

eliminating racism empowering women ywca

**NOVEMBER/DECEMBER 2014 newsletter
Contra Costa/Sacramento**

Calendar of Events

NOVEMBER 11: Veterans Day Holiday

NOVEMBER 27 & 28: Thanksgiving Holiday

DECEMBER 24—JANUARY 1: Holiday Closure for all Pre-Schools, Hidden Valley and YWCA Admin Office.

JANUARY 2, 2015: Inservice Day
All Centers CLOSED

Attention All Parents—Reminders

Full-Day Pre-School:

To all parents whose children are enrolled in the Full-Day Pre-School program, **you must adhere to your contract hours.**

Part-Day Pre-School:

Pre-school hours are 8am to 11:30am, **your must adhere to these hours**—late arrival will not be accepted. Parents with continuous late pick-up will be asked to leave the program.

Page 12 of the YWCA Parent Handbook:

LATE MORNING DROP-OFF and LATE PICK-UP ACTIONS/FEEES:

Contract hours are to be amended as soon as possible with the parent/guardian and YWCA supervising staff issuing a Notice of Action documenting the changes before they go in effect. If parents are late past the contracted hours of the childcare center, parents/guardians will be given a late notice. **Parents receiving more than three late notices within a current month period or more than five late pickups in a one year period will be issued a Notice of Action to be dropped from the program due to not following contract of hours.** Children who arrive later than 5 -minutes will be considered a late drop-off.

For non-State Department of Education parents, a late fee will be assessed at \$1.00 per minute. In addition to the above policy being followed; if late more than five times a year, then the child will be asked to leave the program.



Curriculum

Each month, various themes will be shared with children to help them learn and discover.

November 2014 — Weather and Seasons

Learn about the weather and various temperatures and what each season brings throughout the year.



December 2014 — Dance, Music & Drama

Learn the various ways to express yourself with dance, movement, music and drama.



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Meet our YWCA Contra Costa / Sacramento Board of Directors and Staff Members

This month, we are featuring Kimberly Clay, our new Program Director.



Kimberly Clay
Program Director

Kim joined the YWCA in early September from Kid's Club in Antioch. Kim's experience in working with diverse communities and cultures along with her professionalism and engaging personality helps in maintaining the community relations and advocating for parents and children's rights.

Please welcome Kim to our YWCA program. If you have any questions or concerns related to childcare, please do not hesitate to contact Kim at (925) 372-4213 x12.

The YWCA Delta Center is located at 605 Pacifica Avenue in Bay Point. Our hours of operation are from 8:00am to 5:00pm Monday through Friday. The Delta site has two classrooms with over 60 children enrolled.



One classroom is our part-day program with an AM class that runs from 8:00am to 11:30am and a PM class that runs from 1:00pm to 4:30pm. Both these classes are run by our Head Teacher, Sharifa Asefi, Associate Teacher, Maria Castro-Lopez, and Teacher's Aide, Evangelina Franco.



Our second classroom is our full-day program that runs from 8:00am to 5:00pm. The full-day program is run by Site Supervisor, Michelle Manning with Associate Teachers, Angela Moore and Margarita Sanchez and Teacher's Aide, Nathaly Jimenez. We also have our Sub-Aide Teacher Cherrylle Poin-dexter who helps out with both our classrooms.

Our second classroom is out full-day program that runs from 8:00am to 5:00pm. The full-day program is run by Site Supervisor, Michelle Manning with Associate Teachers, Angela Moore and Margarita Sanchez and Teacher's Aide, Evangelina Franco.

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The month of October was Health month and we explored dentistry,

an activity of visiting the Doctor's office, and sleep and relaxation.

We are finishing the month with healthy eating.



In November, we will learn about weather and where rain comes from and how clouds are formed. And the different elements like fall – the wind, leaves and trees. Also we will discuss severe weather such as tornados, hurricanes, fire and earth quake. And most importantly how to keep safe.

Meet Michelle Manning

I am excited to be part of the YWCA Delta team as the Head Teacher/Site Supervisor.



I have been in the child care field for more than 20 years. I began my journey as a Montessori teacher in 1990. As I continued my passion for teaching, I also continued my education and have served as a Site Supervisor for most of my career. I am married and have five children and three grandchildren.

My desire to pursue teaching as a profession stems from my belief in the value of all children and their innate ability to learn and discover. The YWCA is an ideal place for me as it enables me to inspire, motivate, nurture and guide children to be the best they can be academically, socially, and emotionally.

I look forward to working with the children, staff and parents.

AWARENESS OF TOY DANGER

(from ChildCare Careers October Newsletter)

Common Toy Dangers

Sharp Edges: Toys made of brittle plastic or glass can break easily, exposing sharp points and edges. Wooden, metal, and plastic toys sometimes have sharp edges due to poor construction.



Small Parts: Tiny toys and toys with small, removable parts can be swallowed or become lodged in a child's windpipe, ears, or nose. The squeakers in some squeeze toys can be removed and possibly swallowed. The seams of poorly constructed stuffed dolls or animals can break open and release small pellets that also can be swallowed or inhaled.

Loud Noises: Toy caps and some noise-making guns and other toys can reach noise levels that can damage hearing. The law requires the following label on boxes of caps producing noise above a certain level: "WARNING—Do not fire closer than one foot to the ear. Do not use indoors".



Sharp Points: Broken toys can expose dangerous prongs and knife-sharp points. Pins and staples on dolls' clothes, hair, and accessories can easily puncture an unsuspecting child. Even a teddy bear or stuffed toy can be assembled with wires that can cut or stab.



Electric Toys: Electric toys that are improperly constructed, wired, or misused can shock or burn. Electric toys must meet mandatory requirements for maximum surface temperatures, electrical construction and prominent warning labels. Electric toys with hearing elements are recommended only for children over age eight. Children should be taught to use electric toys cautiously and under adult supervision.

Wrong Toy for the Wrong Age: Toys that may be safe for older children can be extremely dangerous in the hands of little ones.



Block Grant: At our Bay Point locations, the YWCA Block Grant Educators have been working with over 150 children in the areas of health, safety, and nutrition. The following are some highlights from the last two months:



Sharing: The Educator worked with the children in learning about sharing such as toys, books, food and even an umbrella.



Hand Washing: The Block Grant Educator shared the importance of hand-washing and how it helps prevent germs from spreading. We all must remember to wash our hands after meals, going to the bathroom and after playing outside.

Cover Your Cough and Sneeze: Always, always cover your cough and sneeze. In one exercise, children learned how far your cough or sneeze can travel if not covered properly by demonstrating with a spray bottle.



Mental Health:

Feeding and Eating Disorders of Infancy or Early Childhood—Feeding Disorder

- A. Feeding disturbance as manifested by persistent failure to eat adequately with significant failure to gain weight or significant loss of weight over at least one month.
- B. The disturbance is not due to an associated gastrointestinal or other general medical condition (e.g., esophageal reflux).
- C. The disturbance is not better accounted for by another mental disorder (e.g., Rumination Disorder) or by lack of available food.
- D. The onset is before age six years.

YWCA offers the following Therapy Services:

Individual Therapy, Family Therapy,
Group Therapy, Child Play Therapy

Experienced Professionals for:

Domestic Violence, Substance Abuse, Parenting Skills,
Depression, Anxiety, Post Traumatic Stress, Death & Dying

**YWCA provides services to meet your needs.
Please call (925) 372-4213 x 11**

Block Grant funding is provided by the Community Development Block Grant (CDBG) Family Empowerment Program.

Mental Health topics are taken from the "Desk Reference to the Diagnostic Criteria from DSM-IV-TR®



Wearing a Bra Does Not Cause Cancer

Wearing a bra does not increase postmenopausal women's risk of breast cancer, according to a new study published in the journal *Cancer Epidemiology, Biomarkers & Prevention*.

Some people think that, by restricting the lymph system, bras cause toxins to build up in the breasts that eventually result in cancer.

A New Study Finds No Increased Risk: in the new study, Chen and colleagues conducted in-person interviews with 454 women with invasive ductal carcinoma and 590 women with invasive lobular carcinoma, the two most common types of breast cancer. The women were aged 55-74 and there were also 469 women in a control group.

The participants were asked a series of questions including:

- ◆ At what age did the study participant start wearing a bra?
- ◆ Does the participant wear a bra with an underwire?
- ◆ What is the participant's bra cup size and band size?
- ◆ What are the number of hours per day and number of days per week that the participant wears a bra?
- ◆ Have the participant's bra-wearing patterns changed at different times in her life?

Information on the participants' family and reproductive history was also obtained and taken into account when analyzing the findings.

The researchers found that no aspect of wearing a bra was linked to an increased risk for either of the two breast cancer subtypes investigated in the study.

The risk was similar no matter how many hours per day women wore a bra, whether the bra they wear has an underwire, or at what age they first began wearing a bra. Chen says: "There has been some suggestion in the lay media that bra wearing may be a risk factor for breast cancer. Some have hypothesized that drainage of waste products in and around the breast may be hampered by bra wearing. Given very limited biological evidence supporting such a link between bra wearing and breast cancer risk, our results were not surprising."

Written by David McNamee
Excerpt from: Medical News Today

2-1-1 Sacramento

2-1-1 Service Center provides a one-stop connection to local services and resources that you need, like utility assistance, housing, food, elder care, after school programs, crisis services and much more. Their trained information and referral specialists are good listeners and can draw on our database of more than 1,600 programs and services to connect you with the most appropriate resources and services for your particular needs.

2-1-1 is available 24 hours a day, 365 days a year. Services are free and confidential. 2-1-1 is available in 150 different languages and also for hard of hearing callers through TTD.

Monthly Resident's Meeting

Holidays are just around the corner that is why the residents at the YWCA are getting prepared. To start off the holidays the YWCA along with the Sacramento Bird Club gave the YWCA residents the opportunity to participate and learn on how birds are trained and the many varieties of birds. After residents learned about birds, they had the opportunity to enjoy a small lunch and mingle with each other.

For the month of November, residents are welcoming back the Sacramento Rotary Club. Every year the Sacramento Rotary Club has been coming back to the Sacramento YWCA and hosting a Thanksgiving dinner for the residents. In December, residents will get the opportunity to show their art talent and join others for a cookie decorating party. For this event residents get to decorate a gingerbread cookie and the winner will get a small prize!

Resident Meetings / Events



NOVEMBER

Monday, 11/24 @ 6pm

Rotary Club

Thanksgiving Dinner

DECEMBER

Thursday, 12/18 @ 5pm

Cookie Decorating Party

YWCA Administrative Office

1320 Arnold Dr. #170, Martinez, CA 94553

Hours: Monday-Thursday, 8:00am to 4:30pm

Phone: (925) 372-4213 Fax: (925) 372-4216

Visit us on the web: www.ywcacc.org

E-mail us: info@ywcacc.org