



Foothill Square Early Head Start & Head Start  
10700 MacArthur Blvd. Ste. 10  
Oakland, CA 94605  
(510) 553-9926



## Foothill Head Start Oakland Success Story

Foothill Head Start's comprehensive child development program aims to foster social skills and school readiness in children (three to five years old) from low-income families. The program is based in the philosophy that each child has the right to learn, explore and develop at their own pace. Parents and staff work as a team to develop and implement a curriculum activity plan for each child.

Foothill Head Start in Oakland passed Physical Activity and 100% Healthy Beverage policies in January 2017. The wellness policies helped staff incorporate more physical activity into the regular work day and drink more water. Aside from regular lessons requiring physical activity with the children, staff now takes 5 minute stretches during their breaks and physical activity is now incorporated into their regular meetings. They use the Brita water pitcher and fill up their water bottles often which have also served as positive role modeling inspiring the children to drink more water too. Site supervisor Miss Bobby says, "It's great to have wellness policies for the staff to help us practice what we preach to the children and their families." "We encourage the children by showing them we practice healthy habits too!"



**"KAISER PERMANENTE.**  
*in the community*