



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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Upcoming Events

Friday, March 30, 2007
Vancouver Island Head Start Programs: Building Healthy Relationships With Our Licensing Officers (Ladysmith). Programming information and resources for parents and frontline staff. Contact Ramona Melanson at (250) 246-9348. E-mail: smuneem@telus.net

Tuesday, May 15, 2007
Application Deadline: Breakfast for Learning BC Grants. Grants provide funds directly to communities who want to start or improve the quality of a nutrition program. Grants are provided to partially fund food, equipment or staff. Maximum grant of \$2000 for breakfast and snack programs in school or community group settings. Application deadlines: May 15, 2007 and (tentative) October 15, 2007.
Breakfast for Learning BC
PO Box 74004, Unit 111-16033 108 Ave
Surrey, BC V4N 5H9
Coordinator: Carrie Locke
Tel: (604) 580-4220
Email: breakfastforlearning@shaw.ca

Thursday, May 24, 2007
Innovative Assessment Practices: Supporting Families and Community (UBC, Vancouver). One-day workshop on assessment, looking at ways of connecting health and education, early identification, assessment and intervention services.

Designed for parents and a wide range of professionals.
Tel: (604) 709-6063
Toll-free: 1-800-797-5602
E-mail: info@eventability.ca

Friday and Saturday, May 25-26, 2007
"Honoring Childhood," Early Childhood Educators of BC Annual Conference (Richmond).
Website: www.ecebc.ca
Tel: (604) 709-6063
Toll-free: 1-800-797-5602

April 2 – June 8, 2007
"Meeting the Challenge: Effective Strategies for Challenging Behaviours in Early Childhood Environments" e-learning course. Offered by the Canadian Child Care Federation. Course is designed to help educators, parents and caregivers prevent and respond to children's challenging behaviours and develop effective intervention strategies and enhance children's positive behaviour. *Applications open now until course is filled; maximum 18 participants.*

[NOTE: Course may be offered again in the fall and winter; check the website or contact CCCF for details].
Cost: \$469
Website: http://www.cccf-fcsge.ca/subsites/mtc/home_en.htm
Toll-free: 1-800-858-1412

nutrition TIP

Make a salad bar!

Try giving children salad fixings to choose from to make their own salad. Include things like:

- | | |
|----------------------------|--------------------------|
| Grated cheese | Cucumber slices or cubes |
| Chopped apple | Hard boiled eggs |
| Raisins | Sprouts |
| Chopped celery | Baked beans |
| Grated carrot | Cubed avocado |
| Pumpkin or sunflower seeds | Cubed ham |

Thoroughly rinse all vegetables before preparing and *always* cut apples, large raisins, any firm vegetables and cubed meats into very small pieces to avoid choking hazard for small children.

