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A Newsletter for Guilford County Early Childhood Programs October 2022

Guiding Healthy Behaviors



October is Farm to School & Early Education month

- Did you know that the month of October has been proclaimed Farm to School and Early Care Education month by Governor Cooper? Find the proclamation [here](#).
- Interested in learning more about how you can partner with local Farmers & promote a culture of health & wellness in your Early Childhood program? Contact Trish Nelson at Trician@guilfordchildren.org
- In the meantime, explore [NC Farm to Early Care & Education](#) for web-based professional development & resources. Be sure to sign up for a newsletter from the [NC Farm to Preschool Network](#).



If this is new to you, NC Crunch is a fun way to celebrate NC locally grown produce, connect food & farmers and promote healthy eating. To learn more and register visit [here](#). Be sure to share your pictures (don't forget the photo release) with families and the community to promote local NC agriculture & curriculum connections!

Upcoming GHBEC Professional Development...



- Title: **ReConnect, ReGroup, & ReImagine-**
Date/time/location: October 22, 2022 from 9:00 am until 11:45 am at Keeley Park in McLeansville.

Description: Join us outdoors as we explore nature-based learning together. Geared towards Educators that are new to incorporating more natural experiences and are wanting to increase outdoor learning environments, visit [here](#) to register.

- Title: **NAP SACC, Farm to ECE and Gardening: Where to begin and how to best utilize the NAP SACC tool (VIRTUAL)**
Date/time/location: October 27, 2022, at 12:00-1:30 pm. [Register here](#).

What's happening in the garden now?

- Summer (warm season) veggies are winding down as the days get cooler (e.g., zucchini, peppers, cucumbers, tomatoes...) harvest before first frost and tidy up/compost healthy plant material.
- Nurture cool season veggies (e.g., lettuce, beets, radishes, spinach) that were started late summer.
- You can add compost & worm castings to raised beds to recharge after the growing season.
- Plant some cold hardy crops such as kale, collards & turnip greens. Kale may grow through the winter here in the Piedmont.
- Fall is the ideal time to plant trees and shrubs in the OLE. Try adding thornless raspberries or blueberry bushes. Our [local 4-H chapter](#) has them on sale until October 26, 2022.

Select resources to explore

- Join our local Outdoor Learning PLC hosted by EQUIPD yet run by early childhood educators! This group meets regularly throughout the year. To learn more visit: <https://equipdinfo.weebly.com/plcs.html>
- Be sure to sign up to receive Guilford County Cooperative Extension's Community & School Gardens newsletter (also check out their [Grow with Us gardening classes](#)) <https://guilford.ces.ncsu.edu/community-and-school-garden-network/>
- [GO NAP SACC](#): easy to use on-line tools designed for early childhood educators to increase their health practices around topics such as outdoor learning & play, physical activity, nutrition, and Farm to ECE.
- Sign up for [Natural Learning Initiatives](#) COLEQT or POEMS short courses (plus check out their extensive resources:



The lost art of storytelling...

Autumn Stories

While exploring *Fairy Dust Teaching*, I stumbled across the *We Nurture Stories* for Children Collective and listened to one of the beautifully narrated stories available, "Lorenza's Grandmother: A story for Dia de Los Muertos." It's a very simple yet touching tale about a young girl missing her dear grandmother who has passed.

Take a listen to the Autumn stories [here](#)



Self-care tip

Take 2-3 minutes each day to pay attention to your breath. Teach yourself and the children to take deep belly breaths and pay attention to the inhale and exhale. Make it fun and try taking a snake breath for added sound effects! Even better, try that outside! If you need a visual, try [these videos](#) from Jodi Wert.

Trish's thoughts...

Happy Fall! May the season bring you much time outdoors enjoying the vivid fall colors and the cool, crisp air! We hope you find the enclosed information useful in your own professional development journey. Please know we are here to provide coaching support, resource connections, support around Farm2ECE, Outdoor Learning Environments and more. To request services please visit [our page](#). Would love to hear from you! Reach out to Trician@guilfordchildren.org by email or you may call 336 279-7608. I look forward to connecting with you.

