

# Healthy Start Sampler

Growing happier, healthier  
children in early learning  
environments

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## Healthy Start in The Early Years Community

This past fall, Healthy Start/Départ Santé (HSDS) partnered with another Public Health Agency of Canada Innovation Strategy project, Healthy Together (HT). This was an ideal partnership as HSDS and HT have a few things in common. They both provide English and French resources and share a common philosophy of promoting healthy eating and physical activity for children and families.

HSDS aims to introduce and support healthy lifestyle habits in early learning settings throughout Saskatchewan and New-Brunswick such as in childcare centres and pre-kindergarten programs. Healthy Together, based out of Kelowna, British Columbia and lead by the Bridge Youth and Family Services Society, nationally incorporates programming based on relationships, cooking and physical activities for families and their children between the ages of 0 to 18.

HSDS is integrating a new parent engagement component in its programming. Through its collaboration with the Healthy Together program, HSDS will have access to the tools and training to support parents and families working together to achieve healthier lifestyles.

How will we do this? The two teams came together in the past months offering combined trainings of each initiative; one in Regina and the other in Moncton. This was a unique opportunity to bring together

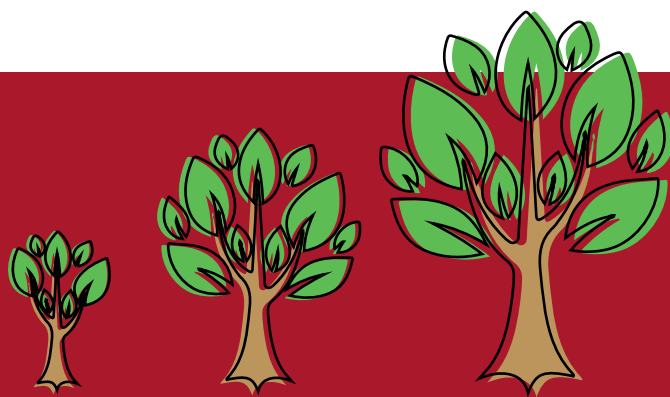
various community organizations already working with families, ranging from newcomer settlement agencies, health region staff, sport and recreation districts and family resource centres. The training in Moncton was offered in English and in French and participants included coordinators from the 13 provincial Family Resource Centres. In upcoming months, HSDS will be able to deliver adapted parent workshops incorporating the philosophies and the training approaches of both Healthy Start and Healthy Together programs. A win-win!



## DID YOU KNOW?

At the end of October, HSDS delivered its first "Healthy Together" workshop during the *Association des parents francsaskois* (Francophone Parents Association) Symposium with 32 eager parents and young children. Families learned about Canada's Food Guide serving sizes; parents and children explored making healthy snacks together- yogurt parfaits, protein kabobs, brie and kiwi crackers and spinach strawberry salad. The session ended with a short and engaging family yoga activity - fun and laughter to tie it all up!

# Literacy



## Snow play: Tricky tracks

**Physical activity links:** Vigorous play (building muscles and cardiovascular fitness)

**Language/literacy links:** Pretend play; vocabulary: movement words (slide, glide, roll, pitch); directional words (right, left, sideways, backwards, forwards); support play with talk and sign

**Equipment:** Snow!!

**Where:** Outdoors

**Book link:** Stella, Queen of the Snow by Marie-Lousie Gay

## Let's play

- Outside, take turns making a pathway for the others to "follow in the footsteps." Have fun making the path change direction, crisscross itself, and change the distance between the footprints so that some are close together and some need a jump to reach.
- Talk about how snow makes things look different.
- Write letters and numbers and names in the snow.

## Try this way

- Introduce the many ways of playing in the snow by reading Stella, Queen of the Snow with the children. Talk about things you used to do in the snow when you were little.
- Investigate and describe the way snow feels, looks, and the sounds you can make as you scrunch through it.
- See if you can find animal tracks, or look in a book to see what the tracks of different animals look like... and try to copy these in the snow.
- Have fun inventing creatures (e.g. animals, machines) with extraordinary tracks... make the track and challenge each other to imagine and describe the creature that made it.

## Make this year's holiday celebration active!

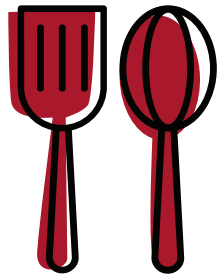
Looking for ways to spice up family celebrations this holiday season? Why not add some physical activity!

Gather all of your family members and go caroling throughout the neighborhood, go skating or tobogganing or even go on a nature scavenger hunt.

[The LEAP™ HOP Family Resource](#) has a lot of great ideas your whole family can enjoy and easily do indoors! To give the activities a holiday twist, try playing *Freeze Dance* (page 34) using Christmas carols, wrap and decorate empty boxes and use them as pins for Knock Down (page 44) or make *ankle bells* (page 104) and while playing *Follow the Trail* (page 32) have everyone pretend they are Santa's reindeer visiting houses on Christmas eve.

Be creative, have fun and get moving!





# Let's Make

## Edible Santa Claus!

### How to integrate a

#### “Project Approach” with food

Here is a fun recipe to get children involved in snack preparation and to learn about the benefits of eating fruit! They also develop fine motor skills, confidence, independence and creativity during this activity.



Source: [Blessed Beyond Crazy](#)

### Ingredients

- Pancake or toast without crust (face)
- Raspberries or sliced strawberries (hat and nose)
- Sliced bananas (eyes and beard)
- Blueberries (center of eyes)
- Yogurt and unsweetened shredded coconut (pompom and hat border)
- Small plate for each child
- Butter knife for each child
- Plastic wrap to cover Santa Claus and share with families the zucchini and cheese, mixing, measuring and forming the patties.

### Project Approach Ideas

- Read a story related to the theme.
- Teach children about fruit portions with the help of the Canada's Food Guide. Ask questions about what children know and would like to know about fruit. Make a brainstorming list with them.
- Sing and dance to the theme.
- Add empty clean strawberry/blueberry/raspberry containers in the block play area and the drama play area (kitchen corner).
- Invite children to wash hands and sit down to each prepare a Santa Claus.
- Teach children how to use a knife and cut a banana on their plate.
- Let children be guided by their creativity (they do not need to make a Santa if they rather make a Christmas tree for example.) They can choose to place the fruit where they want on their plate.
- Invite Santa Claus or an elf to come and talk about healthy eating.
- Take photos during the project and post them on walls. Invite children to also take pictures.
- During “Circle Time” ask children what they have learned and document their learning. Invite them to draw what they have learned. Share with parents and co-workers. Make your own bread crumbs by saving and drying out bread ends and crusts
- Get the children involved in the kitchen by grating the zucchini and cheese, mixing, measuring and forming the patties.