

Healthy Start Sampler

Growing happier, healthier children in early learning environments

FALL 2020

Healthy Start Online Tools

Learning and Connecting During Covid-19

Healthy Start Online Training:

A National Success

In 2019 Healthy Start launched an online version of our training program to make it more accessible to early years practitioners who want to learn about healthy eating and physical activity for young children.

Healthy Start Online is a certified training course that was developed with the continuing education department of the University of Moncton, meaning users can earn continuing education units for ECE certification or professional development. It contains the same material covered at a in-person training but offers the convenience of learning on your own time at and your own pace. The response to HSDS Online has been very positive. So far, in 2020, over 270 people from all over the country have registered for

the online training. Not surprisingly, we saw an increase in the number of online registrations during the early months of the Covid-19 pandemic, when many childcare centres were closed, and educators had more opportunity to pursue online professional development.

If there are new staff at your childcare centre or home who haven't taken part in a Healthy Start training, consider suggesting our online training option. Currently, Healthy Start Online is still available free of charge for early years practitioners in Canada. There is also a login option for health and education professionals who would like to view the training without taking the course for credit.

To access Healthy Start Online, visit our website:

<https://healthystartkids.ca/training/healthy-start-online-course/>



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FORMATION CONTINUE / CONTINUING EDUCATION

Départ Santé  Healthy Start
Bouge - mange bien.
Be active - Eat well.

Earn professional development credits!
FREE for all early childhood professionals in Canada.

Recevez des crédits de formation continue !
Gratuit pour le personnel œuvrant auprès de la petite enfance au Canada.

**Healthy Start
Online Training**

A Relevant Program for Challenging Times

Providing opportunities for active play is more important than ever, as many opportunities that children normally had to be active, such as organised sports, dance, and play groups, are restricted at this time. Considering these challenges, it is crucial that young children are provided with lots of active play opportunities in early learning environments, and at home. One of the benefits of the LEAP activities used in Healthy Start, is that many can be done indoors, which is important as we move into the winter months.

Healthy Start Webinar Series

For centres and individuals trained in Healthy Start, our webinar series offers continued learning in the areas of children's physical activity and healthy eating. The webinars are a follow-up to the in-person or online training.

Two new nutrition webinars were added in May 2020, developed by our partners at the Vatanparast Nutritional Epidemiology Lab at the University of Saskatchewan. The *Food and Culture* webinar shows how to use food to celebrate and include culture and diversity, including halal and kosher; and the *Menu Planning* webinar provides staff at early learning facilities an overview of how to plan a healthy menu cycle.

Our complete webinar series now includes:

- Healthy Happy Eaters
- Nutrition for Infants and Toddlers
- Re-thinking Risk in Active Outdoor Play
- For Active Infants and Toddlers
- Food and Culture
- Menu Planning Learning Module

To access our webinars, visit:

<https://healthystartkids.ca/training/webinars/>

From the Healthy Start page you will be redirected to a host site where you must create an account and register for the free webinars. Individuals that complete a webinar will receive a participation certificate.



Thank You Healthy Start Coordinators

We'd like to thank Erica Stevenson and Rebecca Klapwyk for their contributions as HSDS coordinators. Rebecca, our bilingual coordinator, was a dynamic trainer and enthusiastic advocate for outdoor play and healthy eating. Many of the photos used in our program resources and blog feature her active, smiling children.

Erica was Healthy Start's longest serving coordinator, from 2015 to 2020. She made tremendous contributions to the program, including building connections and working with childcare centres and early years programs in First Nation communities across Saskatchewan. In August 2020, Erica joined the Saskatoon Tribal Council as an Early Childhood Development Program Support Worker.

For any program related questions, please contact Allysha Larsen, Healthy Start Program Manager, at:

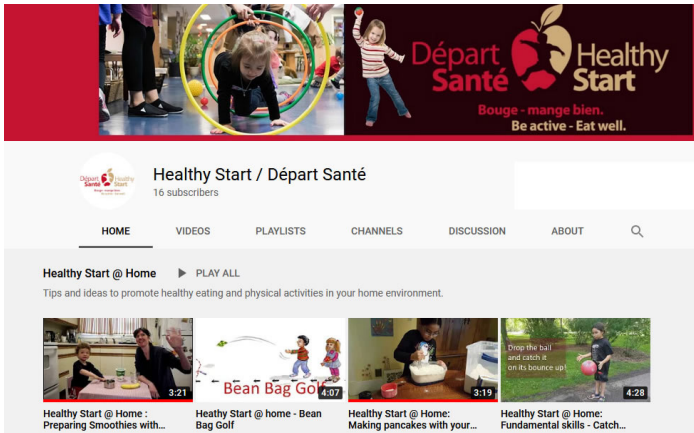
alarsenhsds@gmail.com



Rebecca Klapwyk (left) and Erica Stevenson during a Healthy Start for Families workshop in Saskatoon in September 2019.

Updates

Healthy Start @ Home Video Series



Healthy Start is proud to launch a new video series for families. Knowing that families with young children have been struggling during the pandemic, we wanted to share some fun and healthy activities to do at home. Each short video is based on a healthy eating or physical activity concept from the Healthy Start program.

The series will include six videos, available on our YouTube channel and accessible from our website. Check out our first videos at:

<https://healthystartkids.ca/healthy-start-at-home/>

Suspension of in-person HSDS trainings in Saskatchewan

Due to Covid-19 restrictions, as well as the process of transitioning the Healthy Start program to a new host organisation in Saskatchewan, in-person trainings in Saskatchewan are suspended at this time. Training continues to be available through Healthy Start Online:

<https://healthystartkids.ca/training/healthy-start-online-course/>

Healthy Start for Active Kids Update

With the province of New Brunswick progressing through the phases of its Covid-19 recovery plan, the HSAK program is resuming in-person trainings throughout the province. On October 17th the first in-person workshop since the pandemic hit was held in Tracadie-Sheila with three early childhood education centers. HSAK is expected to host five more workshops in Chaleur, Campbellton and online (due to Covid restrictions). With these trainings, close to 20 early childhood care centers will be trained in HSAK by the end of January 2021.



As trainings have resumed in the province of New Brunswick, they have taken on a new look. For the in-person trainings, HSAK has taken all the precautions necessary to run a workshop in the current state of Covid-19 in the province. This includes temperatures checks at the door, physical distancing during the workshops, mask wearing, and sanitation stations. For some regions of the province, in-person trainings are not possible due to spikes in active Covid-19 cases. Along with the online workshops available through the University of Moncton, some HSAK community trainers have taken it upon themselves to deliver the in-person training online, via Zoom.

The Active Kids parent workshops continue to be delivered from both the Moncton and Kent Family Resource Centers. Combined they're expected to deliver the workshop to 75 families in the province.



Meet Kristen O'Brien

Healthy Start for Active Kids Coordinator

Kristen O'Brien has been coordinating Healthy Start for Active Kids (HSAK) since spring 2019, as part of his role as Physical Literacy Development Officer at Sport New Brunswick. Kristen is from Truro, Nova Scotia, and studied Kinesiology at Dalhousie University where he graduated in 2017. As Physical Literacy Development Officer at Sport New Brunswick, Kristen plays a key role in the promotion, education and advocacy of physical literacy throughout the province.

In his spare time, Kristen likes to help develop the sport of volleyball within the province, where he coaches at both the youth and university levels.

You can reach him at: nbphysicalliteracy@sportnb.com





Let's make

Pumpkin Dip

Ingredients:

- 2 cups Greek yogurt, plain
- 1 cup real pumpkin purée
- ¼ cup maple syrup
- 1 tsp vanilla extract
- 2 tsp pumpkin pie spice

Instructions:

Place dip ingredients in a blender or food processor and pulse until well blended. Serve in a bowl with apple slices and graham crackers.

Recipe contributed by Stéphanie Guérin, Healthy Start trainer and Registered Nutritionist and Lifestyle Coach at Guérinuti, Caraquet, New Brunswick.

For dipping:

Splices of apples and graham crackers (optional)

Simple Outdoor Activities for Fall

Although temperatures are getting colder, playing outside in the fall is a great way for kids to be active. Spending time outdoors not only benefits our physical health, it can reduce stress and improve mood. Playing outdoors also offers opportunities for children to explore and create using loose parts like sticks, pine cones, and other natural materials. Here are some easy activities to try in the yard or while walking through a park.

In the Yard Games

- Pumpkin Roll – Choose pumpkins that are an appropriate size; challenge children to push, roll or carry their pumpkin from one check point to another. To add to the activity, have children decorate their pumpkin in advance.
- Apple Stack – Challenge the children to a game of apple stacking; see who can stack their apples the highest and have their apple tower stand for 5 seconds.
- Rake the Leaves – Rake leaves into a pile and have the children run through, roll into, jump into, throw and crunch the leaves. Get creative and make a leaf maze to navigate through.

Walk in the Park

- Scavenger Hunt – Think of all the things you'll come across on your walk and make a list of items for children to collect or spot along the way; anything from birds, trees, leaves, rocks, landmarks, etc. Check items off the list as you go.
- Eye Spy- Play a classic game of eye spy to keep children engaged while you walk.
- Pick up Sticks- Have children search for the perfect hiking stick, magic wand, king/queen's scepter, sword, or whatever they imagine the stick to be.

- Follow the Leader – Each adult and child should take a turn leading; moving along the path by running, hopping, galloping, skipping or side-shuffling, moving like an animal, etc. This is a great way to practice fundamental movement skills.

To learn more about supporting outdoor play, you can view the Healthy Start webinar [Re-thinking Risk in Active Outdoor Play](#). See our Online Tools article below for more information.

Some activities were adapted from:

<https://activeforlife.com/autumn-activities-for-kids/>

LEAP Connection

For related ideas, check out the LEAP-HOP activities "Walk and talk" (pages 98-99) and "Tread lightly, look closely" (pages 128-129). They describe how a simple fall walk can become an educational experience that benefits both body and mind. If it snows early, check out "Snow play: tricky tracks" (page 84-85).

These and other LEAP activities are well suited to staying active during Covid, as they can be done outdoors. Most indoor LEAP activities can also be adapted to physical distancing, such as by turn taking or ensuring that there is enough equipment for each child, and enough space to spread out.

You can download a copy of LEAP-HOP at:

<https://healthystartkids.ca/tool/leap-hop-manual/>