



Zero to Five

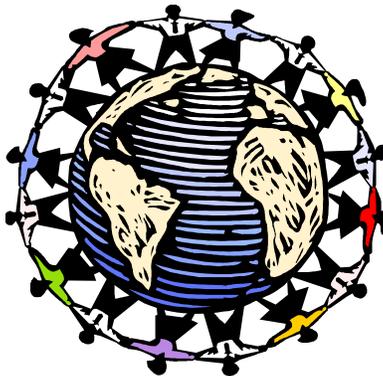
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Surry County Early Childhood Partnership

Volume 10 Issue 3

October, 2016



Smart Start

© Smart Start is a comprehensive public-private initiative to help all North Carolina children enter school healthy and ready to succeed. Smart Start programs and services provide children ages 0-5 access to high-quality and affordable child care, health care, and other critical services.

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SCECP News

We would like to thank the members of our local Board of Directors for helping to ensure our continued success.

We would also like to welcome Dr. Kim Morrison to the Surry County Smart Start Board of Directors. Dr. Morrison is the new superintendent of the Mount Airy City Schools.



Preventing the Flu!



The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** that can be used to treat and prevent the flu.

Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands. Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Reference:http://www.cdc.gov/flu/protect/habits.htm?s_cid=swineFlu_outbreak_internal_003

Fall Activity!

Candy Corn Terra Cotta Pots

Encourage social skills as preschool children participate in this outdoor art activity.

Materials: Small Terra Cotta Pot, Paint Brush, Non-Toxic Yellow Paint, Non-Toxic White Paint, and Non-Toxic Orange Paint

Description: During outside time, set up an area for painting. Have the children turn the pot upside down. Then have them paint the top lip yellow, next have them paint a white line on the bottom edge of the pot filling in between the yellow and white with orange. When dry you can use the pot for a fun fall decoration.

Comments: Teacher supervision is absolutely a **MUST** at all times.

Source: Martha Stewart Crafts.



Child Care Resource and Referral ★★☆☆☆

Surry County Health and Nutrition Center



Pediatric Clinic– The pediatric clinic services offered include vision and hearing, school physicals, sports physicals, immunizations, nutritional assessments, health education and counseling. The clinic sees all children, with or without insurance, from birth to 18 years of age, and children with Medicaid until age 21. To schedule an appointment call 336-401-8439.



Dental Clinic– The dental clinic provides comprehensive dental services to children and young adults ages 0-21. Medicaid and NC Health Choice is accepted. Services include cleanings, extractions, dental sealants, fillings, and other services as needed. To schedule an appointment call 336-401-8409.



Source: www.co.surry.nc.us/

Halloween Recipe!

Mini Halloween Brooms

These Sweet and salty snacks are sure to be swept away in no time, so you'll want to make lots!

Recipe Ingredients:

Roll of Fruit by the Foot
Thin Pretzels

Directions:

1. For each one, cut a 2-inch length from a roll of Fruit by the Foot.
2. With the shorter ends on the side, fringe the bottom of the strip (leaving a 1/4-inch border uncut along the top) to create thin bristles.
3. Then moisten the upper edge of the fruit with a drop of water and tightly wrap it around one end of a thin pretzel-stick broom handle.



Reference: http://familyfun.go.com/recipes/special.feature/famf0903_hall_broom/



Family Friendly Websites

www.kidshealth.org/parent/infections/lung/flu.html (Kid's Health)
www.playgroundsafety.org (US Child Care Grade, National Program for Playground Safety))
www.earlychildhood.com (Early Childhood-Lifelong Learning Starts Here)
www.healthychildcarenc.org (NC Child Care Health and Safety Resource Center)
www.nick.com (Nickelodeon)
www.babycenter.com (Milestone chart and other helpful information on development)



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The Zero to Five is a quarterly newsletter published by the Surry County Early Childhood Partnership. The purpose of the newsletter is to inform the people of Surry County and North Carolina about the projects and activities funded by Smart Start. We welcome your opinions and/or suggestions for future issues.

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