



June 2009

Medicine Hat & District Child Care Association Out of School Care Network

In partnership with the:



Southeast Alberta
Child and Family Services Authority

Out of School Care Accreditation Begins!

Thanks to all those OSC members who were able to attend the first OSC Dinner and Meeting held on Wed, Apr. 29, 2009. This was such a great opportunity to network and meet others in this field.

We also met to learn about accreditation for OSC programs in Alberta. There was definitely a lot of information to process. We appreciate the kind words and encouragement shared by members of the MHDCCA executive about their accreditation experiences. They shared stories detailing how overwhelmed they were in the beginning... probably as many of the OSC programs are right now! They also were able to share a little on how they got through it and why it is such a worthwhile process.

To assist the coordinators of the OSC Programs, the MHDCCA has provided

the services of Jennifer Usher, Child Care Program Support Specialist. This is a learning process for her also- everyone will be learning together! In addition, ARCQE, the Alberta Resource Center for Quality Enhancement, offers numerous services to child care programs in relation to accreditation.

For example,

*** OSC Pre-Accreditation Support:** Up to 20 hours of support has been contracted for out-of-school care programs newly enrolled in accreditation. This support is intended to assist the first (300) programs who wish to take up ARCQE services in support of the self study process & development of a QEP.

*** Portfolio Resource Kits-** Developed specifically for OSC programs and organized by the standards in the self

-study guide. These kits are \$105 but may save a lot of time and labour in creating your own kit.

*** Workshops-** There are three workshops available specific to OSC. These are: Social and Emotional Development in 6-12 year olds, Physical Development of 6-12 year old children, and Quality Program in Portable Out of School Care.

***C.I.S.- Caregiver Interaction Scale** - With 60% of the Accreditation rating weighted on Child/Staff interactions, ARCQE has a service that supports agencies gather an "evidence-based" report to add to portfolios in the area of child/staff interactions.

Please visit the ARCQE website for further information. If you are interested in the OSC Network hosting any of these workshops or would like ARCQE to visit during one of our meet-



Southview Kiddie Kampus Out of School Care Program

SVKK has been a long time member of the MHDCCA. The administrative director, Patty, sits as the treasurer of the association. In March, SVKK's Out of School Care Program purchased some new games and craft supplies from the funding provided by the MHDCCA and the Southeast Alberta Child and Family Services Authority to new child care programs and out of school care programs in Region 2.



Recently, Alberta Health Services has introduced the **Alberta Nutrition Guidelines For Children and Youth**. These guidelines are recommendations for child care centers, schools, and recreation centers. In a recent nutrition inservice hosted by the MHDCCA, a **Single Serving Packaged Food List** was reviewed. The foods included in The List are packaged products available in the marketplace that meet the "Choose Most Often" and "Choose Sometimes" criteria as listed in The Guidelines. The List does not include "Choose Least Often" foods as they are typically higher in fat, sugar, and/or salt, with few nutrients and are not recommended.

This list also does not include fresh vegetables and fruit. **Fresh, whole foods from Canada's Food Guide are the healthiest choices for snacks and should be emphasized over packaged processed foods.** Apples, oranges, and pears can last quite a while in the refrigerator.

In some OSC centers, parents are asked to provide a snack and the center only provides snacks if the children are without. In this case, programs could choose to provide snacks in the "Choose Most Often" category.

EXAMPLES OF CEREAL/GRANOLA BARS in the "CHOOSE MOST OFTEN"

Compliments Low Fat Cereal Bar- Strawberry & Raspberry, Fibre 1 Chewy Bars-Oats & Peanut Butter, Kashi Cherry Dark Chocolate, Kashi Seven Whole Grain with Almonds, Kashi Peanut Butter, Nature's Path Apricot & Nut, Nature's Path Flax Plus Pumpkin, Nature's Path Peanut Butter, Nature Valley Fibre Source Apple Cobbler, Nature Valley Fibre Source Honey & Almond, President's Choice Blue Menu Apple & Almond.

The majority listed here contain nuts. If your school is nut-free, this may be a problem. There are also numerous bars in the "Choose Sometimes" Category. The list also contains fruit cups, fruit snacks, crackers, etc. that meet the "Choose Most Often" criteria

To view the entire list, please visit: http://www.achsc.org/school_materials.htm

The Medicine Hat & District Child Care Association would like to recognize the following child care professionals...



We would like to nominate Shelly, our Before and After School Care Supervisor. She is an incredible lady who would be almost impossible to replace.

Thanks kindly,

Dayle Klaudt- Principal- Vincent Massey School



We would like to nominate Bev. She is our Before and After School Care person. She is invaluable to the school and the community. The educational aspect of Bev's program is above and beyond within the child care spectrum.

Thanks, Sherri Hendricks- Principal- Riverside School

Our website is currently under construction... www.mhdcca.com