



Beach Lake Free Methodist Church Child Care

Contact Information

CACFP Sponsor	Beach Lake Free Methodist Church Child Care Center
Child Care Facility Name	Beach Lake Free Methodist Church Child Care Center
Child Care Provider Contact Person Name	Gwen Martin
Contact Person Email	gwen.martin@hotmail.com
Contact Person Phone Number	570-729-7544

Description

We are a faith based preschool located in Northeastern PA in the Pocono Mountain Region. Our center serves children ranging in ages 6 weeks to 12 years, including a before and after school program for school age children. Our enrollment is currently at 110 students total with an average daily attendance of 70. We offer full day accommodations with a preschool program built into the morning. We have a full time cook who prepares our morning and afternoon snacks, as well as lunch. We are pleased to offer special activities for the children such as music class, fitness class, and field trips.

Keystone STARS Level 2

Category

Nutrition and/or Physical Activity Education (through curriculum or other resource) - PA1 Active Play and Inactive Time

Goal

One of our goals throughout this process has been to further educate the children on how important it is to eat well and be active in order to maintain a healthy body.

Promising Practice

We were fortunate to be able to promote this goal by adding a fitness component for our preschoolers. This took place right here at our center, in our sanctuary, and we were very lucky to have a certified instructor who is a member of the church provide the service for free. She was willing to come once every other week and each week did something different with the children that they absolutely loved and got them excited to MOVE! This took place over the winter months which was perfect simply because our outside time is very limited during these months, and the children get bored with the indoor activities the teachers provide. We have found that many times there is a family member of our center or community who is more than willing to volunteer a small amount of their time. Not only did the instructor provide fun movement activities for the children, but she also educated them on how important eating healthy and staying active is for their bodies to grow big and strong.



Action Steps

- Complete the PA NAP SACC Self Assessment to determine needs.
- Examine local resources to see what is available to meet needs.
- Get the word out about needs. Many people are willing to volunteer some of their time.
- Find the space to implement the practice. Be creative and move some furniture, if needed.
- Implement practice. Ensure that staff participates, as well, so they are able to replicate the practice.

Materials

No materials were needed.

Advice

This has been a huge success for our center and I would highly recommend it. Use your imagination in finding a space at your site, whether it is a large, open room like we have or a classroom. Reach out to your families and people you know in the community. More than likely you will come across someone who would love to volunteer some time for the children. Childhood nutrition and obesity are growing concerns in our country; therefore, there are more and more resources becoming available every day. Talk to the local pediatrician or your local hospital for resources. The internet is also a wonderful resource which many times can link you to a local agency.

Evidence of Success

I measured our success by seeing the happy faces of our children during the activity and by how excited they became when they engaged in the activities that our instructor had prepared for them. This was definitely something they looked forward to, and when children are excited about something, it sticks with them and they share it with friends and family. Getting the word out and offering new and exciting ways for the children to be active are the keys. Children often ask their friends to do the new activity they learned while out on the playground or at home over the weekend with a parent. This leads to more and more activity now and in years to come which is a win-win situation!

