



In Loving Memory of:
Veronica Fennell



Mother, wife, sister, friend, and child care provider.

The staff of Craven Smart Start/Child Care Resource & Referral would like to express our sympathy to Veronica's family and friends. Ms. Roni served the Havelock community as a licensed family child care provider for over 24 years. She loved to attend the annual Smart Start Conference and was an avid supporter of programs that benefited young children and their families. We are saddened by her passing and know she will be missed by the families she served over the years with Ms. Veronica C. Fennell's Day Care Home.



Submitted by: Jennifer Bolz

August Observances and Holidays

Monthly Observances

- Children's Eye Health & Safety Month
- Children's Vision & Learning Month
- Get Ready for Kindergarten Month

Weekly

- World Breastfeeding Week 1-7
- National Farmers Market Week 4-10
- Exercise with Your Children Week 4-10

Daily

- August 1- Respect for Parents Day
- August 3- National Mustard Day & Watermelon Day
- August 3- National Night Out Havelock
- August 4- National Kids Day & National Chocolate Chip Day
- August 6- National Night Out New Bern
- August 8- Ribbon Cutting Havelock Library
- August 10- S'mores Day
- August 15- Best Friends Day
- August 16- Hug Your Boss Day
- August 16- NC Pre-K Late Registration.
- August 19- Cupcake Day
- August 24- National Waffle Day
- August 30- National Toasted

New Bleach Concentrations

For those of you who use a diluted bleach solution as a sanitizing and disinfecting product in your early care and education programs, the concentration of bleach solutions sold in stores has changed in many areas of the country. The new bleach solution available in many stores is now **8.25% sodium hypochlorite solution (higher than the formerly available bleach solution of 5.25%-6%)**. Several companies have communicated to us that they have discontinued manufacturing the 5.25%-6% sodium hypochlorite bleach solution and it will no longer be available at many stores. **The 8.25% solution** is being produced by both brand name companies as well as companies that produce generic products. Many of these products are now EPA-registered products as well.

The NRC has been working with national experts and has determined that because of the variety of products available, it is no longer possible to provide a generic bleach recipe for sanitizing and disinfecting in early care and education programs. In addition, **if you are using an EPA-registered product** you should **not** be using a generic recipe, but **should be following label instructions for use**. [Appendix J](#) of *Caring for Our Children*, 3rd ed. has been revised to reflect these changes. Effective (3/1/13)

<http://nrckids.org/index.cfm/homepage-features/important-information-about-new-bleach-concentration/>

Craven County Environmental Health recommends:

Each time you open a new bottle of bleach figure out the mixture "recipe" and write the formula on the bleach bottle. Use the test strips on each daily mixture to make sure the bleach strength is consistent to the end of the bottle.

Disinfecting - start with 1 tablespoon in a gallon of water, mix, check with a strip. If between 500 - 800 ppm, then it's OK. If it is too low, then add a teaspoon at a time until it is in the right range. Centers using the purple to brown color strips need to be careful because it is hard to tell if the mixture is too strong. Get color strips that show the right ranges, for example, Water-Works Free Chlorine Check Ultra High II. Foods Unlimited was going to order these test strips, but I don't know if they have yet.

Sanitizing - start with 1 teaspoon in a gallon of water, mix, check with a strip. If between 50 - 200 ppm, then it's OK. If it is too low, then add a 1/4 teaspoon at a time until it is in the right range. Centers using the blue jean color strips need to be careful because it is hard to tell if the mixture is too strong. If it looks like it is 200 ppm, check with the disinfectant test strip to make sure it is not too high. Aim for the 100ppm.

Bleach does not have to be separately registered with the EPA as a hospital grade germicide or disinfectant.

Provided By: Terri Walls RN, BSN, CCHC

Funded By: Craven Smart Start, Inc.



The Ants Go Marching: Avoid and Control Ants!

By Jennifer Li, Children's Environmental Health Writing Intern for Toxic Free NC

Ants are an important part of the natural environment. They feed on pests like fleas, flies, and termites, and their tunneling helps aerate the soil and recycle organic matter. However, ants can also be common household pests, and dealing with them can be a headache. The key to avoiding these pests is to understand your options. Fortunately, there are many toxic-free and environmentally friendly methods that can be used to stop an ant problem! These non-toxic methods are safer and are effective for longer periods of time.

Ants want to get in our homes and child care centers in order to find food. Follow these three important steps to keep ants out:

1. Remove food.

* *Use ant-proof glass or plastic containers with tight-fitting lids* to store food (including pet food). Glass jars should have a rubber gasket or seal. Ants can climb up the threads of screw-top jars! Dry goods like flour, rice, and sugar can also be stored in containers in the refrigerator or freezer.

* *Clean up daily*, especially kitchen floors, cabinets, and underneath appliances.

* *Ant-proof your trash*. Make sure the food waste in your garbage can doesn't stick around—Clean it out! Rinse out empty food containers before you throw them away or recycle them. Don't leave food scraps in the garbage overnight. Take out the trash often.

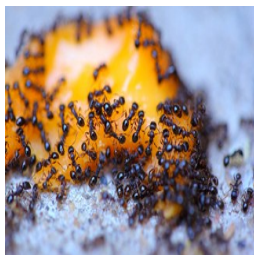
2. Remove entryways.

Seal up cracks and crevices that give ants a way in to your child care centers and homes. Use caulk to seal the cracks between walls and floors, around windows and doorframes, and around cupboards and bathroom fixtures. You might also install door sweeps and weather stripping to prevent ants from slipping in under the doors.

3. Remove outdoor ant hiding places.

Avoid attracting carpenter ants by removing any piles of wood from under or around your home. Diseased plants, tree pruning's, fallen fruit, and fallen leaves can also make great hiding places for ants!

So, you've done all you can to keep the ants out. But, what do you do when you've got ants in your home and need to control them? The first step is to locate their nest and their path from their nest to their food source, since ants follow a regular trail. The last step to deal with these ants involves either killing or repelling them, and several non-toxic methods to do so are included below. Make sure you keep up the ant prevention steps described above! Even if ants are repelled, they may find another path to their food source. Even if ants are exterminated, another ant colony may show up and discover the food source later.



Getting Rid of Ants

1. **Soapy water.** Drown ants marching through your home by wiping them up with a sponge and dunking them in soapy water. Also, wipe up the trail they leave behind—that way, their buddies won't be able to find their way inside again.
2. **Pet food barrier.** Ants cannot cross soapy water. You can create a barrier by putting your pet's food dish in the middle of a pan of soapy water.
3. **Borax ant-bait.** Borax is a low-toxicity laundry powder that kills ants. Borax does not vaporize into gas, so it is safer to handle than many household pesticide products.

Recipe for Ant Bait

- * 3 cups of water
- * 1 cup of sugar
- * 4 teaspoons of Borax

Mix ingredients and divide the mixture between 3-6 screw-top glass jars. Loosely pack the jars halfway with cotton balls or other cotton stuffing. Screw the lids on tightly and seal with tape. Then, poke a few holes in the top of the jars, and place them near points of ant entry and along their trails. Mark the jars clearly as ANT BAIT and be sure to put them where pets and children cannot reach them.

If you work with large amounts of Borax, inhaling the powder can be irritating—wearing a mask is helpful! As with all potentially hazardous materials, store Borax and boric acid out of the reach of children and pets.

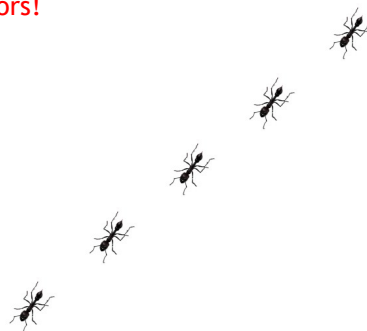
4. Conserve outdoor ant nests.

While ants are a pest when they come inside, they are important allies in your garden. Native ant colonies eat lots of pest species like fleas and termites and aerate the soil. Did you know that they also fight off fire ants? Keep the outdoor ants happy by leaving their nests undisturbed.

If you have fire ant mounds, be very careful! Fire ants are notorious for their bites and stings. Keep a lookout for their mounds, which look like hills of loosened soil. Marking them with flags or sticks will help others from accidentally disturbing them. When dealing with fire ants, **BE CAREFUL** and wear shoes and socks rolled over long pants.

You can learn more about how to deal with fire ants at <http://www.toxicfreenc.org/informed/fall08/fireants.html>

Inside your house, ants are annoying little pests. If you follow the steps above, you'll be able to keep them where they belong—doing their important work in the great outdoors!



Activities For Month Of August.

National Night Out

Havelock's National Night Out is a joint effort by The City of Havelock and Cherry Point communities aimed to educate the community on crime and drug prevention. Events will take place on August 3, 2013 from 3 pm till 7:30 pm



Announcing: Ribbon Cutting Ceremony At the Havelock Public Library.

Please join us on Thursday, August 8, 2013, at 9:00am for the unveiling of Craven Smart Start/CCR&R Lending Library materials for children, parents, and teachers. Through a grant from the Harold H. Bates Foundation, Craven Smart Start purchased developmentally appropriate materials that were implemented into the public library by CCR&R. Items will be available for check out through the Havelock Public Library. In order to borrow items, patrons will need to fill out a CCR&R Lending Library Membership Form that is available in the Havelock Public Library. Please help us spread the word in our effort to serve the children, families, and child care providers in the Havelock community.

North Carolina Pre-Kindergarten Program

**Late Registration for the 2013-14 school year will be:
Friday, August 16, 2013
10:00 - 12:00 New Bern Mall**

*NC Pre-K is not a first-come-first-serve registration.
All children must be determined eligible according to the state pre-kindergarten guidelines.
Your child must be 4 years old on or before August 31, 2013, to be eligible for Pre-K.
Please bring your child's birth certificate and proof of family income to the registration.*

It is not necessary to bring the 4 year old child.

The North Carolina Pre-Kindergarten Program is a state funded pre-k program and is offered at no cost to eligible families. The program is administered by Craven County Schools and classrooms are located in several of our elementary schools, local Head Start sites, and private child care centers. Below is a listing of the Pre-K sites:

- Craven County Family Literacy Program at James W. Smith Elementary School near Cove City with two classrooms.
- Craven County Family Literacy Program at Vanceboro Farm Life Elementary School in Vanceboro with two classrooms.
- J. T. Barber Elementary School in New Bern with limited slots.
- Graham A. Barden Elementary School in Havelock with limited slots.
- Godette Head Start Center in Havelock with two classrooms.
- Duffyfield Head Start Center in New Bern with two classrooms.
- Child Care Network #77 in New Bern with one classroom.
- Excel Learning Center VII in New Bern with two classrooms.

For more information, contact Renee' Harrell, Preschool Coordinator, at 252-244-3225.



Create a Family Physical Activity Plan

Summer is a great time to get on a path to better health – and a better attitude! A family activity plan can help. The National Physical Activity Plan was launched in May 2010. The goal is for all of us to enjoy the physical and mental benefits of daily activity. Here's what your family can do.

1. Set some screen time limits.

There's a simple way to deal with screen time (TV, DVDs, computers, and video games). Move more and watch less! The change may be a little rough, but most families are happier and healthier when they pull the plug or cut back. The American Academy of Pediatrics says no screen time under two years of age, none in the bedroom and no more than one to two hours total per day.

2. Make a list of easy, everyday activities.

It can be hard to get some kids (and adults!) off the couch. So make a long list of fun things to do. Pick activities that are close by, free or don't cost a lot, and easy to do as a family. They can be in your own backyard, around the neighborhood or at a park. Put the list where you can see it – like on the fridge. Add more activities as you think of them.

3. Get equipped for active family fun.

Easy-to-use equipment is another great way to have fun while being active. You don't have to buy brand-new stuff that costs a lot. Check out the options at thrift stores and yard sales. You may find balls, Frisbees® or soft spongy stuff (like Nerf® and Koosh®) to throw around. Look for hula hoops and have a contest. Or, run around sprinkler toys for cool summer fun.

4. Schedule time for weekend activity.

Chores and errands can quickly fill up your weekend. So make plans for fun activity. Use a family dinner in the middle of the week to talk about the options. A hike in the mountains? A bike trip on the new trails in town? A little canoeing and fishing at the lake? A family treasure hunt? What else can you fit in early on a hot summer day?

5. Plan an active vacation.

Your family vacation or stay-cation is a chance to enjoy physical activity. It's easy on a backpacking or camping trip. It can also be lots of fun if you are visiting relatives or touring a city. Just plan ahead. Check out the activity options online or in a guidebook. Make active fun a family priority every day.

Source: www.nutritionnc.com



Breakfast of Champions

Children create their own "pop art" collages of healthful foods

Skills: Children use fine motor and creativity skills as they experiment with collage materials and learn about food that make a nutritious breakfast.

Materials: Construction paper, paper plates, glue scissors, collage materials, pictures of many foods, paper cups, graph paper, markers, and old magazines.

In Advance: Start a breakfast discussion by surveying the number of children who ate breakfast this morning. What did you have for breakfast? Cereal? Eggs? Milk? Make a graph of the different foods.

Activity:

1. Show pictures of nutritious breakfast foods.

Discuss the foods children like to eat and don't like to eat. Ask, "If you could eat whatever you wish, what would you have?"

2. Give children a sheet of construction paper to use as a place mat, a paper plate, and utensils. Demonstrate how collage materials can be used to represent foods (yellow-colored Styrofoam pieces can represent scrambled eggs, for example.) Be careful not to tell children how to use the materials; give only a few suggestions to get them started: What could we use to make pancakes? Some children may want to cut colorful food pictures from magazines to add to their places.

3. Encourage children to plan what they want to see on their breakfast plates, and then decide which items can represent these foods. After children glue the "foods" onto their plates, they can attach the plate to the place mat and add utensils. Display the finished place setting on an "Our Healthful Breakfasts" bulletin board.

For Younger Children: Make pictures of breakfast foods cut from magazines available for children to use in their collages.

For Older Children: Continue the activity by having children create artful renditions of healthful lunches and dinners.

Source: Scholastic Early Childhood Today June/July/August 2005

Child Care Resource & Referral

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Mission Statement For CCR & R

To enhance the quality and quantity of child care services in Craven County by providing a wide range of information, referrals, advocacy and training services to families, providers and the community in general.



Play & Learn Group "Back To School"

August 21 at 10 am

August 22 at 10 am and 1 pm

Ages 2-5

Parent and Child Activity

Space is limited.

Please call and save your spot today!

(252) 672-5921 ext. 21

