



APPRENTICESHIP FOR CHILD DEVELOPMENT SPECIALIST



QUARTERLY NEWSLETTER

COUNTIES WITH IN-PERSON CLASSES

- Berkeley/Morgan/
Jefferson
- Cabell/Wayne
- Greenbrier/Summers
- Kanawha/Boone/Clay
- Hardy/Grant/ Mineral
- Harrison/Taylor/
Doddridge
- Jackson/Roane
- Logan/Mingo
- Mercer/Monroe
- Monongalia/Marion
- Nicholas
- Ohio/Marshall/Weirton
- Putnam/Lincoln
- Raleigh/Fayette
- Upshur/Barbour
- Wood/Wirt



INDOOR PHYSICAL ACTIVITY

How does your outdoor activities change during the winter months? If you are like most teachers, the amount of time spent outside is decreased due to cold temperatures and unfavorable conditions on the playground. So, how do you adapt your indoor environment so children still have the opportunity to get some much needed physical activity? If you don't have a designated gym or play room, you will have to get a little creative on finding ways for the children to expel extra energy. Below are some ideas you may want to try.

- obstacle courses
- scavenger hunts
- yoga
- dancing
- hopscotch
- jogging in place
- marching parades
- Simon says
- parachute play
- balance beams
- bean bag toss
- long jump
- limbo
- musical chairs
- charades
- indoor bowling
- tumbling (use mats to create safe space)
- animal races (hop like a frog, crawl like a snake, etc.)



Although, there are many ways to incorporate physical play indoors, please don't overlook opportunities to still get outside during the winter months. There will be days that are suitable for going outside, even for a brief run. Keep extra mittens, hats, and coats for children that may not come prepared for the weather. Don't forget how much fun playing in the snow can be for children...and adults!

WINTER THEMED CHILDRENS BOOKS



Looking for some winter books to share? Here is a list of some of our favorites. Remember to check with your local library to see if they have a copy you can borrow.

- The Mitten by Jan Brett
- There Was a Cold Lady Who Swallowed Some Snow by Lucille Colandro
- Little Red Sleigh by Erin Guendelsberger
- How to Catch an Elf by Adam Wallace
- The Hat by Jan Brett
- The Itsy Bitsy Snowman by Jeffrey Burton
- Sneezzy the Snowman by Maureen Wright
- The Snowy Day by Ezra Jack Keats
- Animals in Winter by Henrietta Bancroft
- The Littlest Reindeer by Brandi Dougherty
- Bear Snores On by Karma Wilson
- Do I Have to Wear a Coat by Rachel Isadora
- Winter is Here by Kevin Henkes
- One Winter's Day by Christina Butler
- Do Not Lick This Book by Idan Ben-Barak



HOMEMADE BOOKS

Have you ever had children make their own books for the classroom? Children can draw images, or use pictures. Pictures can be taken and printed out on copy paper to cut cost. Also, children can cut illustrations from magazines. Your books can be laminated to make them last a little longer. When it comes to book themes, you're limited only by your imagination. Be sure to introduce the terms author and illustrator. The children can team up, and one can author the book and the other illustrate it.

ACDS STAFF CONTACT INFORMATION

ACDS Statewide Project Manager: Jennifer Conkle

ACDS Assistant Statewide Project Manager: Tara Kitts

Address: 611 7th Avenue, Suite 208, Huntington, WV 25701

Phone: 304-523-0433

Website: www.wvacds.org

Email: wvacds@rvcds.org

REMINDERS

- At the end of each semester you are asked to complete two evaluations. One is on your instructor and the other relates to the curriculum. The first one is either given to you in class or is on your WV STARS dashboard. The second is sent to you in an email. The email contains a link to a survey monkey where you are asked 5 short questions. Your feedback from these evaluations is very important to us. Please take a few minutes to complete both.
- Registration for the Spring 2023 semester will remain open until January 6, 2023. After that date you will not be able to register. Classes will begin in mid-January 2023. The spring 2023 calendar is available on the ACDS website, www.wvacds.org.

