

SEPTEMBER 21, 2020 • VOL. 1 20/21

STRONGSTART

SD47 EARLY LEARNING WEEKLY NEWSLETTER



Welcome to a New School Year!

**FROM KATE, PAULA,
DANIELLE AND RITA**

Welcome to the 2020/2021 school year.
We have missed you!

The StrongStart program is starting out virtually this year. We hope to add more programming as the weeks go by and our community/province/country and world work through new ways of being together.

Keep your eyes on the SD47 Early Learning website for updates. [click here](#)

Newsletters will be sent out weekly.

Contents

StrongStart Facilitators
2020-2021 School Year Page 2

Recipes Page 3

Art Activity Page 4

Books and Songs Page 5

Outside/Gross Motor Page 6

Resources Page 7

This week's
theme is:

COMMUNITY

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STRONGSTART FACILITATORS 2020/2021 SCHOOL YEAR

PAGE 2



Hi!

My name is Danielle and I am one of the StrongStart Facilitators here in beautiful Powell River. I live in Cranberry, with one dog, two cats, and three of my four children (my eldest lives in Nanaimo). I am looking forward to connecting and reconnecting with families in the StrongStart program.

Hi!

I am Paula Vandeventer and I have been doing StrongStart at Kelly Creek School for just over 10 years. I have 4 grown up kids, an amazing husband, and two grandchildren that I am blessed to spend a lot of time with. When I am not at StrongStart I like to work in my garden, knit, sew and create new things, but mostly I love to spend time with my family. I enjoy all of the families I get to spend time with. I have missed you all in this time of uncertainty. I am looking forward to when we will be together again and enjoy the fun that StrongStart brings.



Hello families!

My name is Kate and I have been the StrongStart Facilitator at Henderson Elementary for thirteen years. I live in Cranberry with my busy family, which includes my husband and four children. I am looking forward to a great year of StrongStart, full of creative and new ways for families to connect.

RECIPES

BREAD IN A BAG

PAGE 3

1 gallon sized resealable plastic bag

3 cups flour

1/4 cup sugar

1 packet yeast (rapid rise or regular)

1 cup warm water

1/4 cup butter, melted

1 teaspoon salt (this can be to taste)

• Combine 1 cup flour, sugar, and yeast packet in a bowl. Pour into a resealable (Ziploc style) bag. (or place bag inside of bowl)

• Add warm water. Seal bag, pressing out air.

• Begin shaking and mixing the bag by hand

• Set bag to rest for 10 minutes (proofing)

• In a bowl, combine 1 cup of flour with salt. Pour into bag along with melted butter.

• Seal bag again, pressing out air. Shake and mix again.

• Open bag and add in last cup of flour.

• Seal bag, and mix for final time.

• Pull out dough and place on a floured surface.

• With floured hands, knead dough for 5-10 minutes

• Place dough in a greased loaf pan.

• Lay towel over the loaf pan and set it in a warm spot in your house. Allow the dough

30-45 minutes to rise

Bake at 375 for 25 minutes



**BREAD
IN A BAG**

IT'S EASY & IT WORKS!



BUSY TODDLER

the best memories
are made
gathered
around the table

COOKING TOGETHER AS A FAMILY

Here are just a few things that your kids can help with:

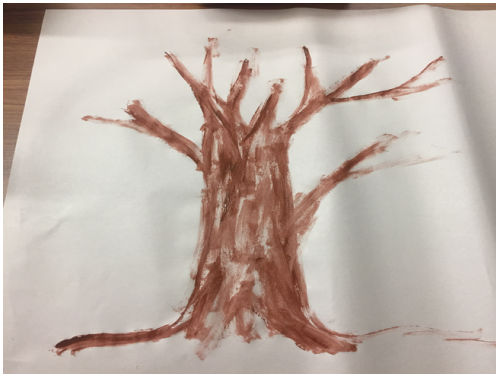
- Cracking eggs
- Measuring ingredients
- Stirring ingredients
- Adding ingredients
- Washing vegetables and fruit
- Tearing lettuce
- Setting table
- Find and give ingredients to mom and dad

No matter what tasks you decide to give your children to get them involved, be sure to offer plenty of guidance, encouragement, and support.



Family Tree

More than ever, in these days, children need to know what their families look like. Whether you have a large family (with lots of people) or a small family (with only a few people).



Start by creating a bare tree. You can make it on a big piece of paper or just have a regular size paper. (sometimes bigger is better when you want to do hand prints)

You can always add a few personal touches like a kite or swing etc.



Then gather the family and let them add their special unique mark to your tree!!

*Together we MAKE
a Family!*



SONGS

COMMUNITY

(Chorus)
Community
We are so proud to be
Community
Stand up, clap and say
Community

Look all around you'll see
People working, playing, helping
All together they are making it better

Let's spell it together!
Com-mu-ni-ty
Com-mu-ni-ty
Com-mu-ni-ty
We all work together to make it better

Repeat Chorus

We've got teachers, doctors, farmers, soldiers, cooks
Lifeguards, lawyers, coaches, painters, plumbers
Maids, bakers, pilots, nurses, guitar players

Police officers, firefighters, postal workers, bus drivers
Judges, grocers, cowboys, miners don't forget Songwriters!

Com-mu-ni-ty
Com-mu-ni-ty
Com-mu-ni-ty
We all work together to make it better

Repeat Chorus

THE MORE WE GET TOGETHER

The more we get together, together,
together
The more we get together, the happier
we'll be
'Cause your friends are my friends and
my friends are your friends
The more we get together the happier
we'll be

BOOKS



HEAR THE STORY

<https://www.youtube.com/watch?v=QoPS0Ok5YiI>



HEAR THE STORY

https://www.youtube.com/watch?v=r_XZUORbjYI

OUTSIDE/GROSS MOTOR

PAGE 6



Set up a hopscotch with cushions or tape.

Can you hop to the rhythm of this rhyme?



WE'RE ALL IN THIS TOGETHER: BUILDING A VILLAGE FOR YOUR FAMILY

Visit this website to explore ways of doing good together:
[click here](#)

What a lot of moths!



WE HAVE SO MANY MOTHS IN OUR COMMUNITY. FIND OUT MORE HERE:

Local Story: [Powell River PEAK](#)

Hemlock Looper: [see here](#)

Phantom Hemlock Looper: [see here](#)