



## B.C. First Nations Head Start **Family Day**

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ONCE A MONTH, WE HAVE A FAMILY DAY where we invite all family members to join us in our activities and to share in a potluck luncheon. For families that are low-income, we make sure that whatever they are to bring is within their budget. Any of the food that is left over is then distributed and sent home with the families. During our family days we also invite up-and-coming parents and children of our next year's group. In doing this, it gives new parents the opportunity to ask questions about our program and to discuss any concerns they might have.

We also hold a parent appreciation day where staff and the children prepare and serve a meal to the parents. It is our way of giving thanks to them for all their hard work throughout the year.

Sandie Trask and Vanessa Antoine  
Snc'c'amala?tn Early Childhood Centre (Vernon)