



B.C. First Nations Head Start Super Head Start Family Contest

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One of our workers, Mary Stewart, had a brilliant idea to create the “Super Head Start Family” activity and contest for healthy lifestyles, inspired by the school district’s super readers program.

Each week families receive a “Super Head Start Family Activities Checklist”. It’s a way to encourage the Six Components and we also use this as a way to identify how families are taking what they learn at Head Start and applying it at home (we also provide our families with an audio tape each month containing Halq’eméylem language recordings, Virtues and circle time songs). Every time families do one of the activities on the checklist, they tick it off and mark the date. When the whole sheet is full, they bring it in. When they have brought in four sheets, they receive a gift certificate for \$5 for Save-On Foods.

We save the completed contest sheets throughout the year and at the end of the year we have a Grand Prize draw at our graduation ceremony. For every four contest sheets submitted, a family’s name goes into the draw once. We gather nice prizes from the community like a drum, a home-made baby blanket, jewellery, etc.

Our families really enjoy this activity and we enjoy seeing that we are encouraging healthy family time!

JoAnna Chase
Head Start Coordinator, Sto:lo Nation Head Start Program (Chilliwack)

NOTE: The Sto:lo Checklist has the following categories:

- “We used some Halq’eméylem”
- “We read together”
- “We encouraged each other using the Virtues”
- “We ate more fruits and vegetables”
- “We did exercise”
- “We cut down on junk food”
- “We did a craft or learning activity together”
- “We brushed our teeth 2 – 3 times/day”
- “We practiced infant massage today”

Note: See this issue of the newsletter online in PDF form for a visual example of the contest checklist sheet.