



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

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Submission Info

- Submissions accepted on a continuous basis.
- Announcements & news from your site
 - Write-ups about your Head Start successes
 - Site profiles
 - Suggestions of people to recognize
 - Funny or touching stories about things children (or families or staff) said or did
 - Challenges and questions you have
 - Photos of events, children, staff, families

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What Makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so,
He called it... Dad.

AUTHOR UNKNOWN

One of Chini Herb Jones' favourite poems. Submitted by Skidegate Head Start.

nutrition TIP

kid-friendly iron-rich foods

Liver; lean red meats, including beef, pork, lamb
Chicken and turkey
Oysters, clams, tuna, salmon, and shrimp
Breakfast cereals enriched with iron (check food labels)
Pumpkin, sesame, or squash seeds
Broccoli
Baked potatoes
Dried apricots, peaches, prunes, raisins

