

Healthy Start Sampler

Growing happier, healthier children in
early learning environments

NUMBER OF HEALTHY START CENTRES (SK & NB): 223

Reggio Children

Written by: Erica Stevenons (Project Coordinator at Healthy Start)

I had the opportunity to visit Italy this Christmas. Top priority for this Early Childhood Educator was to visit the city of Reggio Emilia. I had learned about the Reggio Emilia Approach in my Early Learning and Child Care education and ever since then I had dreamed of the day I could go to see it for myself.

There were no tours in the schools or child care centres while I was there, however, my husband, son and I were able to roam around and explore the Reggio Children exhibit in the Loris Malaguzzi International Centre. There were many exhibits set up and the centre has free admission for the general public and is open to all ages and cultures.



It was great to see many of the concepts I had learned in text books and discussed in classrooms on display right in front of me. My 3 year old son found it very interesting and most of the displays were interactive. Documentation is a huge part of the Reggio Emilia Approach and there was a large area filled with binders in which educators and children had documented the learning process through photographs, quotes and child-led inquiries on a wide variety of topics.

We spent a lot of time in the Ray of Light Interactive Exhibition where light tables and projectors were set up along with a wide variety of colorful materials (non-transparent, transparent and translucent) that can be used with either medium. Additionally, in this area, there were also microscopes to look at small items, as well as angled mirrors on stands and spot lights in the room to reflect light. In another area, we could explore vegetation from a wide variety of seeds, plants, dried plants and even composting vegetation. There were microscopes, lights and magnifying glasses for further exploration.

I can see a link between the Reggio Children Exhibits and the Healthy Start/Départ Santé project in that they both stress the integration



of physical activity and healthy eating into daily routines in early years' settings. At Healthy Start/Départ Santé we showcase activities that use moving pieces to invite children into activities which are designed decrease the amount of time children spend being sedentary and increase the time spent actively learning in their environment. Healthy Start/Départ Santé also encourages exploring nutrition by weaving it into the children's days through inquiring minds, gardening, food preparation, and meal times.

I could have spent a whole week at this centre but unfortunately I only had 4 hours to take it all in. I recommend Loris Malaguzzi International Centre to every educator who gets a chance to visit Reggio Emilia in Italy.

Family *in motion* Day 2016

This year on Family Day, Saskatoon *in motion* asked Healthy Start to join their city-wide event. Healthy Start partnered with MEND (Mind Exercise Nutrition Do it!) SK, l'Association des Parents Fransaskois, and the Saskatoon Federation for Early Learning to host an afternoon of activities for families.

In total more than 40 people participated!

Healthy Start showcased some of their LEAP™ activities for younger children, including hot potato, parachute lift off, and cloud catching. While MEND SK sent a program leader lead older children through a series of outdoor activities, and a big indoor game that included children as well as their parents. Everyone finished the day by participating in an indoor snowball fight and a dance party.



Mark your calendars and bring out your recipe cards!

Healthy Start/Départ Santé will be celebrating Nutrition Month **in March** by offering a RECIPE CHALLENGE . Start thinking about a healthy recipe you and your students can create and submit. There are prizes to be won! More details to come, check out our website www.healthystartkids.ca.

Let's Make: Easy Cheesy Macaroni Tuna & Vegetables*

*Reference: LEAP HOP, Legacies Now, p. 175 .



What you need:

- 2 ½ cups of water
- 2 chicken or vegetable bouillon cubes, or 1 tbsp. bouillon powder
- 2 cups whole wheat pasta spirals or elbows
- 1 cup of milk
- 2 cups of fresh, frozen or canned green beans, peas or broccoli, cut into half-inch pieces
- ¼ tsp. of black pepper
- 1 ½ cup of cheddar cheese, shredded
- 1 6.5oz. can of chunk of tuna, drained

How to:

1. In a medium saucepan, bring the water and bouillon cubes to a boil over high heat.
2. Add the pasta and bring back to a boil and keep stirring.
3. Lower the heat to medium-low and cook for eight minutes or so, stirring occasionally to prevent the pasta from sticking to the bottom of the pot.
4. Add the milk, veggies and pepper and continue to cook, partially covered for another five minutes, stirring frequently.
5. Remove from heat, add the cheese and tuna and stir until the cheese is melted.

Serves eight children



Image:
<http://www.cookspiration.com/recipe.aspx?perma=dSFP5ODLC9M&g=6>

Healthy Start@Home

Water in winter?

People might think that water consumption isn't as important over the winter, but dehydration can occur year round, even in the cold Canadian climate. Here are some important tips on staying hydrated over the winter months, as well as some tricks to put some colourful splash into your winter water.

- Remember to match your water consumption to your activity level. If you're being active outdoors building snow people, skating, or running, make certain to consume enough water. This is important for children too! Make sure the little ones have access to water when they want it and when they get busy and might forget, a couple of reminders are also great.
- Have a nice warm beverage! Having cold glass of water can seem like an unpleasant task when it is 40 below outside. Some diluted (to reduce sugar content but still retain the chocolatey flavour) hot chocolate (to reduce sugar) or a caffeine free, fruity herbal tea can be yummy and warm for the whole family.
- Eating veggies and fruit is always important, but snacking on both can actually help keep you hydrated. Try for veggies with high water content, like celery, lettuce or cucumbers. Melons (including cantaloupe and honeydew), strawberries and pineapple also have a high water content, making them great additions to your plate in the winter. (Frozen fruit may be easier to find and less expensive in the winter months)

Is the family bored with water and not drinking enough? Try adding:

- Cucumbers and fresh mint to a jug of water to add fun flavour
- Frozen blueberries to sparkling water for a fun and flavourful visual (try adding oranges for a new zip!)
- Lemon, strawberries and fresh basil

Warm options:

- Add a splash of honey to naturally sweeten up a caffeine free, herbal tea
- Lemon (or you can use grated ginger root), ½ tsp of honey, and a sprinkle of cinnamon (optional)

Reference:

<http://www.newscanada.com/print-dec-how-to-stay-hydrated-for-winter-sports-86168>
<http://www.active.com/nutrition/articles/8-tips-for-hydrating-in-cold-weather?page=2>

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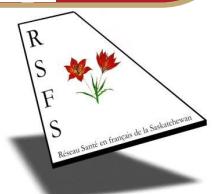


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Active Books in your Library

The Mole Sisters and the Wavy Wheat by Roslyn Schwartz tells the story of the Mole Sisters. One day, they find themselves in the middle of a field of wavy wheat where they will play the time away, going everywhere they can. To go along with this book, we suggest going outside and using the LEAP

The Mole Sisters and the Wavy Wheat HOP activity "Push around" (pages 74-75). In this activity, the children begin by holding a hockey stick with two hands, then push a ball along the ground, moving it around. As an alternative to using a stick, the children can tap a ball around gently with their foot. Create an obstacle course for more challenge and encourage children to describe their actions out loud (e.g. around the rock, etc.).



written and illustrated by Roslyn Schwartz

