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STRONGSTART

SD47 EARLY LEARNING WEEKLY NEWSLETTER



Newsletter #6

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This week's
theme is:
PUMPKINS

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- next week- shapes
- 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.

PLAY DOUGH WITH PUMPKIN PIE FRAGRANCE

Ingredients

- 2 cups flour
- 1 cup salt
- 2 tsp. cream tartar
- pumpkin pie spice (or cinnamon, nutmeg, cloves)
- 2 cups water
- 4 Tbsp. oil
- Orange food colouring
- Mix together flour salt and cream of tartar



Instructions

1. In sauce pan combine water, oil and food colouring.
2. Heat this till hot and add the flour mixture. Mix over heat till thick like mash potatoes.
3. Turn onto counter and kneed some more.

HAVE FUN!

FLUFFY PUMPKIN PANCAKES

Ingredients

- 2 cups buttermilk (or 2 tablespoons vinegar + enough whole milk, 2% milk, or unsweetened almond milk to equal 2 cups)
- 1 cup pumpkin puree
- 2 eggs
- 3 tablespoons butter
- 2 teaspoons vanilla extract
- 2 1/2 cups all-purpose flour
- 1/3 cup granulated sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 2 teaspoons pumpkin pie spice blend*
- 1/2 teaspoon salt
- Butter and maple syrup for serving



***You can substitute the following if you don't have pumpkin pie spice blend on hand:**

- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cloves

Instructions

1. To a large bowl, add the buttermilk. (If using the vinegar plus milk option, let sit for about 10 minutes to allow the milk to turn to buttermilk.)
2. Add the pumpkin, eggs, butter, and vanilla and stir with a whisk to combine.
3. In a medium bowl, stir together the flour, sugar, baking powder, baking soda, spices, and salt.
4. Pour the dry ingredients over the wet and mix just until incorporated. Do not overmix.
5. Let batter rest for about 5 minutes.
6. Heat a non-stick griddle to 325 degrees or set large frying pan over medium heat. Melt a little butter on the cooking surface, spreading it evenly. Using a 1/3 cup measure, pour the batter onto the griddle or into the frying pan. The pancakes are ready to flip when they look a little dry around the edges and start to form little bubbles, 1 to 2 minutes.
7. Flip and cook on the other side until golden brown and completely cooked through, 1 to 2 more minutes.
8. Serve topped with butter and maple syrup, if desired.

NO MESS PUMPKIN ART

Supplies:

- Red washable tempera paint
- Yellow washable tempera paint
- Zip-lock style gallon-sized plastic storage or freezer bag
- Pumpkin cut out (it is best to use some strong paper or card board)

1. Cut around the pumpkin cut out.
2. Insert it into the bag.
3. Then squirt a bit of red and yellow tempera paint (kids love to help with this)
4. Zip the bag closed (make sure it sealed well)
5. Let kids mix the colors in the bag and on the pumpkin cut out.
6. When they are finished pull out the beautifully colored pumpkin!



SUN CATCHER PUMPKINS

Supplies:

- Con-Tact paper (You can find it in the shelf liner section at most big box stores)
- Orange tissue paper; black and green construction paper
- Scissors
- Pen or marker
- Masking tape

Con-Tact paper is the key ingredient in this activity.

Step One:

Children can help cutting these pieces as well

1. Cut tissue paper into small squares.
2. Cut black construction paper into small triangles. These will be used for the Jack-o-Lantern face.
3. Cut green construction paper into stem-like shapes.

Step Two:

1. Peel the backing off the Con-Tact paper and tape it to a table.
2. Draw a pumpkin shape directly on the Con-Tact paper.
3. Let your child cover the shape with the orange tissue paper squares (black triangles and green stems).

Step Three:

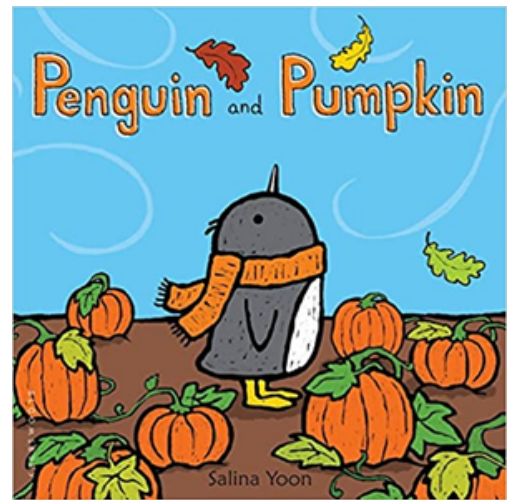
1. Once your child is finished decorating, peel the backing off a second piece of Con-Tact paper.
2. Carefully cover the decorated pumpkin with the sticky paper. Press out any air pockets using your hands.
3. Lastly, cut out the pumpkin shape and hang the pumpkin sun catcher in the window!



SO BEAUTIFUL!



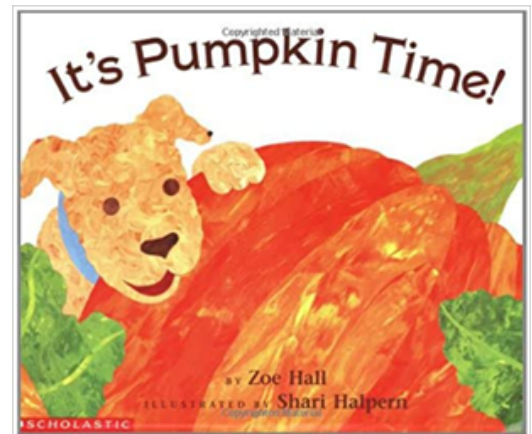
HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)

I'M A LITTLE PUMPKIN

(Tune: I'm a Little Teapot)

I'm a little pumpkin
Orange and round.
Here is my stem,
I grew in the ground.
When I get all cut up,
Don't you shout!
Just open me up
And scoop me out!

RING AROUND THE PUMPKIN

(Tune: Ring Around the Rosie)

Put a picture of a pumpkin on the floor and sing:

Ring around the pumpkin,
pocket full of nuts,
leaves, leaves,
they all fall down.

We continued by adding new movements as we danced and sang around a pumpkin.

March around the pumpkin,
pocket full of nuts,
leaves, leaves,
they all fall down.

Stomp around the pumpkin,
pocket full of nuts,
leaves, leaves,
they all fall down.

Tip-toe around the pumpkin,
pocket full of nuts,
leaves, leaves,
they all fall down.

Jump around the pumpkin,
pocket full of nuts,
leaves, leaves,
they all fall down.

MR. PUMPKIN

(Tune: Are You Sleeping)

Mr. Pumpkin, Mr. Pumpkin
Eyes so round, eyes so round
Halloween is coming, Halloween is coming
To my town, to my town.

Alternatively, this song can be sung as "Fall is coming, fall is coming" instead of "Halloween is coming." Changing that line makes the song seasonal rather than a holiday tune.

DID YOU EVER SEE A PUMPKIN?

(Tune: Did You Ever See a Lassie?)

--Did you ever see a pumpkin a pumpkin a pumpkin?
--Did you ever see pumpkin with no face at all?
--With no eyes, no nose, no mouth, and no teeth?
--Did you ever see a pumpkin, with no face at all?

--So I made a Jack O-Lantern, Jack O-Lantern,
Jack O-Lantern.

--So I made a Jack-O-Lantern with a big funny face!
--With big eyes, a big nose, a big mouth, and big teeth.

--So I made a Jack-O-Lantern with a big funny face.



5 LITTLE PUMPKINS

VERSION #1

Five Little Pumpkins sitting on a gate
 (hold your hands up)
 The first one said,
 "Oh my! It's getting late!"
 (put your hands on your cheeks)
 The second one said,
 "There's a chill in the air."
 (hug yourself)
 The third one said,
 "But we don't care."
 (shrug your shoulders)
 The fourth one said,
 "We're ready for some fun."
 (jump)
 The fifth one said,
 "Let's run, run, run."
 (run in place)
 So, "Woo" went the wind, and...
 (clap your hands)
 ...out went the lights.
 And the five little pumpkins rolled out
 of sight.



VERSION #2

One little pumpkin, smiling, smiling
 One little pumpkin, smiling, smiling
 One little pumpkin, smiling, smiling
 One little pumpkin is happy.

Two little pumpkins, pouting, pouting
 Two little pumpkins, pouting, pouting
 Two little pumpkins, pouting, pouting
 Two little pumpkins are grumpy

Three little pumpkins yawning, yawning
 Three little pumpkins yawning, yawning
 Three little pumpkins yawning, yawning
 Three little pumpkins are sleepy.

Four little pumpkins crying, crying
 Four little pumpkins crying, crying
 Four little pumpkins crying, crying
 Four little pumpkins are sad.

Five little pumpkins laughing, laughing
 Five little pumpkins laughing, laughing
 Five little pumpkins laughing, laughing
 Five little pumpkins are playing.

For preschoolers, emotions can be hard to understand. This cute counting rhyme teaches them a vocabulary for common emotions they experience.

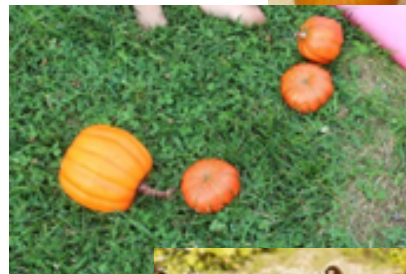
GROSS MOTOR WITH PUMPKINS

ROLLING PUMPKINS-

How many different places can you roll your pumpkin?

Down a ramp, in the grass, on a path, on some pavement, etc.

Which place worked best?



HAVE FUN MOVING!

Pumpkin Workout



P is for 10 push ups.



U is for 10 up and down squats.



M is for marching in place for 30 seconds.



P is for plank position for 10 seconds.



K is for kick your legs for 30 seconds.



I is for invent an exercise.



N is for ninety seconds of running in place.

PUMPKIN RING TOSS-

There are many things you can use to toss around a pumpkin's stem (or the whole pumpkin).

Canning rings, glow in the dark rings, you can even make your own rings with a paper plate.





Pumpkin Facts for Kids

[click here](#)

Pumpkins, Gourds and More!

[click here](#)

I Love Pumpkins!

(content rich pumpkin song for kids)

[click here](#)

Virtual Pumpkin Tour

[click here](#)

Lifecycle of a Pumpkin Song

[click here](#)

40 Plus Fun and Easy Fall Pumpkin Activities for Kids

[click here](#)

15 Best Pumpkin Crafts for Kids

[click here](#)

15 Pumpkin Carving Ideas for Kids

[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.