

Apprenticeship  
For Child  
Development  
Specialist

# ACDS Quarterly Newsletter



Spring 2021

Counties currently  
offering classes:

- Berkeley
- Cabell
- Greenbrier
- Kanawha
- Harrison
- Logan
- Mercer
- Monongalia
- Nicholas
- Ohio
- Putnam
- Raleigh
- Upshur
- Wood



For a complete list  
of ACDS events,  
including  
anticipated  
orientations and  
class start dates,  
visit the ACDS  
website  
[www.wvacs.org](http://www.wvacs.org).

## Changes

It has been a year since our lives were altered due to the COVID-19 virus. We have all experienced so much change that it can be overwhelming to think about.

For ACDS, it has been a year since we shared the first virtual lessons. We now have all lessons completed and have also updated our registration process. We understand these changes have come quickly and can be hard to keep up with. We encourage you to follow us on Facebook and also visit our website

from time to time to keep updated on what is happening with the program.

We will resume in-person classes as soon as our council



feels we can do so safely. We will return all counties to in-person classes at the same time. We will not have one county virtually and another in-person.

We want to thank both students and instructors for being patient with us as we continue to work through the kinks with our online classes and new registration process. Each semester we learn a little more and are able to make the process a little easier for everyone. We recognize there have been hiccups and appreciate your understanding while we work through those glitches. Together we have made it through the past year. We look forward to better times ahead. ~ Jennifer

## Congratulation Graduates

Cabell	Grant	Greenbrier	Hancock
Kanawha	Mercer	Monongalia	Raleigh
Wood			



After graduating you may still be involved in the program by becoming a mentor or local council member. Mentors serve as supervisors for students that do not have direct supervisors. Local councils meet twice a year to discuss current happenings in the ACDS program and to determine the class schedule in their region. For more information on becoming a mentor or local council member contact ACDS.



## Registration Updates



The registration process for ACDS has recently been updated. You now must preregister before attending class. There is also an established registration date each semester that all student must register by. Students will need to visit the ACDS website and Facebook page to learn the registration deadlines for each semester.

The following registration

steps are to be taken by all students:

- Complete an ACDS orientation. Each semester has an orientation that can be found on the WVSTARS training calendar on their website, [www.wvstars.org](http://www.wvstars.org).
- Submit the ACDS registration form. This form is part of the orientation and should be uploaded and submitted through WVSTARS.
- Submit the \$25.00 registration fee. ACDS accepts checks/money orders made payable to RVCDS. We also now accept credit/debit card payments. There is a credit card transaction form that must be submitted for this type of payment. It can be found on our website, [www.wvacds.org](http://www.wvacds.org).

### Websites to explore for mental health support

- [healthychildren.org](http://healthychildren.org)
- [cdc.gov](http://cdc.gov)
- [childmind.org](http://childmind.org)
- [childtrends.org](http://childtrends.org)
- [nctsn.org](http://nctsn.org)
- [zerotothree.org](http://zerotothree.org)
- [naeyc.org](http://naeyc.org)
- [nichd.nih.gov](http://nichd.nih.gov)
- [heart.org](http://heart.org)
- [aacap.org](http://aacap.org)
- [helpguide.org](http://helpguide.org)



## Mental and Physical Health

As you know very well, this past year has been both mentally and physically challenging for everyone...adults and children. It is so important for us to recognize the connection between our mental and physical health.

In this article I want to share some information with you about children's mental health. Although, children may not fully understand why adults are frustrated or stressed, they certainly can feel or sense when things are not good. They may overhear adult conversations and are left to try to process what it means and how they should respond. Children will respond in a variety of ways,

just as adults do. They may cry, withdraw, lash out, tantrum, or have changes in their sleep patterns. Children do not react that differently than adults do. Have you ever lashed out at someone after being told bad news? It is misguided stress and frustration. If adults have these reactions even though we know what the true problem is, imagine how difficult is for children to cope when they don't truly even understand what is happening.

Prolonged stress and anxiety can effect our bodies. Children that experience prolonged stress can actually have changes in their brain development. Children experiencing stress

often have symptoms like stomachaches, headaches, and sleep issues.

Although, you may not be able to protect children from all stressful situations, you can control the classroom environment and offer a safe haven for children in your care. Maybe more than ever, it is essential that routines and relationships are consistent. Children should know who is going to care for them each day and what to expect while they are with you. Be patient and understanding when children are exhibiting unusual and challenging behaviors. Provide positive reinforcement and look for activities to help children expel physical energy.

## Contact Information

ACDS promotes highly skilled, confident early childhood employees, quality early childhood classrooms, and informed supportive early childhood professionals.

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ACDS Statewide Coordinator

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ACDS Specialist

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## Questions and Answers

- **When will in-person classes resume?**

We want to return to in-person classes as soon as we feel we can maintain the recommended COVID-19 guidelines and restrictions. We do not want anyone to feel uncomfortable or unsafe attending class. A decision about the fall 2021 semester will be made in May 2021. Look on our website and Facebook page for the latest information on our classes.

- **Will ACDS continue to offer online classes?**

Once we are able to resume in-person classes we will scale back our online classes. We will start online classes by offering a first semester class to counties that do not offer in-person classes, such as Randolph, McDowell and Preston counties. After those counties have a chance to register, if space is left, other counties will be given the opportunity to register for online classes. We are still working out the details of this plan. More information will be provided once we make the decision to return to in-person classes.

- **When will I receive my Department of Labor Certificate?**

During the past year, the DOL staff have also been working from home. They have limited access to printing materials. For now, they are allowing temporary certificates to be emailed to completers. Once they are able to return to their offices they will print and mail permanent certificates.



### Testimonial

“I believe the efforts of the institution and the instructor were the key to the success of this semester. (Virtual) is not the same as in-person, but I believe the objectives of the course were achieved.”  
~ ACDS Student



“Logic will get you from A to B. Imagination will take you everywhere.”

Albert Einstein