplement number matches my meal count in city span.



- The facility review report is completed every three months (November, February, May).
- Meal counts do not exceed enrollment.
- Snack training documentation is kept in the CACFP binder.
- I have received a CACFP training.
- I understand the civic rights compliant procedure.
- I know that the civil rights coordinator's name is Laura Fitzpatrick.
- For a Rocker Coin, I will complete this

checklist (with honesty— mark only what you know or do) and fax/email it to Laura on or before Friday November 18th.

## IDEA CORNER

### Giving Thanks Games, Activities & Crafts

- Turkey Trot— kids link arms while back to back & are handed a turkey mascot. The pair must make it across the room or field with their turkey without dropping it. [familyfun.go.com/thanksgiving](http://familyfun.go.com/thanksgiving)
- Make a turkey note holder & clip on Praise Notes. [holidays.kaboose.com/thanksgiving](http://holidays.kaboose.com/thanksgiving)



- Research the passenger list from the Mayflower and have the staff and youth design a short play. [mayflowerhistory.com/Passengers](http://mayflowerhistory.com/Passengers)
- Make a thankful turkey acrostic poem. [enchantedlearning.com/crafts/thanksgiving](http://enchantedlearning.com/crafts/thanksgiving)
- Create a thank-you book for community workers (PM, RST, Bus Drivers, postal worker, garbage collector, etc.). [scholastic.com/teachers/lesson-plan/activity-plan-4-5-giving-thanks](http://scholastic.com/teachers/lesson-plan/activity-plan-4-5-giving-thanks)
- Make a sugar cone tepee treat! [easysnacks.net/category/holiday-snacks](http://easysnacks.net/category/holiday-snacks)



## TOOLS OF THE TRADE

### Successful Snack Time

Here are some tips and ideas to ensure a smooth and meaningful snack time!

- Make sure snack is prepared in advance so kids are not sitting around waiting.
- Before snack is served, make sure that kids know what to do when they are done eating.
- Include kids in the preparation of snacks as a special job or activity.
- Have staff sit with kids and engage in conversation.
- Remember that you need to get a new food on the taste buds 18 times before a child truly decides if he/she likes it or not!
- Use snack time as an opportunity to discuss how food is prepared, where it comes from and what the nutritional value is.
- Use snacks to teach:
  - ⇒ Serve foods related to a specific holiday.
  - ⇒ Serve foods related to a country, location or time period you are studying.
  - ⇒ Teach the names of foods in different languages.
  - ⇒ Talk about the different parts of edible plants.
  - ⇒ Talk about how a single food (ex: bread) may be cooked differently in various countries.
- Many memories are centered around food. Ask kids about what some of their favorite food memories are, and have staff share theirs as well.

## LIGHTS ON AFTER SCHOOL

### POSTER CONTEST WINNERS



Left: K-2nd Winner  
Melissa from Cobblestone



Right: Community Winner  
Jocelyn from Bravo



Left: 3rd- 5th Winner  
Jhair from Cobblestone



Right: Dreams Winner:  
Virginia from Cobblestone



Left: 6th+ Winner  
Marcella from Melrose



Right: Kindness Winner  
Adamari from Villaggio

## PROVERBS ACCORDING TO FIRST GRADERS

-Submitted by Kristine Watson (Office Manager, National Core)

A 1st grade school teacher had twenty-six students in her class. She presented each child in her classroom with the 1st half of a well-known proverb and asked them to come up with the remainder of the proverb. It's hard to believe these were actually done by first graders. Their insight may surprise you. While reading, keep in mind that these are first-graders, 6-year-olds, because the last one is a classic!

- |  |                                |
|--|--------------------------------|
| 1. Don't change horses until                           | they stop running.             |
| 2. Strike while the                                    | bug is close.                  |
| 3. It's always darkest before                          | Daylight Saving Time.          |
| 4. Never underestimate the power of                    | termites.                      |
| 5. You can lead a horse to water but                   | how?                           |
| 6. Don't bite the hand that                            | looks dirty.                   |
| 7. No news is  | impossible.                    |
| 8. A miss is as good as a                              | Mr.                            |
| 9. You can't teach an old dog new                      | math..                         |
| 10. If you lie down with dogs, you'll                  | stink in the morning.          |
| 11. Love all, trust                                    | me.                            |
| 12. The pen is mightier than the                       | pigs..                         |
| 13. An idle mind is                                    | the best way to relax.         |
| 14. Where there's smoke there's                        | pollution.                     |
| 15. Happy the bride who                                | gets all the presents.         |
| 16. A penny saved is                                   | not much.                      |
| 17. Two's company, three's                             | the Musketeers.                |
| 18. Don't put off till tomorrow what                   | you put on to go to bed.       |
| 19. Laugh and the whole world laughs with you, cry and | you have to blow your nose.    |
| 20. There are none so blind as                         | Stevie Wonder.                 |
| 21. Children should be seen and not                    | spanked or grounded.           |
| 22. If at first you don't succeed                      | get new batteries.             |
| 23. You get out of something only what you             | see in the picture on the box. |
| 24. When the blind lead the blind                      | get out of the way.            |
| 25. A bird in the hand                                 | is going to poop on you.       |
| 26. Better late than                                   | pregnant.                      |

# HOPE COMMUNITY PRESCHOOL

By Laura Fitzpatrick (Coordinator of Program and Staff Development, HTHF)

Hope through Housing is proud to introduce you to our very first preschool at Summerwood Apartments in Palmdale, CA. While we have several other preschools in our portfolio, this particular program is the very first that is staffed and run directly by Hope through Housing. Under the leadership of Rochelle Crawford-Logan, the Hope Community Preschool has been open since July 19, 2010 and provides two free to low cost program sessions. The morning session serves 4 year olds (Pre-Kindergarten), while the afternoon session serves children ages 2-5. As part of the LAUP (Los Angeles Universal Preschool) network, the Hope Community Preschool participated in a thorough evaluation in which they were awarded a 4-star rating under the ECERS (Early Childhood Environmental Rating Scale) assessment measure. LAUP uses the ECERS measure to determine the tuition amount allotted per student. The higher the rating, the higher the tuition



*“You can learn many things from children. How much patience you have, for instance.”*  
- Franklin P.

rate the preschool receives. Qualified preschools are assigned a 3, 4 or 5 star rating. It is a high achievement for a preschool to obtain a 4-star rating after its first assessment.

When asked what makes her preschool special, Rochelle shared that all her staff retain a CDA (Child Development Associate) Credential and they maintain a low teacher to child ratio of 1:8. Hiring highly qualified teachers and keeping the ratio low enables her to ensure that all children and families are getting excellent service and one on one attention from teachers. Rochelle herself has received a BA degree in Child Development and an MA in Education and has 22 years of experience teaching preschool. In addition to qualified staff, the preschool offers curriculum that promotes school readiness skills and social – emotional development by utilizing the California Early Learning Standards to guide and structure children’s learning. Children are kept engaged through a variety of literacy, math, science, music and movement, gross motor activities, social skills development activities and field trips. Finally, the Hope Community Preschool engages parents through parent education meetings and family activities.



On October 31st, 2011, the preschool travelled to a pumpkin patch at Lombardi Ranch in Santa Clarita. While at the ranch, children enjoyed a train ride through scarecrow filled cornfields, a petting zoo and were able to select their very own pumpkin to take home. Lead teacher Kelly Walter and preschool teachers, Karlina Dunston and Talicia Keltee, spent 2 weeks prior to the field trip immersing the children in a variety of “Harvest” themed activities in preparation for the trip. Their activities included lessons on weather, seasons, how pumpkins and apples grow, and pumpkin carving.



### IMPORTANT DATES

11/7– Hope Through Housing Gala @ the Disneyland Hotel

11/9– Hope Orientation

11/10– City Span Training  
12:30pm-2:30pm @ Paseo de Oro

11/11– SC Retreat  
9am-1pm @ Citrus Grove

11/16– KidzLit Training  
9am-1pm @ Villaggio

11/18– Peace Builders Training  
9am-1pm @ Villaggio

11/21– All Staff Training;  
1pm-5pm @ Rancho Verde Village

11/22– On Site Prep Day (Hope Staff)

11/23– Programs Closed (Hope Staff)

11/24-25– Thanksgiving Holiday

\*Bring your Staff Binder to the All Staff Training on the 21st & get a Rocker Coin!

## NOVEMBER FUN FACTS

Flower:	Chrysanthemum
Stone:	Topaz
November is:	Aviation History Month Peanut Butter Lover Month Sleep Comfort Month
Days of Interest:	3– Sandwich Day 4– King Tut Day 6– Saxophone Day 8– Cook Bold & Pungent Day 13– World Kindness Day 15– America Recycles Day 17– World Peace Day 20– International Children’s Day 25– Sinkie Day (eat over the sink, so you don’t have to do any more dishes day) 28– Red Planet Day

## NOVEMBER ALL STAFF TRAINING

This month’s All Staff Training will include two mini-sessions. This first session will focus on Mandated Reporting. This will include information on reporting requirements and will address the emotional impact of abuse and reporting on staff, youth and families. The second session will be focused on Community Engagement. In this session, we will discuss the importance of parent, school and community engagement and will learn some tools, tips and techniques for fostering engagement. The session will also include fundraising ideas and tips.

## TRAINING LOCATIONS

### Rancho Verde Village

8837 Grove Avenue  
Rancho Cucamonga, CA 91730  
Parking: Any uncovered spot

### Citrus Grove

1432 N Willow Avenue  
Rialto, CA 92376  
Parking: On the Street

### Villaggio on Route 66

10220 Foothill Boulevard  
Rancho Cucamonga, CA 91730  
Parking: Any uncovered spot

### Paseo de Oro

432 W Mission Road  
San Marcos, CA 92069  
Parking: There is a small lot on the east side of the leasing office. On the west side of the office, there is a lot with 90 minute parking. Breaks will be provided to move your car if you must park here.

Corporate Office  
9065 Haven Avenue  
Suite 100  
Rancho Cucamonga, California  
91730

Phone: (909) 483-2444  
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Email: [lfitzpatrick@hthf.org](mailto:lfitzpatrick@hthf.org)



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