

»»» WELCOME FALL «««



STRONGstart

Online Newsletter



WELCOME MESSAGE

As the vibrant colors of autumn begin to paint the world in rich hues of amber and gold, we find ourselves at the season of transformation and renewal. In this issue of the StrongStart newsletter, we celebrate the season of harvest and transition, and look to a whole new year of early learning programming.

Some of the changes we will highlight in this newsletter are our extended StrongStart GO offerings and our expanded days at Westview Elementary. Another exciting difference this year will be our district wide StrongStart GO days and our involvement in the qathet Play and Connect series. Both of these dynamic events will be starting up in October. We encourage you to explore our webpage at www.sd47.bc.ca and check-out our [Instagram page](#) for up-to-date information on these and other events.

While there will be change this season, what is staying the same is the vibrant, colourful, and dynamic StrongStart team that you have grown to know over the years. We are excited to welcome you back to the programs and look forward to another year full of joy and growth.

Raun Rainbow, Principal of Early Learning and Child Care & Danielle, Kate, Kristal, and Paula, the StrongStart Facilitators

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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/6/2/early-learning>

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.

Location	Days Open	Hours of Operation
Texada @ Elementary School	Mondays - every second week	10:00 AM to 2:00 PM
Lund	Mondays - every second week	10:00 AM to 12:00 PM
Lindsay Park or Edgehill School Outdoors	Tuesdays	9:30 to 11:30 AM
Sunset Park or Willingdon Park	Wednesdays	9:30 AM to 11:30 AM
Lang Bay @ Fish Hatchery	Thursdays	9:30 AM to 11:30 AM
Gouthro Park	Fridays - every second week	9:30 AM to 11:30 AM

Our large events are:

- October 1st at Tla'amin from 9:30 to 11:30
- October 22nd at Townsite Centre 10:00 - 11:30 as part of *qathet Play and Connect*
- November 5th at the Outdoor Learning Centre from 9:30-11:30 - **Registered Event**

StrongStart 
Getting Outside with SD47

»»» 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 Tuesday - Friday	2:30 pm - 5:30 pm 8:45 am - 11:45 am
Kelly Creek Elementary	2345 Zilinsky Rd.	Monday - Wednesday, Friday Thursday	8:30 am - 11:30 am 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 webpage 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](#)

FLAVOURS OF FALL

Shared by Paula

➤➤➤ APPLE PIE SNACK CUP



INGREDIENTS

- 1 graham cracker
- ½ small apple, diced
- 3 to 4 tablespoons unsweetened cinnamon applesauce
- Dollop of whipped cream



INSTRUCTIONS

Crush or break the graham cracker into coarse crumbs and place in the bottom of a small cup or bowl. Layer the diced apples on top. Spread applesauce on top of the apples and top with a dollop of whipped cream, if desired. Serve immediately.

➤➤➤ NO BAKE PUMPKIN ENERGY BITES

INGREDIENTS

- 1 1/2 to 2 cups dry, uncooked oatmeal
- 1/2 cup all-natural peanut butter or other nut or sun butter
- 1/2 cup pumpkin puree
- 1/4 cup chia seeds
- 1/4 cup quality honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon or pumpkin pie spice
- 1/2 cup mini dark chocolate chips

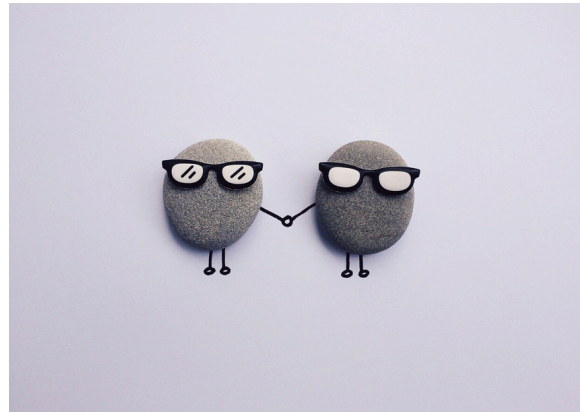
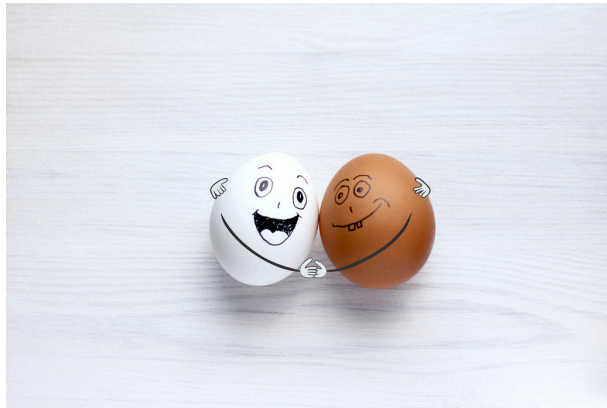


INSTRUCTIONS

· In a medium bowl, add 1 and 1/2 cups oats, peanut butter, pumpkin, chia seeds, honey, vanilla, and cinnamon. Stir to combine well. You want the mixture to be soft but not too sticky. If you pick up a generous spoonful, you should be able to roll it into a ball and only make a minimal mess (it should stick together when rolled but still feel tacky on your hands). Depending on the type of oats you used (old-fashioned or quick oats), you may need to add up to a half cup more oats and stir until you reach the desired consistency. Again, it's ok if it's a little sticky because the oats will absorb some of the moisture after a little time passes, but unworkable sticky isn't the goal.

· When the mixture is workable, add the chocolate chips and stir to combine. Scoop a large spoonful into your hand and roll into balls. Repeat with remaining dough. Keep these in the fridge for up to a week, or in the freezer for much longer.

Be a Friend



Getting back into fall routines after summer can sometimes be challenging. Some routines are like old comfy shoes, and we are glad to get into them. Other routines are new, uncomfortable and need to be “broken in”. For children, these new routines often mean new faces and friends and the opportunity to develop new skills for interacting with others.

Pages 7 and 8 of the BC Early Learning Framework share an activity called “Be A Friend” to help children to “feel safe and connected with the community and people around them by practicing friendship skills and developing empathy through play” (BCELF, 2019).

The Let’s Play: Activities for Families handbook is available online in:

- [English \(PDF\)](#)
- [French \(Français\) \(PDF\)](#)
- [Arabic \(العربية\) \(PDF\)](#)
- [Chinese \(Simplified Chinese – 简体中文\) \(PDF\)](#)
- [German \(Deutsch\) \(PDF\)](#)
- [Korean \(한국어\) \(PDF\)](#)
- [Persian \(فارسی\) \(PDF\)](#)
- [Punjabi \(ਪੰਜਾਬੀ\) \(PDF\)](#)
- [Spanish \(Español\) \(PDF\)](#)
- [Tagalog \(PDF\)](#)
- [Vietnamese \(Tiếng Việt\) \(PDF\)](#)

FIND IT BY CLICKING HERE

Be a Friend



What

A common perspective is that “it takes a village to raise a child.” This means that an entire community, in different ways, plays a role in raising children, and that different people and viewpoints are needed for healthy child development. Children learn from their parents, caregivers, community, and others. They will copy and follow adults’ actions, including how to interact with others. Here are some ideas to help your child feel safe and connected with the community and people around them by practicing friendship skills and developing empathy through play.

1 Create the Environment

When a social activity comes up (child care, school, a birthday party, going to a community centre, a playdate, or having a sibling to play with), talk with your child about what’s going to happen, who might be there, and how they might practice being a good friend.

Ask your child what they think it means to be a friend. You may wish to suggest a few things to start the conversation or you may want to read stories about friends. Telling a story using yourself as an example or recalling an example that includes your child might also prompt some ideas. The more your child comes up with ideas on their own, the more they will understand and remember. Here are some examples of what it means to be a good friend.

- Sharing toys/materials
- Taking turns with a toy or activity
- Introducing yourself and smiling
- Responding when someone talks to you
- Being polite, asking to play
- Helping or offering to help
- Sharing with others what you like about them or their efforts

2 Play!

Choose one idea your child has or one idea from the list above to practice during your play time. Play alongside the children and model giving toys or taking turns. Model co-operation and friendliness and say things like, “Here’s a ball for you” or “You turn on the slide!”

After the activity, tell your child that you noticed what they were doing and positively reinforce that they tried something new. If you noticed other children responding positively, explain to your child what you saw. For example, “You gave a friend a car and she had a big smile! She went to show her mom! I think she was happy!”



Let’s Play! Activities for Families | Set 1

Why

Practicing being a friend will help your child to:

- Develop a sense of well-being, belonging, and independence
- Strengthen communication skills
- Develop self-regulation and coping skills
- Support conflict resolution and collaboration skills

How

Have a pretend play date! Collect some stuffed animals, cars, figurines or other toys, and have a birthday party! Try role-play of being a party.

Children often have a lot of ideas about what it means to be a good friend. Write down their thoughts and encourage them to make a story. You and your child can work together to write the words or draw pictures, or maybe your child would like to do it on their own.

If your child is still learning how to play with or around other children, start with playing next to other children. When your child continues to focus on their own play, and then begins to watch other children, try exchanging toys. In this situation, your child is holding one toy and the other child is holding a different toy. You can encourage the children to trade or model actions and positive responses while saying, “Let’s trade toys!”

Go to the playground! These are ideal locations to begin practicing friendship skills because there are other children nearby, and a lot of space for children to play. Playgrounds offer natural opportunities for introducing oneself, turn-taking, and offering to help.

Read a book with your child about making friends or other ideas that connect with this theme.

Suggestions are:

- *Have You Filled a Bucket Today?* by Carol McCloud
- *The Rabbit Listened*, by Cort Dornfield

Check out [this link](https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf) for tips and tools about safe and caring school communities and much more. <https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf>

Where

Children can practice friendship skills in any environment.

When

You can practice when children are in a variety of emotional states (excited, calm, tired). Keep in mind that all levels work based on how we are feeling.



Let’s Play! Activities for Families | Set 1

HERE is some more information about children’s social emotional well-being.

Here are some more ideas to help you set up predictable routines for children:

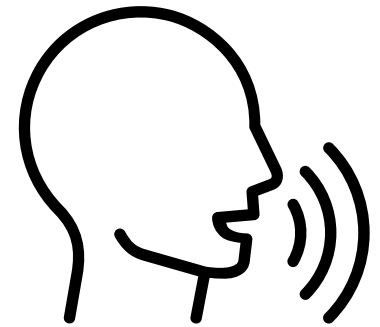
[PBS KIDS for Parents - Creating Daily Routines for Kids](#)

WORD OF THE MONTH

By Kate

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

ʔéʔekʷu Spawning



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 ʔayʔajuθəm (ayajuthem) is one way for us to show how we value all students and are committed to building strong relationships moving forward.

»»» 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.”

Raven or crow? Ravens are similar to crows, but are bigger, with a larger wingspan. Ravens tend to soar, instead of flap, when flying. See if you can spot other differences when you are out looking for ravens in the great outdoors.

ʔayʔajuθəm name for raven: ʔoho
(First Voices, 2024).

You can hear the word ʔoho spoken in ʔayʔajuθəm 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

For more information about ravens click on the link:

https://www.allaboutbirds.org/guide/Common_Raven/overview





WELCOME TO A NEW YEAR



Tune: "London Bridge"

*It's time to start a brand new year,
Brand new year, brand new year,
It's time to start a brand new year,
Welcome new friends.*

*We'll learn lots of brand new things,
Brand new things, brand new things,
We'll learn lots of brand new things
Let's get started now.*

NAME SONG

Higgelty, wiggelty, bumblebee who
can say their name for me?
(child says name)
Let's all say it (name)
Let's clap and say it (name)
Let's whisper it (name)



SCARECROW



Tune: "Teddy Bear, Teddy bear turn around"

Scarecrow, Scarecrow, turn around.
Scarecrow, scarecrow, jump up and down
Scarecrow, scarecrow, arms up high
Scarecrow, Scarecrow, wink one eye
Scarecrow, scarecrow, bend your knee
Scarecrow, scarecrow, flap in the breeze
Scarecrow, scarecrow, climb into bed
Scarecrow, scarecrow, rest your head

WE LIKE TO COME TO SCHOOL



Tune: "The Farmer in the Dell"

We like to come to school
We like to come to school
Our school is such a happy place
We like to come to school



THE LEAVES ARE FALLING DOWN

Tune: "Farmer in the Dell"

The leaves are falling down
The leaves are falling down
Red, yellow, green, and brown
The leaves are falling down



GAMES AND ACTIVITIES

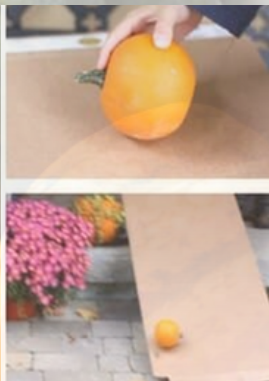
»»» LEAF MAZE

NEED A FUN AND QUICK ACTIVITY TO KEEP THE KIDS BUSY THIS FALL WHILE THEY BURN OFF SOME EXTRA ENERGY? DO YOU HAVE A YARD FULL OF LEAVES? IF SO, A LEAF MAZE CAN TURN AN ORDINARY YARD FULL OF LEAVES INTO AN INSTANT AUTUMN OBSTACLE COURSE



»»» PUMPKIN ROLLING

IT DOESN'T GET MUCH EASIER THAN ROLLING PUMPKINS ON HOMEMADE RAMPS. WHAT MAKES IT EVEN BETTER IS THAT IT'S ALSO A SIMPLE PHYSICS EXPERIMENT FOR KIDS. THIS ROLLING PUMPKIN SCIENCE ACTIVITY IS EASY TO SET UP AND PERFECT FOR A CRISP FALL DAY.



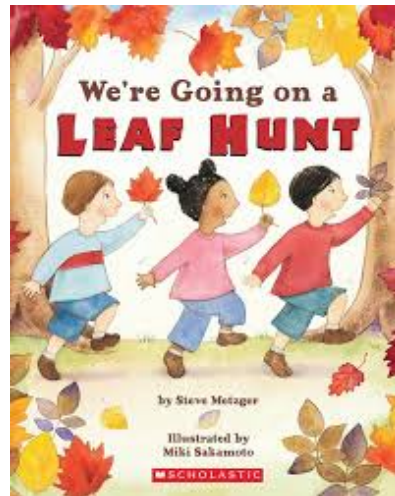
SNUGGLE UP AND READ

Check out one of these great books!

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



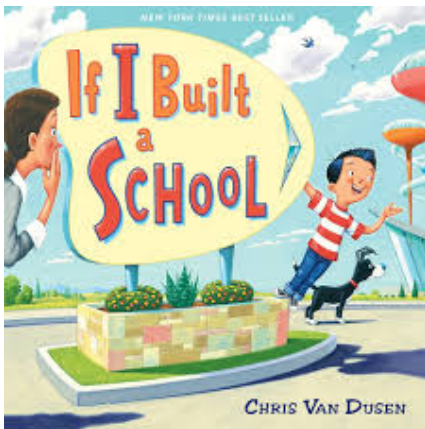
Goodbye Summer,
Hello Autumn



We're Going on a
Leaf Hunt



The Very Last Leaf



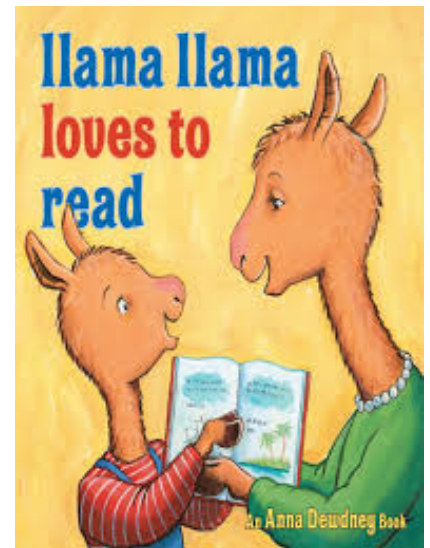
If I Built a School

The CRAYONS
GO BACK TO SCHOOL



Illustrations by
DREW DAYWALT OLIVER JEFFERS

The Crayons Go
Back to School



Llama Llama Loves to Read

Shared by Danielle



Why Community Connections are Good for Children

Children who are connected to extended family and family friends, and people in their neighbourhood and community have:

- a sense of belonging to a place and community
- opportunities to learn about getting along with others
- people to go to when they need help
- a network they can use to learn about different jobs, skills and so on.

Strong social connections can also boost your child’s confidence and lead to new friendships. *(Raising Children Network, 2022)*

For the whole article visit the [Raising Children Australia Network](#)



Click on links for more resources

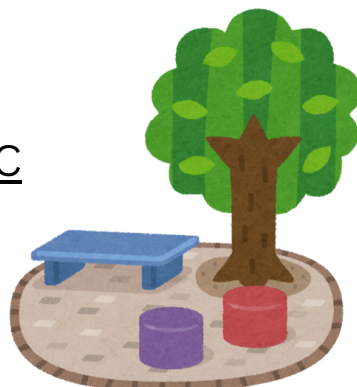


[PITTER PATTER
OPEN GYM TIME](#)

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



[My Community BC
- Finding Places](#)



[Parent Companion -
First Five Years
Building an Intentional
Community for You and Your
Child](#)

Shared by Kristal



»» Our Relationship With Time

The change of season is a beautiful time to attend to our relationship with time. The smells, sounds, feels, and sights of our surroundings bringing the familiar closer and embracing the unfamiliar with curiosity.

»» “Rivers and Tides” brings us closer to observing time

Andy Goldsworthy is well known for his works with nature. His Documentary “Rivers and Tides” invites us into his world of working with nature. He is interested in art that is ephemeral (art that doesn't last long). Because these art works offer only a short amount of time Andy documents what he did with pictures. To him art is in the making. It is a process.

»» Building a relationship with time

- Visit a place, a familiar place
- Work with one another to observe the materials (fallen leaves, rocks, sticks)
- Talk about you notice
- Document the process through pictures, words, drawings, etc.



BALANCE

Shared by Kristal

»»» Our Relationship With Time - the everyday balance

As September suggests a rhythm of to and from, here and there and everywhere. It may be a fun way to approach the getting to and from with a little balance.



»»» Some fun ways to practice our balance on the GO!



Fast, slow, sitting, standing, one foot, two feet, arms out, arms in, balancing while counting, balancing while singing, on a rock, on a log, on a curb, down a hill, up a hill.

What are the different ways you can balance on the GO?



EXTRA! EXTRA!

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

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

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.

2.2

Phone number (optional)
[]

Alternate phone number (optional)
[]

Mailing address
Address
[]

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

2.3

English
 French

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

2.4

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

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

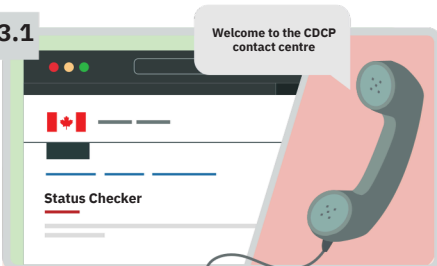
Application successfully submitted

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 22nd: 10-11:30am
at Townsite Public Market

- ✓ Tea, Coffee, Drinks and Snacks
- ✓ ORCA BUS and Strong Start Go!
- ✓ Neurodiverse Quiet Space Available
- ✓ Scavenger Hunt
- ✓ Arts & Crafts
- ✓ Early Years Information and Community Resources!
- ✓ Receive a \$10 voucher for the Townsite Market on completion of a survey

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:

