Our New Webpage
http://www.puconline.org/article.php?id=148

We who are honored to support our early childhood education and care professionals at the Pacific Union Conference are pleased to introduce our new Resources Webpage. Jesus statement, “Let the little children come to Me, and do not forbid them, for of such is the Kingdom of God,” Mark 10:14, is the principle behind this webpage. Christine Byrne, Coordinator for the ECEC Division and I have worked with our various committees this past year to provide you with the following resources.

- Do you have questions about California’s “Preschool for All” Proposition 82 that is on the June 6, 2006 ballot? If so, the first link on our webpage at http://www.puconline.org/article.php?id=148, is to the Religious Liberty Department’s Webpage. Right below is the link to an article Christine wrote with Alan J. Reinach, Esq., Director of Public Affairs & Religious Liberty, explaining clearly the pros and cons of this proposition along with a link to the brochure Christine designed specifically for distribution. If you would like brochures printed in bulk for your church or center, call our office (805) 413-7342 and I will send them to you.

- Are you interested in the 2006 Teachers’ Convention August 6—9 in Nashville, TN? Well, go to our webpage and click on the advertisement and you will go to the convention’s webpage. Curious about the Breakout Sessions specifically planned for ECE? Click on the link just under that picture and you will go directly to the sessions list on their site. Have questions about registration? Go to the NAD Education webpage with a click on their logo. Or, from our webpage, click on “your union office” to contact your union about registration.

- Would you like the ECE professionals in your center to learn more about leadership, management, conflict resolution, enriching your Spiritual environment, or to learn the most up-to-date information about ethics, mainstreaming at the preschool level and emotional intelligence? Christine has over 20 diverse and effective seminars regarding these and many other topics. To learn more information about her free seminars, click on the “Enrichment Seminars” link just above her picture and choose the one that would be the most advantageous for your center.

- Do you have questions about accident prevention, injuries, mealtime, transportation and other problems that daily intrude on your program? We now have The EEC Policies, Procedures and Guidelines Manual, voted into effect on October 13, 2005, on our site as well as all the accompanying required forms. Just click on the Policy link and you will be able to print this manual or just the portions you need. Christine will visit any requesting preschool board to review and train regarding the purpose of this manual; which is to establish a working relationship among Seventh-day Adventist conference entities in the Pacific Union who are presently operating or contemplating the operation of an ECEC program.

- Are you interested in the Pacific Union Licensing Application Forms, 2006 Early Childhood Educator and Administrator’s Textbook List, the directory for our centers, the Preschool Progress Report, or how to do a feasibility study to open a new center? Just go to our webpage and you will discover a gathering of that data.

- We also have links to NAD employment opportunities, the National Child Care Systems, CIRCLE, the Adventist Curriculum and Instruction Resource Center, Adventist Parenting e-Magazine, all the PUC state regulatory agencies as well as the NAD Adventist Child Care Network and PUC Newsletters.

We are proud to serve and support our ECE professionals and hope this new webpage will enhance their daily programs.

Julie Masterson, Office Secretary
To Christine Gillan-Byrne, Coordinator
Early Childhood Education and Care Division
(805) 413-7342—FAX: (805) 497-7099
Nutrition Corner

Stop the Food Fights

If every meal is a struggle with your toddler, new research suggests you should chill out. A study in the Journal of the American Dietetic Association of over 3,000 infants and toddlers ages 4 months to 2 years indicates that kids in this age group self-regulate how much they eat regardless of the portions served. They consume only what their body needs and will adjust the amount of calories they’re getting at each meal accordingly. However, past research has shown that kids may lose this ability by 3 or 4 years, so it’s all-important that parents avoid unhealthy fare and offer toddlers nutritious choices [at proper meal times] to encourage good eating habits early on in life.

American Baby, May, 2006, p. 20

Amazing Foods For Kids

Try a creative presentation: your child won’t be able to resist a grape-tomato caterpillar.

BEST GRAIN—WHOLE WHEAT BREAD
Serve fortified bread so your kids will be getting iron, vitamins, magnesium, and zinc as well as fiber. Check the label—whole-wheat flour should be listed as the first ingredient. One way to get kids to branch out from white is to serve whole-wheat bread toasted and topped with melted cheese.

NEXT-BEST CHOICE: Brown rice, which has more than three times the fiber of white and twice as much vitamin B6. Instant is fine. You lose a small amount of fiber, but it’s still healthier than white rice.

PICKEY-EATER IDEA: use cookie cutters to make finger sandwiches in fun shapes. Your toddler will be so excited to eat a giraffe PB&J, she may not notice that the bread is a darker color.

BEST GREEN VEGGIE: SPINACH
Jam-packed with vitamin A and folic acid, it’ll also provide some vitamin C and iron. If your child turns up her nose at spinach, get creative. Dress it up (sprinkle Parmesan cheese on top) or sneak it into her favorite dishes—baked into lasagna, pureed into tomato sauce, or layered in a sandwich instead of lettuce.

NEXT-BEST CHOICE: Edamame, or soy beans, which are loaded with protein, calcium, phosphorus, and vitamin C, plus a little fat. Kids love pushing the nutty-flavored peas out of the pods and into their mouths.

BEST SALAD VEGGIE—TOMATOES
The clear winner because every serving packs a big dose of lycopene, an antioxidant associated with lower rates of cancer and heart disease. Tomatoes also contain loads of vitamin C and a fair amount of fiber. If your child won’t eat them fresh, chunked, or sliced in a salad, try lightly grilling them with a little olive oil—lycopene absorption is actually greater when tomatoes are cooked.

NEXT BEST CHOICE: Carrots, for the beta-carotene, which converts to vitamin A in the body, and because kids love the crunchy texture.

PICKEY-EATER IDEA: Go for the tiny grape tomatoes, which are sweeter (remember to cut them up for toddlers).

Breakfast Makeover from American Baby, May, 2006

In a new study, 2- to 5-year-olds of working moms ate fewer fruits and veggies and got fewer calories and less calcium at home, but they made up for this shortfall in day care. Your child’s day care should serve whole grains and produce and avoid high-sugar snacks, says lead study author Sibylle Kranz, PhD, an assistant professor at Penn State, (emphases supplied).

Transform a breakfast dud into a winner by making simple, healthy changes to your morning meal.

Instead of: A bagel with cream cheese* and an 8-oz. glass of orange juice 360 calories, 9g fat, 1g fiber

Have this: A whole-wheat English muffin with strawberry preserves* and 1 orange 250 calories, 1g fat, 7.5g fiber

* 2 Tbsp. is the standard serving for cream cheese. 1 Tbsp. for preserves.

PARENTS, December 2005, p. 136-139
The purpose of the Sunrise Christian Preschool is to provide enriched care for children that will help them develop socially, physically, emotionally, cognitively and spiritually. Developing a high sense of self-worth and self-expression is each teacher's aim with the children. Through competence building activities, the children are encouraged to explore their environment, stimulating them to enjoy the preschool experience and be actively involved in their own learning. The curriculum emphasizes four fundamental philosophical tenets: Spirituality, Scholarship, Sportsmanship and Service.

The toddler program teachers ensure each day is filled with interesting things to see, do and explore. The daily program is balanced with stimulation, quiet time, small group activities and free-play time. The teachers create a nurturing environment that inspires learning in a calm and reassuring way through sensory exploration, dramatic play, building and manipulating materials and teacher interaction.

The preschool program builds reading skills, self-confidence and a love for learning. Learning centers and play areas promote letter and number recognition, counting, sorting, grouping, basic health and science concepts, and dramatic play opportunities. Monthly lesson plans provide for independence and small and large group activities while developing appropriate social skills.

In the pre-kindergarten classroom, children are preparing for their academic futures with the intention of creating life-long learners. In addition to social skill development, music and movement, creative art and other preschool activities, the pre-kindergarten children learn through stories and books and focus on letter recognition, phonics and early writing experiences. Learning to draw conclusions, sorting, categorizing, number recognition, quantification and association are all part of the introductory math lessons.

Each day at Sunrise Christian Preschool is very busy. Even so, as a Christian school, the teachers understand each child's uniqueness. They intentionally work with each child to develop their understanding of a loving, caring and personal God. What a blessing it is to have Sunrise Christian as one of our Pacific Union Conference Early Childhood Education and Care programs. 

Sunrise Christian Preschool is a division of Orangewood Adventist Academy which has been serving Southern California's greater Orange County area since 1896! The academy has been at its present location for 49 years and the preschool began serving the Garden Grove neighborhood in 1991. Licensed for 45 children, the center is nearly at their daily capacity with over 40 children enrolled.

The morning worship program began. No, this was not Sabbath School; it was Preschool – at Sunrise Christian Preschool in Garden Grove, California and teaching director Audrey Railey was leading out.

The children sang out and the morning worship program began. No, this was not Sabbath School; it was Preschool – at Sunrise Christian Preschool in Garden Grove, California and teaching director Audrey Railey was leading out.

“I’m glad I came to Garden Grove
Garden Grove, Garden Grove.
I’m glad I came to Garden Grove,
on this bright sunny morning.”

Sunrise Christian Preschool, Garden Grove, CA

PUC Early Childhood Education and Care, p. 3

ECEC Newsletter compiled by C. Gillan-Byrne
The Listening Center is where children can listen to a variety of music or experiment with sound through various traditional, home-made or found instruments. Listed below are some ideas to help teachers develop a creative listening center.

- audiocassette player-recorder and audiocassettes and microphone
- autoharp
- automobile parts (old hub caps, brake drums, fly wheels, etc.)
- bells
- booklet (blank—for children to draw or write about experiences in center)
- bowing instrument
- cardboard tubing
- castanets, cricket clickers (baby food jar lids are great clickers)
- chairs (small)

### Employment Opportunities

If you are looking for **summer help**, Pacific Union College Early Childhood majors could be the answer to your short-term employment needs! For more information contact Dr. Margo Haskins at the Education Department of Pacific Union College (707) 965-6340.

### 2006 Dates to Remember . . .

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*PUC Conference Office in Westlake Village, CA

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Dear Colleagues, continued

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ECEC Newsletter compiled by C. Gillan-Byrne