

Ready, Set, GROW!

Virginia Beach GrowSmart's Quarterly Newsletter



NEWS & EVENTS FOR FUN FALL LEARNING!

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QUALITY EARLY LEARNING MATTERS.

VQB5 Quality Birth to Five System

Excitement builds as we hustle back to school. We hope everyone has a wonderful transition back to the classroom and we know quality learning matters.

Virginia's early childhood system must ensure that all children have quality teaching and learning experiences that meet their unique needs. To do this, Virginia has developed the Unified Virginia Quality Birth to Five System (VQB5) which recognizes the impact of every classroom, provides feedback to every educator, and supports all publicly funded birth-to-five programs to improve. VQB5 is a measurement and improvement system that focuses on the quality of all publicly-funded birth-five classrooms and supports families to choose quality programming across different program types.

VQB5 sets shared expectations for measuring quality and supporting teachers for all birth to five programs. VQB5 will measure the quality of infant, toddler and preschool teaching and learning based on two nationally-recognized quality indicators: Interactions and Curriculum.

An important feature of VQB5 is that measurement and improvement are connected and ongoing. VQB5 programs have many opportunities to reflect on their progress during the year using a continuous quality improvement cycle.

Program registration is open now until September 16, 2022. For programs who want to learn more about VQB5 and request to participate connect with your Ready Region representative Kristen Carter @ CarterKJ@EVMS.EDU; office ph: (757) 446-7248 or Ashley Stoddard at stoddaam@evms.edu



Upcoming Classes!

Parents, You Matter Let's Connect



FREE LENA Start classes can help you make a difference in your baby's life just through early talk and interaction!

VIRGINIA BEACH TALKS



Classes begin in September!
To register, visit
www.vbgrowsmart.com/lena-start
Call Barb @ 757-385-0144 for more information

In-Person Classes:

Mondays @ 6:00 pm

Williams Farm Recreation Ctr.
(5252 Learning Circle)
Orientation: Sept 19th @ 6 pm

Tuesdays @ 10 am

Oceanfront Library
(700 Virginia Beach Blvd)
Orientation: Sept 20th @ 10 am

Wednesdays @ 6:00 pm

Seatack Recreation Ctr.
(141 S Birdneck Rd.)
Orientation: Sept 21st @ 6 pm

Virtual Classes:

Wednesdays @ 10 am

Virtual via Zoom
Orientation: Sept 21st @ 10 am

Wednesdays @ 6 pm

Virtual via Zoom
Orientation: Sept 21st @ 6 pm

Click for more information.



**Talk Builds
Babies' Brains**
Increased Talk = School Readiness



LENA Grow is a FREE practice-based professional-development program designed to increase interactions with each child in your classroom.

Using innovative "talk pedometer" technology, LENA helps you learn more about your classroom talk environment without disrupting your existing class routines!



LENA Grow offers many benefits for your entire classroom community: children, families, and YOU!

By participating in LENA Grow, you will:

- Increase your knowledge of early language and brain development in young children
- Learn strategies to increase interactive talk
- Generate and review objective data about the children in your classroom
- Connect with a certified coach to explore and build on personal strengths
- Become a LENA Grow certified teacher

To learn more about LENA Grow , visit www.vbgrowsmart.com/lena-grow

FREE Early Childhood Education coaching for providers that aligns with CLASS and program quality!



LENA GROW™





Healthy Families Virginia Beach™

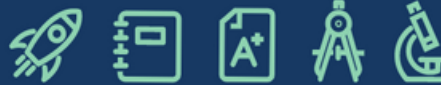
Becoming a parent can be exciting and a bit scary. Every parent could use the support of someone who understands.

Our programs can support you on this journey!
Please contact us at **757-641-8806** for specific program information.

Maternal and Child Health Home Visiting Programs
Virginia Beach Department of Public Health.



Your back-to-school
safety guide.



DID YOU KNOW?

All students enrolling in public and private schools are required to be adequately immunized.

Most students entering school for the first time will receive the vaccines they need from their health care provider or local health department prior to school entry.



[Click here for the VDH Vaccine Schedule
2022 Updates](#)

[Click here for the Spanish VDH Vaccine Schedule
2022 Updates](#)

Schools and Seizure Preparedness

There are 470,000 children living with epilepsy in the U.S. Despite the prevalence, epilepsy is still highly misunderstood by the public. For students living with epilepsy, it is important that schools are well-equipped with the tools necessary to provide a safe and enriching environment.



The Seizure Training for School Personnel, provided online and on-demand by the Epilepsy Foundation, is designed for people who work with children and youth in school settings. This program provides an overview of seizures and epilepsy, seizure first aid, seizure action plans, rescue therapies, seizure emergencies and how to support students in school settings. This course is appropriate for teachers, aides, coaches, administrators and anyone who works in the school setting.

This training is available on the Epilepsy Foundation of America website, as well as on the VDOE Health Services webpage.

www.epilepsy.com/preparedness-safety/schools



**Seizure
Safe
Schools**



November is National Epilepsy Awareness Month!



Let's
**Talk About
Transitions!**



Talking Tip #1:
Talk about what you're
doing and thinking

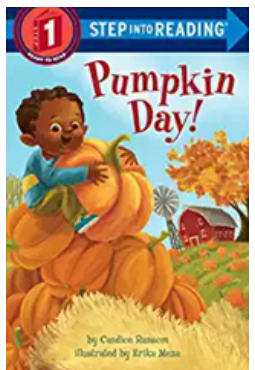
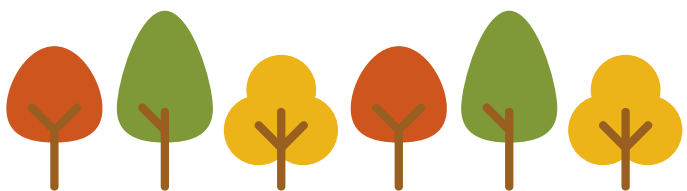
Talk about what just
happened and what's
next, what the activity is,
where it is, what's needed,
and who will be there.



LENA

Hello autumn

Click for more activities



Read along as a boy and his family visit a pumpkin patch to pick out perfect autumn gourds!



The Leaf Thief is a funny picture book that teaches kids about autumn, adapting to change, and the seasons.



What is autumn all about? This comprehensive celebration of all things autumn will show you!



As trees sway in the cool breeze, blue jays head south, and leaves change their colors, everyone knows--autumn is on its way!

1,000 Books Before Kindergarten!

This library program encourages all Virginia Beach families and caregivers to read at least 1,000 books with their young children before they enter Kindergarten.

Reading to preschool-age children builds vocabulary and helps develop the language skills they need for Kindergarten. In as little as 15 minutes a day, families can build the skills for future school and life success.

How Does 1,000 Books Before Kindergarten Work?

- Preschool-age children (0-5 years old) with their families/caregivers.
- Register or sign in online – Visit your library to pick up a free badge book.
- Track Your Reading – Log the titles you read with your child and enjoy the badge book activities together.
- Visit the library to receive a sticker each time you read 100 books.
- Read More Books – Keep logging until you reach 1,000 books.
- Celebrate! – When you reach 1,000 books, visit the library to receive your book bag and a free book of your choice to keep!



Thanks to the Friends of the Virginia Beach Public Library for their continued support of 1,000 Books Before Kindergarten!

Register today!



First Grade READS Needs Volunteers!

First Grade READS is a literacy based tutoring program in Virginia Beach and we need your help!

We need caring community volunteers to take on this incredible role of reading tutor/mentor for the VBCPS 2022-2023 school year.



Reading on grade level is a critical milestone in a child's educational and future life success. The need is great as the data shows significantly more students are starting the school year at a higher risk for not reading on grade level compared to previous years.

Does this sound like a good fit for you or someone you know? Please share our flyer and join us by completing a volunteer application today!

Please visit our webpage for more details about First Grade READS.

<https://www.vbgrowsmart.com/tutoring-program>



That's why the First Grade READS program is so important. The program pairs volunteers like you, with first graders to help them improve their reading skills. The relationships that are built in this role are just as important and rewarding as the work being done to help children to become confident and successful readers.

PROFESSIONAL DEVELOPMENT OPPORTUNITIES!

BACK TO SCHOOL KICK OFF TRAINING **FREE**

Saturday, September 10th
10:00 am - 5:00 pm
TCC - Advanced Technology Center Auditorium
1800 College Crescent, Building H, Virginia Beach
(Can't make it in person? Join us online!)

National Trainer - Not Just Cute
AMANDA MORGAN
Intentional Interactions

Arti Kumar-Jain
CEO of Love and Light 4 Kidz
Mindfulness & Self-Care

Regional Updates by

EVMS **READY REGION**

Register today at sqone.org

SPONSORED BY:

Nurturing Whole Leadership
LISTENING
LEARNING
SERVING

2022-23 Directors LEADERSHIP ACADEMY

Join child care leaders like yourself and learn how to nurture and be nurtured. Discover quick, simple ways to step up as a leader and implement new strategies. All tuition & fees covered by community sponsors!

Networking & Collaborating **Community Connections** **Leadership Training**

*Featuring guest speaker **Maurice Sykes**—a nationally recognized author who wrote a testimonial in our class textbook, *Graceful Leadership in Early Childhood Education*, by Ann McClean Terrill.

ALL VIRTUAL TRAINING CERTIFICATE FOR EACH SESSION

	For-Profit Programs: Tuesdays 12:30-2p.m. Sep. 20*, Oct. 18, Nov. 15, Dec. 13, Jan. 17, Feb. 21, Mar. 15, Apr. 18	Family Childcare: Tuesdays 7-8 p.m. Sep. 20, Oct. 18, Nov. 15, Dec. 13, Jan. 17, Feb. 21, Mar. 15, Apr. 18	Nonprofit & Faith Based: Thursdays 12:30-2p.m. Sep. 22, Oct. 20, Nov. 17, Dec. 15, Jan. 19, Feb. 23, Mar. 17, Apr. 20
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REGISTER: hrssa.org/leadership-academy

Sponsored by: **Chesapeake Thrives**, **READY READY REGION REGION**, **SMART BEGINNINGS**, **Early Education Business Consultants**

Presented by: **HRSSA** Hampton Roads Shared Services Alliance
Helping early childhood businesses work smarter

Look for emails from Virginia Beach GrowSmart for additional training opportunities. Click the GrowSmart logo for more information.



or visit www.vbgrowsmart.com/professional-development

16th Annual - Raising the Bar Early Education Conference!

Please stay tuned for upcoming event information. If you have any questions or concerns – please connect with us:

training@childrensharbor.cc
beth@childrensharbor.cc
(757) 399-1337

<https://childrensharbor.cc/>

Save the Date!
16th Annual **RAISING THE BAR**
EARLY EDUCATION CONFERENCE

OCTOBER 15, 2022

CHILDREN'S HARBOR
Since 1971