



Summer 2021

Please post newsletter and training calendar!

Child Care Resource Network wants to reach **EVERYONE** in our early childhood community!

To receive our mailings contact CCRN at CCRN@soesd.k12.or.us or call (541) 776-8590 x 1126 to be added to our distribution list.

Be sure to add CCRN's email to your contacts!

We want to stay in touch!

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Summer Greetings to our Early Learning Community!

After the past 14 long months we are looking forward to a summer of hope and renewal! Things are opening up and we can't wait to get out and about, gather in groups, and visit you **in person**.

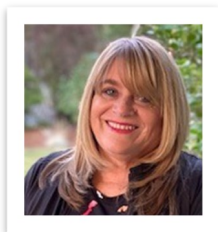
We have all been through a very difficult time, and the impact on child care has been especially severe. To our incredible providers and early educators we say **Thank You** for staying the course, despite the challenges. This year has shone a spotlight on the importance of child care, and we fervently hope this is the wake-up call we need to bring more funding, support, and recognition to this essential role.

Our wish for all of us is a joyful and safe summer of fun and rejuvenation!

Mary Wolf, Manager, Candelaria Romero, Devon Finley, Katrina McGrath, Lorena Juarez, Martha Ibarra, Maureen Honeycutt, Molly Clement, and Norma Pantoja

CCRN Update

Goodbye - and Hello!



This month we are saying a fond farewell to **Jill Ramirez**, who is retiring from her position at CCRN. In her 45+-year career in early childhood, we are fortunate that Jill spent the last seven at CCRN as a Quality Improvement Specialist coordinating CCRN's Spanish speaking Focused Child Care Network. Jill has been a tireless supporter of this community of providers, and with Jill's assistance, belief in their potential, and constant encouragement, over 40 Spanish speaking providers have continued their education, achieved a Spark

Star rating, and 10 offer Preschool Promise programs. In 2016 Jill received the Lynn Angland Award from the Oregon Early Learning Council for her outstanding efforts to support child care providers and improve positive outcomes for children. While Jill is leaving CCRN, she will continue to work with a new group of Spanish speaking providers in Klamath County, to offer them the level of support that has been so successful in our region. We wish Jill the very best in her next adventure.



As Jill is leaving, we are delighted to have found the perfect person to step into her shoes. **Norma Pantoja** comes to this position with a wealth of experience in early childhood education, knowledge of the community of providers, and a passion and commitment to supporting high quality early learning experiences for children. Norma knows and has worked with Jill and with Martha Ibarra, and will be able to continue to support the Spanish speaking Focused Child Care Network as Jill has done, and also explore new approaches of her own. We give Norma a warm welcome as she joins the CCRN team!

Child Care Resource Network Is Moving



Later this summer Child Care Resource Network will be moving its offices from the Medford SOESD building at 101 N. Grape Street to a building a few blocks away, **502 W. Main Street**, at the corner of Oakdale and Main Streets.

After being cramped into one room and then working remotely for over a year, we are excited to be moving into a space that has enough room for all of us and that is much more convenient for visitors and trainings. Once we are settled in we hope you will join us at an Open House to see our new space.

Trainings This Quarter

The Training Calendar this quarter highlights some great opportunities. There are presentations from CCRN, trainings on basic business practices, an introduction to using Excel, statewide webinars to attend, and online workshops and conferences offered by organizations across the county.

A FREE online Summit, **Free to Play**, starts July 12th and runs for 5 days, with 24 hours to access each day's sessions. Take a look and secure your spot at <https://tinyurl.com/3rk22cav>

Focused Child Care Networks

We also encourage you to consider joining a CCRN Focused Child Care Network (FCCN). The Networks are a wonderful way to get know other early educators, take trainings and RCC classes together, share tips and strategies with your peers, get additional funding for your program, and work toward a Spark star rating at your own pace, if that is one of your goals.



CCRN has networks focused on infants and toddlers and family child care providers (both English and Spanish speaking), and will be starting a network for directors. Contact CCRN if you would like more information – we would welcome your participation!

Tax Credit

Help spread the word about the largest child tax credit ever. **Learn more at** www.ChildTaxCredit.gov. Most families will automatically receive monthly payments without having to take any action. All working families will get the full credit if they make up to \$150,000 for a couple or \$112,500 for a family with a single parent (also called Head of Household).

Summer Camps 2021 for Jackson and Josephine Counties

Sheet with list attached



Free Meal Programs

Click on the link to find Free meal programs in Jackson and Josephine Counties. <https://www.oregon.gov/ode/students-and-family/childnutrition/sfsp/Pages/Summer-Meals-Map.aspx>

Annual Update – Please Complete!



A huge **THANK YOU** to the **180 programs** that have completed the CCRN Annual Update Survey! If we have not heard from your program yet, **we need your help to complete it!**

Please click the link here....[CCRN Annual Update Survey 2021](#)

As a reminder...

- ⇒ CCRN is **required to collect this information** every year from every program in our area to get an accurate picture of child care needs locally and across the state.
- ⇒ If you **do not submit the survey, we will be contacting you to get this information.**
- ⇒ We are required to make a **minimum of 3 attempts** to update your information. If we are **not able to reach you after 3 attempts, your program will be marked “No Referrals”** in 211/Find Child Care.
- ⇒ Having **current information in 211/Find Child Care can be a requirement to receive ELD Grant funding.**
- ⇒ The **Annual Update is especially important this year**, when many programs had to close permanently or temporarily or reduce enrollment.

Please help us by **clicking the link** to fill out the Update Survey: [CCRN Annual Update Survey 2021](#)

If you would rather **complete the survey by phone**, please contact CCRN to let us know a good time to reach you to complete the update: ccrn@soesd.k12.or.us / 541.776.8590 x 1126 / 541-301-7760 call or text or Sanish 541-776-8590 x 1124.

THANK YOU for helping us collect this important information!

Spotlight on Infants! *What’s Baby Saying?*

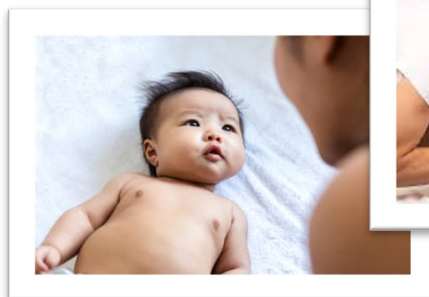
February 10, 2020; Rebecca Parlakian, Zero to Three / <https://www.zerotothree.org/resources/3181-what-s-baby-saying>

Use this resource from Zero to Three to help understand how babies communicate what they are feeling. Learning these (sometimes) tough-to-notice cues can help you meet the needs of babies in your care and build a strong, secure, trusting attachment.

Take a look to see how tuned in you are to babies’ cues.

Do you know when your baby is trying to tell you...

- ◆ I’m hungry
- ◆ I’m done eating
- ◆ I’m ready to play
- ◆ I’m done playing





News from the Early Learning Division

State of Emergency Guidelines Lifted

Effective **June 30, 2021**, existing COVID-19 Health and Safety Guidelines are no longer be in effect.

COVID-19 Recovery requirements below can be found in the [“Requirements and Recommendations” document](#). For details view pages 1 through 3 (or 4 for Spanish)

- ◆ A communicable disease management plan
- ◆ Exclusion and notification criteria
- ◆ Recordkeeping for contact tracing

ELD and OHA list several **recommendations** for best practices; recommendations are **not enforced**.

To stay up to date on ELD requirements as things are changing, check the ELD provider webpage often - <https://oregonearlylearning.com/COVID-19-Resources/For-Providers> - and subscribe to receive ELD News and Updates at this [link](#).

Below are some temporary changes which are currently in effect; visit the ELD website for full details. Any question about the requirements for a particular situation, contact Child Care Resource Network or your child care licenser

For **CPR training** requirements, the Office of Child Care (OCC) will accept online-only CPR training for providers and all necessary staff, including new staff and new providers, until **December 26, 2021**.

Requirements to become an **Aide II** center staff have been loosened, and Aide II staff may supervise a group of children for **up to 120 minutes** per day, for **no more than 60 minutes at a time**.

Calm Down Bottles

Take a look at a 10-minute video on two calm down techniques for children - belly breathing and using Calm Down bottles, with a recipe and demonstration for making them.

<https://www.youtube.com/watch?v=jfHdhDCDLwk>



Eric Carle, Creator Of 'The Very Hungry Caterpillar' Died May 23rd



Simplify, slow down, be kind. And don't forget to have art in your life – music, paintings, theater, dance and sunsets... – Eric Carle

Slow down with this 6-minute video: [Mr. Rogers visits Eric Carle's Studio](#)

Child Care Resource Network

Email: cccrn@soesd.k12.or.us / 541-776-8590 x 1126

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Early Learning Division Update:

As COVID-19 rates continue to drop, we are entering a new chapter of the pandemic. Oregon is now transitioning from emergency response to focus on COVID-19 recovery. You should have received a letter from the Early Learning Division (ELD) outlining these changes. You can also review the changes at the ELD website here:

<https://oregonearlylearning.com/wp-content/uploads/2021/06/Child-Care-Provider-COVID-19-Requirements-and-Recommendations.pdf>

Summer Institute:

Early Childhood Summer Institute 2021 is offering free professional development opportunities in June, July and August. Please see attached flyer for more information or click here: [Summer Institute Trainings](#)

Business Classes: An introduction to basic business supports for child care providers

Strengthen your business skills and get familiar with using Excel! This quarter a series of classes is being offered by the SOU Small Business Development Center to help child care providers become more proficient in different areas of business, including becoming more comfortable with Excel, enhancing financial literacy, understanding cash flow, and learning about employees versus contractors and Workers Compensation. Scheduled dates can be found on the following pages – register in advance!

Be sure to sign up to receive all updates and training opportunities from CCRN!

Please share with anyone interested in receiving emails from CCRN. In addition to the training calendar, we often share opportunistic professional development opportunities as they arise throughout the quarter, such as the recently advertised Beyond Behavior Management or Cooking Matters series.

We don't want you to miss out on any opportunities so please email us at ccrn@soesd.k12.or.us and let us know that you'd like to be added to our mailing list. If you have new staff, please send their emails to us and we will add them also.

Licensing for new providers:

We will be holding trainings remotely. Currently, as long as you complete the required online Introduction to Child Care Health & Safety Part 1 and online CPR, you will be in compliance; but you will need to complete the in-person portion as soon as possible. Required Health and Safety trainings are available free online: <http://campus.educadium.com/occd/>

- Introduction to Child Care Health & Safety
- Recognizing and Reporting Child Abuse and Neglect
- Introduction to Registered Family Child Care Part 1
- Safe Sleep
- Prevention is Better than Treatment

Also available at this site (not a requirement to be licensed) for 2 hours in PPLD

- Oregon's Early Learning Standards

Food Handler is available online here: www.childcarefoodhandler.org

CPR Update:

If you need CPR, please contact Lorena Juarez for more information at lorena_juarez@soesd.k12.or.us or by phone at: 541-776-8950, ext. 1119.

Child Care Resource Network serving Jackson and Josephine Counties ~ www.ccrnso.org

Email: ccrn@soesd.k12.or.us

Phone: 541-776-8590 ext. 1126 / 541-301-7760 call or text

Address: 101 N. Grape Street, Medford 97501

www.ccrnso.org



Class Description	Location	Date & Time (subject to change)	Cost
<p>Introduction to Registered Family Child Care</p> <p>There are two parts to the Introduction to Registered Family Child Care class.</p> <p>The required Part One class is available online at http://campus.educadium.com/OCCD</p> <p>Part Two is the in-person training you must attend after completing Part One. This free class provides a rule book, resources to help you be successful, information about Child Care Resource & Referral, and more. You must pre-register.</p> <p>CKC: Program Management; 3 hours (Set One).</p>	Medford	Wednesday July 21, 2:00pm-5:00pm Wednesday Aug 18, 2:00pm-5:00pm Wednesday Sep 15, 2:00pm-5:00pm	<p>In person dates to be held as soon as social distancing guidelines are lifted</p>
	Spanish (Med)	Wednesday, July 14, 2:00pm-5:00pm	
	Grants Pass	See Medford Webinar dates	
<p>DHS Provider Orientation</p> <p>For Home-Based Providers who are DHS listed and/or OCC Unlicensed/Exempt. Get a higher rate of pay through DHS. Learn what union membership means to you, what services are available through Child Care Resource Network, and meet other providers.</p> <p>CKC: Program Management; 1.5 hours (Set One)</p>	Medford	Thursday July 22, 3:00pm-5:00pm Thursday Aug 19, 3:00pm-5:00pm Thursday Sep 16, 3:00pm-5:00pm	<p>In person dates to be held as soon as social distancing guidelines are lifted</p>
	Spanish (Med)	Thursday, July 15, 3:00pm-5:00pm	
	Grants Pass	See Medford Webinar dates	
<p>Recognizing and Reporting Child Abuse and Neglect</p> <p>Required for licensing through OCC and enhanced rates through DHS. Covers definitions and indicators of abuse and mandatory reporting requirements for early childhood professionals. No person under 16 allowed in class. Now available free online at http://campus.educadium.com/occd/</p> <p>CKC: Health, Safety & Nutrition; 2 hours (Set One)</p> <p>Payment for in person class due in advance.</p>	Medford	Contact CCRN for more information For in person class - \$10.00 Payable to SOESD Registration is required. FREE online	<p>In person dates to be held as soon as social distancing guidelines are lifted</p>
	Spanish (Med)	Contact CCRN for more information	
		Available online for free: http://campus.educadium.com/occd/	
<p>CPR (Adult & Pediatric) and First Aid</p> <p>Required for licensing through OCC and enhanced rates through DHS. Card is valid for 2 years from date of training. Registration is required.</p> <p>Enrollment SECURED with Payment: Class sizes limited! With payment, provide your name, class date, and phone number. No refunds without prior notice.</p> <p>CKC: Health, Safety & Nutrition; 5 hours (Set One)</p> <p>Payment due in advance.</p>	Medford	Contact CCRN for more information lorena_juarez@soesd.k12.or.us 541-776-8950, ext. 1119	<p>\$50.00 Payable to First Response in advance</p>
	Spanish (Med)	Contact CCRN for more information	
	Grants Pass	Contact CCRN for more information	
<p>Introduction to Child Care Health & Safety</p> <p>http://campus.educadium.com/occd/</p>	Medford	Contact CCRN for more information	<p>FREE Registration is required</p>
<p>Food Handler Card</p>		Go to www.childcarefoodhandler.org or use Home Self Study Packet. For information contact CCRN.	\$10.00

Register for trainings online! Go to www.ccrnso.org and click on Child Care Resource Network Training Request Form, or call 541-776-6768.

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Webinar Trainings

REGISTRATION REQUIRED. Register online at www.ccrns.org or call 541-776-6768

CKC/Sets	Title/Description	Date/time/location	Trainer/Cost
PM 1.5 hrs each Set 1 No age related content	Introduction to Excel – Part 1 and 2 Attend this training to learn about how to use Microsoft Excel spreadsheets and basic tools to better support your business. Learn to sort, filter, format, and chart your data. This is a 2-part training, but sessions may also be taken independently	Thursday, July 8 Thursday, July 22 6:00-7:30pm WEBINAR Register by: July 7	SOU Small Business Development Center FREE
HSN 3 hours Set 2 Infant/toddler, preschool	The Impact of Environment on Early Childhood Brain Development This training will explore the effects of trauma, attachment, maternal and postpartum health as well as other environmental factors on children's brain development. We will examine factors that positively balance those effects and mitigate adverse childhood experiences.	Thursday, July 8 6:00pm-9:00pm WEBINAR Register by: July 7	Jenna Sanders, Master Trainer FREE
OA/UGB 1.5 hrs each Set 2 No age related content	Team-Centered Approach for Difficult Behavior in the Classroom Participants explore and create a process to review the current strengths and challenges of individual children with special needs in the classroom. Alongside colleagues with diverse perspectives, examine how to create a team-centered approach that supports every child's success.	Wednesday, July 14 6:00-9:00pm WEBINAR Register by: July 13	Amy Williams, Master Trainer FREE
PM 3 hours Set 1 No age related content	Intro to Small Business Training An overview of how to begin structuring your business and a list of 'must dos' for the small business owner! Whether you are new to bookkeeping, wanting to improve your recordkeeping, or just curious about the process, you will feel more confident with the recordkeeping and tax process after this training! We will cover how to create a business entity and entity types, the different methods of accounting, creating business accounts, tax considerations when starting a business, and how to interview and hire an accountant.	Tuesday, July 20 6:00pm-9:00pm WEBINAR Register by: July 19	Lisa Tynan, Trainer FREE
DIV 3 hours Set 2 Infant/toddler, preschool	Using Mindful Reflection and Communication Practices with Culturally Diverse Children Participants in this training will explore how to become a culturally responsive early childhood practitioner while working with children who come from backgrounds different from the teacher. The Deficit Thinking Model and how attributions guide an adult's response to a child's behavior will be discussed. Participants will learn the 6 step process for mindful reflection and communication that early childhood educators and caregivers can use when interacting with children from culturally diverse backgrounds.	Wednesday, July 28 6:00-9:00pm WEBINAR Register by: July 27	Aoife Magee, Master Trainer FREE
PM 1.5 hours Set 1 No age related content	Financial Literacy and Cash Flow This training provides basic financial tools for managing a business. Non-technical language will assist in understanding the usefulness of maintaining a good set of books and using the information for decision-making.	Thursday, July 29 6:00-7:30pm WEBINAR Register by: July 28	SOU Small Business Development Center FREE
LEC 3 hours Set 1 Preschool	The Importance of Outdoor Play You don't have to be a nature-based program to reap the benefits of being outside with children. In this training we will explore ways to enhance your outdoor time, incorporate outdoor time every day, and turn obstacles into opportunities for growth in every domain. This training is 2 parts; both sessions must be attended for credit	Thursday, Aug 12 Thursday, Aug 24 6:00pm-7:30pm WEBINAR Register by: Aug 4	Maureen Honeycutt, CCRN Inclusion Specialist FREE

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2021/2022



PM 1.5 hours Set 1 No age related content	Workers Compensation and Contractors v. Employees Attend this training to enhance your understanding of Workers Compensation, wage and hours laws, and the difference between contractors and employees working within your program and how this might affect taxes.	Thursday, Aug 5 6:00-7:30pm WEBINAR Register by: Aug 4	SOU Small Business Development Center FREE
SN 3 hours Set 2 Infant/toddler, preschool, school age	Creating an Inclusive Early Learning and Development Program This session focuses on taking the necessary steps to create an inclusive early learning and development program (ELDP). Participants will examine how inclusive practices benefit all children, select steps to creating an inclusive ELDP, and select strategies to implement inclusive practices in their ELDPs.	Tuesday, Aug 10 6:00-9:00pm WEBINAR Register by: Aug 9	Courtney Bowen, Master Trainer FREE
LEC/UGB 1.5 hrs each Set 2 pending Preschool	Returning to Our Roots: Taking the Classroom Outdoors Outdoor play is essential to whole child development. There has been a shift around the world toward nature-based early childhood education. Participants will explore the concept of nature-based ECE and examine curriculum and program effectiveness for kindergarten readiness.	Thursday, Aug 24 6:00pm-9:00pm WEBINAR Register by: Aug 23	Cody Haupert, Master Trainer FREE
HGD 2 hours Set 1 No age related content	The Crucial First Weeks: Building Trust and Creating Community in the Classroom The first month of school is vital for building relationships with children and families. Find strategies to promote a happy, positive, safe, and predictable environment for the children (and parents) in your care.	Monday, Sep 2 6:00pm-9:00pm WEBINAR Register by: Sep 1	Maureen Honeycutt, Inclusion FREE
HSN 3 hours Set 2 Infant/toddler	An Examination of Safe Sleep Practices for Infants Safe sleep practices in childhood care and education programs can be life saving for infants. In this workshop we will explore and examine resources, program policies, risk factors and preventive strategies for Sudden Unexpected Infant Death (SUID) and Sudden Infant Death Syndrome (SIDS).	Tuesday, Sep 14 6:00-9:00pm WEBINAR Register by: Sep 13	Megan Wurst, Master Trainer FREE
HGD 2 hours Set 1 Infant/toddler	What Does High Quality Play Look Like for Infants and Toddlers? This training will explore the different developmental milestones for infants and toddlers in their play and introduce the concept of DAP (Developmentally Appropriate Practice) for infants and toddlers in selecting toys. We will also introduce how to use the ITERS-3 as a guide for curriculum development for this very importance age group. .	Wednesday, Sep 22 6:00-8:00pm WEBINAR Register by: Sep 21	Candelaria Romero, Master Trainer FREE
PPLD Set 2 No age related content	Choose Your Attitude What are the possibilities and opportunities in your life? Are you open to new ideas or stuck in the old? Join us as we discover the power of potential that is everywhere and how to choose the attitude you want to have. Through reflection, small group discussion and activities we will explore the strategies for positive growth both professionally and personally. Tired of being tired and stressed? Take charge today and choose your attitude!	Tuesday, Sep 28 6:00pm-9:00pm WEBINAR Register by: Sep 27	Tammy Marino, Master Trainer FREE
HSN 3 hours Set 2 Infant/toddler, preschool	The Impact of Environment on Early Childhood Brain Development This training will explore the effects of trauma, attachment, maternal and postpartum health as well as other environmental factors on children's brain development. We will examine factors that positively balance those effects and mitigate adverse childhood experiences.	Thursday, July 8 6:00pm-9:00pm WEBINAR Register by: July 7	Jenna Sanders, Master Trainer FREE

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2021/2022



Online/Workbook Training Opportunities

Quorum – Online

An online professional development program for early educators, recommended by Child Care Aware. Research based, online trainings on a variety of topics in English and Spanish. Go to <https://www.quorumlearning.com/why-quorum/>

Early Childhood Investigations Webinars

High quality webinars on a wide variety of early leaning topics from experts in the field. Attendees can earn a free training certificate that is recognized by the Oregon Registry by watching the webinar or by accessing the recording; follow instructions when registering to receive a certificate. CEUs also available for each webinar at a cost of \$15 paid to University of Oklahoma online. <http://www.earlychildhoodwebinars.com/about/>

Care Courses – Online or Workbook

Over 70 different workbook and online courses on a wide range of topics in English and Spanish. Go to www.carecourses.com for more information or call CCRN at 541-842-2610 or 541-842-2575

Child Care Education Institute

Specializes in providing online training and certificates, child care registry development, and administrative solutions for the early care and education industry. Go to <https://www.cceionline.com>

Pyramid Model Online Training

Here you can access the Pyramid Online Learning Modules, a new way to access training and support long-term outcomes. These professional development resources help the early childhood workforce support the social-emotional development of infants and young children. <http://www.pyramidmodel.org/services/online-training/>

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Summer Camps 2021 for Jackson and Josephine Counties

Camp Name	Dates	Location	Pricing	Ages Served	Registration/ Deposit Fee	Website/Contact Information
America's Best Kids	School Age Weekly Camps, 6/14-8/27 from 8:30-5:30pm Preschool Weekly Camps, weeks vary, from 9-1pm Specialty Camps dates vary	Medford	School Age \$180 per week Preschool \$108 , M, W, F Specialty Camps Price Varies	3-12 years old	\$30/child \$60/family	https://abkfun.com/day-camps/
Ashland Productions	Weekly Camps, 6/7-8/20, times vary depending on camp week	Ashland	\$300-530 (depending on the week)	5 years-12th grade	\$0	http://www.ashlandproductions.org/summercamps
Ashland School District	TBD	Ashland	TBD	TBD	TBD	http://www.ashland.k12.or.us/Index.asp
Boys and Girls Club of the Rogue Valley	Weekly Camps 6/14-8/21 7:30-5:30pm	Grants Pass and Talent	\$50 per week	Kindergarten- 6th grade	\$0	https://begreat4kids.com/clubs/grants-pass/
Central Point School District	Weekly Camps, mid June to beginning of August	Central Point	Free	K-12th grade	0\$	https://www.district6.org/
Central Point Parks and Rec	Weekly Camps, dates and times vary	Central Point	\$120-160 per week	5-12 years old (some camps vary in age)	\$0	https://secure.rec1.com/OR/central-point-or/catalog
City of Medford	School Age Weekly Camps, 6/14- 8/20 from 9:00-5:30pm Preschool Weekly Camps, 6/14- 8/20 from 9:00-5:30pm	Medford	\$112 per week (school age) \$56 (AM or PM Session)	3 years old- 6th Grade	\$20 per camp week and per camper	https://www.medfordoregon.gov/files/assets/public/parks-recreation-and-facilities/documents/program-guide.pdf
Grants Pass School District	Weekly camps from 6/14-8/13	Grants Pass	FREE	K-12th grade	Free	https://www.grantspass.k12.or.us/domain/1365
Kids Unlimited	Weekly Camps, dates TBD from 7:30-5:30pm	Medford	\$125 per week	Entering 1st- 8th grade	\$20, 4 week minimum	https://kuoregon.org/summer-program/#top
KidTime Children's Museum	Weekly Camps 6/21-8/19, 9-1pm (prek) and 8-2pm (K-5)	Medford	\$115 per week (prek) \$125 (K-5)	3 years old- 5th grade	\$20	https://www.kid-time.org/summercampsandpreschool
Medford School District	Four 2-week sessions 6/14-8/12, 8:30-12:00pm	Medford	Free	K-12th grade	\$0	https://www.medford.k12.or.us/Page/6470

Summer Camps 2021 for Jackson and Josephine Counties

<i>Camp Name</i>	<i>Dates</i>	<i>Location</i>	<i>Pricing</i>	<i>Ages Served</i>	<i>Registration/ Deposit Fee</i>	<i>Website/Contact Information</i>
Science Works	Weekly Camps, 6/28-9/3, times vary depending on age of child	Ashland	price varies (depending on age and membership)	5-12 years old	\$0	https://scienceworksmuseum.org/summer-camp-schedule-2020/
SOU Youth Programs	Weekly Camps, 6/21-7/30, times vary depending on age of child	Ashland	159 (depending on the week)	8-14 years old	\$15-40, varies per camp	https://inside.sou.edu/youth/summer/index.html
Three Rivers School District	TBD	TBD	TBD	TBD	TBD	https://www.threerivers.k12.or.us/home
Wilderness Trails Camp	Day Camps 6/14-8/14, dates vary for age	Jackson/Josephine	FREE	8- 17 years old	0\$	http://www.wildernesstrails.net/camp-schedule
Wildlife Images- Camp EEK!	Weekly Camps, 6/21-8/27 from 9:00-3:00pm	Grants Pass	\$120 (members) \$140 (non-members)	6-11 years old	\$0	https://wildlifeimages.org/education
Willowwitt	Day Camps from 9am-3:3pm (Dates TBD)	Ashland	TBD	6-17 years old	TBD	https://thecrestatwillowwitt.org/programs/summer-camps/
YMCA- Ashland	AM and PM Weekly Camps 6/21-8/27 times vary plus extended care Specialty Camps dates vary	Ashland	\$90-115 (depending on week and YMCA Membership) Specialty Camps Price Varies	4-14 years old	\$10	http://www.ashlandymca.org/SectionIndex.asp?SectionID=7
YMCA- Grants Pass	Weekly Camps 6/15-8/21, 7:30-6:00pm	Grants Pass	\$140 per week (members) \$190 per week (non-members)	Kindergarten-5th Grade	\$0	http://www.grantspassymca.org/index.php?page=childcare#home
YMCA- Rogue Valley	Day Camps 6/28-8/27 Specialty Camps dates vary	Medford	Camps Price Varies	Entering 1st-9th grade	\$50	https://rvymca.org/program/day-camp-summer-camp/

For preschool and child care options for children birth to 5 years old, please contact 211info: **TEXT** your zip code to "898211" (TXT211); (Mon-Fri 9am-5pm, **EMAIL** help@211info.org, **PHONE** 211 or 1-866-698-6155 or **WEBSITE** 211info.org

Child Care Resource Network

Inclusive Support Line Services

Jackson and Josephine Counties

Maureen Honeycutt
Inclusion Specialist

(541) 324-7720 Call or Text
supportline@soesd.k12.or.us



Assistance by:

- Phone Calls and Emails
- On-site Visits
- Resources and Training

*Expect a response to requests
within 2 business days*



Child Care Resource Network Inclusive Support Line

- ◆ A **FREE** program that offers **assistance** and **consultation** to support quality, inclusive child care and education for **all** children, birth through school age, including those experiencing challenging behaviors, developmental delays, or specialized health care needs.
- ◆ Early educators and parents who have concerns or questions on how best to support a child in care should contact the Inclusive Support Line.

FREE Consultation Support for Child Care Centers, Family Child Care Homes, and School-Age Programs

The Inclusive Support Line is sponsored through blending of funds from Child Care Resource Network and Oregon Council on Developmental Disabilities Inclusive Partners





Give Them More
of the
Good Stuff!

Green Bean Basics



Shop and Save

- ☼ Choose fresh green beans with a bright green color and firm texture; they should snap easily when bent.
- ☼ Beans should be mostly smooth on the surface. Large bumps may mean that the bean is less tender to eat.
- ☼ Fresh green beans may cost less when in season locally. In Oregon, this is usually July through September.
- ☼ Frozen and canned green beans can save you money and time for most recipes.
- ☼ Look at unit price tags on the grocery store shelf to compare the cost of different brands and package sizes of green beans.

Green beans are a good source of vitamin K and vitamin C.



1 pound fresh green beans =
about 3 cups when cut or
2 cups cooked



- in airtight containers, label and use within 8 to 12 months.
- Canned beans are safe to eat up to 2 to 5 years after the 'best by' date as long as the can shows no dents, rust or swelling. After opening, refrigerate for up to 3 to 4 days.

Store Well Waste Less

- Refrigerate fresh green beans in an open or perforated bag. Rinse under running water just before using.
- Freeze fresh green beans for longer storage. For best color and flavor, blanch first. Package

Types of Canned and Frozen Green Beans

Whole



Cut - Beans sliced crosswise.



Julienned or French Cut - Beans sliced lengthwise.



For color variety, try **yellow wax beans**. Use them just like green beans.



Green beans are also known as string beans or snap beans



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Share on:



Enjoy Green Beans

Honey Mustard Green Beans

Ingredients:

- 1 Tablespoon prepared **mustard**
- 3 Tablespoons **honey**
- 3 Tablespoons **vinegar**
- 4 cups **green beans** (cooked from fresh, frozen, or canned, rinsed and drained)

Directions:

1. Wash hands with soap and water.
2. In a medium saucepan or skillet over medium-low heat, stir together mustard, honey and vinegar. Cook until sauce boils and becomes thick, about 10 minutes.
3. Add green beans and stir to coat evenly. Cook until beans are heated through. Serve warm.
4. Refrigerate leftovers within 2 hours.

Notes:

- 🌱 4 cups of green beans is about 1½ pounds fresh, 16 ounces frozen or 2 cans (15 ounces each).
- 🌱 Honey is not recommended for children under 1 year old.

Makes 4 cups

Prep time: 10 minutes

Cook time: 15 minutes

Go to FoodHero.org for easy, tasty green bean recipes

Bean Salad

Ingredients:

- ¼ cup **vinegar**
- ¼ cup **sugar**
- 2 Tablespoons **vegetable oil**
- ¼ teaspoon each **salt** and **pepper** (optional)
- 4 cans (15 ounces each) **beans**, drained and rinsed (try a mix of any type)
- 2 cups chopped **vegetables** (try a mix, such as onion, carrot, celery, bell pepper)

Directions:

1. Wash hands with soap and water.
2. In a large bowl, mix together vinegar, sugar and oil. Add salt and pepper, if desired.
3. Add beans and vegetables and gently stir to coat. Cover and refrigerate until ready to serve. For more flavor, make a day ahead.
4. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 10 minutes

Cook Fresh Green Beans

Leave whole or cut to any size. Snap or cut off the stems and ends, if desired. Use any of these cooking methods to reach the tenderness you like.

🌱 **Boil** - Add beans to boiling water, cover and cook 3 to 8 minutes.

🌱 **Microwave** - Place beans in a covered dish with 2 Tablespoons water. Microwave on high for 2 minutes and test for doneness. Add 30 seconds more and test again. Continue until done.

🌱 **Steam** - Add beans to a steamer basket over boiling water. Cover and cook for 3 to 7 minutes.

🌱 **Sauté or Stir-fry** - Heat beans in a small amount of vegetable oil over medium-high heat. Stir occasionally for 5 to 10 minutes.



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- 🌱 **rinse fresh vegetables under cool running water.**
- 🌱 **use a can opener and safely handle sharp lids.**
- 🌱 **measure and mix ingredients.**

Green Bean Topping Ideas

Dried cranberries or chopped nuts

Chopped ham or crumbled bacon

Lowfat Italian salad dressing