

Sooke-West Shore Newsletter

Your communities' best source of child care information & resources

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THE SOOKE/WEST SHORE TEAM

Coordinator: Daphne Raymond

Consultants:

West Shore: Amanda Leggett

Sooke: Erin Holler

Reception: Shelley Noyes/Kaia Sluggett

hello

As the vibrant colors of fall fade away, and the leaves are carpeting the sidewalks, the cold temperatures remind us that Winter is on it's way.

As the year comes to a close, we hope that you will all have some time to relax and refresh yourselves and do some self care. This time of year can be so hectic! So, when you are doing your program planning, keep in mind that simple is better and that the children will also benefit from a slower pace. Remember, it is all about the process not the product!

Below is an excerpt from a poem called "The Daycare Provider Who Lived In a Shoe" and how she ends her day. At the end of your long day, reflect on this:

*She started the laundry, checked the mail, made a list
Of the groceries she needed and the chores that she'd missed.
She collapsed in a chair and put up her feet,
Then in came her family wanting something to eat.
She fed them all quickly, heard their stories, gave them hugs,
Then she rapidly washed up all the dishes and mugs.
As the family retired at the end of the day
She got out some books to plan her next day.
She reflects on her day, in her eye there's a gleam,
For this provider is developing pride and esteem.
She works a long day and the pay isn't fair,
But the kids that she works with get quality care.*

~ Author Unknown ~

Have a wonderful Winter season from your Sooke/West Shore CCRR Team!

Canada Dental Benefit



Smile!
It is here.



For kids **under
12 years old**



For families
with an adjusted
net income
**under \$90,000
per year**



For those who
**don't have
access** to
private dental
care insurance

Find out more at Canada.ca/dental
or 1-800-715-8836



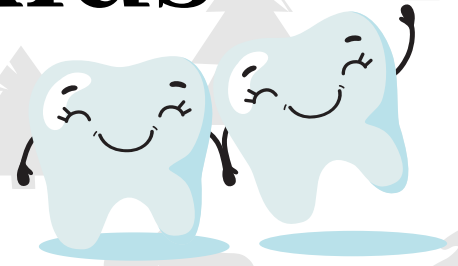
Government
of Canada

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du Canada

Canada



BC Healthy Kids Program



What is the BC Healthy Kids Program?

The BC Healthy Kids Program helps low income families with the costs of basic dental care, prescription eyewear and hearing assistance for their children. Eligible clients include children under 19 years of age who have coverage for Medical Services Plan (MSP) supplementary benefits through the Ministry of Health.

What does the BC Healthy Kids Program cover?

- **Dental:** Children are eligible for \$2,000 of basic dental services every two years. This includes services such as exams, x-rays, fillings, cleanings and extractions. Emergency dental treatment for the immediate relief of pain is also available if the child's two-year limit has been reached.
- **Optical:** Children are eligible for prescription eyeglasses (lenses and basic frames) once in a 12 month period. The BC Healthy Kids Program does not cover orthodontic treatment and/or contact lenses.
- **Hearing:** Children are eligible for - Hearing aids; Bone anchored hearing aids; Cochlear implants; Repairs and; Related items/

How To Apply:

Families who have been approved for MSP supplementary benefits will be signed up with the Healthy Kids Program. Your family must have an annual adjusted net income of \$42,000 or less to be eligible for these benefits.

If you have coverage for MSP supplementary benefits, contact your dentist, optician or audiologist/hearing instrument provider directly to access benefits under the Healthy Kids Program. Visit the government website at: gov.bc.ca/sdpr.

Snowkey Pokey

Tune: Hokey Pokey

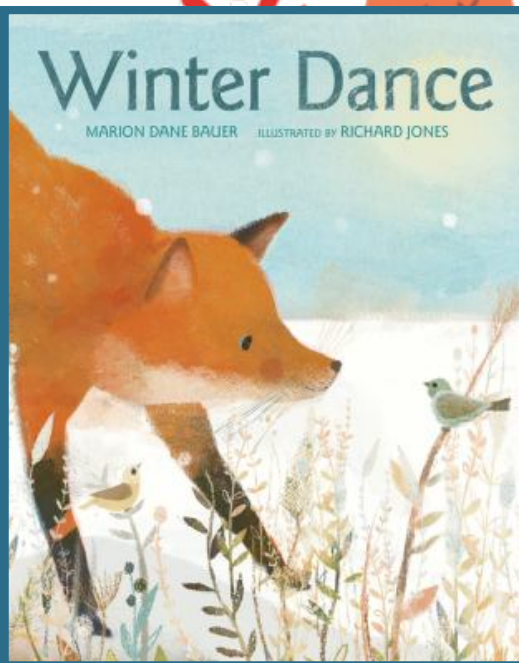
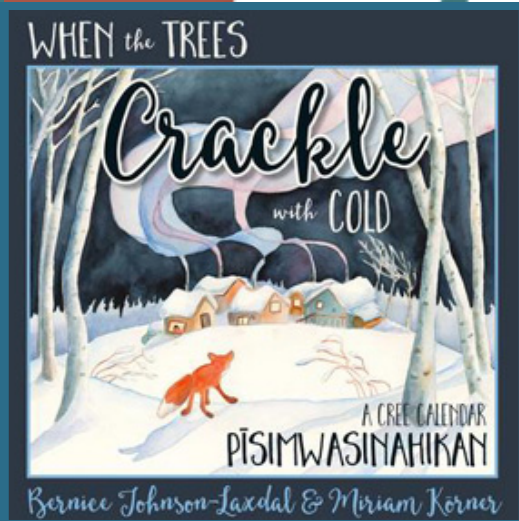
You put your right mitten in, You take your right mitten out,
You put your right mitten in and you shake it all about.
You do the Snowkey pokey and you turn yourself around.
That's what it's all about.

Additional verses:

You put your left mitten in
You put your scarf in
You put your right boot in
You put your left boot in
You put your hat in



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Have You Ever Seen?

Have you ever seen a PENGUIN?
A PENGUIN? A PENGUIN?
Have you ever seen a PENGUIN
Waddle this way and that?
Waddle this way and that way?
Waddle this way and that way?
Have you ever seen a PENGUIN
Waddle this way and that?



*Polar bear-- march

*Snow owl-- fly

Crafty Corner



Snowman Soup Recipe

Ingredients:

- $\frac{2}{3}$ cup of hot water
- $\frac{1}{2}$ cup of unsweetened cocoa powder
- 1 14 oz can of sweetened condensed milk
- 1 $\frac{1}{2}$ cups of heavy cream
- 6 cups of whole milk
- $\frac{1}{2}$ cup of sugar
- 2 teaspoons pure vanilla extract
- dash of salt
- marshmallows
- whipped cream
- mini candy canes
- sprinkles



1. In a small bowl, combine hot water and Hershey's Cocoa. Stir until smooth.
2. Combine all ingredients in a slow cooker, including cocoa mixture, and whisk to combine.
3. Heat on low for about 3 hours, stirring occasionally.
4. Top with whipped cream, marshmallows, candy canes and sprinkles.



Child Care Resource & Referral



CCRR Toy Library

Whether as a parent or a care provider, using the toy library gives you a great opportunity to try out new toys and see what your children may enjoy without having to put out the huge expense of buying it yourself!

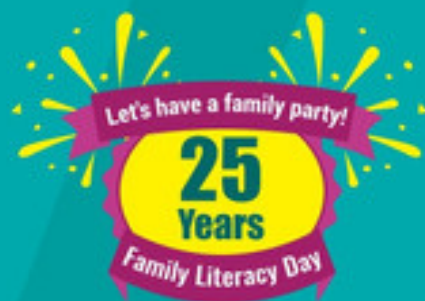
You're welcome to borrow multiple items at a time and the lending period is 30 days. There are no fees to use our toy library.

Don't have time to come by and pick items up? No problem! We are happy to make arrangements and deliver the items to you!

Check out the toy library catalogue on our website. Email Erin if you would like to borrow an item at eholler@sfrs.ca



Celebrate 25 years of
Family Literacy Day and
learning together as a
family by having a party!



Make food, sing songs, and play games. The possibilities for
learning are endless – and it's fun when you do it together.



Find fun ideas to celebrate at:
FamilyLiteracyDay.ca

     #FamilyLiteracyDay



Training Opportunities with Sooke/West Shore CCRR

Our 2024
CCRR Workshops are
available now!
Sign up [here](#)!

If you would
like more
information
regarding any
of our
workshops,
please call
250-940-4882

Sooke/West Shore Social Circle

2nd Thursday of the month
6:30-8:30 pm
Early Years Room at 345 Wale Rd

Come together to meet and support other hardworking individuals working in the Early Years field in our region! Bring your ideas (or just yourself!), enjoy snacks and/or a meal, lively conversation, and the companionship of your fellow childcare providers.

This Social Circle will support a culture of continuous learning and development, as well as a time to share ideas, resources, and gain perspective on any and all situations you may need insight on from your peers.

To register for the Social Circle, please click [here](#)



CCRR Contact Info

Sooke Office:

#100-6672 Wadams Way

Sooke, BC

V9Z 0H3

Phone:

250-642-5152

E-mail: eholler@sfrs.ca

West Shore Office:

345 Wale Road,

Colwood, BC

V9B 6X2

Phone:

250-940-4882

E-mail: aleggett@sfrs.ca

