

fountain city united methodist  
PRESCHOOL



Serving\* Loving\* Teaching

# Preschool Family Handbook 2021-2022

**Fountain City United Methodist Church Preschool**  
212 Hotel Road, Knoxville, Tennessee 37918

**(865) 689-5518**

**Alycia Truett, Director**

[Alycia.Truett@FountainCityUMC.org](mailto:Alycia.Truett@FountainCityUMC.org)



## FOUNTAIN CITY UNITED METHODIST CHURCH PRESCHOOL

212 Hotel Road, Knoxville, TN 37918-3296

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The Preschool years are an exciting adventure for the young child. Our program will help you child to be more independent as he/she relates with his/her peer group without parental guidance. From the six-month-old infant to the Pre-K boy and girl, we will be helping your child use the appropriate “tools” of his/her trade. Remember “child’s play” in a developmental environment is really “work” to the child. Your child approaches it as seriously as Dad and Mom approach their daily work. We will provide opportunities to develop the whole child – with experiences in music, rhythm, literature, listening, language, science, and mathematics on the child’s individual level of ability and achievement.

Our purpose is to provide quality care for the preschool-aged child and to encourage his/her social, emotional, physical, and spiritual growth through developmentally appropriate planned activities. The curriculum of a good program is the sum total of all that a child experiences from the time he/she arrives until he/she leaves for home. All activities including classroom, outside and transitional time are planned with the developmental needs of the child in mind. We believe that children learn best through experiencing love, forgiveness, and acceptance as modeled by their teachers and experienced with other children.

### STAFF

The Preschool Director is **Alycia Truett**. She has been a staff member since 2006 and assumed the role of Preschool Director in 2019. She earned her M.S. in Animal Science from Texas A&M University and her Director’s Credential from the State of Tennessee in 2019. Alycia may be reached at the Preschool 7:45am-2:30pm Monday-Friday during the school year by phone (865) 689-5518 or email Alycia.Truett@FountainCityUMC.org.

**Kenzie Anders** co-teaches toddler classes with Carolyn Pohrivchak. Kenzie served several years as a Playologist at The Muse Children’s Museum, and is working toward her Associates Degree from Pellissippi State Community College. Kenzie joined our staff in 2020.

**Leanne Hennessey** co-teaches three-year-old classes with Celena Miller. Leanne received her B.S. in Social Work and her Master of Social Work from the University of Tennessee and joined our staff in 2019.

**Laura Jaco** teaches our five-day Pre-K class and is one of our Lunch Friends teachers. Laura received her B.S. in Early Childhood Education from the University of Tennessee and has earned her Pre-K endorsement. She has been on staff since 1989.

**Cheryl Kilby** serves as Assistant Director and co-teaches a three-year-old class with Beth Scripa. Cheryl received her B.S. in Human Ecology with a major in Child Development and her M.S. in Social Work from the University of Tennessee. She has been on staff since 2006.

**Terri McCluskey** co-teaches a three-year-old class with Beth Scripa. Terri received her B.S. in Biology from the University of Tennessee and a Masters of Public Health with an emphasis on Maternal & Child Health from the University of Alabama. Terri joined our staff in 2019.

**Celena Miller** co-teaches three-year-old classes with Leanne Hennessey and also serves as a Lunch Friends teacher. She received her B.A. in Anthropology from the University of Tennessee and has been with our staff since 2011.

**Suzanne Miller** teaches Pre-K classes with Liz Siegenthaler, and also serves as a Lunch Friends teacher. She earned her B.A. in Psychology from Indiana University and has been with our staff since 2009.

**Cindy Mize** teaches a Pre-K class and is one of our Lunch Friends teachers. Cindy received her B.S. in Education from Carson-Newman College and has taught in the Knox County School District. She has been on staff since 2009.

**Katie Orrison** teaches toddler classes with Sheryl Tindell and Becky Ripley. Katie received her Associates Degree in Early Childhood Education and Development from Pellissippi State Community College and joined our staff in 2019.

**Carolyn Pohrivchak** co-teaches our toddler classes with Kenzie Anders. She received her B.A. in Early Childhood Education from Old Dominion University in Norfolk, Virginia and has a professional license to teach in Tennessee. She has been with our staff since 2012.

**Becky Ripley** co-teaches toddler classes with Katie Orrison. After several years at Sterchi Elementary, Becky rejoined our staff in 2013. She received her degree in Early Childhood Education from Emory and Henry College in Emory, Virginia and her Elementary through Eighth Grade certification from the State of Tennessee.

**Beth Scripa** co-teaches three-year-old classes with Cheryl Kilby and Terri McCluskey, and also serves as a Lunch Friends teacher. She received her B.S. in Spanish and her M.S. in Teacher Education from the University of Tennessee. Beth joined our staff in 2018.

**Angie Shelton** co-teaches infant classes with Sheryl Tindell. Angie earned her C.D.A from Roane State Community College. She has been on staff since 2010.

**Liz Siegenthaler** teaches Pre-K classes with Suzanne Miller, and also serves as a Lunch Friends teacher. Liz received her B.A. in Journalism from Ohio State University and her M.A. in Humanities from Tiffin University. Liz joined our staff in 2021.

**Kim Spencer** is our Physical Education specialist. She works with all age groups. She has a M.S. in Physical Education from East Tennessee State University. She has been on staff since 2003.

**Sheryl Tindell** co-teaches infant classes with Angie Shelton and a toddler class with Katie Orrison. She received her B.S. in Elementary Education from the University of Tennessee. She has been on staff since 2000.

If a teacher leaves the staff at any time during the school year, the transition to a new teacher involves informing parents and children of the situation as it occurs and keeping them informed as a replacement teacher joins the staff. It is the Director's responsibility to communicate with the parents, children, and staff during the transition.

### COMMUNICATING WITH US

You may contact the Preschool Director, Alycia Truett, at the Preschool Office (865) 689-5518 or email [Alycia.Truett@FountainCityUMC.org](mailto:Alycia.Truett@FountainCityUMC.org). If you reach our voicemail, please leave a message and we will return your call. If you would like to leave a message for your child's teacher, please call the Preschool Office, and the teacher will receive the message. Teachers will share their preferred contact information with families in their classes; written communications can/will be placed in your child's folder/backpack. Infant and toddler teachers also send home daily notes. Forms with personal information required for admission to the Preschool (emergency, health history, immunization, etc.) are confidential and stored in the Preschool Office; they are accessible only to pertinent staff (classroom teacher, director) with the parent/guardian permission, the parent/guardians, and regulatory authorities. **Families are encouraged to sign up for Remind text messaging to share and receive important information.**

### ORGANIZATION

A Preschool Board, which consists of Fountain City UMC (FCUMC) members who serve a three-year term, the FCUMC Director of Children's Ministries, two Preschool parents, and the Preschool Director govern the Preschool. If you have questions/concerns/joys that you would like to share with them, contact information is available in the Preschool Office.

### HELPFUL LINKS



Kidscount Online Registration and Tuition Portal

[fcumc.kidscount.online](http://fcumc.kidscount.online)



Preschool Facebook Page

[facebook.com](https://www.facebook.com)



Fountain City United Methodist Church

[fountaincityumc.org](http://fountaincityumc.org)

## PROGRAM HOURS

Infants [6 months by August 15 – 18 months]

8:00am to 2:00pm (Tuesday, Wednesday, or Thursday)  
or a combination of these days

Toddlers [19 months by August 15 – 3 years]

8:00am to 2:00pm (Monday, Tuesday, Wednesday, or Thursday)  
or a combination of these days

Three-Year-Olds [must be 3 by August 15]

8:00am to 11:30am (Monday and Wednesday)  
(Tuesday and Thursday)  
(Monday – Thursday)

Four-Year-Olds [must be 4 by August 15]

8:00am to 11:30am (Monday and Wednesday)  
(Monday, Wednesday, and Friday)  
(Tuesday and Thursday)  
(Monday – Thursday)  
(Monday – Friday)

Lunch Friends

11:30am to 2:30pm (Monday – Friday)

## LUNCH FRIENDS

Lunch Friends is an important part of our program available to children enrolled in a three- or four-year-old class. Lunch Friends groups meet 11:30am-2:30pm each weekday. Your child should bring his/her own lunch in a labeled lunchbox including a freezer pack. Milk is provided for all students. **The cost is \$15.00 per day and will be invoiced to your Kidscount account.** You may pay by the day, the week, or the month. Your child may come on any day, even if it is not his/her regular school day. If you plan to come on a day that is not your child's regular school day, please call by 9:00am so that we can make staffing arrangements, and bring your child by 11:30am. For regular school days, there is no need to call ahead. **DO NOT** send anything in your child's lunch that contains peanuts or peanut products.

**FCUMC PRESCHOOL IS A PEANUT BUTTER/PEANUT-FREE FACILITY.**

## DAILY SCHEDULE

A typical morning consists of free play in the classroom (including table toys, housekeeping, and large block containers), stories, art activity, snack, and activity time outside (weather permitting) or in the playroom/gym. We provide a developmentally appropriate, planned, yet flexible program for your child that allows opportunities to develop physically, cognitively, socially, and emotionally. Four-year-old classes use Houghton-Mifflin Pre-K curriculum. Curriculum for infants, toddlers, and three-year-old classes is based on Tennessee Early Learning standards and is developed and implemented by the Preschool staff.

We have three infant classes, eight toddler classes, four three-year-old classes, and five four-year-old classes. Teacher/student ratios are: Infants 2:6, Young Toddlers 2:6, Older Toddlers 2:8, Three-year-olds 2:12, and Four-year-olds 2:14 or 1:10.

### 2021-2022 SCHOOL YEAR SCHEDULE

August 23	First Day of Classes
September 6	Labor Day (closed)
October 11-15	Fall Holiday (closed)
November 24-26	Thanksgiving Holiday (closed)
December 17	Half Day (close at 11:30am; no Lunch Friends)
December 20-December 31	Christmas Holiday (closed)
January 17	Martin Luther King, Jr. Day (closed)
March 14-18	Spring Holiday (closed)
April 15	Good Friday (closed)
April 18	Easter Holiday (closed)
May 20	Last Day of Classes (close at 11:30am; no Lunch Friends)

The Knox County School System has additional in-service days when their children do not come to school; however, we will be **open** those days unless we have notified you in our monthly newsletter/Remind. **We follow the Knox County Schools' decisions regarding weather-related closings and delays for in-school instruction. When KCS uses Virtual Learning Days when school is canceled due to inclement weather, then the Preschool will be closed.** If for any other reason the Preschool needs to be closed, the Director will make the decision, and parents will be notified by text/Remind. Information about school openings/closings is also posted on WBIR.com and the Preschool Facebook page.

## FINANCIAL INFORMATION

Tuition for the school year is divided into nine monthly payments (assessed August – April) for your convenience. Tuition is invoiced on the first day of the month. A late fee of \$15.00 is assessed for payment after the 15<sup>th</sup> of the month.

Infant and Toddler tuition:	\$180 per month (1 day/week)	\$360 per month (2 days/week)
	\$540 per month (3 days/week)	\$720 per month (4 days/week)
Three-year-old class tuition:	\$175 per month (2 days/week)	\$350 per month (4 days/week)
Four-year-old class tuition:	\$175 per month (2 days/week)	\$263 per month (3 days/week)
	\$350 per month (4 days/week)	\$438 per month (5 days/week)

Tuition may be paid by cash, check, credit card (on-line through Kidscount) or direct bank account withdrawal (ACH). Checks should be made payable to **FCUMC Preschool**. Please bring cash in a labeled envelope – receipts for tuition will be given. ACH withdrawals will be processed on the first Monday of the month. There are no tuition refunds if your child is absent during the month.

The \$50 Registration Fee is due at the time of registration and is not refundable.

Parents of two-, three-, and four-year-olds must purchase an individual rest mat for their child at a cost of \$30. These rest mats must be ordered through the Preschool.

## REGISTRATION

Registration for the following school year begins in March. Children remain in their registered class for the entire school year. The first week of registration is open to FCUMC members, children currently in the program and their siblings. The second week is open registration. Those families who have been on the waiting list during the year must register during this week in order to retain their place on the waiting list. Registration takes place on the Kidscount website [fcumc.kidscount.online](http://fcumc.kidscount.online). The Preschool is open to all children who meet the age requirements, regardless of race or religious beliefs. No child is denied access because of special needs/abilities. All children in the three- and four-year-old classes must be toilet-trained to be in the Preschool program. The Preschool is not a substitute for Sunday school or other formal religious training.

All children are special! If your child has special needs, we ask that you support our staff with additional information (such as the physical building, program adjustments, health support); we will make our best effort to give your child a positive experience at school.

## REST MATS

Parents of two-, three-, and four-year-olds must purchase an individual rest mat for their child at a cost of \$30. These rest mats must be ordered through the Preschool. Health Department Standards require a mat 2 x 24 x 48 inches. Your child will have his/her own mat labeled with his/her name. As long as your child remains in the Preschool program, the mat will remain at school; when your child completes the program, moves, or leaves for any reason, the mat is his/hers to keep.

## DRESS

Send your child to school in comfortable play clothes and tennis shoes. We paint, have snacks, and play outside. **No cowboy boots, sandals, Crocs, or dress shoes** should be worn for the safety of your child and other children. Each child should bring a backpack/diaper bag to school daily with an additional change of clothes, including socks and underwear. **Please label jackets, hats, and gloves with your child's name.**

## ARRIVALS AND DEPARTURES

Prompt arrival, regular attendance, and promptness in picking up your child are important to his/her happiness and well-being. All children should arrive at 8:00am. Three- and four-year-olds should be signed in at the Welcome Center. Infants and toddlers are signed in at the classroom. Enter the Preschool wing through the Welcome Center of the church. The first minutes of the morning are very important to each child as they develop friendships and make choices in their play. Make goodbyes brief and cheerful! Infants and toddlers should be picked up from their classrooms by 2:00pm. Three- and four-year-olds are dismissed to their parent/guardian/caregiver at Door #2.

Each child will be assigned a unique 4-digit code which will be used for electronic check-in and check-out. If someone other than a parent is picking up your child, their name must be added to the approved pickup list in your Kidscount Account. A late fee of \$5 is charged when parents are late in picking up their children from Preschool (11:30am), the Infant/Toddler classes (2:00pm), and Lunch Friends (2:30pm).

If, in the subjective opinion of the staff member on duty at the door, a parent or other person designated to pick up a child is unable to safely operate a motor vehicle due to alcohol/drug effects or for any other reason, the staff member will:

1. Offer to call someone to drive the child home, or
2. Make suitable arrangements to get the child home safely.

The Preschool will make its best effort to not allow any child to ride home with a driver who appears to be incapable of safely operating a motor vehicle. It is both our moral and legal responsibility to use our best efforts for the safety of all in our care.

It is the responsibility of both parents to resolve between themselves any differences they may have at any time regarding their child. If parents are involved in a domestic dispute or a divorce action is pending in court, the Preschool will not become involved in any way, but will comply with my court order regarding the child if a certified copy of the court order is provided by the parents.

The Preschool is concerned about the welfare of all our children. Let us know if your child will be absent due to illness, vacation, death in the family, etc. This helps us to respond empathetically when he/she returns.



## EMERGENCY INFORMATION

Detailed emergency information must be maintained in your Kidscount Account. A child cannot enter school without this information; it is as important as a health form. **We cannot emphasize enough the importance of accurate, updated information.** This online form lists parents' names, address, telephone numbers at home and work, as well as those people you would wish us to contact if parents cannot be reached. These people should be able and willing to make decisions about your child's care, to provide transportation, and to be reached by phone. Carefully consider people you place on this list. Also listed are your child's physician and hospital of preference. Any additional information we need to be aware of (allergies, regular medication, etc.) will be helpful. We will make every attempt to reach you in case of emergency, and this accurate, updated information will help us give your child the best care possible. If any of this information changes during the school year, it is the parent's responsibility to notify the Preschool.

## EMERGENCY PLAN

1. Monthly fire drills are held during which children practice exiting the building and standing against the wall of the Fountain Road side of the church. They return to their classes when notified by the director or other designated person.
2. Tornado drills ("turtle drills" to the children) take place randomly throughout the year. Children go into the hallway of the Preschool wing and assume the "turtle" position, crouching and covering their heads. They return to their classes when notified by the Director or other designated person.
3. The Director is responsible for making decisions regarding evacuation of the building. If the Director is not on-site, the Assistant Director is authorized to make decisions and take action. The children will be directed by their teacher to:
  1. walk with their class to Fountain City Presbyterian Church at 500 Hotel Road, OR
  2. be transported by church vehicles or staff cars to Wallace Memorial Baptist Church at 701 Merchant Drive.
4. If children will be able to return to the building in time for their regular Pick Up, they will do so. If not, parents will receive a text message with specific Pick Up information. **(It is the parent's responsibility to sign up and be alert to text messages through Remind.)** We will have all children's emergency information with us, and will stay with all children until they have been picked up.

## HEALTH & SAFETY

State law requires that each child have a yearly physical examination and an up-to-date immunization record on file in the Preschool Office. These immunization records must be obtained and signed by the doctor/health department and must be given to us when your child begins the school year. **A child cannot enter Preschool without this health record.** It is your responsibility to keep this information updated as your child gets additional immunizations during the school year. Under-immunized children will be promptly excluded if a vaccine-preventable disease to which children are susceptible occurs in the program.

If your child must take medicine during the school day, it will be administered by the Director or by a designated staff member. A medication form must be completed, the medication must be in the original container and list the child's name, the doctor's name, the name of the medication, the issue date, the dosage, and how the medicine is to be administered. **No medicine** should be placed in your child's lunchbox. Medicine will be stored in a locked box in the Director's office for the safety of all our children. If your child has medication that must be readily available (ex. EpiPen, diaper cream) it will be stored in a safe manner, inaccessible to children, while allowing for quick access by staff. We do not administer any medication that requires advanced or specialized training. We ask families to apply sunscreen to their child before coming to school; teachers cannot apply sunscreen unless they have written permission and sunscreen from families.

### **Children (of all ages) cannot wear amber beads or pacifier clips at Preschool due to licensing requirements.**

State law requires us to report suspicion of child abuse. The Director and/or staff member will report suspected abuse to the proper authorities. Confidentiality is maintained at all times regarding the child; only those staff members with direct responsibility for the child are to be notified. Staff who report suspicions of child abuse or neglect here at the Preschool are immune from discharge, retaliation or other disciplinary action unless it is proven that the report is malicious. If a staff member is suspected of abuse or neglect of a child, they are immediately put on leave until an investigation can be completed.

FCUMC Preschool and the entire church is a no-smoking facility, both indoors and on the playgrounds. No smoking is permitted in the presence of children.

Please do not send your child to school if he/she has a fever or is not feeling well. Your child will not enjoy the day and does not need to expose others to illness/disease. If your child has a contagious disease, you must notify the Preschool Director or the child's teacher so that other classmates can be notified.

The Preschool has no provisions for keeping children who are ill. If a child becomes sick while at school, parents will be notified to pick them up in the Preschool Office.

If a child will be absent due to illness for more than 20 consecutive days, contact the Director about reduced tuition.

## **ADMISSION/EXCLUSION DUE TO SYMPTOMS OF COVID-19**

Any child or staff member suspected of having COVID-19 or diagnosed with COVID-19 will be excluded from the Preschool.

If the child or staff member is diagnosed with COVID-19, he or she is not to return to the Preschool until ALL three of the following are met:

1. No fever for 72 hours without the use of fever-reducing medications.
2. Individual's symptoms, including cough, have improved.
3. It has been at least 14 days since the onset of the individual's illness.

If the child or staff member has symptoms of COVID-19 and it is subsequently determined by a medical provider that the individual likely does NOT have a COVID-19 infection, the individual can return to the Preschool if the following is met:

1. No fever for 72 hours without the use of fever-reducing medications.
2. Negative test for COVID-19, OR
3. A note from a medical provider documenting no clinical suspicion of COVID-19 infection.

Children may return to Preschool after 7 days with a negative COVID-19 test administered 5 or more days after exposure.

In the event a child or staff member tests positive for COVID-19, the Director of the Preschool will contact the Knox County Health Department and the Holston Conference District Superintendent by phone, keep them apprised of the situation and follow up with written communication. We will follow the guidance and direction of the Health Department and District Superintendent regarding possible classroom or Preschool quarantine.

Children or staff who become sick while at the Preschool will be immediately isolated from other children and minimize exposure to staff in a separate space with a door. The parent or emergency contact will be notified immediately by the Director/Assistant Director so the child can be taken home. Children will be supervised at all times.

In the event that a classroom or the Preschool is required to quarantine, there will be no tuition reimbursement if the quarantine lasts for 14 days or less. Virtual contact/teaching will continue during this time. Tuition reimbursements for closures over 14 days will be determined by the Preschool Board.

## **CLASSMATE LISTS**

Individual lists of your child's classmates will be sent home during the month of September. We suggest attaching those to this handbook so you can keep all your Preschool information together.

## **TOYS & MONEY**

Your child may bring music or books to share with their friends any time. Please be sure all items are properly labeled. Children should not bring toys or money to Preschool.

## SNACKS & BIRTHDAYS

Snacks consisting of water, crackers, or pretzels, and fresh fruit/vegetables are provided by the Preschool for the children.

Children enjoy being the “birthday child” on their special day. One way you can help him/her celebrate is by giving a book to the Preschool in your child’s honor. We will be glad to help you in your selection. You may send a special snack if you would like, but **please do not send treat bags, other special goodies, or any peanut butter or peanut products.** This will help eliminate confusion, competition, and make it much easier for you, the parents. **Please talk with your child’s teacher before bringing any snacks; we have several children with allergies to be considered.**

If your child is bringing invitations to a birthday party outside school hours, please make sure each child in the class receives one. If all classmates will not be invited, please mail invitations. This helps prevent hurt feelings.

## **FCUMC GUIDANCE & DISCIPLINE POLICY**

Positive reinforcement and re-direction are used in disciplining children. Your child's teacher will let you know of any concerns so we can work together. If you have concerns about your child's behavior, please remember that discipline and other concerns should be discussed privately with the teacher. Continuing serious discipline problems (such as, but not limited to, physically harming another student/teacher or a pattern of refusing to follow directions/classroom rules) will be addressed by a team of teachers, families, the Director, and other professionals (as appropriate) to develop and implement an individualized plan that supports the child's inclusion and success. Exclusionary measures are not considered until all other possible interventions have been exhausted. If the above-mentioned team determines that exclusion is in the best interest of the child, the program offers assistance to the family in accessing services and an alternative placement.

Staff may never (there are no circumstances when it is permissible) use physical punishment, psychological abuse, and coercion when disciplining a child. Appropriate use of restraint for safety reasons is permissible.

Examples of physical punishment: shaking, hitting, spanking, slapping, jerking, squeezing, kicking, biting, pinching, excessive tickling, pulling of arms, hair, ears; requiring a child to remain inactive for a long period of time.

Examples of psychological abuse: shaming, name calling, ridiculing, humiliation, sarcasm, cursing at, making threats, or frightening a child, ostracism, withholding affection.

Examples of coercion: rough handling (shoving, pushing, pulling, grasping any body part); forcing a child to sit down, lie down, or stay down, except when restraint is necessary to protect the child or others from harm; physically forcing a child to perform an action such as eating or cleaning up.

This policy is part of the Preschool Family Handbook and the Preschool Employee Handbook. The policy is intended to limit or eliminate the use of suspension, expulsion, and other exclusionary measures. This policy complies with federal and state civil rights laws.

## **CONFLICT RESOLUTION**

If difficulties and differences arise between families and program staff, the best first step in negotiating those differences is to talk together to see if resolution can be reached. If that is not successful, the Director will meet separately with the staff and families to listen to their concerns. The Director will serve as mediator between the staff and family members to work toward resolution. If no resolution is reached, the concern will be referred to the Preschool Board.

## THE GOLD SNEAKER INITIATIVE



The Gold Sneaker Initiative was developed to enhance policy related to physical activity and nutrition within licensed child care facilities across Tennessee.

### PHYSICAL ACTIVITY POLICY

- Policy 1.1: Children ages 12 months or older attending a full day program shall be offered at least 60 minutes of *physical activity* per day, either indoors or outdoors. Children attending less than a full day program shall be offered a proportional amount of such activities. For children ages three and older, this physical activity must be a balance of free play, teacher-directed activities, and music and movement. This must be documented in the daily schedule and on lesson plan forms.
- Policy 1.2: Viewing of television, videos and other visual recordings shall be limited to no more than 60 minutes per day of educational programs or programs that actively engage child movement. Children attending less than a full day program shall be limited to a proportionate amount of such viewing. This shall be stated in the individual child care facility's policies.
- Policy 1.3: Children shall not be allowed to *remain sedentary or to sit passively* for more than 60 minutes continuously, except for scheduled rest or naptime. This shall be stated in the individual child care facility's policies.
- Policy 1.4: Child care facilities must ensure physical activity is a positive experience for children and is never used negatively or to control behavior. This shall be stated in the individual child care facility's policies.

### NUTRITION POLICY

Nutrition Standards will be enhanced by including additional nutrition policies that must be addressed in order to earn Gold Sneaker recognition:

- Policy 1.5: Ensure appropriate infant and child feeding patterns, including *breastfeeding*. Staff will be sensitive to breastfeeding mothers and infants, and their eating patterns. Each infant will have a feeding plan of file, which is completed by the parent(s) and facility as a team to address their unique feeding patterns.
- Policy 1.6: Ensure appropriate infant and child feeding patterns, including *adequate time for meal consumption*. Adequate time for meals and snacks will be allowed for all children, and will be included in classroom schedules.

## **NUTRITION POLICY (CONTINUED)**

- Policy 1.7: Ensure appropriate infant and child feeding pattern, including *appropriate portion size*. Appropriate portion sizes will be assured through staff training and adherence to portion sizes as found in child care licensing regulations.
- Policy 1.8: All eating opportunities should consist of a respect for the child and promoting a *positive attitude toward food*. Food shall never be used as rewards for children. This shall be stated in the individual child care facility's policies.

## **TOBACCO POLICY**

In order to ensure a healthy environment for all children, the following tobacco policy must be adopted by the facility to earn God Sneaker recognition:

- Policy 1.9: Child care facility campus shall be tobacco free. This shall be stated in the individual child care facility's policies.

## **ENACTMENT OF POLICY**

Participation in the Gold Sneaker Initiative is voluntary and is open to any licensed child care facility in Tennessee. All policies shall be stated in the individual child care program's policies and a copy shall be provided to the Department of Health for maintenance of the Gold Sneaker recognition. Child care programs that implement these physical activity, nutrition, and tobacco policies and include staff in training will earn a "Gold Sneaker" award which designates them as a "Gold Sneaker" child care program. Such designation can be used for marketing purposes for the child care program, and local organizations will encourage parents to select such programs.

## **GOLD SNEAKER DOCUMENTATION**

Programs desiring "Gold Sneaker" designation will provide to the Department of Health the following documentation annually:

- A copy of the program's policies clearly stating Gold Sneaker policies 1.1-1.9.
- A copy of the daily schedule and a weekly lesson plan form for each classroom of children ages 12 months and older with documentation of 60 minutes per day of physical activity as stated in Gold Sneaker policy 1.1.
- A copy of the feeding plan form in use by the program demonstrating compliance with Gold Sneaker policy 1.5.
- A copy of the daily schedule for all classrooms documenting adequate time for meals and snacks as stated in Gold Sneaker policy 1.6.
- Documentation that the Director (if center-based program) and teaching staff have completed Gold Sneaker training. If the program is a family or group child care program, the provider must provide documentation of completion of training. Information for the Gold Sneaker initiative will be available at <http://health.state.tn.us/goldsneaker.htm>.

## RESOLUTIONS FOR PARENTS

Pat Gardner, Minneapolis Tribune

- ❖ I will try to establish firm guidelines and provide loving encouragement for my children.
- ❖ I will show my children that they are capable by not doing for them what they are able to do for themselves.
- ❖ I will try to accept the challenge of each child's unique temperament and individual special needs.
- ❖ I will allow myself room for growth and change because every parent makes mistakes.
- ❖ I will take the time to enjoy every age and stage without wishing a day away.
- ❖ I will protect them from danger and advocate for my children's rights, but will gradually teach my children to assume responsibility for themselves.
- ❖ I will take advantage of opportunities to nurture my children.
- ❖ I will provide myself with frequent outings and freedom from the responsibilities of parenting – for all our sakes.
- ❖ I will try to catch them doing something right every day, and reinforce them for appropriate behaviors.
- ❖ I will have fun with my children and will not try to let the inevitable worries and doubts cloud over the joys of parenthood.
- ❖ I will let my children know every day that they are loved.

*Each day, your child will take home something in his head, something in his heart, or something in his hands. What he brings home in his head and heart is more important than what is in his hands.*

— anonymous