

CONNECTICUT STATE DEPARTMENT OF EDUCATION  
BUREAU OF HEALTH AND NUTRITION SERVICES AND  
CHILD/FAMILY/SCHOOL PARTNERSHIPS  
25 INDUSTRIAL PARK ROAD  
MIDDLETOWN, CONNECTICUT 06457-1543

M E M O R A N D U M

---

TO: Child and Adult Care Food Program (CACFP) Sponsors

FROM: Charlene Russell-Tucker, Chief  
Bureau of Health and Nutrition Services  
and Child/Family/School Partnerships

DATE: November 3, 2006

SUBJECT: Operational Memorandum #04C-07 and #04H-07  
**1. Training Materials from September 25<sup>th</sup> Annual Training**  
**2. WIC Works Resource System Website**  
**3. HUSKY Flyers**

**1. Training Materials from September 25<sup>th</sup> Annual Training**

The Child and Adult Care Food Program (CACFP) Annual Training session that was held for center sponsors on September 25, 2006 at ITBD in New Britain included a presentation by Shirley Hughes, physical education teacher from Barlow Mountain Elementary School in Ridgefield, CT. Shirley's presentation focused on activities for preschoolers that are developmentally appropriate, safe and beneficial for promoting healthy attitudes toward physical activity. Three of the activities that were used during the training ["Tony Chestnut," "Wiggles" and "California Dreamin'"] but were not included in sponsors' packets are enclosed here for your use.

**2. WIC Works Resource System Website**

Women, Infants and Children (WIC) preschool activity sheets are now available on the WIC Works Resource System website at the following address:

[http://www.nal.usda.gov/wicworks/Sharing\\_Center/preschool.html](http://www.nal.usda.gov/wicworks/Sharing_Center/preschool.html)

The WIC preschool activity sheets are intended for preschool-aged WIC participants, with particular emphasis on 2-4 year olds. These activity sheets include basic preschool skills such as counting, identifying shapes and letters in the alphabet, matching like food items and identification of objects, with emphasis on fruits and vegetables. The materials are available in PDF format in both English and Spanish.

**3. HUSKY Flyers**

HUSKY (Healthcare for UninSured Kids and Youth) is Connecticut's public health insurance program for children and teenagers under age 19. Enclosed are flyers in both English and Spanish that can be used for distribution to families as appropriate. [www.huskyhealth.com](http://www.huskyhealth.com)

Questions may be addressed as follows: Center sponsors: Contact Susan Boyle at 860-807-2074, Celia Cordero at (860) 807-2076 or Benedict Onye at 860-807-2080. Home sponsors: Contact Susan Bohuslaw at 860-807-2073.

Enclosures  
CRT:shb

# Tony Chestnut

-Teacher pre-teaches movement to students and then adds music.

**Tony Chestnut knows I love you (touch toes, knees, nose, chest, head)**  
**Tony Knows (touch toes, knees, nose)**  
**Tony Knows (touch toes, knees, nose)**  
**Tony Chestnut knows I love you, that's' what Tony knows.**  
**Tony Chestnut knows I love you (touch toes, knees, nose, chest, head)**  
**Tony Knows (touch toes, knees, nose)**  
**Tony Knows (touch toes, knees, nose)**  
**Tony Chestnut knows I love you, that's' what Tony knows.**  
**T-o-n-y (touch toes, knees)**  
**T-o-n-y (touch toes, knees)**  
**And his sister Eileen. (put one hand out and lean to the side)**  
**And Eileen loves Neil, (put one hand out and lean to the side, then kneel down)**  
**And Neil loves Pat. (kneel down, then stand-up and pat your back)**  
**But Pat, still loves Bob. (pat your back, then bob up and down)**  
**And there's Russell, (shake body)**  
**And Skip (skip in place)**  
**This song is silly,**  
**But it's hip. (place hands on hip)**  
**How it ends, just one man knows, (touch nose)**  
**And guess what?**  
**It's Tony Chestnut! (touch toes, knees, nose, chest, head)**

Tony Chestnut, by The Learning Station, from the CD, **Tony Chestnut & Fun Time Action Songs**  
Copyright Monopoli/The Learning Station [www.learningstationmusic.com](http://www.learningstationmusic.com)

**Wiggles** – Energizer activity to stimulate body and brain. Students wiggle the following body parts, always adding to the previous body part:

Fingers  
Wrist  
Forearm  
Elbows  
Shoulders  
Rib cage  
Hips  
Knees

\*\*\* To make it more challenging ask students to stand or jog in place

## **California Dreamin'** - Geography/social studies

Teacher leads the class on a virtual tour of a state. Teacher may use same concept with any state or city. Use a wall map to point out specific landmarks. Students move according to the actions;

March across the Golden Gate Bridge  
Surf in the warm Pacific Ocean  
Climb or hug a Redwood Tree  
Pretend you are an actor and wave to all your fans  
Flex your muscles like Arnold Schwarzenegger, the governor  
Stomp the grapes  
Pick the oranges  
In line skate on the boardwalk  
Ski on the Sierra Nevada's  
Climb Mount Whitney, the highest peak in the continental US  
Crawl through the Death Valley Desert  
Hit a homerun at Pac-Bell Park  
Shoot a foul shot at the Staples Center.