

STORY TIME PRESCHOOL & CHILD CARE NAP SACC IMPROVEMENTS

Story Time Preschool & Child Care completed a total of 30 improvements from pre-assessment (Dec 2016) to post-assessment (Sept 2017) at the Morningside location and 5 additional improvements at the Cecelia location for a total of 35 improvements at that site. Improvements are summarized below.

Physical Activity

- Now providing outdoor play time to preschool children and toddlers at least 3 times per day or more and increased the amount of time provided to preschool children from less than 75 minutes to more than 90 minutes each day.
- Increased the number of times tummy time is offered to infants from 2 times per day to 3 times per day. *
- Now providing structure outdoor learning opportunities, seasonal outdoor activities, and field trips.
- Increased the types of portable play equipment available outdoors from 2 types to 6 types and now there is always something for each child to play with.
- Increased the amount of physical activity time provided to preschool children from less than 120 minutes daily to greater than 120 minutes each day.
- Increased the amount of adult-led physical activity time provided to preschool children from less than 30 minutes per day to 30-45 minutes a day.
- Outside of nap and meal times, the amount of times that infants spend in seats, swings, or ExcerSaucers at any one time reduced from 15-29 minutes to 1-14 minutes.*
- Now offer a space for all activities including jumping, running, and rolling. *
- Increased the types of portable play equipment that is available indoors from 2 types to 5 types and outdoors to 6 types and there is always something available for each child to play with.
- Teachers now often offer appropriate play equipment to infants during tummy time and teachers always interact with them to help build motor skills. *
- The center now has some learning materials available that promote physical activity.
- Teachers now often join in activities to increase children's physical activity during playtime.
- Teachers now incorporate physical activity into classroom routines, transitions, and planned activities each time they see an opportunity.
- Planned lessons focused on building gross motor skills are now being done at least one time per week.
- Teachers are now often talking with children informally about the importance of physical activity.
- Teachers and staff are now provided professional development on a variety of topics related to outdoor play and learning and on children's physical activity at least one time per year.
- Families are being educated on a variety of topics related to children's physical activity more than 2 times per year and 5 topics are covered.
- A physical activity policy was created and distributed.

Nutrition

- Now offering onsite container gardening that allows children to grow and taste vegetables.
- Teachers and staff are now often eating and drinking the same foods and beverages as children during meals and snack times and they often role model eating healthy foods.
- The center now has some learning materials that promote healthy eating.
- When children request seconds, teachers now ask them if they are still hungry before serving more food.
- Teachers and staff now bring water bottles outside and they now encourage children to drink water.
- Teachers and staff received professional development on child nutrition on 5 different topics.
- Families are educated on a variety of child nutrition topics at least twice a year and 4 topics were covered.
- A nutrition policy covering 3 topics was created.

*Indicates Cecelia location only.