

ACDS Quarterly Newsletter



Summer 2022

Counties currently offering classes:

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



For a complete list of ACDS information and events, including class start dates, visit the ACDS website www.wvacs.org.

Summer Memories

Greetings Everyone,

Summer is my favorite time of the year. I love the long, hot days and the smell of freshly cut grass. Summer will always have a childlike feel to me. I have so many fond memories of being a child in the summer.

I remember playing outside all day and never even thinking about how hot it was, because it really didn't matter. I recall finding shelter from the sun by making "clubhouses" and sitting under trees for a brief reprieve. I remember

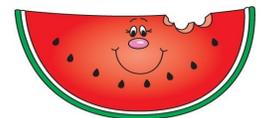
sand boxes, water balloons, bicycles, and mudpies. Looking back, my childhood summers were carefree and simple. Did you have



similar experiences? Were summers a time to have fun and enjoy being young? I

would like to challenge each of you to help the children in your care create fond, long lasting memories this summer. Set aside time to allow children to use their imagination and get a little dirty. Remember, some of the best memories are of simple times, every moment doesn't have to be a detailed event. Sometimes, it is nice just to give children time and space to explore, relax, and enjoy being young.

~ Jennifer



Stay Involved in ACDS

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, such as family child care providers and directors. Mentors provide support and meet monthly with their mentees. They sign OJT logs, complete evaluations, and provide resources as needed.

Local councils represent one to three counties that hold in-person classes. These councils meet twice a year to discuss current happenings in the ACDS program and to determine the class schedule in their region. Each local council has a designated local council representative that schedules meetings and attends the state's Executive Council meeting.

For more information on becoming a mentor or local council member contact ACDS.

FEEDBACK

Don't forget at the end of each semester students are asked to complete an evaluation on their instructor and a brief survey on their experience as a student.

Gardening and Cooking With Children



You can register for next semester by completing the appropriate orientation on WV STARS and submitting the \$25.00 registration fee. Visit the ACDS website, www.wvacds.org for additional information.

Have you tried gardening with the children in your classroom? The age of the children will determine how involved the gardening project will be. However, even toddlers can participate by digging, planting, watering and harvesting.

When deciding what to plant there are many factors to consider, such as the amount of space, the hours of direct sun, the heartiness of the plant, food allergies, and even the interests of the children. What vegetables do they want to eat? What colors do they like? What types of plants will capture their attention? Some gardens are designed with a specific meal or recipe in mind, such as a pizza or salsa garden. Maybe a flower garden would be more intriguing to them than a vegetable garden.

Like art, the process of gardening with young children may be more important than the final product. There are many skills children can learn from gardening; measurement, observation, cause and effect, cooperation, counting, literacy, and so many more!

Document the gardening project so children can recall the process from beginning to end. Take photos and have them draw pictures of the plants at different stages of growth. They can measure and record the growth of the plants along the way on growth charts. You may also want to create a display that shares the gardening project with families, so they also see what the children are learning from gardening. Parents may be inspired, and decide to take on similar projects at home.

Don't forget to plan what you will do after the garden is harvested. Children are much more likely to eat new foods if they are involved in the planting, harvesting and preparing. This is true of every age. As always, remember to consider food allergies when selecting a recipe. You only want to prepare food that all the children can safely enjoy.

Find recipes that are simple and allow children the opportunity to "cook". Children can measure, pour, smash, wash, sort, and mix ingredients. Look for ways

to serve and prepare food that doesn't involve heat. Smoothies and veggie dips are a great way to have children involved in making their own snacks. If you do choose to prepare a food that involves cooking with heat, such as veggie soup, allow the children to add the ingredients and mix together before you take it to the kitchen for final preparation. This still allows them to feel like they are involved in the cooking process.

Older children may want to grow enough produce to have their own market. They could sell their produce to the community and use the funds to support a fun activity or outing. This too offers children the opportunity to gain new skills; counting money, marketing, literacy, etc.

Remember, the most important rule for gardening and cooking with children is to have fun! It's ok if they pick something before it is ripe. These are activities that you want them to associate with good memories.

ACDS Contact Information

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This program is being presented with financial assistance as a grant from the West Virginia Department of Health and Human Resources and is administered by WV Early Childhood Training Connections and Resources, a program of River Valley Child Development Services.



Testimonial

“I enjoy doing the Zoom sessions. I get to meet people from all over and interact with and get ideas and inspiration on things to incorporate at my center and in my class.”

~Anonymous
Student

Questions and Answers

- **I want to start first semester. How do I register for class?**

All students register for ACDS class by visiting the WV STARS website (www.wvstars.org) and registering and completing the ACDS orientation for the semester they are entering. As part of the orientation, students will answer registration questions. Orientation and payment must be sent directly to ACDS by the registration deadline date.

- **What is on the ACDS website for apprentices?**

The ACDS website (www.wvacds.org) has registration information and the latest class schedule. The website also has documents and forms that students will need while in the program. To find these documents, students will go the resource tab across the top of the page and select apprentices.

- **How can I register to attend class virtually?**

Participants from areas not offering in-person classes have priority in attending class virtually. ACDS has always clustered neighboring counties to hold class. For example, if you live in Marion County, we add you to the Monongalia County Class list. However, if you live in a county that is not neighboring an in-person class location, such as Pocahontas, then you are given priority in attending the virtual session.



“ No significant learning occurs without a significant relationship.”

~ Dr. James
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