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STRONGSTART

SD47 EARLY LEARNING WEEKLY NEWSLETTER



Newsletter #4

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This week's
theme is:
HARVEST

SD47 EARLY LEARNING INFORMATION

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VIRTUAL STRONGSTART

The Early Learning team is excited to share weekly Newsletters. These newsletters are sent out to registered families as well as posted on the Virtual StrongStart webpage.

SD47 STRONGSTART ON INSTAGRAM

School District 47's Instagram site is: [sd47strongstart](#).

Daily posts following this schedule:

- Monday- Letter of the Week
- Tuesday- StrongStart Smile Search
- Wednesday- I-Spy
- Thursday- Around Powell River (People and Places)
- Friday- Good Citizen of the House

The StrongStart Smile Search location changes each Tuesday. Families can visit the location and have fun finding the smile.

We would love you to write a comment below any activity or idea you are inspired by. If you have picture you would like to share on our Instagram site, send it to rita.john@sd47.bc.ca.

CARROT CHIPS

Ingredients

- 4 medium carrot
- 1-3 teaspoons olive oil (start with)
- 1/8 teaspoon salt

Instructions

1. Preheat oven to 400°F.
2. Peel carrots, then slice into strips using the vegetable peeler. Avoid rotating the carrot for as long as possible to make wider sections; the thicker the pieces, the better they will turn out!
3. Add the carrot strips to a bowl, and toss with olive oil. Start with a smaller amount- you don't need much!
4. Place carrot peelings in a single layer on the cookie sheet, and sprinkle with salt.
5. Bake for 10-20 minutes until crispy, tossing once or twice during cooking. (Exact cook time will depend on the thickness of the slices).

Serve and enjoy!



KALE CHIPS

Ingredients

- 1 bunch Kale
- 2 TBSP grapeseed or olive oil
- 1 TBSP lemon juice
- 1/4 tsp. sea salt

Instructions

1. Preheat oven to 350 degrees.
2. Chop kale into 1/2 inch pieces.
3. Place all ingredients in a large bowl and massage the oil, lemon juice, and sea salt into the kale using your hands. Place on parchment lined baking sheets for 12 minutes.



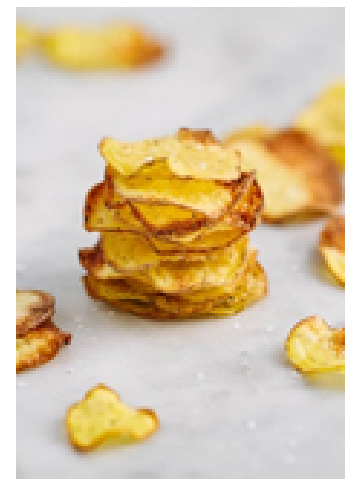
POTATO CHIPS

Ingredients

- 2 medium potatoes (I used gold)
- 2 tsp olive oil
- Himalayan salt, to taste - go easy as they can get too salty

Instructions

1. Preheat the oven to 400 degrees. Prep a baking sheet with parchment paper or silicone mat.
2. Prep potatoes: Using a sharp knife, food processor attachment or mandolin, thinly slice the potatoes to about 1/16 of an inch. Pat the potatoes dry to remove excess moisture. Toss potatoes with oil and salt in medium size bowl.
3. Roast: Place the potatoes in a single layer on the baking sheet. Spread them out so they don't touch each other. Place in the oven and bake for 10 minutes. Carefully remove from the oven, turn each chip and bake another 7 - 9 minutes, keep an eye on them towards the end so they don't overcook.



YUMMY!!!

HARVEST COLLAGE

1. Cut out harvest food from magazines or newspapers, (grocery store advertising).
2. Glue your cut outs on some paper (card stock or thicker paper works best).
3. If you like you can then add some bird seeds on top by dabbing glue through out your collage and sprinkling bird seed on top.
4. Shake off extra seeds.



BEAUTIFUL Fall Harvest Collage!!

PAINTED ORNAMENTAL CORN

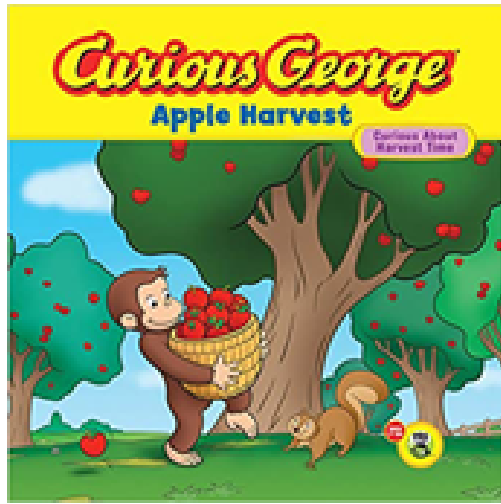


1. Cut out a corn shape and a leaf shape.
2. Paint using Duplo, Lego or even real corn.
3. Glue leaf onto corn and if you like you may add glitter to make the corn fancy.

It's always too much fun just to paint one, so make a couple and add them to a corn stalk.

BOOKS

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HEAR STORY

[CLICK HERE](#)

HEAR STORY

[CLICK HERE](#)

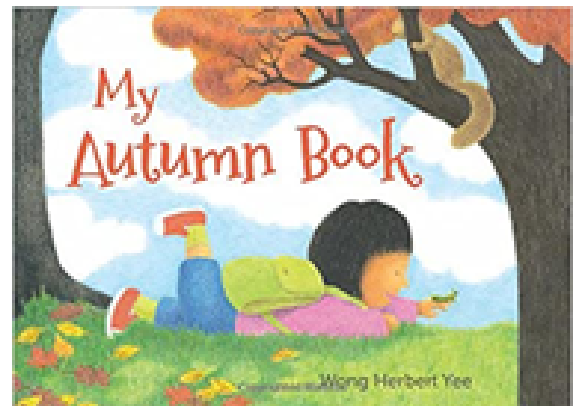


HEAR STORY

[CLICK HERE](#)

HEAR STORY

[CLICK HERE](#)



SONGS

GREY SQUIRREL

Grey squirrel, grey squirrel swoosh your bushy tail.

Grey squirrel, grey squirrel swoosh your bushy tail.

Hold a nut between your toes.

Wrinkle up your little nose.

Grey squirrel, grey squirrel swoosh your bushy tail.

Repeat with:

- Mommy squirrel
- Daddy squirrel
- Baby squirrel
- Grandpa squirrel
- Grandma squirrel
- Grey squirrel



IF YOU ARE THANKFUL AND YOU KNOW IT

(Tune: If You are Happy and You Know It.)

If you're thankful and you know it, clap your hands.

If you're thankful and you know it, clap your hands.

If you're thankful and you know it, then your face will surely show it.

If you're thankful and you know it, clap your hands.

If you're thankful and you know it, stomp your feet.

If you're thankful and you know it, stomp your feet.

If you're thankful and you know it, then your face will surely show it.

If you're thankful and you know it, stomp your feet.

If you're thankful and you know it, shout "I am!"

If you're thankful and you know it, shout "I am!"

If you're thankful and you know it, then your face will surely show it.

If you're thankful and you know it, shout "I am!"

RHYME

SCARECROW, SCARECROW

Scarecrow, scarecrow, turn around.

Scarecrow, scarecrow, touch the ground.

Scarecrow, scarecrow, reach up high.

Scarecrow, scarecrow, touch the sky.

Scarecrow, scarecrow, bend down low.

Scarecrow, scarecrow, touch your toes.

POEM

TURKEY POEM

- A turkey is a funny bird,
- His head goes wobble, wobble, wobble.
- He only knows one word,
- Gobble, gobble, gobble!



DIGGING FOR VEGETABLES

- Fill a Tupperware container or a box with soil. Hide carrots, potatoes or beets in the dirt.
- Let the children dig up the vegetable you hid.
- You may also want to add a separate bin with water so that they can also wash the vegetables after they find them.



FALL MOVEMENT CARDS



[click here](#) for an internet link to the cards



Harvest Time - Farming Documentary
Made by Kids

[click here](#)

Harvesting Wheat

[click here](#)

Harvest Time- Theme and Activities

[click here](#)

11 Farm and Harvest Activities for Kids

[click here](#)

Time For Kids - Fall Harvest

[click here](#)

Farm Facts For Kids from Around the World

[click here](#)

OUTDOOR PROGRAM INFORMATION

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Outdoor StrongStart/ORCA Bus Program

StrongStart Outreach, in collaboration with the ORCA Bus project, is offering an outdoor program ([see schedule here](#)).

DETAILS OF THE PLAN INCLUDE:

-- The program will take place outside the bus. Participants should come prepared for any weather. The program will be offered in parks around the community. The StrongStart team has created suggestions on how to prepare for an outdoor program: [click here](#)

-- REGISTRATION:

- All participating children must be registered with the school district before they can attend.
- Completed registration forms are emailed to strongstart@sd47.bc.ca. **ALL REGISTRATION FORMS MUST BE SENT WITH THE CHILD'S BIRTH CERTIFICATE.**
- A fillable registration form can be accessed here: [StrongStart Registration Form](#). Registration forms are also available at the School Board Office (4351 Ontario Avenue).

-- SIGN UP FOR PROGRAM:

- Participants will sign up to attend our program. We are not able to accept drop-in participation.
- **Families will express interest in attending by leaving a message at 604-414-2635.** After leaving a message, only families who receive phone confirmation will be able to attend.
- Cutoff for expression of interest will be Monday of the week before scheduled dates (i.e. cutoff for October 5-9 is Monday September 28, 2020). We will be scheduling one week at a time to start.

-- ATTENDANCE:

- Electronic attendance will be collected using either our iPad or personal devices by scanning a QR code.
- As part of attendance families will be asked to review the **Know the COVID-19 Symptoms Daily Health Check** document and verified that we have not answered yes to any of the questions each time then attend the program. The document can be found here: [Daily Health Check](#)

Participants are required to agree to the contents of the **StrongStart Safety Policies and Procedures** before attending their first session. This can be found here: [SS Safety Policies and Procedures](#).