

## NEWSLETTER



#### Contact Information

Care About Childcare at Utah Valley University is a Child Care Resource & Referral agency that serves Utah, Juab, Summit, and Wasatch counties.

**Phone:** (801) 863-8589

**Fax:** (801) 863-7904

Email: childcare@uvu.edu

Mailing Address: Utah Valley University

800 West University Parkway - MS 163

Orem, Utah 84058

Physical Address: 1052 South 400 West

Orem, Utah 84058

(Park in back cul-de-sac, walk in front or back

doors)

#### **Phone Hours**

Monday

11:00 AM - 5:30 PM

Tuesday

8:00 AM - 5:30 PM

Wednesday

8:00 AM - 5:30 PM

Thursday

8:00 AM - 5:30 PM

Friday

Closed





### **Upcoming Salt Lake Community Course:**

In partnership with the Office of Child Care, Salt Lake Community College will be offering the next Budgeting for Child Care class for Center-based providers.

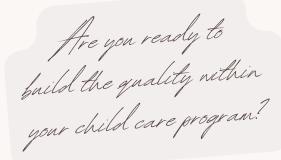
Virtual Classes start January 11, 2024 at 9
AM, and will repeat every Thursday
morning for 6 weeks. Those who complete
the program are eligible to receive 12
hours of Business and Leadership Career
Ladder credits.

Space is limitted, so email: reed.combs@slcc.edu to reserve your spot.











# Learn about CCQS in 3 steps

- Reach out to our CCQS Specialist

  Receive one-on-one help with CCQS, set goals, and find the right time to apply for a CCQS Certified Quality Rating
- Take the course "CCQS: From Application to Award" for Center (https://jobs.utah.gov/jsp/cac/catalog/view/502) for Family Child Care (https://jobs.utah.gov/jsp/cac/catalog/view/980) \*Upon completion you'll earn a FREE CAC Course Voucher
- Take the course "Environment Rating Scales Best Practice Series Overview"

(https://jobs.utah.gov/jsp/cac/catalog/view/504) \*Upon completion you'll earn a FREE CAC Course Voucher

CCQS SPECIALIST | VALARIE BROWNING 801.863.7453 WELLSVA@UVU.EDU







#### **Utah Career Ladder** Congratulations to all youth and early learning professionals who have been working hard to improve their knowledge, skills, and care! We truly appreciate your efforts to advance on the **Utah Career Ladder.** Congratulations to the following individuals: Ariadne Albor Loeza - Levels 2, 3 Aldana Amaya - Levels 1, 2, 3 Miriam Arroyo - Level 2 Chantal Coyle - Level 4 Anna Desorcy - Level 3 Malibu Flegal - Level 1 Ann Grob - Level3 Shemay Gunther - Level 10 Ambrey Holloway - Level 2 Helen Jenkins - Level 1 Megan Marshall - Level 2 Olivia Nelson - Level 2 Bailey Pennington - Levels 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 Geraldine Sanchez - Levels 1, 2, 3 Elvira Santafe - Level 3 Rebecca Scanlon - Level 3 Samantha Snyder - Level 2 Alex Soto - Levels 1, 2 Judy Storms - Level 4 Jasmine Takemoto - Level 3 Elizabeth Tesarik - Levels 1, 2 Esther Vallenilla - Level 2 Kimberly Williamson - Level 2 Amanda Banford - Level 2 Betsy Bolivar - Level 2 Kayla Cummings - Level 2 Jessica Garcia - Level 1 Holly eppson - Levels 3, 10 Norvina Lawrence – Leves amille Parkinson - Leve Ashlee Stanger Level 2 Vinesia 250 rio - Level 2

Upcoming Nature Explore
"Using Your Outdoor
Classroom"

**Resource & Education Night:** 

Virtual Workshop to Qualify for the Nature Explore/ Health & Safety Points in CCQS. (unfortunately Spanish translation will not be available)

January 18, 2024 6:30 PM – 8:30 PM (space is limited, only register if you can attend)

REGISTER

#### **CLASS SPOTLIGHTs:**

Learning to Get Along: Social & Emotional Development \*Virtual\* Jan. 9, 11, 16, 18; 7 PM-9:30 PM (Summer Green)



Goal Setting for Lasting Change \*Virtual\* Jan. 10, 17, 24, 31; 6 PM-7 PM (Stephanie Anderson)

#### CDA credential at no cost!

Have you ever considered getting your
Child Development Associate (CDA)? Just click on
the link below and fill out this interest form on how
to get yours. If you have any further questions call
801-863-4589

Click the LINK for the interest form.



Preschool & School-Age Ages & Stages (2022) \*Virtual\* Jan. 16, 18, 20, 23; 7 PM-9:30 PM (Tori Dunkley)









#### **Cold Weather and Children**

Although illnesses like colds and the flu occur more frequently during the winter months, the reasons are not always straightforward. One myth is that cold weather can make a child sick, however when it's colder outside children tend to play more time indoors together passing around germs and infections.

Playing together inside means that kids are in closer proximity to each other, sharing the air that could be contaminated with more germs, infections, and viruses. Some viruses thrive and can even spread better in cooler, less humid air. Nasal mucous may be drier and stickier during the winter months, which some people believe can affect the spread of viruses. Lastly, if sleep or eating habits are interrupted during winter travel, the immune system may become more vulnerable and less effective in fighting infection.

Here are some of the most common winter illnesses (symptoms included in link down below):

- COVID-19
- RSV
- Flu
- Common cold
- Strep throat
- Stomach flu



#### How to Prevent Getting Sick in the Winter:

There are a few preventative measures you can help your kids practice to reduce the risk of winter illness. Here are a few recommendations:

- Wash hands frequently
- Stay up to date on vaccinations, including your annual flu vaccine or COVID-19 vaccine, if eligible
- Get the RSV shot for babies up to 8-months-old and the booster shot for babies 8-9 months old if they have an underlying health condition that makes them eligible
- Eat healthy foods and drink plenty of water
- Get plenty of rest
- · Stay home if not feeling well to prevent germs from spreading

#### **Full-Time Staff**

Main Phone: (801) 863-8589

Fax: (801) 863-7904

Email: childcare@uvu.edu

Website: www.uvu.edu/cac

**Hours:** Monday (11 AM - 5:30 PM) Tuesday - Thursday (8 AM - 5:30 PM)

Friday (Closed)



1052 South 400 West

Orem, Utah 84058

Address:

**Utah Valley University** Care About Childcare (Mail Stop-163 800 West University Parkway

Open now! Please come visit us!

Orem, Utah 84058



Joyce Hasting **Program Director** <u>jhasting@uvu.edu</u> 801-863-8557



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**Jaclyn Clements Family Childcare Specialist** JClements@uvu.edu 801-863-5775



**Early Childhood Specialist** 

801-863-7598





