

VOLUME 3 • JUNE 15, 2020

# STRONGSTART

SD47 EARLY LEARNING WEEKLY NEWSLETTER



## TAKE A PEEK!

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## BEACH FUN

FROM KATE, PAULA AND RITA

This is our last themed newsletter for this school year.

Next week we we will offer a more detailed newsletter filled with summer activities.

Our theme this week is: THE BEACH

# RECIPES



## KINETIC SAND

- 1 cup of play sand (beach sand)
- 1/2 tbsp corn starch
- 1 tsp dish soap
- 1 cup of water (added as needed)

### **METHOD**

- Begin by combining the play sand and corn starch in a large bin or container. Mix well.
- In a separate container combine 1 cup of water with 1 tsp of dish soap, and stir until the water is bubbly.
- Slowly add the water-mixture to the sand/cornstarch and mix well.



## SALT DOUGH STAR FISH

- 2 cups of flour
- 1 cup of salt
- 1 cup of water
- Baking pan
- Toothpick

### **METHOD**

- Preheat the oven to 250 degrees.
- In a large mixing bowl, combine the flour, water, and salt and mix well using a hand or stand mixer.
- Form your dough into a star fish shape.
- Smooth out the star and use a toothpick to make a line into each star arm.
- Bake for 2 hours and then let cool. Alternatively, leave the salt dough out to air-dry!

## **FUN STARFISH FACTS FOR KIDS**

- **Starfish are not actually fish but related to sea urchins and sand dollars!**
- **This sea creature can live for 30 years or more.**
- **A starfish can regrow an arm if it loses it.**
- **Starfish have tube feet and a mouth in the middle of their body on their lower side.**

# ART FROM THE BEACH

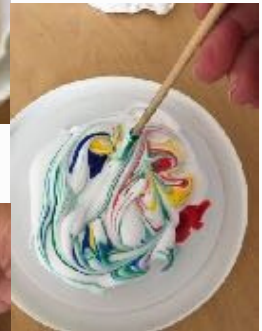
## TIE-DYED SHELLS

### MATERIALS

- shells- The nice white shells gathered from the beach work best!
- shaving cream
- food colouring
- toothpicks or something to mix with
- paper towels. (you will need quite a lot)

### DIRECTIONS

- 1.Fill your tray with shaving cream and squeeze your food coloring onto the shaving cream.
- 2.Using the bamboo skewers or toothpick make a marbled pattern in the shaving cream.
- 3.Dip a shell into the marbled shaving cream, we dipped the shells and then scooped up the shaving cream a bit. Let it sit with the shaving cream for a minute or so.Then taking a paper towel, wipe off the shaving cream to reveal the amazing patterns underneath!



**Experiment with creating different patterns and color combinations. I also tried dipping one side of a shell in one color and then dipping another side in another color, letting the colors overlap slightly. I love how this process turned out!**

# STORIES AND RHYMES

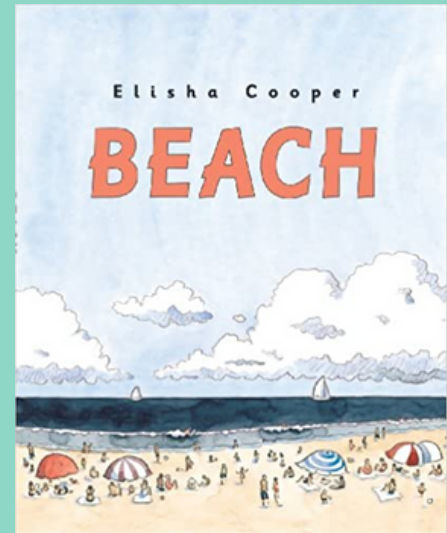
## FIVE LITTLE SEASHELLS

5 little seashells lying on the shore,  
Swish! went the waves, and then there were 4.  
4 little seashells, cozy as could be,  
Swish! went the waves, and then there were 3.  
3 little seashells, all pearly new,  
Swish! went the waves, and then there were 2.  
2 little seashells, lying in the sun,  
Swish! went the waves, and then there was 1.  
1 little seashell, left all alone,  
I whispered “Shhh” as I took it home!!

## AT THE BEACH

At the beach,  
The sun shines down.  
(Make circle with arms overhead)  
I see smiles  
(Point to smile)  
On kids all around.  
Smiling kids in the sand  
(Sit on floor)  
Smiling kids in the sea  
(Pretend to swim)  
But the happiest kid at the beach is me!  
(Smile and point to self)

## BOOKS:



BEACH  
BY ELISHA COOPER



ONE WHITE WISHING STONE  
BY D.A. GAYZAGIAN  
ILLUS. K. SWARNER

# OUTDOOR/GROSSMOTOR

## BEACH ACTIVITIES

Beach Bowling- Make cup castles in sand to knock over with a ball.



Beach Tic-Tac-Toe- different shells or rocks also work well for this fun thinking game.



Beach Art- See what funny people or creatures you can make with the fun things you find on the beach.



Beach Target- Make some targets and see how good your aim is (for a different idea you can even dig holes some larger and some smaller).



Beach Scavenger Hunt -Get creative in what you find on the beach.



# RESOURCE OF THE WEEK



## Ideas to help keep kids active at home



## NEW JUMPSTART RESOURCES AVAILABLE

**Canadian Tire** has been working with partner athletes to create more fun and exciting activities for families to do at home! Check out the Jumpstart Resources page on the link below, for fun activity ideas and guided videos featuring Olympic and Paralympic athletes.

<https://jumpstart.canadiantire.ca/pages/play-from-home>

# INFORMATION



## STRONGSTART ON INSTAGRAM

sd47strongstart



**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.

The graphic features a teal border and illustrations of musical instruments (drum, xylophone, paint palette, brush, and palette) at the top and colorful stars and crayons at the bottom.

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