

Summer 2025

Sooke-West Shore Newsletter

Your communities' best source of child care information & resources

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A Note from the Sooke/West Shore CCRR

As the days grow longer and summer approaches, it's a perfect time to reflect on the incredible contributions of our childcare providers. Your hard work and dedication are evident in every corner of your classrooms, in every lesson taught and every child you guide.

The energy, patience and creativity you bring to your roles are remarkable. You are shaping futures, one child at a time, and for that, we are incredibly thankful.

We hope that you have a fantastic summer, filled with opportunities to relax and recharge!

-Your Sooke-West Shore CCRR Team



Revisiting Screen Time Use in Child Care Facilities

By Denise Ouellet
Child Care Licensing Officer



In 2016, the Director of Standards of Practice (DOLSOP) introduced a new Standard of Practice – Active Play - which included a section on limiting screen time use in child care facilities. Licensing took an educational approach to introducing the new screen time standard until September 2017, and from then on, began monitoring facilities for compliance.

[CLICK HERE](#)

The DOLSOP – Active Play describes screen time as television, computers, and electronic games and limits the use to 30 minutes a day . Children who attend a program for three or less hours and children under the age of two should not be offered screen time. Employees must demonstrate appropriate modelling of screen time use.

As technology evolves and screen devices come in all shapes and sizes, it is challenging to determine what is considered screen time and appropriate modeling of its use. The pandemic highlighted the use of new and diverse tools for virtual connection that has since carried forward to meet the needs of our busy lives.

Staying connected through screen hosting devices such as cell phones, smart watches, and tablets have become a huge part of our daily rituals at home and/or at work.

Recognizing the benefits of staying connected as humans; one should consider how the use of screen time by care providers may impact the health and safety of children in care.

While the DOLSOP – Active Play places emphasis on limiting children’s use of screen time; it also stresses that staff demonstrate and model their own appropriate use of screen time while providing care.

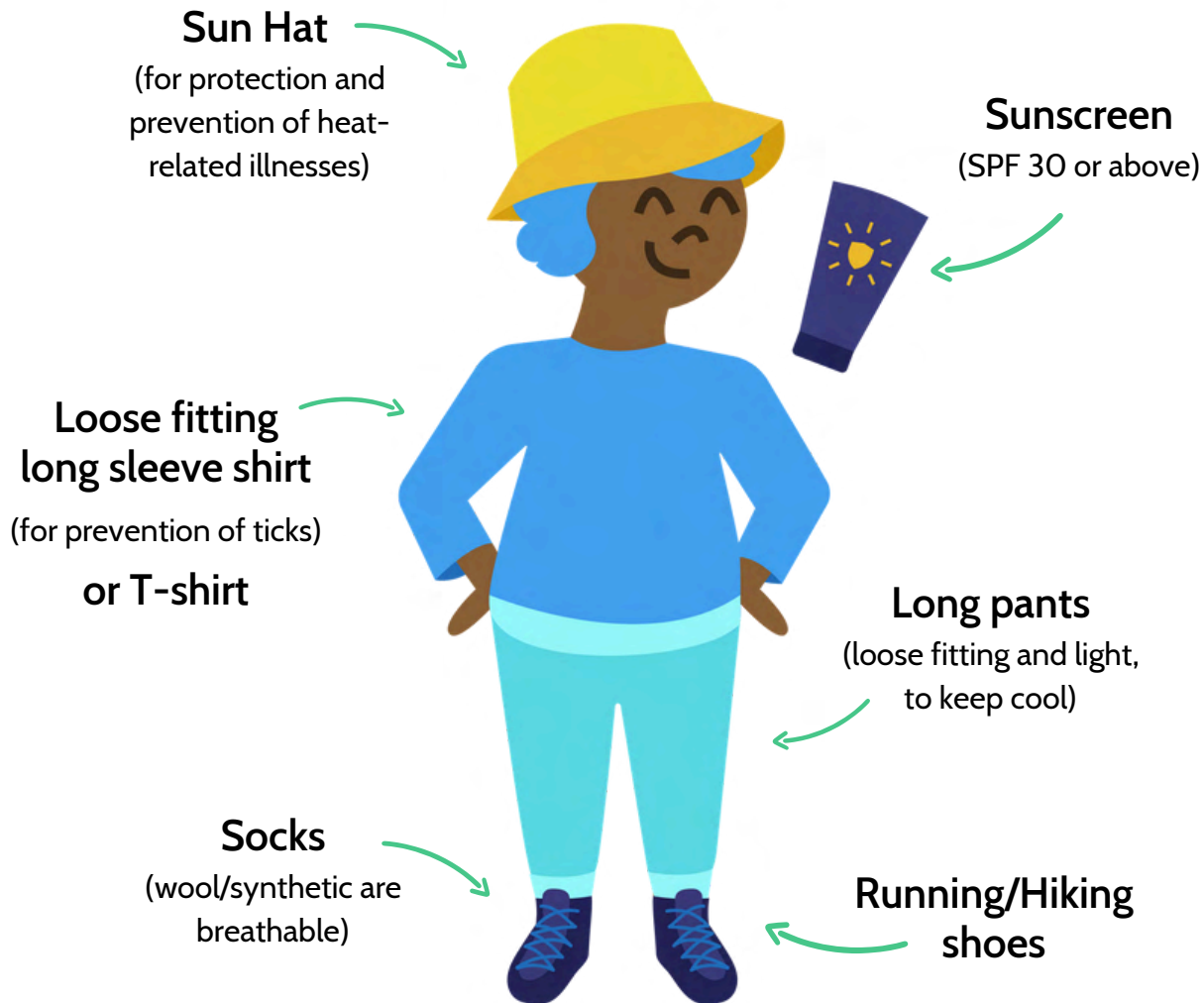
The section of the DOLSOP regarding the use of screen time speaks to employees demonstrating appropriate modelling. But, what could be considered as appropriate modelling?



What to Wear for Outdoor Teaching and Learning



Warm Weather



HELPFUL TIPS

- TUCK IN all clothing - shirt into pants, pants into socks (for tick prevention)
- In your kit/when out on the land, pack bug repellent and sunscreen
- Pack extra clean hats and socks (in case someone needs dry ones)
- Bring spray bottles full of water to mist/cool down children/yourself
- Bring a water source for refills and cool downs

Summer Songs, Finger Plays, and Poems



Five Little Seashells

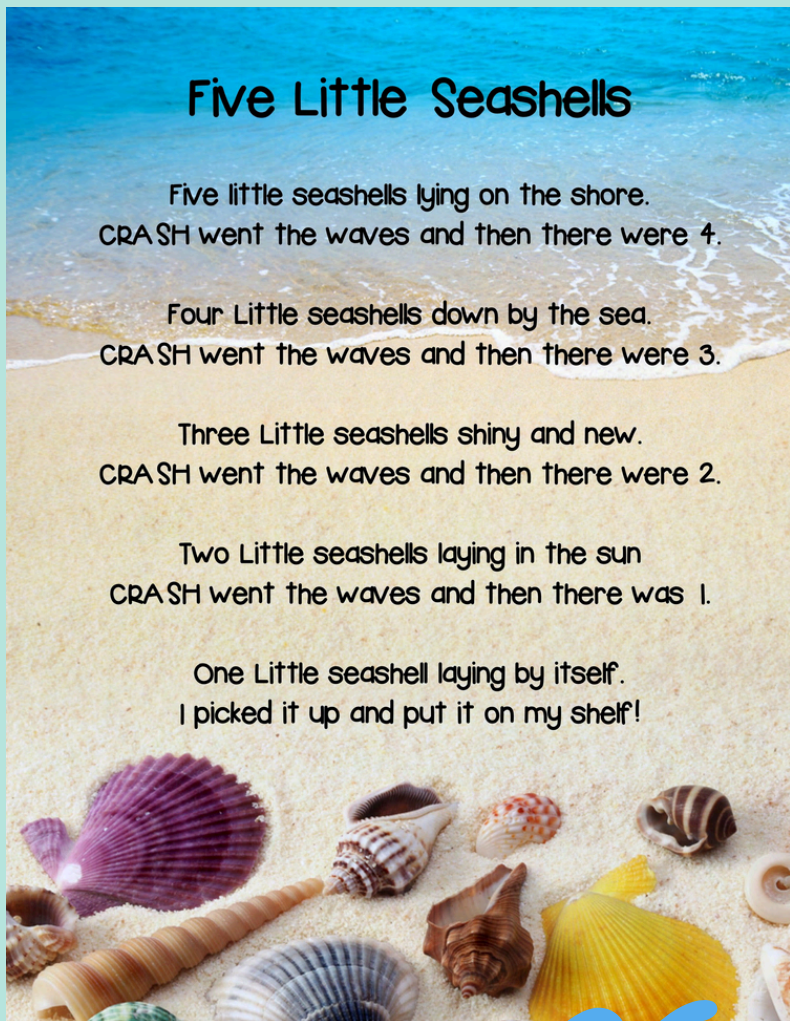
Five little seashells lying on the shore.
CRASH went the waves and then there were 4.

Four Little seashells down by the sea.
CRASH went the waves and then there were 3.

Three Little seashells shiny and new.
CRASH went the waves and then there were 2.

Two Little seashells laying in the sun
CRASH went the waves and then there was 1.

One Little seashell laying by itself.
I picked it up and put it on my shelf!

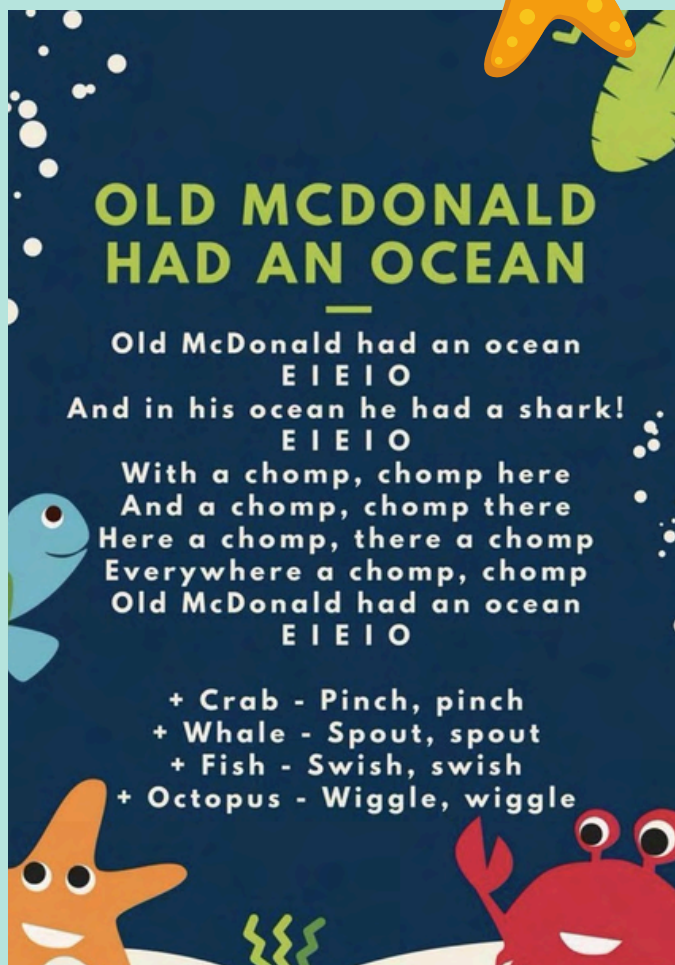


OLD MCDONALD HAD AN OCEAN

Old McDonald had an ocean
E I E I O
And in his ocean he had a shark!
E I E I O

With a chomp, chomp here
And a chomp, chomp there
Here a chomp, there a chomp
Everywhere a chomp, chomp
Old McDonald had an ocean
E I E I O

+ Crab - Pinch, pinch
+ Whale - Spout, spout
+ Fish - Swish, swish
+ Octopus - Wiggle, wiggle



Have You Ever Seen an Octopus?

(Sung to "Have You Ever Seen a Lassie?")

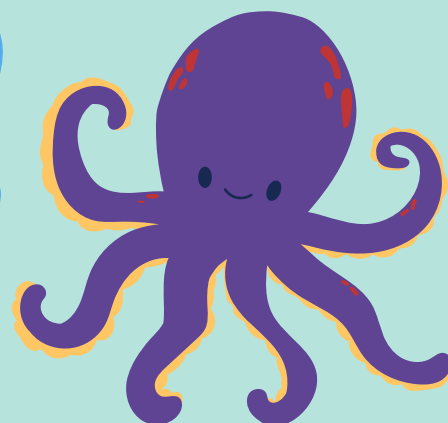
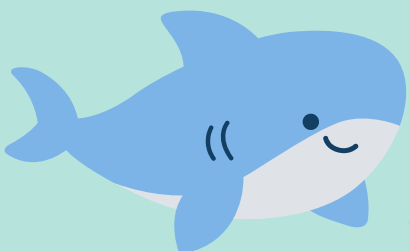
Have you ever seen an octopus
An octopus, an octopus?

Have you ever seen an octopus
Swim this way and that?
(wave arms around)

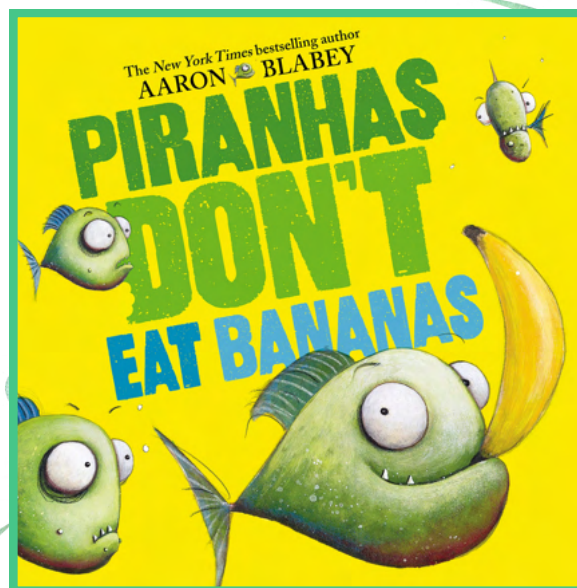
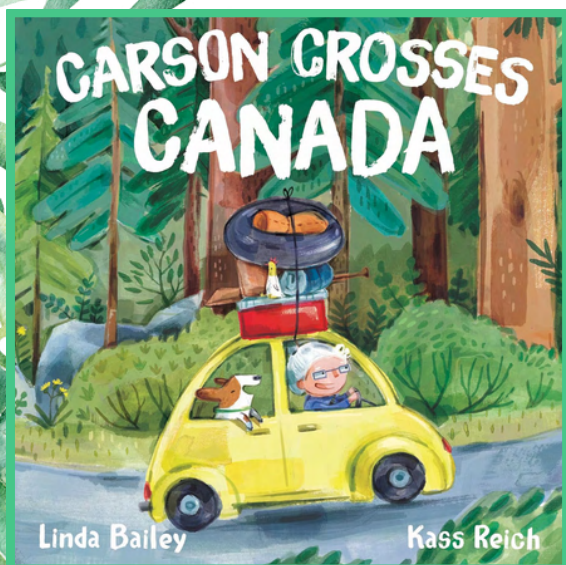
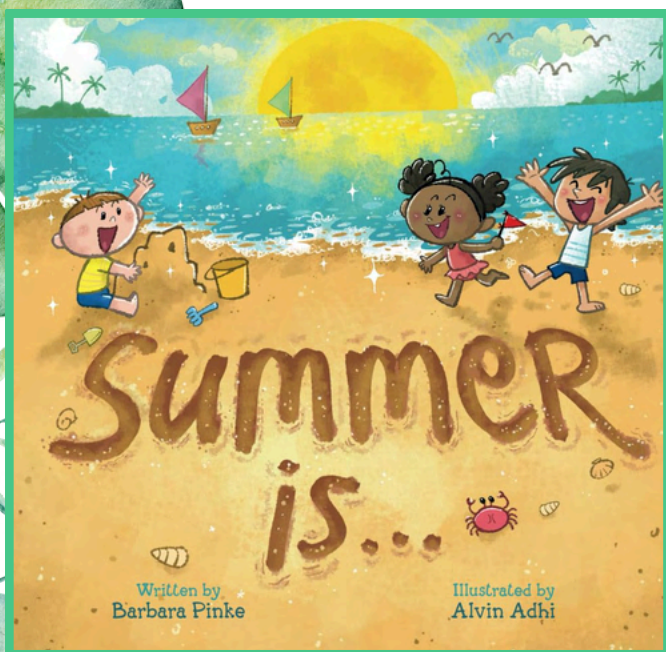
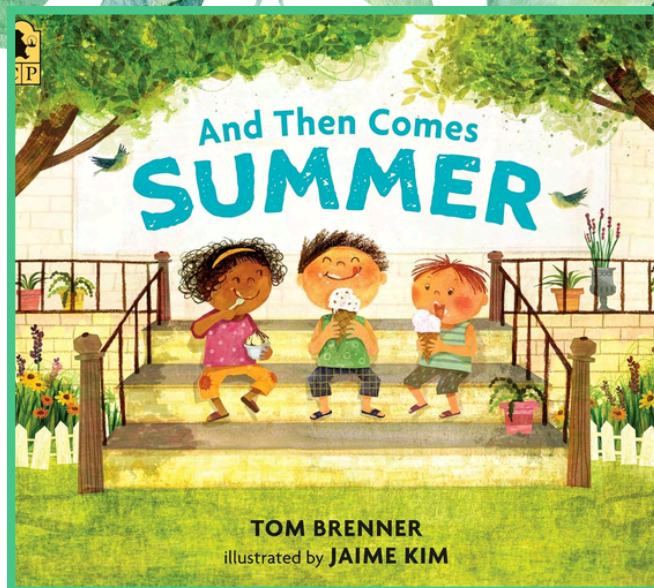
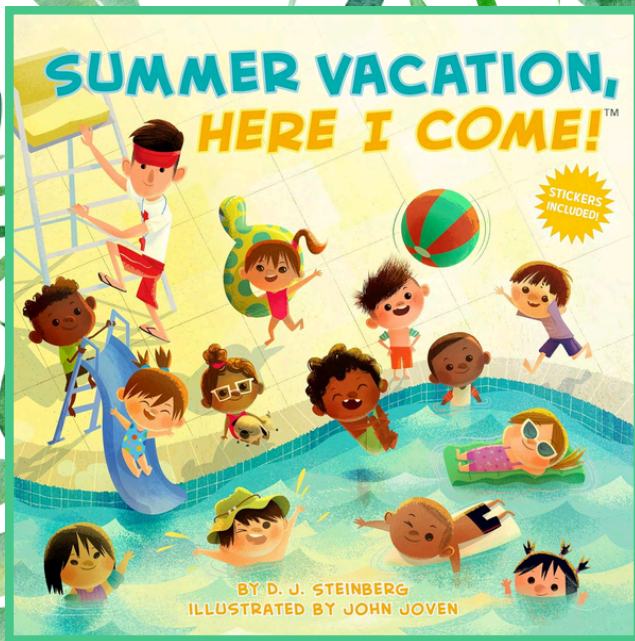
Swim this way and that way
And this way and that way?

Have you ever seen an octopus
Swim this way and that?

(Fish, Shark, Whale and Dolphin)



Summer Children's Books



Crafty Corner

Summer Sensory Bin: WATER BEADS



Strawberry, watermelon and vanilla popsicles

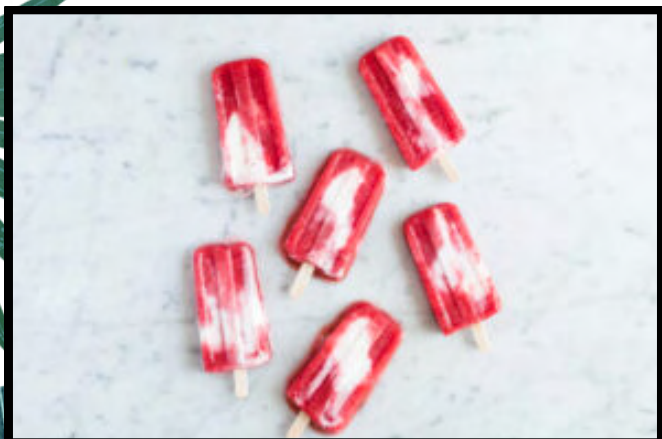
Ingredients:

- 2 cups of Strawberries, hulled
- 1 cup of Watermelon, cut in cubes
- 1 tbsp of Maple Syrup
- 1 cup of Vanilla Greek Yogurt

Directions:

1. Blend the strawberries, watermelon and maple syrup into a puree. If you prefer to have fruit chunks in your popsicle roughly blitz instead of purée.
2. Alternating between some of the puree and yogurt, fill popsicle molds. You can carefully blend the fillings in the mold with a wooden popsicle stick to create a marble effect.
3. Slide a wooden stick in the center of each mold. Freeze for 2 hour or more.

Written by Marie-Ève Caplette, Registered Dietitian and Half Your Plate Campus ambassador



Professional Development Info and Other Updates From Melanie

Hello hello!

How is June almost upon us? I honestly can't believe how fast this year is going!

A little recap since September:

We've had some wonderful workshops take place this year filled with connection, community, and curiosity. We've gone from exploring fire safety and how to use a fire extinguisher (that was fun) to playing with different sensory options and how it interplays with art (also some messy fun) .

We had an amazing group of people show up consistently for the Community of Practice from October to May, exploring big and current topics through the eyes of children's literature, and how these topics show up everyday in the field.

I always enjoy connecting with people in the child care field and I got to meet some delightful providers who welcomed me into their space. I am always excited to see what people are doing with different materials, or how play spaces are set up and interacting with everyone in the centre – adults and children alike. I also brought some Toy Lending library items to different providers. If you are interested in any items, and are unable to pick up, we can co-ordinate and figure something out! Check out our [Toy Lending Library](#) items

I've also been spotted out in the community at the StrongStart Superpods, where I've had a chance to connect with the Strong Start providers and the families that they serve. You may have even caught one of my story times there.

Coming Up:

We're looking at doing a playground pop-up July 9th from 9:30-11:00. Keep your eyes peeled for more details.

We want to celebrate you, your centre and your program. Starting in the fall we are looking to showcase and highlight up to 2 Licensed Family programs and 2 Licensed Group programs each season. Do you have something you'd like to share with other providers? Do you have an awesome activity you think others would enjoy? We want to help share these ideas. We will be reaching out in the next couple months to see who is interested in being showcased.

What's on the horizon:

Our 2025-2026 Workshop guide is waiting patiently to be released at the end of summer.
Our 2025-2026 Community of Practice will be exploring open-ended art and different mediums.
We're working on a ½ day workshop for in the fall.



Don't forget, you're amazing!

-Melanie Langman, Sooke-West Shore CCRR Consultant



SOOKE - WEST SHORE CCRR SOCIAL AND OUTDOOR ACTIVITIES WORKSHOPS

**Thursday June 12, 2025
6:30-8:30pm
345 Wale Rd (Early Years Room)**

Let's Take it Outside!

Join fellow child care providers for a social gathering
bursting with playful outdoor activity ideas.
Connect, collaborate, and leave feeling inspired to bring
the fun outdoors!.

Certificates will be provided.

Maximum 3 people per organisation.

Contact and Registration Information

Email: Sooke-WestShoreCCRR@sfrs.ca



Monday - Friday 8:30am - 4:30pm

6672 Wadams Way (Sooke) / 345 Wale Road, Colwood (West Shore)

Evenings: Wednesdays 4:30pm-6:30pm (Sooke)

Saturdays: 8:30am-12:30pm (West Shore)

Website: <https://www.sfrs.ca/programs/child-care-resource-and-referral-ccrr>

Telephone: (250) 940-4882

Email: Sooke-WestShoreCCRR@sfrs.ca

Facebook: Sooke-West Shore Child Care Resource & Referral AND
Sooke Family Resource Society

Instagram: @sookewestshore_ccrr

www.gov.bc.ca/ChildCareResourceReferralCentres or

Toll-free: 1 888 338-6622 (Option 4).