

VOLUME 1 • JUNE 1 2020

STRONGSTART

SD47 EARLY LEARNING WEEKLY NEWSLETTER



TAKE A PEEK!

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WELCOME TO OUR FIRST NEWSLETTER

FROM KATE, PAULA AND RITA

We have been presenting themed activities on ZOOM during the past weeks and feel it is time to move onto a plan that will offer the same information through a newsletter. We are hoping we can provide more detail through this venue and that you can revisit the newsletter when you are looking for some fun things to do with your family.

This week's theme is BIRDS.

RECIPE

BIRD NEST COOKIES

2 cups semisweet chocolate chips
1 cup peanut butter or butterscotch chips or both
2 cups chow mein noodles
Jelly beans/ miniature marsh-mellows / Cadbury eggs or Almonds

Heat to melt chocolate chips and peanut butter and/or butterscotch chips

When melted add chow mein noodles.

Scoop spoon full of mixture and place on parchment paper. Add whatever eggs you would like and place in refrigerator until hardens. Enjoy!



This is a great recipe to let your kids enjoy helping with. Once the chocolate mixture is melted let them help add the chow mein noodles, enjoy making the nest and adding the eggs. They will love putting the eggs in and adding their own touch :)

COOKING WITH KIDS CAN BE CHALLENGING, BUT THE DEVELOPMENTAL BENEFITS OUTWEIGH THE CHALLENGES.

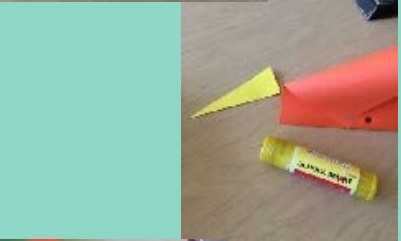
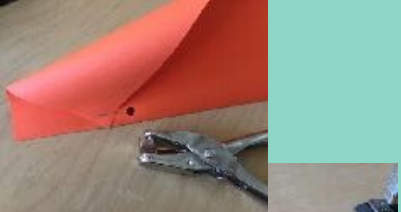
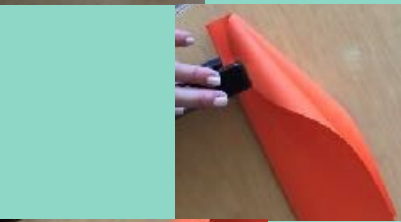
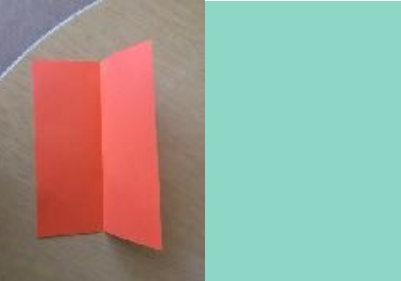
- 1. MINDFULNESS THROUGH PAYING ATTENTION-** COOKING REQUIRES A GREAT DEAL OF FOCUS AND IS BEST DONE WITHOUT MULTI-TASKING. YOUR CHILD WILL NATURALLY BE IN THE MOMENT AND DEVELOP CONCENTRATION SKILLS WHILE COOKING
- 2. FOLLOWING DIRECTIONS-** OF COURSE WHEN COOKING SOMETHING, YOU HAVE TO FOLLOW THE DIRECTIONS. AND WE ALL WANT OUR CHILDREN TO DEVELOP THAT ABILITY! COOKING IS A GREAT WAY TO MAKE FOLLOWING DIRECTIONS FUN WITH A DELICIOUS END RESULT
- 3. LEARNING THE VALUE OF FOOD-** FEELING REAL GRATITUDE FOR OUR FOOD WILL DEVELOP WHEN CHILDREN ARE PART OF THE PROCESS OF PREPARING WHAT THEY EAT
- 4. UNDERSTANDING NUTRITION AND TAKING CARE OF OURSELVES-** TAKING THE TIME TO PREPARE FOOD WILL NATURALLY LEND ITSELF TO LEARNING ABOUT NUTRITION AND WHY IT'S IMPORTANT. COOKING TOGETHER WILL HELP ESTABLISH HEALTH EATING HABITS, AND YOU MAY FIND THAT KIDS ARE MORE WILLING TO TRY NEW FOODS.
- 5. BRAIN AND LANGUAGE DEVELOPMENT-** AS YOU COOK, YOU WILL BE ASKING AND ANSWERING QUESTIONS AND TALKING THROUGH STEPS. MAKING THEIR WAY THROUGH A RECIPE WILL HELP CHILDREN DEVELOP PROBLEM-SOLVING, MATH AND LANGUAGE SKILLS

IT WILL BRING THE FAMILY CLOSER TOGETHER AND HAS SOME REALLY TASTY AND VALUABLE END RESULTS.

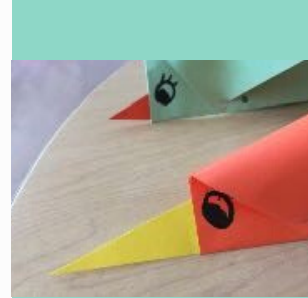


ART ACTIVITY

FLYING KITE BIRD



1. Fold paper in half lengthwise.
2. Round tips of top corner down about 1/4 length of paper and staple. Do not flatten keep them rounded.
3. Make a hole for tying string on later.
4. Make a beak and glue between pieces of paper. Add some eyes, don't forget to do an eye on each side of your bird.
5. Make some beautiful feathers for your bird and glue those between the paper.
6. Tie some string to your bird and let it fly!!





STORY AND FINGER RHYMES OF THE WEEK!

HERE IS THE BIRD FEEDER. HERE, SEEDS AND CRUMBS.
SPRINKLE THEM ON AND SEE WHAT COMES.
ONE CARDINAL, ONE CHICKADEE, ONE JUNCO, ONE JAY.
FOUR OF MY BIRD FRIENDS ARE EATING TODAY

FIVE LITTLE BIRDS IN A NEST IN A TREE
(HOLD UP RIGHT HAND)
ARE JUST HUNGRY AS CAN BE

"PEEP", SAID BABY BIRD NUMBER ONE
(WIGGLE ONE FINGER)
MOTHER BIRD PROMISED SHE WOULD COME

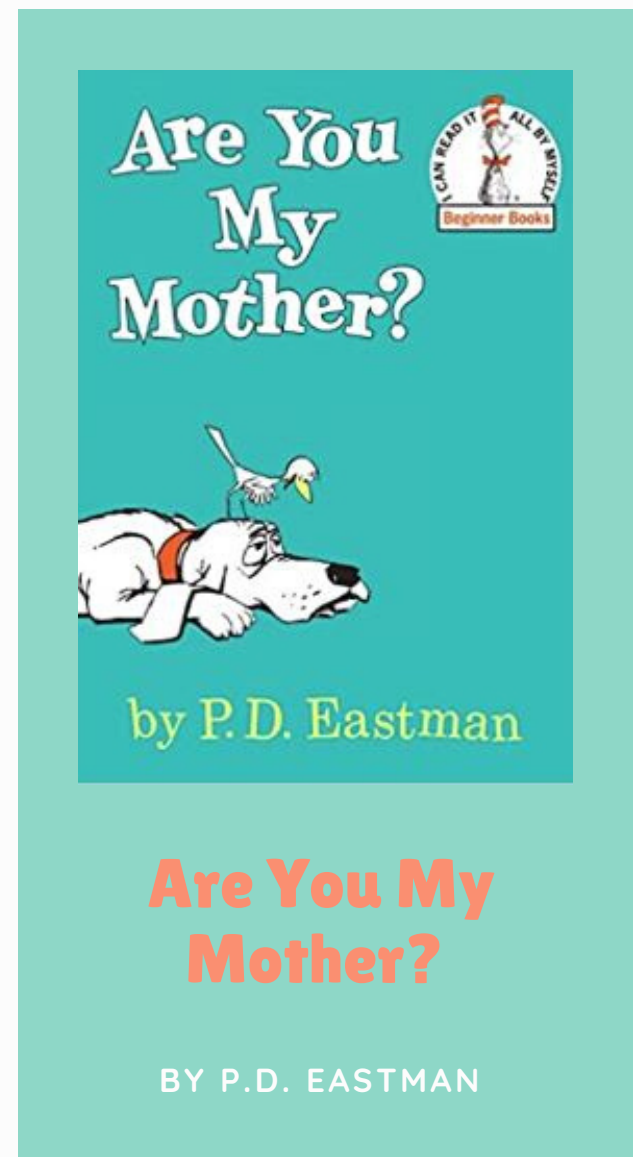
"PEEP, PEEP", SAID BABY BIRD NUMBER TWO,
IF SHE DOESN'T COME WHAT WILL WE DO?

"PEEP, PEEP, PEEP", SAID BABY BIRD NUMBER THREE,
I HOPE SHE CAN FIND THIS TREE.

"PEEP, PEEP, PEEP, PEEP", SAID BABY BIRD NUMBER FOUR,
SHE NEVER WAS SO LATE BEFORE.

"PEEP, PEEP, PEEP, PEEP, PEEP", SAID BABY BIRD NUMBER FIVE,
WHEN WILL OUR MOTHER BIRD ARRIVE?

WELL, HERE SHE COMES TO FEED HER FAMILY
(USE LEFT HAND AS MOMMY BIRD)
THEY'RE ALL AS HAPPY AS CAN BE!



OUTDOORS/GROSS MOTOR BIRD FEEDERS

Milk Jug Bird Feeder

Supplies:

- Milk jug with cap
 - Possible decorations: stickers, bottle caps, milk jug caps, Sharpies or other permanent markers, outdoor acrylic paint, tape for making sharp edges
 - Possible tools: scissors, wire cutters, pliers, paintbrushes, garden pruners
 - Perch or roof materials: sticks cut to desired length
 - Possible adhesives or glue: non-toxic outdoor white glue, or outdoor modpodge
 - possible hanging materials, such as rope or twine or wire.
 - Bird seed
- Enjoy making your own beautiful creation that the birds will love!



Hummingbird Food Supplies:

- 1 cup sugar**
- 4 cups water**

Directions:

- Boil water and add sugar**
- Stir until dissolved**
- When cool add to hummingbird feeder.**
- Watch these amazing little birds!**



Peanut Butter Bird Treats

Supplies:

- day old bread
- heart-shaped cookie cutter
- Peanut butter (I've heard you can also use shortening)
- Birdseed
- Yarn
- Skewer (or a tapestry needle will work)

Directions:

1. Use your cookie cutter to make shapes from your bread
2. Thread your yarn through each heart with a skewer or tapestry needle.
3. Spread each shape with peanut butter.
4. Sprinkle birdseed all over the hearts.
5. Hang them for the birds!
6. Sit back and and start bird-watching!





RESOURCE OF THE WEEK

Here is a great
resource for
your family
about birds!

<https://www.birds.cornell.edu/k12/>

If you are not interested in receiving newsletters let us know by replying to the email where you received this newsletter and ask to be taken off the distribution list. If you know of anyone who is not receiving newsletters from us, please encourage them to contact the school district at rita.john@sd47.bc.ca.