

# Healthy Start/Départ Santé

## A YEAR IN REVIEW

# 2015



### Message from the HSDS management team!

"Healthy Start Year in Review" is an opportunity to showcase and thank our wonderful Healthy Start centres. We are pleased to share a few of their success stories in promoting healthy practices in early years settings. This is our very first "Report Card" highlighting some of the great progress in the last year. We hope you enjoy!

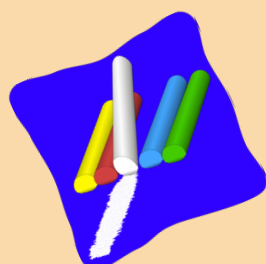
### Highlights of the current year:

- **New coordinator** - The HSDS project received confirmation of provincial funding and generous support from the Community Initiatives Fund, which enabled us to hire a project coordinator to cover the Regina and South SK regions over the next two years!
- **Cultural Adaptation** - This year we have done some preliminary work adapting HSDS to the *Aboriginal Medicine Wheel* as well as adapting our healthy eating resources for northern communities.
- **HSDS Staff & Partners** - We salute the Healthy Start staff, community trainers, our research team at the U of S and in Moncton, New Brunswick and especially all participating centres. We want to acknowledge their amazing commitment - we could not advance this project without them!

Please check out our website for more information on the Healthy Start project, resources, and collaborators at [www.healthystartkids.ca](http://www.healthystartkids.ca)

### Active Play Equipment (APE) kits

In 2015, we distributed 107 APE kits free of charge. Here are just some of the amazing contents that were in those 78 kits!



**107 boxes  
of  
sidewalk  
chalk!**



**214  
skipping  
ropes!**



**642 metal hangers!**

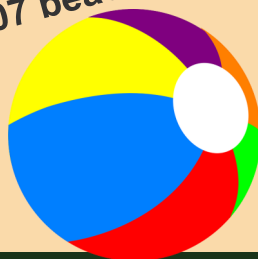


**428 hula hoops!**



**107 packs  
of balloons!**

**107 beach balls!**



## HSDS

### QUICK FACTS!



This year, we implemented in 107 centres and pre-k's across Saskatchewan and in 10 centres in New Brunswick



In 2015, we reached over 3200 children in early learning centres and pre-kindergartens in Saskatchewan and over 180 in New Brunswick.



Over 400 educators and pre-k teachers across Saskatchewan and over 70 in New Brunswick were trained in 2015!



**Bouge - mange bien.  
Be active - Eat well.**



# HEALTHY STAR



## Healthy Eating in Northern SK

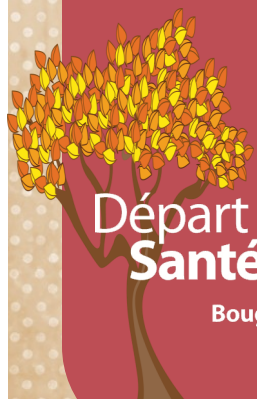
Diana has been the Director at Annie Johnstone Awasis Centre (AHS) in Pinehouse, SK for the past 5 months. She said that their centre encourages children to serve themselves at snack time. She described how their centre has a low counter in the kitchen area where they offer food to



the children. Diana says, "We have been using this technique now for about two years and find

that it's effective at helping the kids at our centre improve their eating habits." She also shared with the group that she finds using plastic toy food as models works best to improve children's understanding of and interest in what's being served in the kitchen for meals.

- Erica



**Départ Santé**  **Healthy Start**

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## Healthy Start in New Brunswick!



The *p'tit monde de franco* in Fredericton, New Brunswick was trained in February 2015. Since then, the centre has made many changes to encourage

healthier lifestyles! The educators were very motivated by this training and were really looking forward to applying these new concepts in activities with children.

The centre introduced legumes to their menu, and now sometimes substitute meat with chickpeas, beans or other legumes. Educators are using the LEAP™ Food Flair resources 2 to 3 times a month. The staff even decided to introduce new foods to children during activities in the classroom. The director, Karen, says that since the centre has received Healthy Start training, the staff now sit down and eat with the children during meals to model healthy eating habits.

-Isabelle

## Menu Sampling Day

The Lutheran Early Learning Centre in Saskatoon held a 'Sampling Day' to introduce parents to their new menu.

All the parents and children really enjoyed the sampling day, the food was all gone at the end— they were eating crazy! We made sweet potato fries, ginger beef, stir fry rice, chow mein, corn pancake, fruit salad, broccoli salad. We are trying to avoid cookies, pudding, chips or any kind of high sugar or fast food in our menu.

- Lin, Director





# SHOWCASE

## Outdoor Playspace at North West Child Development Centre in Moose Jaw

As I walked into the centre, the director, Crystal, mentioned that I should take a look at their newly renovated outside yard, as they had installed several elements to promote gross motor play. I was amazed at the innovative features. Tires of all shapes, a balance slackline (with a guide rope to hang onto), and the stumps from a few cut trees had been left for children to climb and balance on. However, the most inventive piece was a gross motor music centre constructed of tin bowls, PVC piping, and lumber. Flip flops attached to long strings allowed the children to make music from the pipes, bowl 'drums' and wooden 'xylophone'. Crystal had said many of the items were recyclables or donated, and the majority of the elements had been expressively decorated by the children with paint. This wonderful outdoor movement area supports the children's creativity, expression, as well as affording them the invaluable opportunity to practice many of their fundamental movement skills.

- Mindy



## Parent Engagement at Flying Dust Head Start at the Kopahawakenum Elementary School

Following the Healthy Start training at the end of August, Flying Dust Head Start educator Ann-Marie quickly organized herself and started making copies of the *information sheets* from the LEAP™ resources to hand out to parents. She makes packages with photos to send home to parent including instructions on how they can make their own equipment. The children love the LEAP™ -HOP activity Hot Potato with the homemade paddles and balloons. Ann-Marie also organizes monthly Family Nights and shared her tips for successful parent engagement is to offering food, fun and door prizes. She offers the *Information Sheets* at Family Nights as well as handing them out when parent have questions.

-Erica



## Physical Activity at Natural Wonders ELC (Sask Valley) in Swift Current

Since their training in October, this centre has made significant changes in terms of physical activity. All programs now have planned gross motor sessions in the morning and afternoon where they use the APE kit and LEAP™ resources.

The staff has also made some big changes to their own activity levels. They have started a community walking group that walks throughout the school. On Mondays and Thursdays they are also enjoying hip hop exercise classes instructed by one of their own educators. The staff is also thinking about having a teacher-designated documentation display to show the kids how the teachers are staying active themselves.

-Tracy



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# COORDINATOR CORNER

My son Tyrell is 3.5 years old. When I started working at Healthy Start last year, I shared information about *Ellyn Satter's Division of Responsibility in Feeding* with my husband and started using it at home. The concept of the feeding relationship was something totally different to my husband and I.

Tyrell has always been a good eater but mealtimes could still be stressful. Letting Tyrell serve his own plate with what was being offered at meals is something he still loves doing to this day. He only takes a little of each and replies "no" respectfully if he doesn't want a food option when it is passed around to him.

Tyrell is also a very adventurous. He is the king of unusual food combinations. For example, one time he organized himself a slice of bread with steamed veggies on top, covered in 2 TBSP of mustard—He even had seconds!

Another example is that he has dipped his bacon in his juice. As a parent to Tyrell, I have to smile and accept that this is something he has chosen for himself and I do admire his ability to try new food combinations.

-Erica Stevenson, Saskatoon

Since joining the team in May, I have been implementing Healthy Start at home with my 2 year old. Previously, my daughter was starting to eat solid food and the transition was not going smoothly. Being a Registered Dietitian, I was starting to panic and worry that she was not eating enough to fulfil her nutrient requirements. I would often try to force her to eat her meals and would get quite upset when she would refuse. This made meal times unpleasant for the whole family.



Once I learned about the *Ellyn Satter Division of Responsibility in Feeding™*, I decided to try it at home. I began to trust that my daughter would eat something and that it was OK if she did not eat or try all of the food on her plate. As soon as I learned to relax, I noticed a huge improvement in my daughter's eating. When the pressure was removed from the mealtime, my daughter was more willing to try new foods and eat more. Mealtimes soon became more pleasant for everyone!

- Tracy Sentes, Regina

Healthy Start is not only a learning experience for the early learning staff and parents we provide training to, it is also a learning opportunity for the Healthy Start Coordinators as well. Since starting my position in February, I have gained much knowledge regarding Fundamental Movement Skills, the Division of Responsibility, as well as early learning environments.

However, the one piece of information I have found the most valuable is the eagerness with which early child-

hood educators participate in physical activity and the amount of fun partaking! Staff have a wonderful ability to reflect upon the needs of the centre while considering a child's perspective.

With every centre I work with, I learn the many different ways in which Healthy Start can work to increase physical activity in the early years. I thank you all!

-Mindy Bodnarchuk, Saskatoon

*Happy Holidays!*



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Bé active - Eat well.

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