



Introducing Barb



Position:

Head Start Program Advisor,
Community Health Associates
of B.C. (CHABC)

Location: Williams Lake

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WORKING IN THE EARLY CHILD DEVELOPMENT FIELD WAS THE LAST THING ON

MY MIND as I graduated college with a diploma in Environmental Science. I thought I would be the nurturer of fish not children, but the tree of life branches in peculiar ways.

When my two children graduated from preschool, I didn't! Preschool was fun, exciting, busy and happy and the work hours were a good fit for my young family. Next came daycare and working in the ECE program at the University College of the Cariboo, back to preschool, then on the road with the Williams Lake Child Care Resource and Referral as the outreach child care consultant.

The outreach position was a good fit for my curious nature. I loved the travel and the opportunity to visit and learn from other early childhood educators and programs. In this position I became familiar with the BC Head Start programs and was immediately sold on the ideas and values of this program. Imagine—a program that values family and community involvement and promotes the health of the whole child.

I left my outreach job for the opportunity to work in the Head Start program at Canoe Creek. I learned a lot from the community and made many new friends. From here I went to the Soda Creek Head Start program, which had just received initial funding; another valuable learning experience.

Now I am excited to be back on the road learning and sharing, but sad to leave the families and friends at Soda Creek.

My home base will be out of Williams Lake and I hope to visit many of the interior and northern sites this spring and summer. I have

met many Head Start staff at previous training conferences and I look forward to reconnecting with you.

As Head Start program advisor, I will work with Kelly Terbasket to coordinate regional training and workshops, provide information and support, encourage networking between sites, be a coach and a mentor and help keep the BCFNHS "Growing Together" newsletter as relevant and useful as possible. For Kelly and I to do our jobs effectively, we need to hear from you about what you need and/or want.

Barb

A WARM WELCOME TO BARB MCLEAN, who has just joined our CHABC team as the Head Start Program Advisor. We are very thankful for this new position—an additional full-time staff person to support B.C. Head Start sites!

Barb will provide support, mentoring and training to Head Start communities, focusing in particular on the northern regions. Barb has loads of experience and training in Early Childhood and is well known in the Cariboo-Chilcotin area, where she has worked for over 17 years. She has worked in many First Nations communities, most recently Soda Creek. She is very involved and supportive of the Elders and cultural activities, is quick to lend a helping hand, and has a big heart for the people.

I feel very fortunate to work with her and excited that I will learn lots from her. I hope you will take advantage of this amazing resource person and give her a call when you need assistance, want some fresh new ideas or just need someone to debrief with.

Kelly Terbasket

ECD Project Coordinator, CHABC



Earth Day Activities

more Earth Day ideas:

- plant a tree
- build a birdhouse
- go for a walk outdoors in a special place
- reduce, reuse, recycle—start a recycle clothing or toy exchange for families
- plant a small garden

What is biodegradable?

Three weeks before Earth Day, discuss what is biodegradable and what is not. Choose several items to bury in the playground. On Earth Day, dig them up and see the changes (or not) the items went through.



Fish pond ecology

To teach young ones about pollution, have each child bring in a piece of recyclable garbage.

Sit around a pretend pond (a large painted blue sheet of butcher paper) that is filled with paper fish. Tell a story about how the fish live in the pond surrounded by the beautiful woods. As people visit the area for picnics, they begin to throw their trash into the water. Have the children do this, one at a time. As more trash goes in, the fish of course have to come out. Soon the pond is full of garbage and no fish.

Now ask the children to help clean up the pond by removing their garbage and placing it into appropriate recycling containers. You can make these ahead of time by taping commonly recycled items (newspaper, glass bottle, plastic container) to the outside of a paper bag.

Everyone feels really good when the pond is clean and the fish can come back to swim there.

Adapted from www.perpetualpreschool.com

Help birds build nests

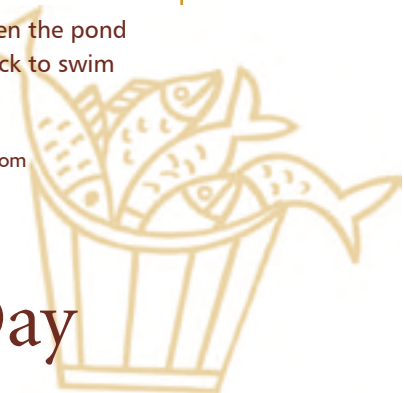
Lend a helping hand to the birds in your area by supplying them with simple nesting materials. All you need to do is fill a mesh bag (like the kind onions are packaged in) with dried grass, short lengths of yarn and string, even stuffing from old furniture or feather pillow, or hair from your brush. Hang the bag in a location that the birds can safely access, watch them collect, you may be lucky enough to see their nest in one of your trees!

<http://www.amazingmoms.com>

What do we throw away?

After lunch, collect all items that were thrown away, like plastic bags, wrappers, juice boxes or bottles, yogurt and pudding containers, plastic ware, paper napkins, any one-use and disposable items. Rinse out any dirt items.

With these items, make a group collage or bulletin board. At top of collage create the heading " Let's make our lunches trash-less." Talk to the children about all the items that were thrown away. Brainstorm ways to change how lunches are packed. Listen and record what the children say. The children come up with some great ideas and parents get to see how much garbage is thrown away in one day.



April 22 is Earth Day

World Environment Week is June 1 - 7



Growing Together is a quarterly publication of the BC First Nations Head Start On-Reserve program.

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Barb McLean
Kelly Terbasket

We would love to hear from you!

Do you have announcements, stories of successes, special people to recognize, photos of special events and amazing children and families, or challenges and questions you are wondering about?

Submissions welcome on a continuous basis.

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Upcoming Events

March 25, 2006

Making the Most of Moe: A Speech and Language Workshop (Smithers). Workshop for parents and educators on how to use the BC Aboriginal Child Care Society's "Moe the Mouse" curriculum box (available for loan from BC-ACCS).
Tel: (250) 847-8824
Toll-free: 1-877-847-8824

March 23, 2006

Guiding and Caring Workshop (Hope). How child development and family and cultural experiences influence expectations, prevention and intervention strategies. Contact Hope Child Care Resource and Referral.
Tel: (604) 869-2896

March 25, 2006

Gordon Neufeld on Children and Attachment (Hope). Contact info same as above.

April 11 – 12, 2006

Writing Winning Proposals & Fundraising Techniques for Aboriginal Organizations in Canada (Richmond). The 5th Annual Aboriginal Regional Forum.
Tel: 1-888-683-7711
Fax: (604) 530-3840
E-mail: wzarchikoff@msn.com

May 11, 2006

Supporting Children's Social and Emotional Health: Assessment Tools, Research and Practice (UBC, Vancouver). Discussion and debate on assessment of children's social and emotional development, designed for parents, ECE workers, and other related fields.
Tel: (604) 272-9155
E-mail: info@eventability.ca.

May 12 – 13, 2006

Expanding Our Horizons: Annual Conference of Early Childhood Education B.C. (Richmond).
Tel: (604) 709-6063
Toll-free: 1-800-797-5602
E-mail: ecebc@direct.ca
Web site: www.ecebc.ca

May 25 – 27, 2006

Soaring to New Heights Early Childhood Education and Care Conference (Winnipeg, Manitoba). Annual Manitoba Child Care Association conference. Over 60 workshops, a variety of seminars, keynote presentations and child care centre tours.
Call: 1-204-586-8587
E-mail: clairefunk@mccahouse.org.

April – June 2006

BCFNHS Regional Training Sessions 2006. The Community Health Associates of BC has been contracted to organize five Head Start training sessions throughout the province between mid-April and mid-June, 2006. The goal of the regional training is to bring the networking and training opportunities closer to home—to provide an avenue for your programs to link with one another in your own region and to draw upon the resources from your part of the province. Smaller training gatherings provide a more comfortable atmosphere for developing relationships with the programs from your region. The primary theme for these sessions are "Growing Together"—emphasizing that we are all in stages of development and that we need to support each other, program-to-program, to learn and develop to the best of our capabilities.

Planning is underway with five separate committees providing direction and input into the organization of each of the five events. Most likely the training events will take place in Nanaimo, Chilliwack, Kamloops, Prince George and Terrace. Topics, agenda, dates and locations will be determined by the committees and CHABC will facilitate and organize the events. Registration packages and details will be sent out sometime near the end of March.

If you are interested in participating on the committee, please contact:
Kelly Terbasket at (250) 499 – 0223
or Barb McLean at (250) 392-6207.

Childsafe First Aid Course
Kelowna—April 8, May 13
Tel: (250) 762-3536
Shuswap—March 4, June T.B.A.
Tel: (250) 832-4191

