

Miss Trish's  
Wellness Teachings and Techniques  
Created by Educators for Educators

# EDUCATOR NEWSLETTER

QUARTER 4- WINTER 2025



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### *A Note from Miss Trish:*

As temperatures continue to drop and everyone is busy with the holiday season, exciting things are happening here at Miss Trish's! We are thrilled to add a new credential program- the Birth to Five CDA Program- now available for Early Childhood Educators! The Council for Professional Recognition announced the addition of this credential earlier this year, and Miss Trish's has added this credential option to our list of courses, available in English and Spanish. Be on the lookout for more resources and updates coming soon! We wish everyone a wonderful holiday season and a happy new year!



## UPDATE FROM THE COUNCIL FOR PROFESSIONAL RECOGNITION



As of August 1, 2025, the Council for Professional Recognition launched numerous changes to the process of earning and renewing a CDA. When staff enroll with Miss Trish's, they will receive support in navigating the changes across all stages of the credentialing process, including:

- A new Birth to Five Credential
- Increased CDA Application Pricing
- Updated CDA Exam Sequence
- Renewal Process Updates and More!



Contact us or visit the Council for Professional Recognition's website for more information.

**LEARN MORE AT [CDACOUNCIL.ORG](https://CDACOUNCIL.ORG)**

# NEW! BIRTH TO FIVE CDA CREDENTIAL NOW AVAILABLE!

Miss Trish's is excited to introduce the new **Birth to Five CDA Course**, now available for enrollment! With the addition of the Birth to Five Credential, Educators can be certified to teach across multiple age groups in an early childhood setting. Educators will follow the same pathway, including completing 120 hours of required coursework, creating a portfolio, completing the exam, and PD Specialist Observation.

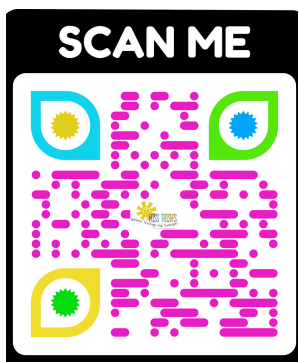
**Enrollment is now open** for 2026 CDA sessions available for Infant/ Toddler, Preschool, and Birth to Five courses.



**Contact us to register today!**

VISIT [MISSTRISH.NET](https://misstrish.net)

## ENROLLMENT IS OPEN FOR 2026 ONLINE CDA COURSES



Miss Trish's staff are here to support you throughout the entire process of earning your CDA! Scan the QR code or contact us to begin the enrollment process.

REGISTRATION OPEN  
THROUGH:

DECEMBER 19

CDA ENROLLMENT OPEN  
FOR SESSION RUNNING:

MARCH 1 - AUGUST 1

## STATE SCHOLARSHIPS AVAILABLE FOR CDA TRAINING COURSES\*

\*Staff may be eligible for scholarships through various state agencies. Please see the list of state scholarships below that we are currently approved providers for. Scholarships are limited in availability to those who qualify and are not guaranteed. For more information on scholarships, please contact your state's provider below.

**New Jersey:** NJCCIS Scholarship; 877-522-1050

**New York:** Scholarship funding may be available through the (Educational Incentive Program (EIP))/Medication Administration Training (MAT). For more information or to apply for a scholarship, please visit [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu). You may also contact EIP/MAT by email at [eip@albany.edu](mailto:eip@albany.edu), MAT by email at [mat@albany.edu](mailto:mat@albany.edu) or by phone at either (800) 295-9616 or (518) 442-6575.

**Wyoming:** WY Quality Counts Scholarships; 307-777-2439

**Idaho:** IdahoSTARS Supplemental Training Scholarship; 800-926-2588





# INTRODUCING... MISS TRISH'S STAR CENTER!

MISS TRISH'S IS PROUD TO AWARD ONE PARTNERING CENTER PER QUARTER WITH THE TITLE OF "STAR CENTER"! THE CHOSEN CENTER WILL RECEIVE A CERTIFICATE, RECOGNITION IN OUR NEWSLETTER, AND A STAFF LUNCHEON, COURTESY OF MISS TRISH'S!

## KINDER KASTLE IN BRIDGEWATER, NJ

### **Feedback from June Stryshak, Director of Kinder Kastle:**

#### **Why did you choose Miss Trish's CDA Program for your staff's training?**

*Our center selected Miss Trish's CDA Program to enhance the professional development of our educators, enabling them to apply their knowledge to enrich children's learning experiences and create more effective and engaging classroom environments.*

#### **What do you believe are the qualities of an outstanding center that your center displays?**

*We believe an outstanding center is defined by a commitment to high-quality education, a nurturing and safe environment, strong family partnerships, and a dedicated, well-trained staff. Our center embodies these qualities by prioritizing the individual needs of each child, fostering meaningful relationships with families, and continuously investing in the professional growth of our educators.*

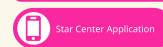
#### **Anything else you want to share about your staff's experience earning their CDA?**

*Earning their CDA has been a transformative experience for our staff. It has not only deepened their understanding of Early Childhood Education, but also boosted their confidence and sense of professionalism. The program has empowered them to implement best practices in the classroom, and we've seen a noticeable positive impact on both teacher-child interactions and overall classroom quality. We are incredibly proud of their dedication and growth throughout this journey.*



Star Centers and Students of the Month are chosen by the staff at Miss Trish's based on their participation in our CDA Program. Miss Trish's does not have any legal affiliations with the Star Centers and/or Students of the Month and does not make recommendations for centers and/or educators. Miss Trish's is not liable for their state licensing requirements and/or personal choices, including but not limited to: meeting state licensing requirements, maintaining moral & ethical standards, maintaining standards and guidelines set in their place of employment, abiding by all laws within their state, personal behaviors of those employed at the center, personal decisions of those employed at the center, and/or any and all other liabilities. If Miss Trish's is notified of any of the above or of any actions committed by the center and/or affiliated employees that are not in alignment with Miss Trish's or the Council for Professional Recognition's mission to uphold the highest standards of Education and ethics, the Star Center and/or Student of the Month will be removed of their title effective immediately.

**SCAN THE QR CODE  
OR EMAIL  
INFO1@MISSTRISH.NET  
TO APPLY TO BE  
FEATURED AS OUR  
STAR CENTER**





# FEATURED EDUCATORS

**MISS TRISH'S IS PROUD TO FEATURE A STAR EDUCATOR EACH MONTH WHO RECENTLY COMPLETED THEIR CDA COURSEWORK WITH OUR PROGRAM! IN ADDITION TO THIS WELL-DESERVED RECOGNITION, STAR STUDENTS RECEIVE AN AMAZON GIFT CARD, COURTESY OF MISS TRISH'S!**

## JULY 2025



**Janae M.**

Teacher Assistant  
Two By Two Childcare  
Brooklyn, NY

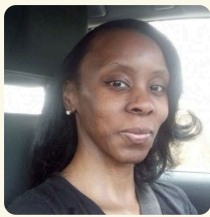
## AUGUST 2025



**Angella L.**

Teacher's Assistant  
Little People at Work  
Neptune, NJ

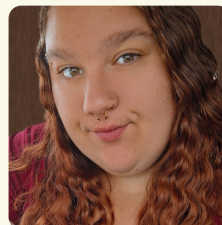
## SEPT. 2025



**Rasheeda S.**

Teacher at Superior  
Start Christian Learning  
Center  
Williamstown, NJ

## OCT. 2025



**Stephanie H.**

Lead Teacher  
Doodlebugs Children's  
Learning Center  
Clarence, NY

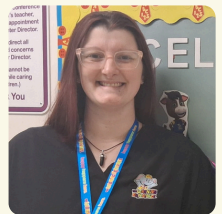
## NOV. 2025



**Sara S.**

Assistant Teacher  
Kiddie Academy  
Delran, NJ

## DEC. 2025



**Kaitlyn M.**

Lead Teacher  
The Learning Experience  
Middletown, NY

**APPLY TO BE FEATURED AS OUR  
STUDENT OF THE MONTH!**

**SCAN THE QR CODE  
OR EMAIL US AT**

**INFO1@MISSTRISH.NET**



# WINTER ACTIVITIES FOR INFANT, TODDLER, AND PRESCHOOL CLASSROOMS

Take advantage of the cold months and plan a winter themed unit! Try some of these developmentally appropriate ideas with your little learners.

**ADD REAL SNOW AND SCOOP CUPS TO A SENSORY TABLE FOR EXTRA COLD FUN**

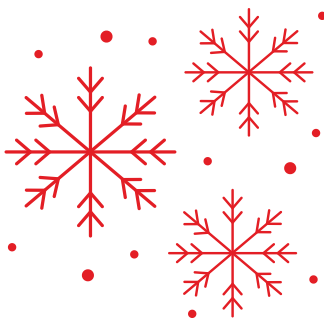
**WORK TOGETHER TO FOLLOW A RECIPE FOR SNOW CREAM**

**USE SCRAP PAPER TO MAKE SNOWBALLS FOR AN INDOOR SNOWBALL TOSS**

**USE COTTON BALLS AS A PAINTBRUSH TO CREATE A SNOWY MASTERPIECE**

**PRINT PHOTOS OF SNOWFLAKES AND OBSERVE SIMILARITIES AND DIFFERENCES**

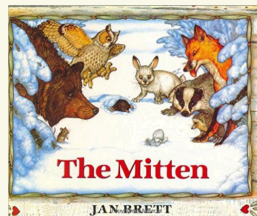
**PRACTICE AGE APPROPRIATE & SUPERVISED SCISSOR USAGE TO CUT SNOWFLAKE SHAPES**



*Don't forget to document children's learning to share with caregivers using pictures, videos, or written documentation! Learn more when you earn a CDA!*

## Learn More About The **CDA EXAM**

- The CDA Exam is a computer-based test.
- You must take the exam **IN PERSON** at the Pearson Vue location.
- You will have 1 hour and 45 minutes to answer 65 multiple choice questions.
- As of 8/1/25, you are required to schedule and complete the CDA exam **BEFORE** the observation.
- Utilize the CDA course textbooks and study guides provided by Miss Trish's to prepare and review.



## FEATURED CHILDREN'S BOOK

**The Mitten** by Jan Brett is a classic story of a little boy whose lost mitten is found by some curious forest animals.

**-Reading:** Use sequencing words to retell the story; "First, Second, Third..."

**-Math:** Count the animals as they discover the lost mitten.

**-Art:** Design a mitten that would be easier to find in the snow.

**-Social/ Emotional:** Brainstorm things you can do to help a friend if something they love is lost.

Share this ad with your staff!



GIVE YOURSELF THE  
GIFT OF EDUCATION

**-EARN THE CDA-**

Teachers deserve to be prepared and educated as they care for children in an Early Childhood Center!

Ensure you receive quality education and training by enrolling in Miss Trish's CDA Program.

Miss Trish's CDA Program Includes:

Online On Your Time Course

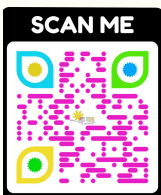
Portfolio Support

Videos & Readings

Scholarships & Pay Plans

NOW ENROLLING for Session Running  
March– August 2026

Scan the QR code or Contact Us to  
Apply by 12/19!



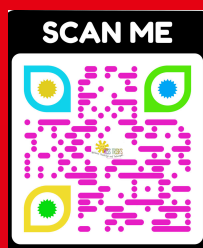
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[contact@misstrish.net](mailto:contact@misstrish.net)  
[misstrish.net](http://misstrish.net)





# Miss Trish's Wellness Teachings and Techniques

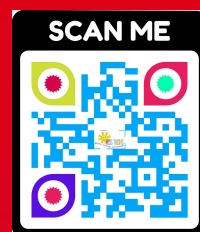
Contact us or scan the QR codes  
to learn more about earning your  
CDA and apply!



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[misstrish.net](http://misstrish.net)

Visit Our Website

Start the Enrollment  
Process



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PARTNER OF**

