

VOLUME 2 • JUNE 8, 2020

# STRONGSTART

SD47 EARLY LEARNING WEEKLY NEWSLETTER



## TAKE A PEEK!

THEME

- 1

RECIPE

- 2

ART ACTIVITY

- 3

STORY AND RHYMES

- 4

OUTSIDE/GROSS MOTOR

- 5

RESOURCE

- 6

MISCELLANEOUS

INFORMATION

- 7

## EXPLORE THE OCEAN

FROM KATE, PAULA AND RITA

We are hoping you will enjoy the activities we have put together this week.

This week's theme is OCEAN

# RECIPES

## FUN SNACKS THAT LOOK LIKE ANIMALS FROM THE SEA

**YUMMY,  
TASTY AND  
CUTE SNACKS**

### Jellyfish Sandwiches

1. Spread equal amounts of natural peanut butter and fruit spread on bread to form two sandwiches.
2. Cut into jellyfish shapes with a round drinking glass, cutting curved bottom with scissors.
3. Pull apart string cheese and arrange underneath the sandwiches to resemble jellyfish tentacles. Use banana slices and raisins for eyes and a slice of celery for a smile.

### Octopus English Muffin

1. Spread cream cheese on half of english muffin
2. Place whole strawberry in the centre of the english muffin of the octopus body
3. Slice another strawberry into thin vertical strips for the legs and arrange around octopuses body.
4. Place on candy eyes

### Banana Dolphins Swimming in Fruit

1. Slice bottom of banana off so it can stand in a cup or bowl
2. Slice into top of banana and place a round piece of fruit in the dolphins mouth. You can use a pen to make the eye as it will not be eaten.
3. Surround the dolphin with fruit

### Clam Sandwiches

1. Place thin slice of ham or other meat and a thin slice of cheese between 2 pieces of bread
2. Cut the bread using scissors or cookie cutter into shape of clam
3. Open and place a grape inside as the pearl



# ART ACTIVITY

## JELLYFISH CRAFT

### Materials

- Paper plate or paper bowl
- Paint
- Glitter (optional) or other decorations
- Tape or glue
- Assortment of ribbon, curly ribbon, wool, rick rack string.
- Googly eyes (bought or made)

### Directions:

1. Paint plate or bowl and sprinkle with glitter or other decorations
2. If using a paper plate you can cut a squiggly line across the bottom of the plate.
3. Tape or glue ribbon, wool, string etc. To under edge of plate or bowl.
4. Attach a string or ribbon to hang up your beautiful, colourful jellyfish!



2



4



1



3





# STORY AND FINGER RHYMES OF THE WEEK!

Sung to:

"Twinkle, Twinkle Little Star"

Sticky, sticky little starfish,  
How I wonder what you are,  
Beneath the sea so cool and blue  
Can you see me as I see you?  
Sticky, sticky little starfish  
Beneath the sea so cool and blue

---

Slippery fish, slippery fish  
Swimming in the water  
Slippery fish, slippery fish  
gulp, gulp, gulp  
oh no!

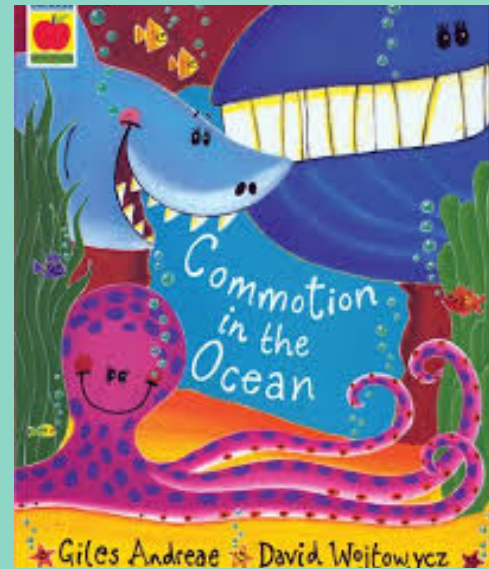
It's been eaten by an...  
Octopus, octopus  
squiggling in the water  
octopus, octopus  
gulp, gulp, gulp  
oh no!

It's been eaten by a...  
tuna fish, tuna fish  
flashing in the water,  
tuna fish, tuna fish  
gulp, gulp, gulp  
oh no!

It's been eaten by a...  
Great white shark, great white shark  
lurking in the water  
Great white shark, great white shark  
gulp, gulp, gulp  
oh no!

It's been eaten by a...  
Humongous whale, humongous whale  
spouting in the water  
Humongous whale, humongous whale  
gulp, gulp, gulp  
buuuuurp

## Books:

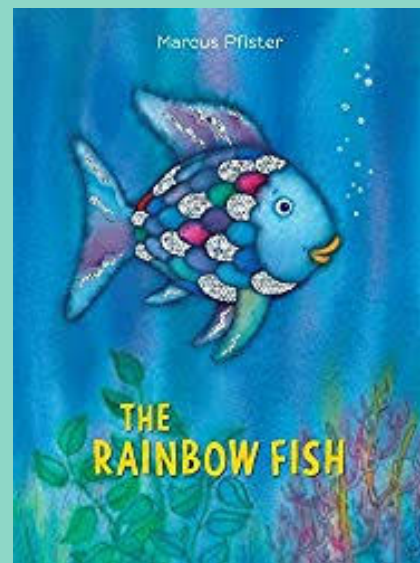


### COMMOTION IN THE OCEAN

BY G. ANDREA;

ILLUS. D. WOJTOWYCZ

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=9PRHGZ8JFFS](https://www.youtube.com/watch?v=9PRHGZ8JFFS)

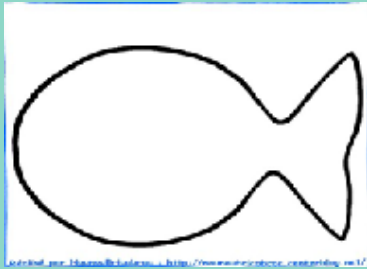


### THE RAINBOW FISH

BY MARCUS PFISTER

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=R9MRYUEKKKC](https://www.youtube.com/watch?v=R9MRYUEKKKC)

# OUTDOORS/GROSS MOTOR



## FISH SPONGE TOSS:

This is fun to do with dry fish or wet fish!

1. Make a target- draw a target using sidewalk chalk, or use a bucket or hula hoop. Throw your fish at the target
2. OR... play "Catch the Fish". One person throws (adult) it and the other person (child) catches it in a bucket!

**Catching and throwing requires strength and also develops great hand-eye coordination. Plus it's a lot of fun. You'll love playing with your kids!**

## HOW TO MAKE AN OCEAN IN A BOTTLE:

1. Take a bottle (a 2 litre pop bottle, shampoo bottle, mouthwash bottle etc) and fill it approximately 1/3 full of water.
2. Add several drops of blue food colouring.
3. Have your child shake the bottle to mix up the water and food colouring.
4. Fill the rest of the bottle with oil. Put the lid on (i usually glue it on) and have fun

# RESOURCES OF THE WEEK



## Explain to Kids: The Ocean

We've only explored 5% of the ocean that covers 70% of our Earth.

**Here are great resources to learn about the ocean with some hands-on activities.**

<https://blog.littlelives.com/explain-to-kids-the-ocean-97adcf2ba224>



## World Oceans Quiz

Take our interactive oceans quiz to see if you can score 10/10...

<https://www.cbc.ca/kidscbc2/the-feed/world-oceans-quiz>





# STRONGSTART ON INSTAGRAM

StrongStart is on Instagram: [sd47strongstart](#)

**SAVE THE  
DATE**

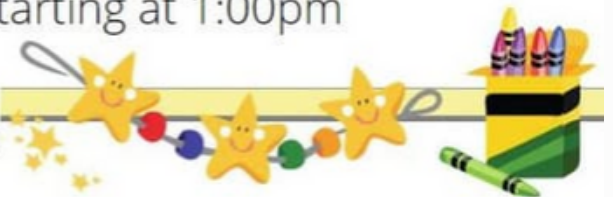


## StrongStart Graduation

Congratulations to all StrongStart children born in 2015  
Join the SD47 Early Learning team for a  
StrongStart Graduation ZOOM Session

Friday June 19, 2020  
starting at 1:00pm

RSVP to  
[rita.john@sd47.bc.ca](mailto:rita.john@sd47.bc.ca)  
to access the ZOOM  
link.



**If you are not interested in receiving newsletters let us know by replying to the email 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](mailto:rita.john@sd47.bc.ca).**