

The Connection

*Growing happier, healthier children
in learning environments*



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A new Healthy Start partnership is confirmed!

By: Gabrielle Lepage-Lavoie, Project Manager

The Fransaskois Parent Association (APF) and the RSFS have signed a partnership agreement for the French delivery of the Healthy Start / Départ Santé (HSDS) implementation. As of April 1st 2016 the APF will support the implementation in francophone child-care centres. This agreement grew out of a strong relationship with the Parent Association who was a founding member of HSDS in 2006, and who helped ensure the LEAP™ BC resources were translated (2010-11),



and the APF has supported Phase 2 of the project as a member of the Steering Committee. What is unique about the APF partnership is that the HSDS philosophy and intervention will cross over to their family resource centre programming – enabling families with young children to also benefit from increased physical activity and healthy eating opportunities! Congratulations to the APF community association for playing a role in sustaining the Healthy Start initiative throughout Saskatchewan.

The Future of Healthy Start / Départ Santé in New Brunswick

by: Isabelle Caissie, Gabrielle Lepage-Lavoie & Nathanael Patriquin

The Healthy Start/Départ Santé (HSDS) project was introduced in New Brunswick as a pilot project in 2013. A partnership with the Active Kids/Jeunes Actifs (AKJA) team was established from the onset of implementation in NB, given that the two initiatives are so similar. The HSDS training was offered to childcare centers by combining the two initiatives. The implementation was delivered in approximately 24 childcare centres across NB. In addition to receiving the training, the centres received both the LEAP™ resources and the AKJA manual. As a result, the combined implementation offers a wide variety of ideas on how to incorporate physical activity and healthy eating in children's daily routines!

A key component of the success in implementing the HSDS initiative in NB was the solid partnership that was established with AKJA from the get-go. Recently, Healthy Start was invited by AKJA Director, Nathalie Colpitts Waddell, to sit on their Provincial Partners Committee. In November 2015, following a visit to New Brunswick, the HSDS Project Manager, Gabrielle Lepage-Lavoie, and the new

AKJA Program Coordinator, Nathanael Patriquin, looked at other opportunities for collaboration. Nathanael is also the Director of the New Brunswick Association of Family Resource Centers (NBAFRC/ACRFNB). In January 2016, in order to learn more about the HSDS program delivery, Nathanael participated in HSDS's francophone Train-the-Trainer session in Saskatoon. This unique collaboration will contribute to sustaining the HSDS initiative in New Brunswick.

So, what are the next steps? The Healthy Start project will look at all available opportunities for HSDS implementation in New Brunswick. As of May 2016, the AKJA training will be delivered by the Family Resource Centers (FRC) of New Brunswick. Healthy Start will explore a future collaboration with this organization for future implementation of HSDS initiative in New Brunswick – possibly through a new demonstration project.

The Healthy Start team acknowledges the enthusiasm from their partners in New Brunswick and is excited to continue to work with them to improve the health of young children in the province!

1



Funders and Collaborators:
Public Health Agency
of Canada

Financement et collaboration:
Agence de la santé publique
du Canada



CENTRE DE FORMATION MÉDICALE
DU NOUVEAU-BRUNSWICK



Are we investing wisely?

By: Katie Pospiech, KDE Coordinator



This winter, Healthy Start received special funding from the Public Health Agency of Canada (PHAC) to conduct a Social Return on Investment (SROI) analysis of our project. Dr. Nazmi Sari, from the Department of Economics at the University of Saskatchewan, will head this endeavor. A SROI analysis

will help us to assess the cost-benefit relationship by assigning a financial value to the future social benefits of Healthy Start (ie. Healthier children and therefore in the future fewer doctor visits, increased workforce participation etc.) and comparing that to the overall cost of implementation in Saskatchewan and New Brunswick. In other words: Is Healthy Start a worthwhile investment? We are looking forward to sharing those results later in 2016!

We are celebrating our 10 year anniversary in 2016!

We will be hosting a celebratory symposium in November 2016 so please keep an eye out for more info soon

Staff Wellness in Southwest Saskatchewan

By: Tracy Sentes, Project Coordinator

Since their training in October, Swift Current's Natural Wonders Early Learning Centre – Sask Valley location, 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 Active Play Equipment (APE) kit and LEAP™ resources. Because their centre is located inside a school, they now have access to the school's mini gym every day for 30 minutes for gross motor activities where the kids play on scooter boards and ride-on toys. Every Tuesday and Thursday the school-age kids have access to the school's main gym from 3:30 to 5:00 for gross motor activity. Preschoolers have wooden climbing structures and child-sized exercise equipment. They have

also brought outdoor climbing structures inside for the toddlers. To help add even more activity in the centre, they are also planning to purchase two mini trampolines for both the toddlers and preschoolers and additional climbing structures for the infants.

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-focused documentation display to show the kids how the teachers are staying active themselves.

Connect with us!

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Process Evaluation at Healthy Start

By: Scott Mantyka, Process Evaluator

The Healthy Start / Départ Santé (HSDS) program has directed a great deal of attention and detail towards the establishment and implementation of process evaluation. In the fall of 2015, the Evaluation Team decided to hire two external process evaluation coordinators— Scott Mantyka, in Saskatchewan and Isabelle Caissie, in New Brunswick— to further assess and strengthen monitoring of HSDS implementation.

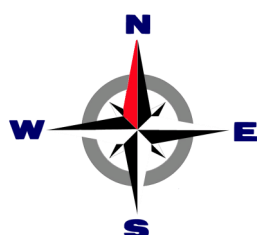
Process evaluation is a form of evaluation which aims to assess if an initiative was implemented as intended. In the context of the HSDS, the process evaluation aims to measure the delivery of four core programmatic components: 1) step-by-step delivery process, 2) HSDS resources, 3) HSDS implementation guide and 4) approach to local community engagement. The results of this evaluation will communicate if the HSDS initiative that was delivered in each centre contained all

elements required for an “ideal” Healthy Start.

This external evaluation was conducted on all HSDS evaluation sites from the first two years of the program. Evaluators found that tracking documents from the early years did not have the same level of specificity found in current iterations employed by the program. As a result, they were unable to objectively verify the delivery of specific content in some areas. This is a reflection of the continued growth and evolution of the HSDS initiative. What has changed is not the core content, but rather the manner through which delivery this material is monitored. This process evaluation represents an additional step along the path towards a more consistent and refined monitoring of the initiative. Therefore, it allows the Healthy Start team to ensure that each centre receives the ideal Healthy Start.

Healthy Start in Northern Saskatchewan

By: Katie Pospiech



This year, Healthy Start was focused on delivering our initiative to communities in Northern Saskatchewan. In total, we delivered to 30 centres – including 17 on-reserve locations. Many of the communities have limited access to local training opportunities, especially those targeted to the Early Years, and were eager to learn about Healthy Start – some participants traveled as far as 600km to participate in the training!

Saskatchewan’s Northern communities face a unique set of challenges and many of these were discussed at the training sessions. Among the challenges, one of the major barriers to healthy living is the struggle to access fresh food at an affordable cost.

In order to better serve these communities, Healthy Start has been working on creating a “Northern & Indigenous Populations” adaptation to our initiative. This adaptation includes elements such as a modified medicine wheel, which showcases connections between traditional Indigenous concepts and the Healthy Start initiative and the incorporation traditional foods. We are in the process of consulting with our stakeholders to finalize this piece and we are excited to move forward with it in our fourth year!

HSDS Northern Implementation

Totals

30

Northern Communities

17

On-reserve centres

90+

Staff members trained

600+

Aboriginal Children reached

Thank you to our Community Trainers!

Healthy Start/Départ Santé can attribute our success this past year due in part to the help of our Healthy Start Community Trainers. At this time, we would like to acknowledge the following individuals and highlight just some of the great work they have done:

- Brigitte Chassé, a francophone trainer, for leading a training in Vonda
- Melissa Cursons, for assisting with a group training in Yorkton and leading boosters in Langenburg and Churchbridge
- Cathy Knox, for assisting with a regional training in Swift Current, leading a training in Shaunavon and for leading booster sessions throughout the South West
- Tanya Mazurek, for providing valuable feedback for the upcoming Train the Trainer event and for being a key connection with Northern communities
- Hind Rami, for assisting with organizing and facilitating the French Train the Trainer workshop and for training a French centre in Prince Albert
- Myriam Strachan, for assisting with a training in Regina and leading a booster session in Fort Qu'Appelle
- Angie Stevenson and Rhonda Teichreb, for assisting with a presentation at the Saskatchewan Prevention Institute Conference

We are also very fortunate to have the support of several health regions in Saskatchewan. A special recognition goes out to the Kelsey Trail, Cypress and Sunrise Health Regions; all of whom have recognized the importance of the Healthy Start program and have integrated Healthy Start activities into their respective regions. Thank you also to the Ministry of Education Early Years Branch for approving the continued work of our trainers, while also being early years consultants. The generous support from these organizations has proven to be invaluable to Healthy Start/ Département Santé.

Thank you again to all of our community trainers. Your commitment to Healthy Start has allowed us to reach even more children, educators and parents than ever before. You have all contributed to improving the health of children in Saskatchewan.

Year 3 in review!

In our third year of implementation, Healthy Start / Département Santé travelled to the far corners of Saskatchewan to deliver this initiative. We reached many of our goals including the following:



89
**childcare centres &
pre-kindergartens**



2500+
children

