

OCTOBER 19, 2020 • VOL. 5 20/21

STRONGSTART

SD47 EARLY LEARNING WEEKLY NEWSLETTER



Newsletter #5

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This week's
theme is:
SALMON

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 to post a picture of you and your family beside the StrongStart smile (you can send your picture to us).

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.

EASY SALMON FISHCAKES RECIPE PAGE 3



Ingredients

- 600g fresh salmon fillet
- 1 clove of garlic
- 1 tbsp capers
- 1 tbsp fresh dill
- pinch of salt
- 1 tsp bicarbonate of soda
- 1 tsp wholegrain mustard
- lemon wedges to serve (optional)

Instructions

1. Start by preparing the ingredients; remove the skin and any bones from the salmon fillet and finely chop. Peel and finely chop the garlic, roughly chop the capers, and finely chop the dill.
2. Place the chopped salmon in a large bowl and add the rest of the ingredients. Mix well to combine, then take handfuls of the mixture and shape into 8-10 fishcakes.
3. Place the fishcakes on a plate, cover with cling film and place them in the fridge for one hour. After an hour they should have firmed up and will be ready to cook.
4. Heat up a griddle pan and cook the fishcakes for about 2-3 minutes on each side until cooked through and golden.

YUMMY!!!

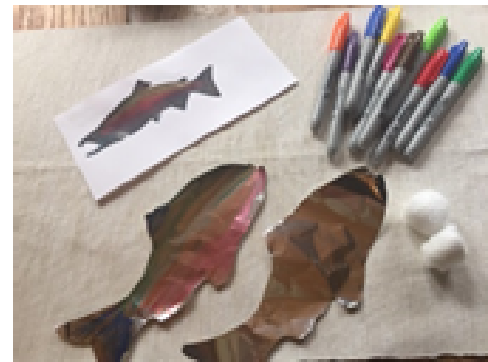
FOIL SALMON

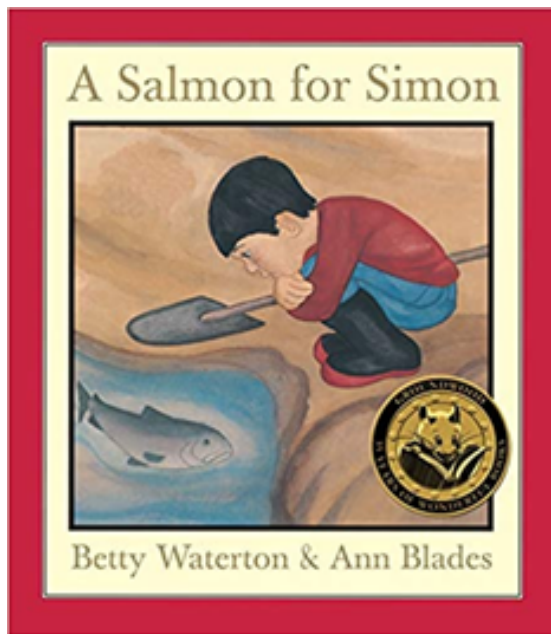
Supplies:

- Cardstock, or construction paper
- Watercolors & brushes
- Salt
- Aluminum foil
- Cheese grater
- Felt tip markers with permanent ink (sharpies work best)
- Cotton balls

1. Trace out salmon pattern onto aluminum foil and cut out
2. To get color's to smudge together, draw with one color at a time and then before it dries rub a dry cotton ball over ink.
3. It is nice to have a picture of a spawning salmon so you can see what colors to make your salmon
4. Gently rub your beautifully colored salmon over the fine part of a cheese grater this gives your fish a scaly look

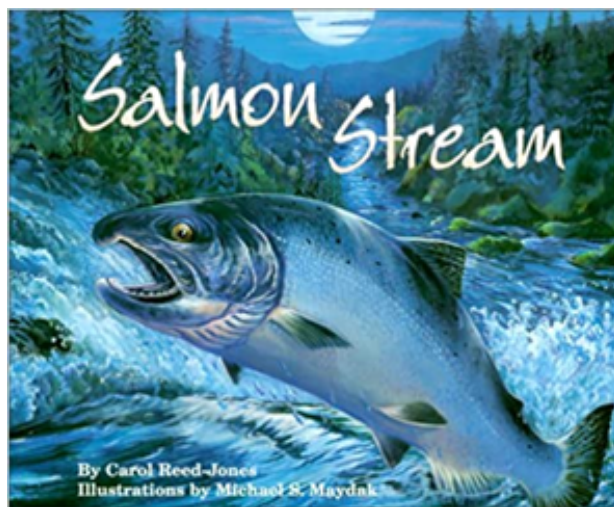
To create the background, paint a sheet of paper with blue watercolor paint. You can mix shades of blue. If you sprinkle a bit of salt on the wet parts it makes a neat texture.





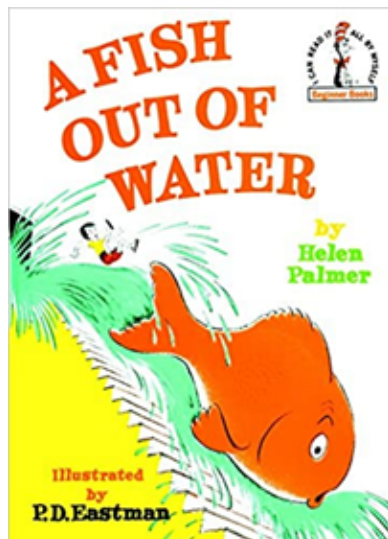
HEAR STORY

[CLICK HERE](#)



HEAR STORY

[CLICK HERE](#)



HEAR STORY

[CLICK HERE](#)

SONGS

DID YOU EVER SEE A SALMON?

(Tune: Did You Ever See a Lassie?)

Did you ever see a salmon?
A salmon, a salmon?
Did you ever see a salmon
Swim this way and that?
Swim this way and that way
And that way and this way?
Did you ever see a salmon
Swim this way and that?

Repeat the song replacing "swim" with other verbs such as: slide, swish, and splash.

COLOR SALMON SONG

(Tune: Here We Go 'Round the Mulberry Bush)

I saw a salmon go swimming by, go swimming by, go swimming by.
I saw a salmon go swimming by, so early in the morning.

Colour and cut out several fish patterns. Tape the fish around the room so they can be seen by the children. Change the lyrics to the song to reflect the fish around the room.

I saw a salmon that was green and blue, green and blue, green and blue.
I saw a salmon that was green and blue, so early in the morning.

When you're done singing, call on a child to find and point to the green and blue fish. That child can then repeat the song using a different colour or colours.

RHYMES

LITTLE COLOUR FISH

Five little fishes swimming near the shore,
The red snapper took a bite and then there were four.
Four little fishes swimming in the sea,
The orange roughly swam away and then there were three.
Three little fishes in the ocean blue,
The pink salmon took a seahorse ride and then there were two.
Two little fishes, swimming in the sun,
The yellow perch swam too far and then there was one.
One little blue marlin, now you're all alone,
I'll put you in my fish bowl and take you home.

I like to make flannel board fish to use with this rhyme.

* Use the "fish" from the above rhyme to say:

There are so many fish in the deep blue sea
What color fish does _____ see?

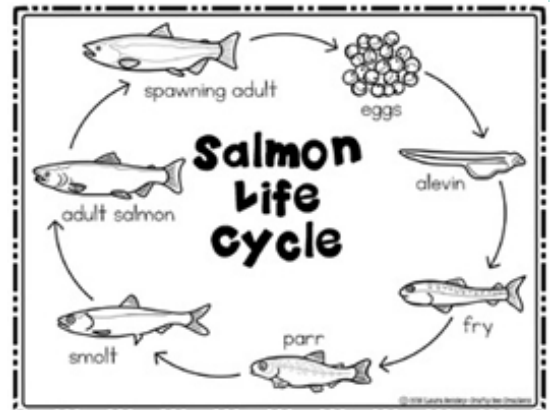
Insert the child's name in the blank.
Point to the fish and have the child name the color.

FIVE LITTLE FISHES

Five little fishes swimming in a pool.
(wiggle five fingers, move arm)
The first fish said, "This pool is cool!"
(shiver and hug yourself)
The second fish said, "This pool is deep."
(use a low voice)
The third fish said, "I want to sleep."
(yawn and stretch)
The fourth fish said, "I spy a ship."
(hand shading eyes)
Fishing boat comes, line goes kersplash!
(throw in line)
Away the five little fishies dash.
(fingers "swim" away quickly)

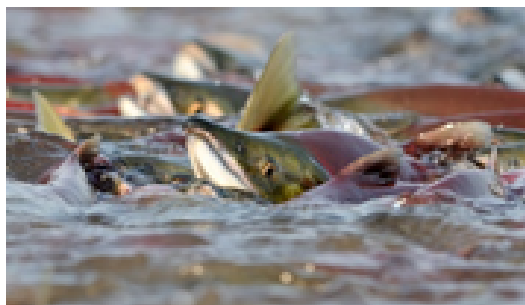
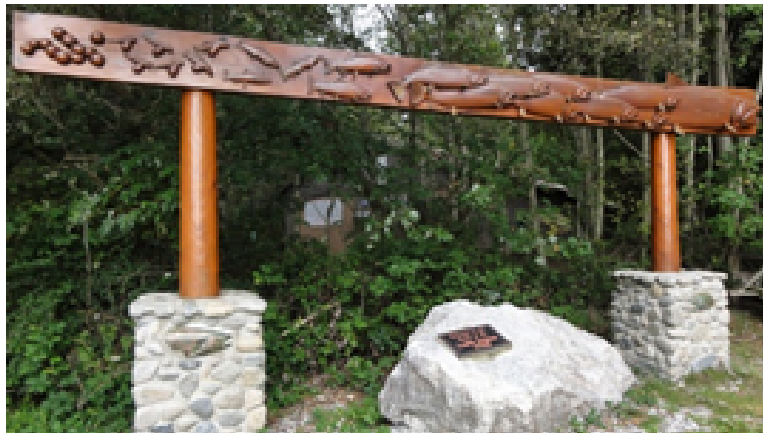
HIDE THE SALMON

- Copy off any salmon life cycle chart off your computer and have your kids color them.
- Cut them out and then use them to play "Hide the Salmon"
- Hide them throughout your house and once they have been found see if they can be put in the order of their life cycle.



VISIT THE LANG BAY FISH HATCHERY

It is so interesting to see the fish coming up the river.



RESOURCES

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10 Salmon recipes your kids will love

[click here](#)

Powell River Salmon Society videos of our local salmon areas

[click here](#)

Salmon parents are amazing!

[click here](#)

Salmon Wild

[click here](#)

Origami fortune teller "Salmon Species-Lifecycle"

2 links below:

[click here](#) and [click here](#)

Life of a Salmon

[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](#).

ARE YOU INTERESTED IN INCREASING YOUR UNDERSTANDING CHILDREN'S "RISKY" OUTDOOR PLAY?

Mariana Brussoni (UBC expert on outdoor play and injury prevention) and her team have been working on understanding children's outdoor risky play and have created an information page about this. Have a look: [click here](#)

The webpage was developed in partnership with BC Children's Hospital, UBC and the BC Injury Prevention Unit.