

»»» WELCOME FALL «««



# STRONGStart

Online Newsletter



## WELCOME MESSAGE

As the crisp air and colourful leaves arrive, fall is a wonderful season to explore and to share special moments with your little ones. At qathet School District, we know the early years are filled with discovery and growth, and we're here to support families with ideas and inspiration to make the most of this season.

In this issue, we will explore how children learn best through everyday experiences and the connections they make with people who care for them. A simple walk through crunchy leaves, baking together in the kitchen, or noticing raindrops sliding down a window are more than just activities—they're opportunities to build language, develop motor skills, and spark curiosity. Play is at the heart of learning, and fall offers endless playful possibilities. Most importantly, your presence makes all the difference in creating the moments that build your child's confidence and sense of belonging.

As we move through this season, our team at qSD is here to encourage you and provide resources and connections. Once again, our StrongStart programs are operational in three school sites with our mobile StrongStart GO program popping up throughout the region to service our families where they live. It is an exciting time of year, and we hope this newsletter inspires you to make fall a time of playful discovery, joyful learning, and warm family moments.

The StrongStart Team: Ashley, Danielle, Kate, Kristal, and Georgina

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For more information on Early Learning in qathet School District, please visit our website at <https://www.sd47.bc.ca/page/62/early-learning>

We respectfully acknowledge that we live, work, learn, and play on the traditional territories of the Tla'amin (ᑕᐱᐱᐃᐅ) Nation.

# PROGRAM INFO

## STRONGSTART GO!

StrongStart GO is an outdoor StrongStart program that takes place in a variety of locations around the qathet Regional District. We are excited about providing opportunities to connect with one another and with nature as we explore and learn together outside.

**Monday:**

Texada: Gillies Bay, Sandpipers Playcenter **or** Lund Community Center: 9654 Larson Rd, Lund

**Tuesday:**

D.A Evans 6749 Drake Street **or** Lindsay bay: 7179 Cranberry

**Wednesday:**

Willingdon beach: 4845 Marine Avenue **or** Sunset Park: 6211 Lois

**Thursday:**

Grief Point: Hernando Ave **or** Palm Beach: 11193 Palm Beach Road

**Friday:**

Larry Gouthro Park: 4726 Manson **or** Academy of Music 7280 Kemano St

### SPECIAL EVENTS

**October 30th** at Townsite Centre 10:00 - 11:30 as part of *qathet Play and Connect*

**November 4th** at the Outdoor Learning Centre from 9:30-11:30 - **Registered Event**



**StrongStart=GO**  
Getting Outside with qathet School District

## STRONGSTART CENTRES

StrongStart is a free drop-in program offered to families with children ages zero to five years old. Qualified early childhood educators lead learning activities and share valuable information with parents on child development and education in a safe, friendly, child-centered environment

Elementary School	Location	Days Open	Hours of Operation
Edgehill Elementary	7312 Abbotsford St.	Closed for Construction	
Henderson Elementary	5506 Willow Ave.	Monday	2:30 pm - 5:30 pm
		Tuesday - Friday	8:45 am - 11:45 am
Kelly Creek Elementary	2345 Zilinsky Rd.	Monday - Wednesday, Friday	8:30 am - 11:30 am
		Thursday	11:30 am - 2:30 pm
Westview Elementary	3900 Selkirk Ave.	Monday - Friday	8:45 am - 11:45 am
StrongStart GO!	Texada, Lund, Powell River	Monday-Friday	Visit our <a href="#">webpage</a> for locations and schedule

Please note that the StrongStart centres follow the qathet School District calendar and will be closed during all school closures.

For up to date information on StrongStart schedules, programs, and special events please visit our [website](#)



## >>> APPLE SLICE DONUTS

### Ingredients

- Apple(s)
- Nut butter
- Toppings of your choice, such as seeds, raisins, coconut, chocolate chips,



### Instructions

Prepare the apples

- Wash and dry apples.
- Slice them horizontally into ¼–½ inch thick rounds.
- Use a small round cutter (or the tip of a knife or even a piping tip) to cut out the apple core in the center of each slice, making them look like “donuts.”

Spread the nut butter

- Pat apple slices dry with a paper towel (this helps the spread stick).
- Spread a layer of nut butter evenly over the top of each slice.

Add toppings

- Sprinkle with your favorite toppings:
- Mix and match for variety.

Serve and enjoy

- Stack on a plate and serve immediately.
- If prepping ahead, brush the apple slices with a little lemon juice to prevent browning before adding the toppings.

## >>> PUMPKIN SMOOTHIE BOWL

### INGREDIENTS

#### BASE INGREDIENTS

- Pumpkin Puree: Use 100% pure pumpkin puree, not pie filling.
- Frozen Banana: A frozen banana provides a creamy, frozen texture and natural sweetness.
- Liquid: Choose a milk (such as almond, oat, or coconut) or yogurt (dairy or plant-based) for blending.
- Sweeteners (Optional): Add a pitted date, maple syrup, or honey for extra sweetness.
- Spices (Optional): A pumpkin pie spice blend, or individual spices like cinnamon, nutmeg, and ginger, adds classic flavour.

#### TOPPING IDEAS

- Fresh Fruit: Sliced bananas or other berries.
- Nuts and Seeds: Chopped pecans, pumpkin seeds (pepitas), or chia seeds.
- Granola: Your favorite granola provides a satisfying crunch.
- Coconut: Shredded coconut or flaked coconut adds texture and flavor.
- Chocolate: Cacao nibs or mini chocolate chips for a decadent treat.

### INSTRUCTIONS:

1. Combine ingredients: Place the frozen banana, pumpkin puree, milk or yogurt, and pumpkin pie spice into a blender.
2. Blend until smooth: Blend on high speed until the mixture is thick, creamy, and completely smooth, like soft-serve ice cream.
3. Adjust consistency: If the smoothie is too thick to blend, add a splash more liquid; if it's too thin, add a few more ice cubes or frozen banana pieces.
4. Serve: Pour the thick smoothie into a bowl.
5. Add toppings: Decorate with your favorite toppings, such as fruit, nuts, and seeds.

»»» Pages 61 and 62 of the BC Early Learning Framework share an activity called “Being Calm”. Transitioning into new routines, and getting back into familiar ones, can be an adjustment. Breathing techniques can help us be more present, confident and capable of handling the difficult emotions that can accompany change.

“Try this experience with your child as a way to introduce positive coping strategies when dealing with challenging situations. It is based on the idea that when parents are calm, children learn to calm themselves, too” (Government of BC, 2019, p.61)

[HERE](#) is a link to the activity.

For more ideas about exploring and learning about breathing techniques for children, click [HERE](#), [HERE](#) and [HERE](#).



The idea that “when parents are calm, children learn to calm themselves, too” (Government of BC, 2019, p.61) is called co-regulation. For more information about this process, click [HERE](#).



Try the online [Let's Play: Activities for Families](#) handbook. Available in many different languages.



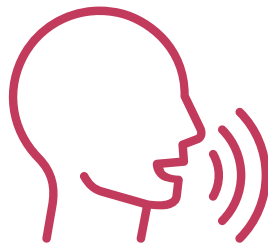
# WORD OF THE MONTH

By Kate

In each publication, the StrongStart team will share a new word to learn in ʔayʔaǰuθəm (Ayajuthem). Ayajuthem is the language of the Tla-amin Nation. In this issue, we want to share:

## welcome

As a school district we have a responsibility to create the conditions that will provide the best quality of education for every student to succeed in school and life. Increasing our knowledge of ʔayʔaǰuθəm (ayajuthem) is one way for us to show how we value all students and are committed to building strong relationships moving forward.



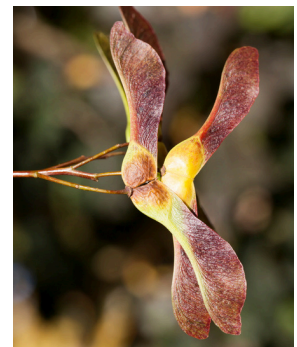
## čεčɛhaθεč

### >>> DID YOU KNOW?

By Danielle

According to Discover the Forest, a website for tweens (kids 10 to 14), developed through a partnership between the U.S. Forest Service and the Ad Council, “The average American child can recognize 1,000 corporate logos, but can’t identify 10 plants or animals native to his or her own region.”

Challenge your knowledge of nature! The Bigleaf Maple is an easily identifiable maple variety that is native to the qathet Regional District. The seed pods that some of us call helicopters or whirlygigs, are samaras. See if you can find some maple samaras on your next outdoor adventure.



You can hear the word paqaǰε (maple tree) spoken in ʔayʔaǰuθəm by going to **FirstVoices**.

FirstVoices is a suite of web-based tools and services designed to support Indigenous people engaged in language archiving, language teaching and culture revitalization. [www.firstvoices.com](http://www.firstvoices.com)

## WELCOME TO A NEW YEAR



## &gt;&gt;&gt; THE FLOPPY SCARECROW

The floppy, floppy scarecrow  
Guards his fields all day.  
He waves his floppy, floppy hands  
To scare the crows away!

Repeat and replace Hands  
with arms, toes, head, legs, etc.

## &gt;&gt;&gt; AUTUMN WINDS

*Tune: "Ring around the Rosie"*  
Autumn Winds begin to blow  
Colored leaves fall fast and slow  
Whirling Twirling all around  
Till at last they touch the ground.

## &gt;&gt;&gt; LEAVES

*Tune: "Twinkle, Twinkle, Little Star"*  
All join hands and circle around  
While we watch the leaves fall down.  
See them twirling to the ground.  
See them skipping here and there  
See them flipping in the air.  
Autumn leaves so peacefully  
Falling, falling from the tree.

## FIVE RED LEAVES &lt;&lt;&lt;

Five red leaves, five and no more (hold up 5 fingers)  
The caterpillar ate one, now there are four (thumb down)  
Four red leaves, that's easy to see.  
Along came a rainstorm, now there are three. (index down)  
Three red leaves, nothing much to do.  
A big wind blew, now two! (middle down)  
Two red leaves, that's not much fun.  
I glued one on my paper (ring down)  
Now there is one. (hold up pinky)  
Hang on, pretty red leaf! Your branches won't break.  
You're one less leaf for me to rake!

## CHANGING SEASONS &lt;&lt;&lt;

*Tune: "I'm a little teapot"*  
I'm a little person who's aware  
Of the Change in the air  
First the leaves turn brown and then they fall  
Then the snow comes lightly down.



## >>> MOVEMENT GAMES

Incorporate fundamental movement skills: balancing, locomotion, and coordination. Balancing games could include yoga poses such as the tree pose, or animal walks where children pretend to be different types of animals such as hopping rabbits or slithering snakes. All of these movements practice locomotion skills. Beanbag golf requires throwing and co-ordination skills

Take a look at the online resource:

**[Appetite to Play](#)** to discover fun ideas for eating and playing at home

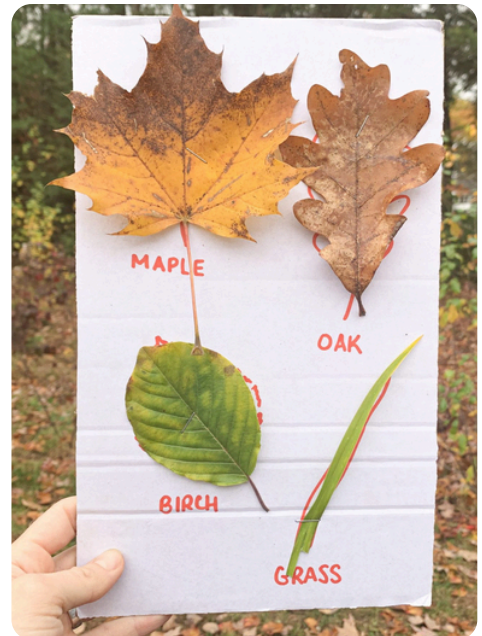
## >>> LEAF GAMES

### Leaf Treasure Hunt:

Hide small toys or objects in a leaf pile and have your child find them for a sensory adventure and movement.

### Leaf Scavenger Hunt:

Take a nature walk and have your child find specific leaves, acorns, or other fall items, encouraging exploration and movement.



## >>> OBSTACLE COURSE FUN

### Sidewalk Chalk Obstacle Course:

Use chalk to draw pumpkins, spiderwebs, or leaves and create a course that includes hopping on one foot, spins, and walking on a line.

### Indoor Obstacle Course:

Use streamers to create a giant spiderweb maze for your child to crawl through, or build a more general indoor course with boxes and tunnels.





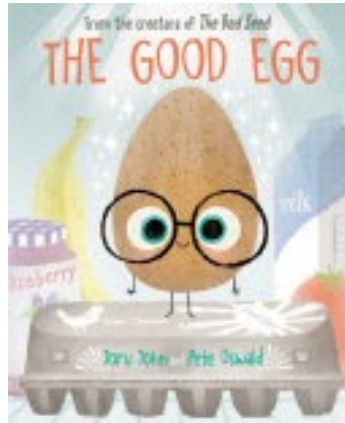
# SNUGGLE UP AND READ

Check out one of these great books!

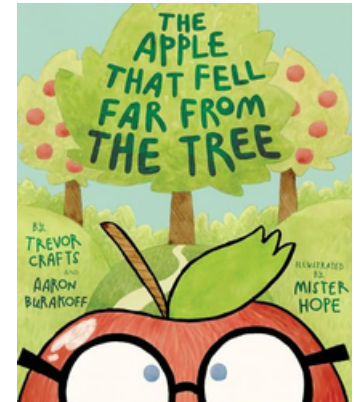
Ask for them at the library or just click to listen to the story on Youtube.



Pete the Cat, Falling for Autumn



The Good Egg



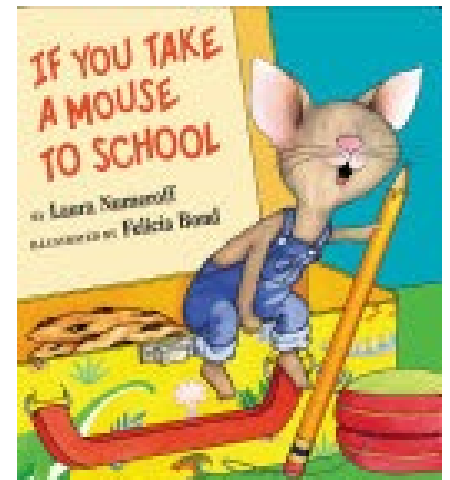
The Apple That Fell Far From The Tree



Little Acorn



The Crayons Go Back to School



If You Take a Mouse to School

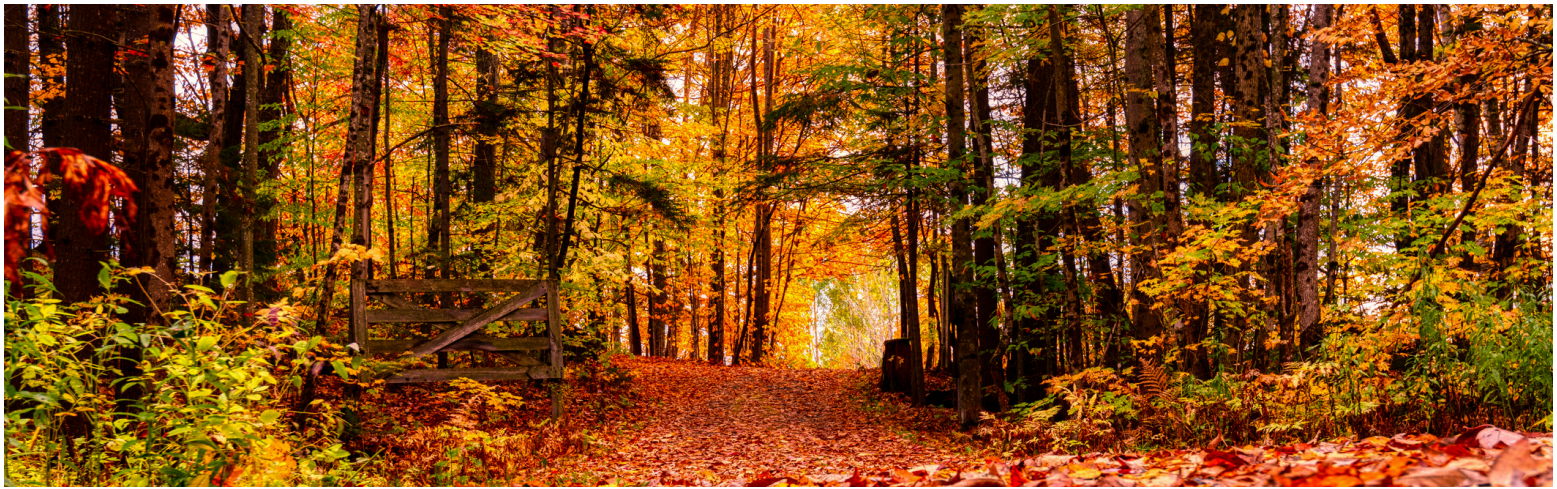
# ONLINE RESOURCES

**>>> EXPLORE THE LINKS BELOW:**

**[FALL ARCHIVES - THE IMAGINATION TREE](#)**

**[AUTUMN FACTS FOR KIDS](#)**

**[40 FACTS ABOUT FALL FOR KIDS THAT ARE BEYOND BE-LEAF](#)**



## COMMUNITY RESOURCES

**[FAMILY PROGRAMS - YOUTH & FAMILY](#)**

**[FAMILY PLACE RESOURCE CENTRE](#)**

[Powell River Public  
Library Children's  
Programs](#)

**[POWELL RIVER FARMERS' MARKET](#)**



## >>> OUR RELATIONSHIP WITH TIME

The transition of seasons offers a wonderful opportunity to reflect on our relationship with time. The scents, sounds, sensations, and visuals of our environment draw the familiar nearer while inviting us to explore the unfamiliar with a sense of curiosity.

## >>> “RIVERS AND TIDES” BRINGS US CLOSER TO OBSERVING TIME

Andy Goldsworthy is renowned for his artistic endeavors that engage with the natural world. His documentary, *\*Rivers and Tides\**, offers a glimpse into his creative process as he collaborates with nature. Goldsworthy focuses on ephemeral art—works that exist only for a brief period. To capture these transient creations, he documents them through photography. For him, art is found in the act of creation; it is all about the journey.

## >>> BUILDING A RELATIONSHIP WITH TIME

- Take time to visit a new place or one that is familiar
- Work with one another to observe the materials (fallen leaves, rocks, sticks)
- Talk about what you notice
- Document the process through pictures, words, or drawings





# GETTING OUTSIDE

Shared by Kristal

1 1

**Well-being, belonging and connecting with the world around you**

## >>> GETTING OUTSIDE WITH INFANTS

Spend gentle moments outdoors with your baby. Lay on a blanket under the clouds and enjoy the fresh air together. Watch the leaves move, listen to birds sing, and follow your baby's gaze. Talk about what you both see, hear, smell, and feel. Share a story about your surroundings while looking into your baby's eyes. These quiet moments help build strong bonds and support your baby's sense of well-being and belonging.

## >>> GETTING OUTSIDE WITH TODDLERS

Let your toddler explore nature with growing independence. Look for logs and stumps to climb, crawl over, and balance on. Celebrate their efforts and practice using words to describe what they're doing. These outdoor adventures support your child's confidence, physical development, and connection to the world around them.

## >>> GETTING OUTSIDE WITH PRESCHOOLERS

Turn your outdoor time into a treasure hunt! Collect natural items like sticks, acorns, pinecones, and leaves. Use these "loose parts" to tell imaginative stories together—what could the stick be? Who might live near the acorn? Then create something with your treasures. These playful experiences spark curiosity, creativity, and connect us to place through learning about the world around us.



As you may know, the Government of Canada announced the implementation of the new Canadian Dental Care Plan, as of December 18, 2023. The Canadian Dental Care Plan (CDCP) aims at reducing the costs of dental care for Canadian residents who have a family net income of less than \$90,000.

The implementation has been following a phased-in approach. Applications are currently open for:

- children under 18
- persons with disabilities with a valid Disability Tax Credit on file with CRA
- seniors 65+

Note: The program will expand to all eligible Canadian residents as of 2025.

To qualify for the CDCP, you must:

- have an adjusted family net income of less than \$90,000.
- be a Canadian resident for tax purposes.
- have filed your tax return for the previous year (and received Notice of Assessment).
- not have access to dental insurance.
- NOTE: You need to meet ALL the eligibility criteria to qualify for the CDCP.

Coverage – complete details

The proportion covered by the CDCP will depend on the adjusted family net income threshold. This is called a co-payment. The portion of the total amount that is not covered by the CDCP remains at the client's expense.



## The Canadian Dental Care Plan

Accessible. Affordable.

Essential.

Find out if you qualify and how it can help you access oral health care services.

[Canada.ca/dental](https://Canada.ca/dental)

1-833-537-4342

TTY: 1-833-677-6262



## Canadian Dental Care Plan: How to Apply Online

- You can apply for yourself or for someone else. If you're applying for someone else, you'll need to call in and speak to an agent.
- Before applying, make sure you and your spouse or common-law partner (if applicable) have filed your 2023 tax return and received your Notice of Assessment.

### Visit CDCP and follow the steps

#### 1 Gather your information

To complete the application, you will need to provide:



Social Insurance Number (SIN)



Date of birth



Full name



Home and mailing address



List of any dental coverage you currently have

#### 2

##### 2.1

First name  
Jane

Last name  
Smith

Social Insurance Number (SIN)  
000 000 000

Marital status  
☒ Single

##### 2.2

Phone number (optional)  
\_\_\_\_\_  
Alternate phone number (optional)  
\_\_\_\_\_  
Mailing address  
Address  
\_\_\_\_\_

##### 2.3

☒ English  
☐ French

☒ Email  
Email address  
\_\_\_\_\_  
☐ Mail

##### 2.4

☒ Yes, I have access to dental insurance or coverage  
☐ No, I do not have access to dental insurance or coverage

You will be asked for your **personal information**. If you have a spouse or common-law partner, you will need to provide their information as well.

Provide your phone number, alternate phone number, mailing and home address(es).

Tell us your preferred language and how you'd like to communicate with Sun Life.

Tell us if you're already covered by any other dental insurance plans.

##### 2.5

###### Federal benefits

☒ No, I do not have federal benefits  
☐ Yes, I have federal benefits

###### Provincial or territorial benefits

☐ No, I do not have provincial or territorial benefits  
☐ Yes, I have provincial or territorial benefits

Tell us if you have any other government dental benefits. This will **not** affect your eligibility.

##### 2.6

###### Review your information

Applicant information  
Full name  
\_\_\_\_\_  
Date of birth  
\_\_\_\_\_

Submit application

Review your information, then click the "Submit application" button.

##### 2.7

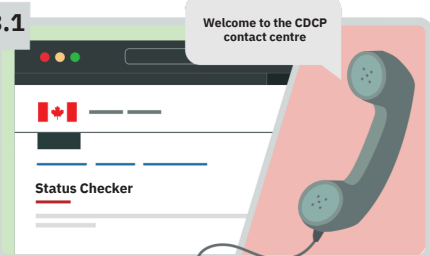
###### Application successfully submitted

✓ Your application code is:  
XXX XXX XXX XXXX

Keep a copy of your application.  
You will **not** receive a confirmation email.

#### 3 Sit back and relax

##### 3.1



To check the status of your application, use the **CDCP Status Checker** or call 1-833-537-4342 and choose "option 2".

##### 3.2



You will get a letter by mail with details about your **eligibility** and **what to do next**. In the future you will be able to receive notifications through My Service Canada Account (MSCA).

##### 3.3



If eligible, Sun Life will mail you a **welcome package**. It will include your coverage start date, a member card and other details.

For more information,

The CDCP



# qathet Play and Connect

## An Early Years Development Series

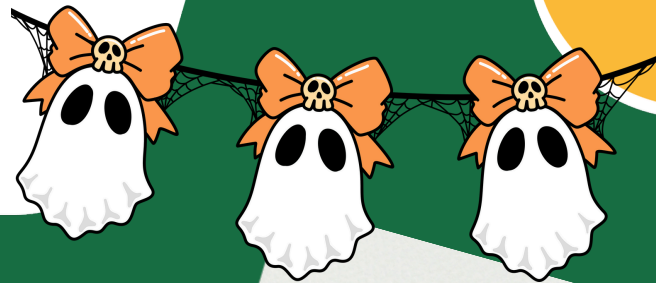
Oct 30th: 10-11:30am at  
Townsite Public Market

- Tea, Coffee, Drinks and Snacks
- ORCA BUS and Strong Start Go!
- Neurodiverse Quiet Space Available
- Arts & Crafts
- Early Years Information and Community Resources!

Receive a \$10 voucher for the Townsite Market on completion of a survey

## Costumes welcome!

**Come meet our community's incredible team of Early Years experts, facilitators and supports, while your young children (0-5 years) explore the ORCA BUS, Strong Start Go, make crafts and have fun in the heritage Townsite Public Market.**



Hosted in  
partnership  
with:



inclusion  
powell river

