

# Head Start Teacher Comments

2010/2011

- ALL teachers have at one time or another commented on our parent sessions discussing the *intake of sugar*, and related sugar products--OSE things. Many have concluded they will take soda off their own eating plans, and will begin to read labels, and try not to eat as much sugar themselves or for their families. Certainly will try & be a good roll model in front of the children & not drink soda in cans or bottles.
- Some have also commented that the policy of Head Start to ban sugary snacks is difficult to enforce, especially for birthday parties, policy is= no birthday cakes, however, now that they understand the consequences of high sugar intake, and have some healthy snack ideas to replace cake, they are having an easier time with the parents not breaking the rules. They feel more confident in enforcing that policy as well, since they have some information ammunition to use with the parents.
- La Joya has implemented a nutrition bulletin board as a regular item in the classroom since our bulletin board promotion, and therefore has done more art work for the board. Art work follows a new lesson on fruits & veggies..... Peg has also designed a game with pictures of veggies taped onto a table, with a basket of like real fruits/veggies for the children to match.....it's a game for free play with fruit/veggie stickers as prizes.....
- King City has also implemented a nutrition bulletin board for the children, and they do a fruit/veggie lesson and then do an art project to reinforce...i.e. our salad bowl lesson includes an art project that has the children pick produce they would like on their salads, cut it out & glue to their salad plate (paper plate)....King City is adapting that lesson to nutritious foods overall & cutting out from newspapers, putting them on a plate & using them as decor for the bulletin board.
- Rena @ Seaside & Pia @Gladys Stone has copied all of our poetry charts and put them around the classroom, making the produce poetry a daily part of their activities.....
- Pia has also copied our recipes, i.e. smoothies & applesauce, on tag and hung them in the classroom for the children to either make again, and for parents to copy.....
- Martha at Hall/Los Lomas has made a CD from all of her activities, including nutrition classes, both ours & hers and given each & every family a copy at the end of the school year.

- Minerva @ Greenfield has created a science table to include many of our planting & gardening ideas...she's got sweet potatoes growing all around the classroom, and radish & carrots growing in pots, her pineapple from our lesson last year is growing again.....
- Frank Paul 1 has a new teacher, she was thrilled to discover she had the CD tapes that we used, long ago we gave those to each classroom, but she hadn't discovered them yet. So, she's now doing the "going to the market" & "potato" songs in her lessons.....