

SOUTH CAROLINA ADDENDUM

CADENCE EDUCATION FAMILY HANDBOOK

ABC NUTRITIONAL AND PHYSICAL ACTIVITY STANDARDS

Nutritional Standards: Nutritious food is an important part of the healthy development of young children. Because children grow and develop more rapidly during the first few years of life than any other time, Gateway Academy provides food that is adequate in amount and type to meet each child's growth and nutritional needs. Those centers participating in the enhanced licensing standards put forth by Advocates For Better Childcare have specific nutrition standards as follows:

All meals and/or snacks that are provided by the center shall be planned and served to meet the child's nutritional requirements as recommended by the USDA CACFP in proportion to the amount of time the child is in the center each day with no more than four hours between food services.

Sugar intake is limited by the following practices:

- a) Juice is not served to the children while at school.
- b) Sugar sweetened beverages shall not be served.
- c) Sweet food items are served no more than one time per week.

Foods and beverages high in fat are limited by the following practices:

- a) High-fat meats are served no more than 1 time per week.
- b) Only skim or 1% milk is served to children aged 2 years and above.
- c) Fried or pre-fried vegetables, including potatoes, are served no more than once a week.

Fruits, vegetables, and whole grains shall be served based on the meals/snacks provided, as follows:

- a) Fruit (not juice) is served at least 2 times per day.
- b) A vegetable other than white potatoes is served at least once a day.
- c) Whole grain foods are served at least once a day.

Healthy eating and nutrition are integrated into Gateway Academy's weekly curriculum. This helps children form positive attitudes about food and eating, helps children understand why eating is important and helps shape their eating habits. Staff will encourage but not force children to eat. They will join children at the table for meals, consuming the same food and drink if they are eating with the children. To ensure that poor habits are not promoted, staff will not use food as a reward or for disciplinary measures.

When there are special events during regular school hours, such as a birthday or holiday party, the nutritional standards will be followed. Please remember to ask your Director for the approved list of foods that may be served if you are planning or participating in a special event. For those parents providing food for your child due to severe allergies, we ask that you work closely with the director to ensure that your child's meals meet these standards as well.

Physical Activity Standards:

Cadence Academy believes in developing the "whole" child. We provide a variety of play resources, some portable and others stationary to promote physical activity both indoors and out for all children starting with our Infants and going through our Club House Program.

Outside Play: Outdoor play for children ages 12 to 36 months will total 90-120 minutes and be broken down into two or three separate times. Outside play for children older than 36 months will total between 90-120 minutes and be broken down into two or three separate times. State Licensing Standards require outside play, but in some States, play may be limited due to air quality or temperature, please see the addendum for your state specific information. In the event of poor weather, the children will be provided an indoor space for physically active play. Please be sure to dress your child according to the weather to ensure they may participate in all outside activities. If the child is too ill to be outside the child probably should not be in attendance at the center.

Inside Play: Multiple times throughout the day staff will lead children in a variety of physical activities. During the Recreation portion of our regular classroom day, staff will demonstrate how to perform certain activities and then help them improve their skills in the activity.

To promote the importance of appropriate physical activity, in the classrooms, group times and seated activities will be limited to no more than 20 consecutive minutes except when sleeping or eating. Our children under the age of two do not participate in watching TV, Videos, or DVDs and they do not have access to computers. In keeping with “Best Practices”, Infants and Toddlers are placed in the least restrictive environments. We limit the amount that we use swings, stationary activity centers, bouncers, molded seats, etc., with our infants. Instead, we provide a rich environment where they can creep and crawl unrestrictedly.

Whether indoors or out, our staff provides verbal encouragement for the children to be physically active at the appropriate times. Because we do not want any negative associations with being active, physical activity will not be withheld or used as a

IDENTIFYING WHERE CHILDREN ARE AT ALL TIMES

Teachers are responsible for accounting for all the children in their care. To be sure that children are properly supervised at all times, name to face attendance is done hourly. In addition to taking attendance, children are also accounted for by using the transition sheets as children move throughout the building, playground and throughout the day. **DSS Reg 114-504 A (3)**

PROCEDURES FOR HANDLING LOST OR MISSING CHILDREN

If a child becomes separated from their group at the school or while away on a field trip, the following steps will be taken: The management team will be notified and a search for the child will be made. If the child is not found we will call 911, the Fire Department and Licensing. The child’s family will be contacted and made aware of the situation.

PROVISIONAL HIRING OF STAFF

Cadence Academy can provisionally employ or may provisionally provide caregiver services after the favorable completion of the State Law Enforcement Division name and date of birth-based background check until such time as the SLED and FBI fingerprint-based background check, and the Central Registry check are completed if the person executes a sworn statement on a form provided by the department that he or she has not been convicted of any crime enumerated in this section and that he or she is not on the Central Registry for having perpetrated abuse of neglect upon a child.