

HEALTHY START SAMPLER

Growing **happier, healthier** children
in early learning environments



HSDS at pre-K Family Days in Maple Creek

Cheryl Friday, a pre-kindergarten teacher in Maple Creek, SK, was inspired to incorporate Healthy Start into her Family Days after taking the training in September. On one of the first occasions she had, she organized a Family LEAP Day. They played a number of activities from the LEAP HOP™ manual including Bean Bag



Golf, Wiggly Ribbons and Knock Down. They also practiced their motorcycle landings! Cheryl showed parents how easy it is to make some of the equipment by using household recyclables and they even got to make and take home their wiggly ribbons. "My families thought that this was a great Family Day. The old and young had lots of fun!" said Cheryl Friday.

Due to the success of Family LEAP Day, Cheryl has since incorporated healthy eating and movement into other Family Days as well. The families have gotten hands-on in the kitchen, making gingerbread people from scratch and having active story times. She also received positive feedback on the LEAP Parent Cards, so she made them



into a booklet for each family to use at home.

One of Healthy Start's new goals is to engage with parents and families more, and Cheryl's pre-kindergarten classroom is a great example on how to bring Healthy Start to families.

HSDS Nutrition and Menu Planning Workshop

On March 9, 2017 we had our first 2-hour Healthy Start/Départ Santé (HSDS) Nutrition and Menu Planning workshop in Saskatoon, SK. Our workshop was developed by our own Tracy Sentes, Registered Dietitian and Project



Coordinator in Regina and Brooke Bulloch, a Registered Dietitian with Food to Fit in Saskatoon. Erica Stevenson, Project Coordinator in Saskatoon along with Brooke facilitated the workshop to our first audience of directors and cooks from Saskatoon Federation of Early Learning, as they were interested in expanding their healthy eating knowledge from the original HSDS training.

The workshop discussed choosing and preparing nutritious foods, label reading, salt and sugar content of packaged foods and recipes and

cultural adaptations for recipes and menus. Participants were also given the opportunity to review and make changes to their own centre's menus. It was a fun and informative afternoon and we look forward to offering another nutrition and menu planning workshop at the upcoming SECA retreat in May.

We have a few other workshops currently in development that will focus on physical activity, physical literacy and policy development. Stay tuned for more workshops coming in fall 2017!

SHARE YOUR STORIES WITH US!

Has Healthy Start made a positive difference in your day? Send us your story and pictures and you could be featured on our Website or in our newsletter! Please send your submissions to info@healthystartkids.ca or visit <https://healthystartkids.ca/your-stories/>.



Engaging parents in health and wellness – what are some proven practices we can learn from?

Healthy Start / Départ Santé will be collaborating with an organization based in Kelowna called The Bridge and delivering the Healthy Together program. Healthy Together was designed primarily for children and youth in care (0-18y) and their families. It has been piloted with children and youth in care (0-18y), aboriginal youth (13-18y) and the general population of children (0-6y) and their families. This program is being implemented with diverse population groups and is working to extend its experience and create adaptations for other populations as well. More info - [Healthy Together Program Brochure](#)

Here in Saskatchewan and in collaboration with our New Brunswick partners, the HSDS initiative is interested in exploring various ways to offer parents of HSDS childcare centres and prekindergarten programs a hands-on experience and group-style learning with parents and children - together. Therefore, Healthy Together is an ideal fit, as it is designed as a family education model, where families register and attend sessions together. This is an ideal environment for fostering relationships, which is a key aspect of the program. The format and activities encourage shared learning and support for all participants as they make their journey to a healthy lifestyle.

Contact us if you wish more info or to participate in the development of this new opportunity to engage parents in the health and wellness of their families.

Let's play Hot Potato

To make a paddle bat you need

- Two knee-high stockings
- Some masking tape or duct tape
- A metal coat hanger.

How to

1. Bend the coat hanger into a diamond or circular shape.
2. Squash the hanger hook closed a little to make a handle.
3. Insert the hanger into the stocking.
4. Pull the stocking tight around the hanger.
5. Tape the stocking onto the hanger just above the handle.
6. Put tape around the bottom to make a handle.



One Potato, Two Potato...by Anonymus

One potato,
Two potato,
Three potato, Four,
Five potatoes,
Six potatoes,
Seven potatoes. More!

Parent resource: http://www.decoda.ca/wp-content/uploads/HOP_Hot_potato.pdf

LET'S MAKE:

Yummy Yams



INGREDIENTS

- 2 medium sweet potatoes or yams
- 1 tbsp. of canola oil
- Salt and pepper to taste



DIRECTIONS

1. Preheat oven to 350°F (190°C)
2. Peel the potatoes and slice them into rounds ½ inch (1 cm) thick
3. Brush oil onto potatoes or dip them in oil.
4. Place on baking sheet and bake for 25 minutes. Loosen potatoes with flipper and turn over.
5. Continue baking until brown on the outside, but very tender inside – about 5 to 10 minutes.
6. Cool to eat.

Serves 16 children

Source: LEAP Food Flair, Legacies Now, p.143.

The information contained in this newsletter is intended to inform early childhood practitioners and parents. The views expressed here do not necessarily reflect those of the Public Health Agency of Canada.

CONNECT WITH US!

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