

YOUTH SERVICES NOTES

Week of September 22, 2014

No. 183

Heritage Public Library

Big Yellow Bus

Last week, the Heritage Public Library held its storytime program on the “Big Yellow Bus” at the New Kent location. The library held its regular story time for pre-schoolers on a stationary school bus to give them experience with the bus before they start school, or to give them a chance to see what their older brothers and sisters do every day when they get on the big yellow bus to go to school. After story time, they got a chance to sit in the driver’s seat and to have their pictures taken there. Story time was 10 am on Friday, September 19. The library staff are very grateful to the New Kent County Schools for loaning a school bus every single September so that our pre-school children can have this experience!

Submitted by Barbara Winters, Director, Heritage Public Library ■



“There is not such a cradle of democracy upon the Earth as the Free Public Library – this republic of letters, where neither rank, office, nor wealth receives the slightest consideration.”

~ Andrew Carnegie ~

Southside Regional Library—Boydton Public Library

Banned Books Display



Submitted by Cassie Boyd, Boydton Public Library, Branch Supervisor ■

DayByDayVA

WWW.DAYBYDAYVA.ORG FAMILY LITERACY CALENDAR

Youth Services Notes

is issued weekly by

Enid Costley

Children's and Youth Services Consultant

Library Development and Networking

Library of Virginia

800 East Broad Street

Richmond, Virginia 23219-1905

Phone: 804.692.3765

Fax: 804.692.3771

E-mail: enid.costley@lva.virginia.gov

Extranet: www.vpl.virginia.gov

Financial support is provided by IMLS.

The Institute of Museum and Library Services is the primary source of federal support for the nation's 123,000 libraries and 17,500 museums. Through grant making, policy development, and research, IMLS helps communities and individuals thrive through broad public access to knowledge, cultural heritage, and lifelong learning. This newsletter project is made possible by a grant from the U.S. Institute of Museum and Library Services.



Thanks for the photos and information!

- ◇ **Barbara Winters**, Heritage Public Library
- ◇ **Dorothy Harrison**, Library of Virginia
- ◇ **Cassie Boyd**, Southside Regional Library



Dates to Remember

Virginia Conferences

October 22-24, 2014 Virginia Library Association Williamsburg

National Conferences

November 14-16, 2014 YALSA Young Adult Literature Symposium Austin

January 30–February 3, 2015 American Library Association Midwinter Conference Chicago

June 25-30, 2015 American Library Association Annual Conference San Francisco

Online Courses

September 8, 2014–October 3, 2014 Importance of Play (Dr. Betsy Diamant-Cohen) online

Training

September 23-24, 2014 Summer Reading: A Community Approach Richmond

Commonwealth of Virginia Employee Wellness Program

CommonHealth: Kids and Computers

CommonHealth is the employee wellness program for the Commonwealth of Virginia. Attached to this newsletter is a copy of the [Weekly Wellnotes](#) for September 22, 2014. It has been reformatted to include the web addresses of the listed resources.

Parents play a crucial role in helping kids develop healthy habits when using a computer. This week's **Wellnote** describes the **MVP approach** to keeping kids healthy at the computer and provides helpful links for more information. Enjoy and make it an active week!

Submitted by Dorothy Harrison, Federal/State Publications Cataloger, Library of Virginia ■

From PUBYAC

Daycare Outreach

Hi Everyone! Now that school is starting, I'm going to be doing outreach once a week to our local daycares and preschools. For those of you that do outreach of this sort on a regular basis, do you send a letter/activity/take-home-craft/song sheet etc. to parents so they know that someone from the public library is doing a storytime at their child's school? What do you provide? Any advice would be greatly appreciated! *Posted August 28, 2014 by Erin Simmons, Children's Librarian, Scoville Memorial Library, Salisbury, CT.* Well, I had intended to send out the attachment of the compilation of Day Care outreach ideas to everyone who asked individually, but so many people have requested it I'm going to try posting it into this email. Please be aware that it is long. There are so many great ideas that people passed on to me, and I have already started using many of them. Thank you again to everyone! *Posted September 16, 2014.*

 At Kent Memorial in Kent we visit the 4 pre-school programs in town and prepare a letter which informs parents what we read and of upcoming programs in the library.

 Hi Erin- we have one daycare group that walks over to the library once a week, and another group where we send a librarian once a week. It's just stories, songs, and maybe a stretch or two, and since they are literally across the street from the library, and it's a small town, everyone just kind of knows who we are, and where the "library lady" has come from.

 Here @Killingworth I've been doing 'Traveling Tales' for about 12 years. I originally got the idea on this listserv and it's one of the most successful programs ever! It initially started with grant money but it's now maintained by my budget. There's 12 themed units (Rubbermaid buckets containing toys, puzzles, dvds, computer games, and of course books! on that subject), which I leave @ the daycare site for the month. They rotate for the 12 months so that each site gets each unit once.

Initially there is no official contact to the parents from me although I *always* leave early literacy facts, suggestions, songs, fingerplays, etc. (I jokingly refer to as my 'propaganda' LOL). Each center introduces the monthly visits to their families as part of their offerings but rethinking things, I might include an introduction flyer as I start up this year.

 Hi! We send a letter to all the local daycares/preschools at the start of the school year. Normally, we send the letter to the director and offer to come to do a storytime! Then we bring letters with us for the teachers to send home with the kids, telling their parents about the storytime and what we offer at the library, about getting a library card, etc. The assumption is that most of the kids live here in Milford. We also invite daycares to set-up storytimes with us for their classes here in the library. A few come in, but mostly the pre-K portions come in. We have several throughout the year!



(Continued on page 4)

“Access to knowledge is the superb, the supreme act of truly great civilizations. Of all the institutions that purport to do this, free libraries stand virtually alone in accomplishing this mission.”

~ Toni Morrison ~



Daycare Outreach

Continued from page 3

 I've always handed out coloring sheet book marks with the library hours. After last year's Reading Together / Conversational Reading seminar I modified the bookmarks to include Reading Together questions about one of the books read at the visit. When I have a little more time I trace an actual picture from the book. If you make a Xerox copy of a picture from the book and then tape that to a window the tracing is quite easy.

 We send each child home with a handout (and a hand stamp, of course!). One side of the handout has rhymes and fingerplays, the other has upcoming events at the library. The kids love showing their parents their hand stamps and talking about the library lady that visited, and hopefully the parents see the upcoming events on the handout and are encouraged to attend.

I have been doing outreach to day care centers for more than 20 years, and I definitely think it is a great idea to send home a note. First of all, you want the parents to see their tax dollars at work. Also, it is a chance to publicize the library and your other programs. It warms my heart when a parent and child come in and the child says to the parent, "That's Mrs. B. from my school!" and the parent knows who the child is talking about! I've attached a copy of what I send home; just a half of an 8½ x 11 sheet with info about the story time on the front and about the library on the back. It doesn't take me more than about 10 minutes to do it once I have planned my story time!

Also - I have recently decided that I should list the library's hours on the flier so that working parents know that we are open weekends and evenings.

 It depends on what the school wants. I always offer to do a craft with the kids that fits the theme. However, sometimes the school or daycare doesn't want that. I have found that most day cares give the parents a report either daily or weekly of their child's activities that includes mention of what we did.



 I did quite a bit of outreach to preschools and daycares in the past. I did not provide take-homes for the students. The facilities I visited were in low-income, high risk areas and most of the workers had little or no idea about how to present their lessons to the children. As a result our visits featured pre-literacy elements. I concentrated on providing the workers with resources and tips for presenting their lessons to the students, handouts based upon the themes they could use as well as modeling the techniques they could use in the classroom.

This does not mean that you could not provide material to your groups. However, I would contact the facility to see if that is something they would welcome. Ultimately, they would be responsible in making sure the material gets to the appropriate place for the parent to pick up.

 Hi Erin! Outreach to early care and education programs is the majority of my job. I attached a couple examples of the bookmarks I distribute when I make storytime visits. In Kansas, we use a version of the 1st edition of Every Child Ready to Read, called 6x6. Each of my storytimes focuses on one of the 6 early literacy skills, so the bookmark does too. When I visit for Kansas Reads to Preschoolers Week, the kids wear stickers home that I provide with the title of that year's book.

 Our outreach provider takes activity sheets with her and if the child takes it home, the parents learn we come up there. We haven't exactly advertised but we're doing 4 day cares, different ages, different subjects. When we had stuff left over from SRP it got taken to be spread around. We raised butterflies this year, and we took our netting with all the cocoons so they could see. It's very important that the same person do it each time - if you switch they won't bond as well as they would with one, and having someone new just totally starts things all over again, so with kiddos, consistency is the answer.

 There are four programmers in our department. One of the programmers is in charge of communication with the - what we call - early literacy centers. She creates a detailed reminder letter of the dates/times that each programmer will visit the center. This letter goes to the center director. We leave it to the center staff to notify the parents that their child has a storytime.

(Continued on page 5)



Daycare Outreach

Continued from page 4

 I brought the books, flannel board (not always, too awkward) and puppets occasionally--didn't always fit the stories. We always did an action poem aka fingerplay. The librarians generally did not send anything home with kids. However, the teachers at some of the preschools would take photos to include in newsletters and/or end of year compilation of activities. Sometimes I did leave coloring sheets for the kids. However, most teachers had already planned a craft activity and they would sometimes request a specific story. Additionally, I left a list with the teachers with the titles of all the books I brought for story time, the fingerplays (with the actions written out) and my contact information. At least one daycare I used to visit needed to document the "volunteer hours" that I spent doing story times. They needed it for their license & rating by the state. Most, however, include the visits by the librarian as one of the advantages they offer to parents. Also, I did several different story times each month to accommodate the different ages of the children.

 We have been visiting preschools and daycares for over 14 years through our ReaderShip program. YES, YES, YES - do leave materials to indicate to parents that the library has visited the daycare. At each visit we provide a coloring/activity sheet and a calendar of events. When summer reading or other special events are approaching we also send home flyers. On the activity sheets we also include something like "I heard these stories today" so there can be a home / school / library connection. Sometimes we leave stickers for each child as that says "I heard stories from the ReaderShip today!" Definitely take advantage of the opportunity to distribute library information! The schools are appreciative and we have never been turned down.

 I wish we could do outreach that often! We really don't have the resources to offer frequent visits--however, when we do visit (or a school visits us), we do to send home information to the parents. We took inspiration from the Denver Public Library and created a "coloring book" about "things to do" at our library. Here is a link to Denver's online coloring book: <http://kids.denverlibrary.org/fun/coloring.html> Just click on "Things to do at the Denver Public Library"

You can take this idea & tweak it to include whatever your library offers that would appeal to working families with preschoolers. You might want to make "library" the theme of your first visit--you can share books like "Lola Loves the Library" by Anna McQuinn 

--& then send the coloring book home with a note that states the library will be visiting your child's school weekly--but we hope you and your child will also come to the library to visit us!

 I visit 10 daycares and Nursery Schools once a month. The Schools add me to their calendars that they send home. Many children and parents come into the library and say oh I heard you were at my child's school.

 I do a double sided quarter sheet. One side has library information and the logo on it, saying that we visited. The other side has one of the songs or finger plays that I did with the children. I also leave an extended activity. Just a simple craft that goes along with the theme for the month. Be sure to leave an instruction sheet. The daycares usually did the craft there, but the preschools would send it home as a family activity. Don't forget to put your library logo on that paper too, so your library gets the credit. Good luck!

 I have visited different classes at school for a number of years. I "used" to create a small bookmark take home paper for the first visit. The bookmark explained that I would be reading to their child's class throughout the year. This helps explain why a child would run up and hug me in the local grocery store when they are with their parents! I do work in a small rural community. Over the last few years, I've neglected to do this. You remind me that it is important to have the public recognize that we do public outreach in our communities. That being said, many teachers now have a classroom newsletter or website, so you make want to speak with the teachers you are dealing with to see if you could put something in/on that (would save you paper/printing). Also I know our school district has made changes to their policy about handouts distributed at the school. ■

"A library in the middle of a community is a cross between an emergency exit, a life-raft and a festival. They are cathedrals of the mind; hospitals of the soul; theme parks of the imagination. On a cold rainy island, they are the only sheltered public spaces where you are not a consumer, but a citizen instead"

~ Caitlin Moran ~

KEEPING KIDS HEALTHY AT THE COMPUTER

Kids need to learn healthy habits for working at a computer. These habits will protect them from injury through their working life. Parents play a crucial role in helping kids acquire healthy habits for computer use. Parents can follow the **MVP approach**:

- **Manage** computer time - time can fly by when you're working or playing at a computer. Parents may want to monitor how long the computer is used and try to limit continuous use to blocks of no more than 30 minutes and encourage children to do something different for a few minutes. Taking frequent, short breaks allow the muscles to recuperate and this prevents fatigue-related injuries. It is a good idea to do some simple stretching exercises to reduce fatigue during these breaks.
- **Vary** the activities to use different muscle groups - encourage children to use computers in different ways so that effort is shared by different muscle groups. You may want to teach keyboard shortcuts that can be used instead of constantly using a mouse, or explain how to use voice-activated software so that they can alternate typing and speaking while at the computer. Teach children to change their body positions periodically- every 30 minutes your child should briefly stand up, walk around and rest the muscles used in typing and mouse work. Encourage children to look at objects at different distances, for example, looking out of a window for a few minutes to allow the eye muscles to rest.
- **Posture** during computer use is especially important - help your children to sit and work in a relaxed, neutral posture. See <http://ergo.human.cornell.edu/AHTutorials/typingposture.html>

Click the links below for additional ergonomics information for children:

School Ergonomics Program and Guidelines for Parents

<http://ergo.human.cornell.edu/MBergo/intro.html>

Children's Computer Use

<http://ergo.human.cornell.edu/cuchildcomp.html>

Ergonomics 4 Kids

<http://ergo.human.cornell.edu/CUergonomics.htm>

Healthycomputing for Kids

<http://www.healthycomputing.com/kids/>

Ergonomics for Children and Educational Environments

<http://www.iea.cc/ECEE/index.html>

Ergonomics4Schools

<http://www.ergonomics4schools.com/>

Watch your back - a spinal workout

<http://www.w-y-b.info/>

Source: Cornell University Ergonomics Program

<http://ergo.human.cornell.edu/default.htm>



Find out more about CommonHealth's WellGOnomics Campaign at www.commonhealth.virginia.gov

The contents of the CommonHealth weekly emails may be reprinted from an outside resource in the area of health, safety, and wellness and is intended to provide one or more views on a topic. These views do not necessarily represent the views of the Commonwealth of Virginia, CommonHealth, or any particular agency and are offered for educational purposes. If you have questions or concerns about this article, please email us at wellness@dhrm.virginia.gov

This is the Weekly Wellnote for September 22, 2014, which may be found at <http://www.commonhealth.virginia.gov/communications.htm>.

Reformatted to include the web addresses for the listed resources.