



LEAP (Literacy, nutrition Education, physical Activity and Play) is an exciting new initiative designed to enhance existing programs where children ages 3 to 6 live, learn and play.

FLASH Kids (Food, Literacy and Activity Strategy for Healthy Kids) is a committee made up of representatives from Parkland Regional Library, Parkland Valley Sport, Culture and Recreation District, Regional KidsFirst, Southeast (RIC) Regional Intersectoral Committee, Sunrise Health Region and Yorkton Community Kitchens who want to provide opportunities for preschool children to engage in active play, learn language and communication skills and develop healthy eating habits.

LEAP workshops are for those who work with young children in childcare centers, preschool, kindergarten, nursery school and library programs or as home visitors.

FLASH Kids will be offering LEAP Workshops in twelve centres in the Sunrise Health Region in the coming year. The first six workshops are scheduled for the fall in these locations:  
September 18 in Saltcoats      September 25 in Esterhazy      October 2 in Sturgis  
October 23 in Churchbridge      October 30 in Springside      November 6 in Canora

All workshops are on Saturdays from 9:00 a.m. to 3:30 p.m. with nutrition breaks and lunch provided. There is no charge to attend the workshops and participants will receive both the HOP (Healthy Opportunities for Preschoolers) and Food Flare practitioner's resource manuals that include detailed outlines for implementing over 100 LEAP activities.

Space is limited and registration is required. Please reply to [jsharpe@sasktel.net](mailto:jsharpe@sasktel.net) with your name, phone number, email address and place of employment as well as the date and location of the workshop (from those listed above) you wish to attend.

LEAP Activity Kits which include a number of items such as children's story books, hula hoops, a 12 foot parachute, bean bags, etc. for implementing a number of LEAP activities in group settings are available at a cost of \$225.00, please indicate when registering if you are interested in purchasing one.



Parkland Regional  
Library

