



EXEMPTION NEWS YOU CAN USE!

APRIL 2024 SPRING EDITION



HIGHLIGHTS

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APRIL IS STRESS AWARENESS MONTH



Stress Awareness Month is held every April to raise awareness for the causes and cures to our modern-day stress epidemic. We now have an opportunity for open conversations on the impact of stress. We all should dedicate time to removing the guilt, shame, and stigma around mental health.

It is natural to feel stress, anxiety, grief, and worry during traumatic events such as mass shootings, natural disasters, or pandemics. It is also natural to have these feelings in our everyday lives due to work, relationships, busy schedules, etc.

Below are ways that you can help yourself, others, and your community manage stress.

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed but hearing about traumatic events constantly can be upsetting. Consider limiting news to just a couple of times a day and disconnecting from phone, TV, and computer screens for a while.
- **Take care of yourself.** Eat healthy, exercise, get plenty of sleep, and give yourself a break if you feel stressed out.
- **Take care of your body.**
 - Take deep breaths, stretch, or [meditate](#).
 - [Try to eat healthy, well-balanced meals](#).
 - [Exercise regularly](#).
 - [Get plenty of sleep](#).
 - Avoid [excessive alcohol, tobacco, and substance use](#).
 - Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Talk to others.** [Talk with people](#) you trust about your concerns and how you are feeling.

DID YOU KNOW APRIL IS ALSO MOVE MORE MONTH?

National Move More Month is every April, and the objective of this month is clear and simple: get up and move! Created by the American Heart Association as a way to help improve health of Americans everywhere, National Move Month is aimed at getting more of us to hit 10,000 steps every day or, even better, to hit that 20-minutes of aerobic exercise mark every day.

Adults:

- Get at least **150 minutes per week** of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week. Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time.

Kids:

- Children 3-5 years old should be physically active and have plenty of opportunities to move throughout the day. Kids 6-17 years old should get at least 60 minutes per day of moderate- to vigorous intensity physical activity, mostly aerobic.
- Include vigorous-intensity activity on at least 3 days per week
- Include muscle- and bone-strengthening (weight-bearing) activities on at least 3 days per week.



SUMMERCAMP

If you are planning a summer camp, it's time to submit your exemption application!

If your program has already been approved for a summer camp and there have been no changes since your approval was granted, no action is required.



Georgia law requires all childcare programs obtain a license or an exemption from Department of Early Care and Learning (DECAL). Be sure to submit your exemption application as soon as possible by clicking this link: <http://www.decal.ga.gov/CCS/Exemptions.aspx>.





Happy Helpings

Georgia's Summer Food Service Program

Feed Kids this Summer by Operating a Happy Helpings Meal Site

It's not too late to participate in Happy Helpings, Georgia's Summer Food Service Program this summer. Working with an approved sponsor, your organization can operate a meal site and kids can benefit from up to two free nutritious meals per day.

DECAL will provide your organization with a list of approved sponsors that serve meals in your area. Once you select the sponsor, they will provide the meals and any required training, The sponsor will also receive reimbursement for the meals.

Meal sites can be located in a variety of places such as apartment complexes, community centers, parks, churches, summer camps, community pools, but they must be located in a school zone where at least 50% of the children enrolled qualify for free or reduced priced meals.

For more information about Happy Helpings, please contact Carl Glover at carl.glover@decalfga.gov or by phone at (404) 217.3312. You may also visit <https://happyhelpingsga.com/>.



HELP US STAY UPDATED

To help us ensure the exemption database contains the most accurate information, please notify us of the following:

- If your program was granted an exemption and you are no longer in operation.
- If your program has changed services such as operational hours and/or children's ages. An exemption amendment form should be submitted for approval. The exemption amendment form can be accessed via DECAL KOALA or <http://www.dec.al.ga.gov/CCS/Exemptions.aspx>.
- If your program has moved to another location, a new exemption application is required. Exemption approvals are not transferable from one location to another. To apply for a new exemption application, please visit our website at: <http://www.dec.al.ga.gov/CCS/Exemptions.aspx>.



DECAL UPDATES AND TRAINING OPPORTUNITIES

We are delighted to announce a new training session tailored specifically for Providers on our latest system, GACAPS for Categories 1 & 7. This training is designed to equip Providers with the necessary knowledge and skills to navigate and utilize the system effectively. We are confident that the GACAPS 101 training session will empower Providers to excel in the new system and contribute to our collective success.

CAPS PROVIDER RELATIONS GACAPS 101

Provider Relations is delighted to extend an invitation to you for our upcoming GA CAPS 101 training session. This comprehensive training will provide valuable insights and guidance on the new GA CAPS system.

Please choose only one to attend.



4/8

4/16

4/22

4/30

REGISTER NOW

Use the QR code or go to <https://gapds.decal.ga.gov/>

Log In or Register

Under Trainings, search GACAPS 101

Select the date you would like to attend

Select Register



ADDITIONAL INFORMATION



FREE TRAININGS AND WEBINARS

Free On Demand Webinars are available at:
<https://abuse.publichealth.gsu.edu/training/webinars>

PRODUCT RECALLS

As a reference for product recalls, you can visit the United States Consumer Product Safety Commission's website at [CPSC.gov](https://www.cpsc.gov).



DECAL Social Media



CONTACT INFORMATION

The Exemptions Unit is delighted to support programs that serve children and families in the community. Please contact us using the following:

E-mail: ccsexemptions@decals.ga.gov

Voicemail: 770-293-5977. We will respond to requests within one business day.

Georgia Department of Early Care and Learning
www.decals.ga.gov