

SEPTEMBER 28, 2020 • VOL. 2 20/21

# STRONGSTART

SD47 EARLY LEARNING WEEKLY NEWSLETTER



## Newsletter #2

FROM KATE, PAULA,  
DANIELLE AND RITA

We hope you enjoy our second newsletter of this school year.

Check out page 2 of this newsletter for new program developments.

To contact SD47 Early Learning:  
send email to  
[rita.john@sd47.bc.ca](mailto:rita.john@sd47.bc.ca)

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This week's  
theme is:

APPLES

# NEW PROGRAMMING STARTING SOON!

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COVID-19 has definitely presented challenges to our community in terms of how to offer programming to families with young children.

The SD47 Early Learning team has been considered provincial guidelines, procedures and protocols and have come up with a plan.

**Outdoor StrongStart/ORCA Bus Program:** StrongStart Outreach, in collaboration with the ORCA Bus project, will start offering an outdoor program on Wednesday September 30, 2020 (see schedule on the SD47 StrongStart ORCA Bus webpage).

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.
- **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](mailto: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](#).

We will start out slowly to make sure we run programs that are in line with current suggested practice. We hope to add more program options as we progress through this school year. Watch for notices on the [School District Early Learning webpage](#).

Thank-you for your patience as we navigate this new way of offering programs.

# RECIPES

## BAKED CINNAMON APPLE FRITTERS

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### Ingredients

- 2 Apples
- 1/2 Tbsp. Butter or Margarine
- 1 dash Cinnamon

### Instructions

1. Preheat oven to 375F.
2. Peel apples (this is optional - I like them with the skin, but my toddler prefers without), and slice apples into approximately 1/2-inch slivers (or "fries").
3. Melt butter in small bowl, and toss apples with the butter.
4. Sprinkle with cinnamon, toss to disperse.
5. Place apples on baking sheet in a single layer. Bake for approximately 10 minutes, flipping halfway through.



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## SIMPLE APPLE SANDWICHES



Yummy!

Cut out the core in the middle with your favourite cookie cutter shape.

# ART ACTIVITY

## APPLE PRINTS

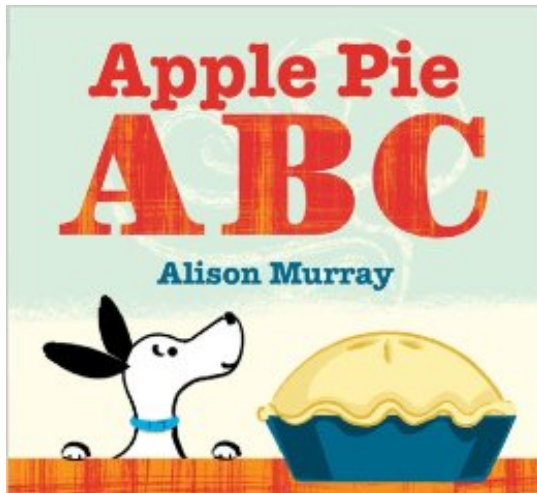
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Cut your apple in two and on the outer edge of apple make to slices to make a handle.

Put some paint into a flat lid of container, cover the apple with paint and have fun!!





HEAR STORY

[CLICK HERE](#)

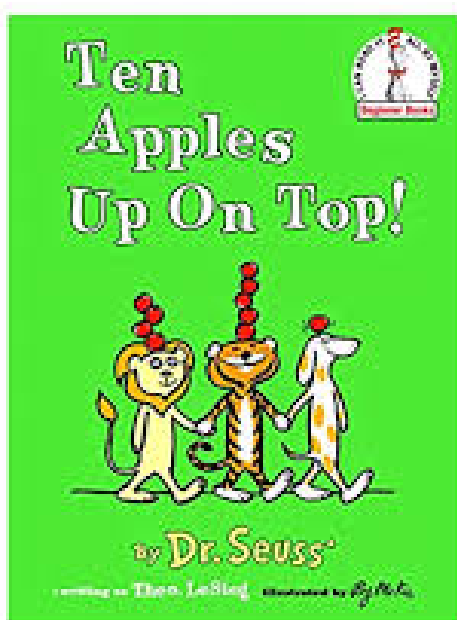
HEAR STORY

[CLICK HERE](#)



HEAR STORY

[CLICK HERE](#)



## RHYMES

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### WAY UP HIGH IN THE APPLE TREE

Way up high in the apple tree  
(reach up high, spread fingers pretending to be a tree)

Five little apples smiled down at me  
(Put fingers on cheeks make smile or make circles with hands and put around eyes, like pretending to have binoculars)

I shook that tree as hard as I could  
(pretend to shake the tree)

Down came the apples  
(bring hands down wiggling fingers, like falling rain)

Mmmmm, they were good!  
(rub tummy)

...4,3,2,1... All Gone!

### TEN RED APPLES

(Both hands high)

Ten red apples grow on a tree  
(Dangle one hand and then the other)

Five for you and five for me.  
(Shake body)

Let us shake the tree just so  
(Hands fall)

And ten red apples will fall below  
(Count ea. finger)

1,2,3,4,5,6,7,8,9,10.

### EAT AN APPLE

Eat an apple (Bring right hand to mouth)  
Save the core (Close right hand in fist)  
Plant the seeds (Bend down touch hand to ground)  
And grow some more (Extend both arms out)

## SONGS

### A LITTLE APPLE SEED

(Tune of: Itsy Bitsy Spider)

-Once a little apple seed  
was planted in the  
ground.

-Down came the soft  
rain, falling all around.

-Out came the sun as  
bright as bright could be

-And that little apple  
seed grew to be an apple  
tree!

### ALL AROUND THE APPLE TREE

(Tune of: Mulberry Bush)

-Here we go round the  
apple tree, the apple  
tree, the apple tree

-Here we go around the  
apple tree

-On a frosty morning.

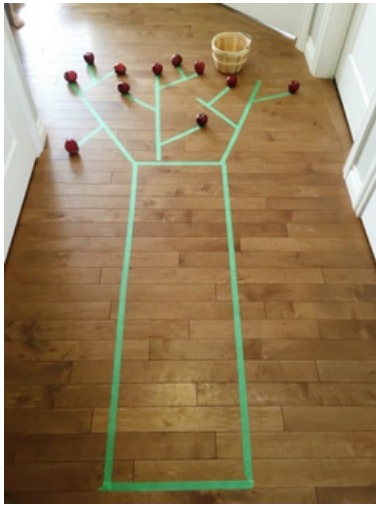
OTHER VERSES:

-This is the way we climb  
the ladder...

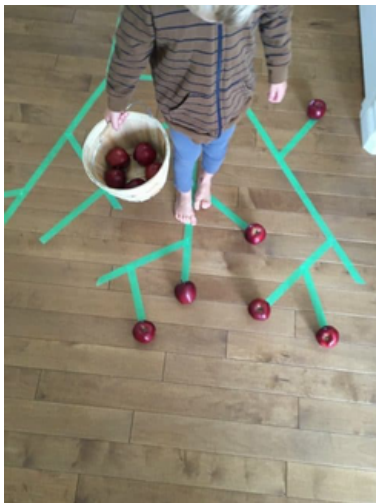
- pick the apples
- wash the apples
- peel the apples
- cook the apples

# GROSS MOTOR: INDOOR APPLE PICKING

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Start off by making an indoor apple tree with painter's tape. This requires a bit of open space. Place apples on the end of the branches. If you don't have apples, you can always use leaves or you can make cut-out paper apples.



Ask your child if they can get to the basket to pick the apples by walking on the painter's tape. It's fun for them to come up with different ways to collect the apples (jumping or walking backwards).



After the apples are all picked, maybe have your child place the apples back onto the branches.



## ALL ABOUT APPLES

A great website for exploring the fabulous world of apples and all the things you can do with them.

[click here](#)

## SCIENCE FOR KIDS- APPLES

The science of apples explained.

[click here](#)

## GIFT OF CURIOSITY

Unit: Apples

A fun filled website with lots of activities for the whole family to try out.

[click here](#)