



Healthy Start / Départ Santé Train-the-trainer

May 9th and 10th, Moose Jaw, Saskatchewan

What is Healthy Start / Départ Santé?

Healthy Start/ Départ Santé is a bilingual health promotion initiative aimed at increasing healthy eating and physical activity opportunities in early learning environments. Healthy Start was developed in Saskatchewan with funding from the Public Health Agency of Canada. Healthy Start seeks to work with early learning centres and prekindergarten classes across the province.

Context:

An important component of our work is the Healthy Start training offered free of charge to early learning and childcare centres and prekindergarten classes. We are currently seeking individuals to become Healthy Start trainers; helping to increase our capacity and expand the initiative throughout the province. These individuals will offer trainings to interested early learning centres and Prekindergarten classes in their local communities.

Lead organization:

Based out of Saskatoon, the *Réseau Santé en français de la Saskatchewan* (RSFS), a provincial network for the promotion of health services in French, is the sponsoring organization for this initiative. The RSFS and its community partners, including the University of Saskatchewan, the Saskatchewan Early Childhood Association (SECA), and many other community organizations are piloting Healthy Start in Saskatchewan and New Brunswick over the next four years.

Purpose of the Healthy Start train-the-trainer session:

- To equip more individuals to deliver Healthy Start trainings
- To help expand Healthy Start in your community

Why become a Healthy Start trainer?

- To be part of an exciting early years health promotion initiative in Saskatchewan
- To make a difference in the health of young children
- To help support those working in the early years in the good work they are doing

This project has been made possible through the generous funding of and in partnership with:



Public Health
Agency of Canada

Agence de santé
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Who should participate?

- Recreation facilitators
- Public Health nutritionists or other health region personnel
- Other early years facilitators, educators or coordinators

What type of settings can implement Healthy Start?

- Licensed childcare centres throughout Saskatchewan
- Prekindergarten classes in School Divisions that have requested Healthy Start in their schools
- For other settings, please contact the Healthy Start team

Healthy Start's commitment to trainers:

- Offer the Healthy Start train-the-trainer session free of charge (hotel and meals provided)
- Provide all resources and materials needed to deliver Healthy Start trainings
- Offer ongoing support to Healthy Start trainers
- Provide an honorarium for each Healthy Start training delivered.

Trainer accountability:

- Trainers are accountable to the Healthy Start team
- Trainers will sign a Healthy Start Trainer Agreement
- Trainers are expected to offer a minimum of two to three trainings by June 2016

How do I become a HS trainer?

- A train-the-trainer workshop will be offered **on May 9th and 10th** in Moose Jaw, Saskatchewan.
- Check out our website: <http://www.healthystartkids.ca/>
- Call us toll free: 1-855-653-7454
- Email us at: rsfs.bouffard@sasktel.net