



MARCH



STRONGStart DO

Discover Online



THE WONDER OF WIND

WELCOME MESSAGE

Welcome to the breezy world of March’s StrongStart DO, where every gust carries a tale and every zephyr brings adventure! In this month’s edition, we’ll be exploring the wonders of wind, from its playful dances with leaves to its mighty journeys across oceans. Join us as we embark on a whirlwind of discovery, uncovering new recipes, celebrating educational resources, and providing learning activities to be enjoyed by all.

Blustery March days mark the change of seasons and with Spring, comes Spring Break. Our physical StrongStart locations will be closed for the last two weeks of March, but we hope that our newsletter provides you and your young ones a fresh of breath air to your activities at home.

When we blow back into session in April, we will start with a visit to the Outdoor Learning Centre, so please take some time this March to register for our beloved time at Haywire Bay. We will be heading outside for some fun whether it be wind or rain.

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/early-learning>

PROGRAM INFO

STRONGSTART GO! (FORMERLY SD47 ORCA)

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.

2023/2024 Program Details and Schedule:

Location	Days Open	Hours of Operation
Texada Elementary	Every Second Monday	8:30 am - 11:30 am
Lund	Every Second Monday	10:00 am - 12:00 pm
Willingdon Beach	Every Second Wednesday	9:30 am - 11:30 am
Music Academy	Every Second Wednesday	9:30 am - 11:30 am
Lang Bay Fish Hatchery	Every Thursday	9:30 am - 11:30 am
Larry Gouthro Park	Every Second Friday	9:30 am - 11:30 am
Sunset Park	Every Second Friday	9:30 am - 11:30 am

*All StrongStart programs follow the school calendar and will be closed on statutory holidays, Winter, Spring, Summer Breaks, SD47 Pro-D Days, and the last Wednesday of every month.

Our next district events will be March 5th at Craig Park and April 2nd at the Outdoor Learning Centre. Register for the OLC Today!

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

StrongStart Hours and Locations

Elementary School	Location	Days Open	Hours of Operation
Edgehill Elementary	7312 Abbotsford St.	Tuesday & Friday Wednesday	9:00 am - 12:00 pm 12:00 pm - 3:00 pm
Henderson Elementary	5506 Willow Ave.	Monday Tuesday - Friday	11:45 am - 2:45 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, Tuesday, Thursday	8:45 am - 11:45 am
StrongStart GO!	Texada, Lund, Powell River	Monday, Wednesday-Friday & the first Tuesday of every month	Visit our webpage for locations and schedule

*All StrongStart programs follow the school calendar (starting the second week of September) and will be closed on statutory holidays, Winter, Spring, Summer Breaks, SD47 Pro-D Days, and the last Wednesday of every month. The first Tuesday of every month will only have the mobile StrongStart GO program running.

For up to date information on StrongStart schedules, programs, and special events please visit our [website](#)

WONDER OF WIND

Shared by Paula

➤➤➤ COUDY WINDY BLUE-SKY FLOAT

USING CLEAR GLASSES

PUT SOME LEMON-LIME SODA WITH A TOUCH OF BLUE FOOD COLORING INTO GLASS TO GET THE COLOR OF THE BLUE SKY. TOP WITH SOME VANILLA ICE CREAM.

USING A SPOON OF STRAW STIR AND SWIRL THE DRINK TO SEE THE CLOUDS SWIRLING AROUND LIKE THE WIND.



➤➤➤ MINI PEPPER BOATS



INGREDIENTS:

- MINI PEPPERS
- CREAM CHEESE (GARLIC & HERB PHILADELPHIA)
- 1 LARGE CARROT



Method:

Start by slicing a pepper in half lengthways. Cut out and discard the inner parts and seeds, leaving the rest of the peppers halves intact.

Scoop some cream cheese into the pepper and spread around inside it, then smooth over the top with the back of a knife.

Wash the carrot, then cut into thick slices and slice them into triangles.

Press a triangle of carrot into the cheese in each pepper half to form the sails.

Arrange on a platter and serve immediately. Enjoy!

THE ORCHESTRA OF WIND

swish, swoosh, whiff, whoosh, whizz, whisper, howl, rustle



Eolian, or aeolian sound, is “sound produced by wind when it encounters an obstacle. Fixed objects, such as buildings and wires, cause humming or other constant sounds called eolian tones; moving objects, such as twigs and leaves, cause irregular sounds” (Britannica, 2024). Like music, wind sound can be heard and felt, and we can replicate these sounds with our breath as well as through musical instruments. We can hear wind sounds, and also feel their frequency, beat and vibration.

Pages 17 and 18 of the BC Early Learning Framework share an activity entitled “Orchestra” that explores sounds and music. This activity provides a great starting point to exploring the natural sounds around us, as well as the way that we can interact with objects to make sound and music.

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](#)



Orchestra



What

Even before birth, babies begin to gain awareness of their world through sound. Whether it is the sound of their mother’s heartbeat, voices of their parents, or music, children develop the foundation for language and communication through these sounds.

1 Create the Environment

- Introduce instruments (or items that make sounds) to your child. These “instruments” could be pots, plastic cups, items that jingle, a whistle, or anything that makes an interesting sound. Allow ample time for your child to explore these items freely. This will help them focus on guidance that will be provided later in the activity.
- Help your child to experiment with different tones, rhythms, and sounds by using a variety of instruments.
- While your child explores the instruments, explore along with them. Make comments and tell stories about music you both enjoy or musical experiences you’ve shared. This helps children make connections across events and environments.
- Consider using noise-cancelling headphones for children with an auditory sensitivity, so they can explore without being overwhelmed.

2 Play in an Orchestra

- Explain the role of a conductor in an orchestra. Talk about different types of instruments and model how a conductor guides an orchestra by conducting. Express the importance of the conductor’s role as a leader of the group and the use of a baton in conducting.
- Find something to use as a conductor’s baton, such as a wand or wooden spoon. Wave or move the baton and together you can interpret what each movement might mean. Try these movements and interpretations or make up your own: wave the baton gently from side to side (free play), bring it up high (loud), down low (soft/quiet), and make a tapping motion in the air (play to the beat). Try holding up your hand with an open palm and close it into a fist, explaining how this means that you would like music to stop. Together, you and your child can decide on what other movements mean. Practice these movements a few times.
- Move around in a space with the instruments, like a marching band, which encourages moving or marching to the music. This supports large motor skill development.



Why

Through this experience, children will

- Develop a sense of well-being, belonging, and self-confidence,
- Practice large and small motor skills
- Strengthen literacy and communication skills
- Develop artistic expression and musical interest
- Engage in turn taking, co-operation, and listening

How

In a group, everyone can take turns being the conductor and leading the speed and rhythms of the orchestra. Children sometimes need support with taking turns, so a visual aid, such as a sand timer or egg timer can help to understand how long turns will take.

Take the opportunity to introduce new vocabulary such as rhythm, tempo, orchestra, conductor, baton, volume, and beat. Invite children to clap after each conductor, which will contribute to children’s positive self-esteem and confidence.

Have a performance! Practice a few times together by using a variety of instruments. Consider extending this activity by using costumes, inviting guests, and setting up a stage and a place for an audience.

Consider introducing more complex vocabulary related to tempo (the speed at which a piece of music is played): presto (very fast), allegro (fast/lively), moderato (moderate), andante (moderately slow or slow walking), and adagio (very slow).

Choose songs or music together and practice conducting and playing along freely or to the beat.

Read a book with your child about playing in an orchestra or other ideas that connect with this theme.

Here are suggestions:

- The Orchestra Pit by Johanna White
- Play This Book, by Jessica Young

Check out Performing Arts BC for regional festivals of the arts: <http://www.bcprouncials.com/>

Where

This activity can occur indoors or outdoors.

When

This activity can be explored when children, family, or caregivers are ready for sounds and noise.





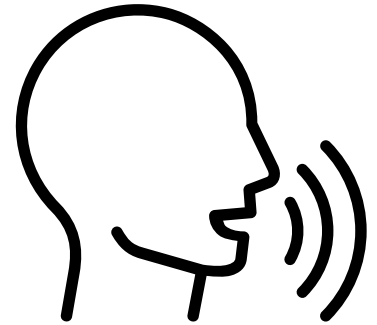
WORD OF THE MONTH

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 March, we want to share:

čɛmaʔəq̣

cool wind



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.”



Challenge your knowledge of nature!

The Bigleaf maple (*Acer macrophyllum*) is an easily identifiable maple variety that is native to the West Coast. The seed pods that some of us call helicopters or whirlygigs, are samaras. See if you can find some maple samaras on your next outdoor adventure.

For more information about maple samaras click [HERE](#).

Maple

ʔayʔajuθəm name: paqaʔɛ

(First Voices, 2023)

To hear the ʔayʔajuθəm word [CLICK HERE](#).

[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

WIND

Shared by Kate

WINDY

Tune: "Bingo"

There's a weather
That I like
And Windy
Is it's name-o.
W-I-N-D-Y,
W-I-N-D-Y,
W-I-N-D-Y,
And Windy
Is it's name-o!

WIND, WIND



Tune: "Row, Row, Row Your Boat"

Wind, wind, blow the clouds
Fast across the sky.
Blow the branches back and forth
In the trees so high.

Elizabeth Scofield

THE WIND IS BLOWING



Tune: "Here We Go 'Round The Mulberry Bush"

Oh, the wind is blowing - all over town,
All over town, all over town.

Oh, the wind is blowing all over town,
Just like so. (Child blows)

Oh, the trees are bending - way down low,
Way down low, way down low.

Oh, the trees are bending - way down low,
Just like so. (Child bends low)

Oh, the kites are flying - watch them go,
Watch them go, high then low.

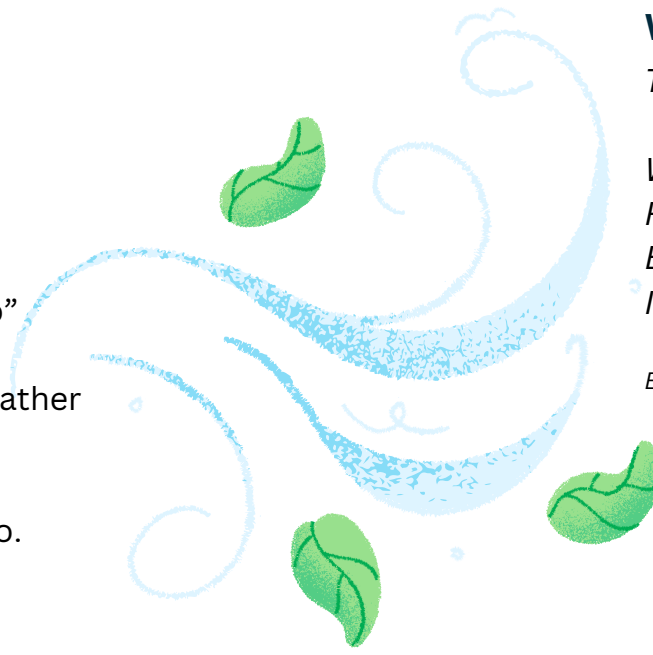
Oh, the kites are flying - watch them go
Just like so. (Child pretends to fly kite)

Continue with

"Oh, the clothes on the line - flop to and fro"

"Oh, the flag on the pole - waves fast and slow"

Jean Warren



TALKING TREES



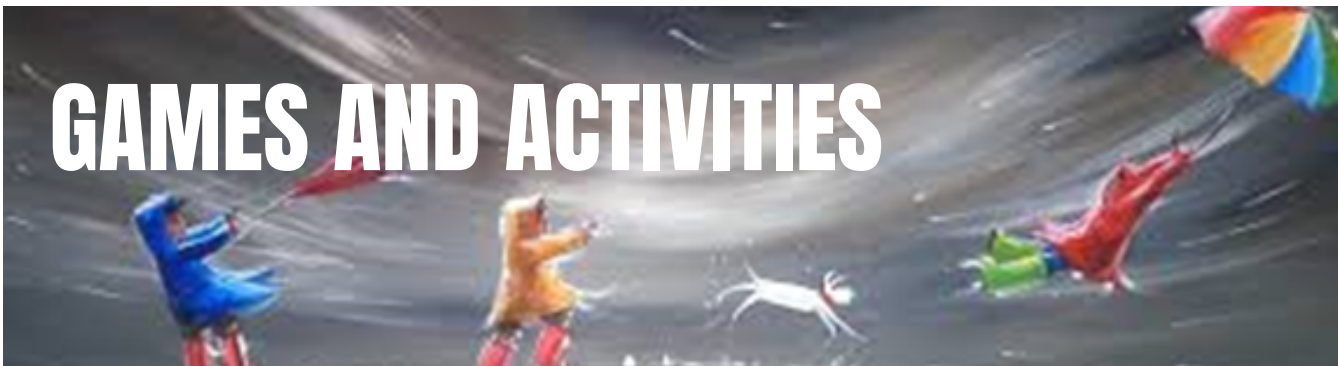
When the gentle breezes blow,
The trees are talking, oh so low.
But when they start to swing and sway,
I know they're shouting, "Time to play!!"

THE PLAYFUL WIND

The wind came out to play today.
It swept the clouds out of its way.
It blew the leaves, and away they flew.
The trees bent low, and their branches did too.



GAMES AND ACTIVITIES



Shared by Paula

A WINDY RACE



THE OBJECT IS TO MOVE THE TISSUE PAPER WITH WIND. AND TO CREATE THE WIND BY FANNING THE PAPER PLATE. ANY TYPE OF MOVEMENT WORKS TRY NOT TO TOUCH THE PLATE TO THE TISSUE PAPER SEE HOW FAR YOU CAN PUSH THE PAPER.

➤➤➤ FLAGS

MAKE YOUR OWN FLAGS BY USING CUT UP OLD SHEETS, AN OLD T-SHIRT, OR USE STREAMERS OR RIBBONS EVEN A PLASTIC BAG CAN WORK AS A FLAG. ATTACH YOUR FLAG TO A STICK OR EVEN HOLDING THEM IN YOUR HANDS WORKS. NOW GO OUT IN THE WIND AND ENJOY RUNNING, JUMPING OR JUST SITTING WITH YOUR FLAGS. WATCH THEM AS THEY BLOW AND MOVE.

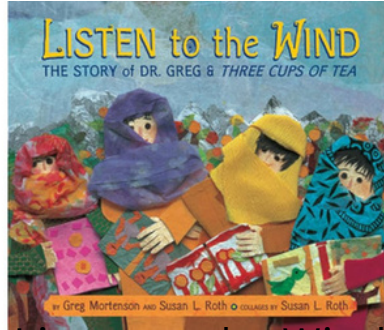


SNUGGLE UP AND READ

Shared by Kate

Check out one of these great books!

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

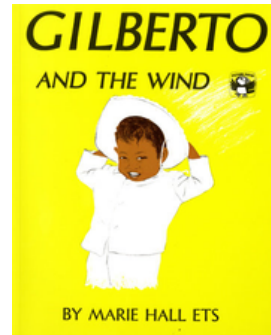


Listen to the Wind

The Story of Dr. Greg and the Three Cups of Tea



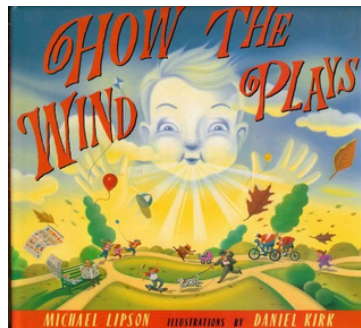
Kate, Who Tamed the Wind



Gilberto and the Wind



The Wind Blew



How the Wind Plays



In the Wind

FOOD & NUTRITION RESOURCES

Food & Nutrition Resources

We would like to express our respect for and gratitude to the Tla'amin peoples whose traditional and treaty territory qathet School District resides on.

sd47.bc.ca

SOCIAL IMPACT IS ON THE MENU. PARTICIPATE IN LOCAL COMMUNITY AND FOOD SECURITY WHEN YOU: PURCHASE A GOOD FOOD BOX, VISIT OUR CAFÉ, RENT OUR COMMERCIAL KITCHEN SPACE OR DONATE TO FOOD RESCUE.

OUR WORK AIMS TO SUPPORT FULL CIRCLE LOOPS, SOCIAL CONNECTION, EDUCATION, FOOD SECURITY, AND MEANINGFUL EMPLOYMENT.



Home | LIFT Food Security Project
Social impact is on the menu. Participate in local community and food security when you purchase a Good Food Box, visit our café, rent our commercial kitchen space or donate to food rescue.
A LIFT Food Project

APPETITE TO PLAY IS A PROVINCE-WIDE INITIATIVE TO PROMOTE AND ENCOURAGE PHYSICAL ACTIVITY AND HEALTHY EATING WITH CHILDREN IN THE EARLY YEARS (BIRTH TO 5 YEARS OLD) BY INFORMING, ENGAGING AND EMPOWERING THE COMMUNITIES AROUND THEM.



Appetite to Play
Healthy Eating & Physical Activity in Early Years
Appetite to Play

**LOCAL FARMERS HAVE SUSTAINED THE COMMUNITY THROUGH THEIR DIVERSE, ABUNDANT FARMLANDS. AND FOR THE PAST 30 PLUS YEARS, THERE'S BEEN AN ENCHANTING COUNTRY-STYLE FARMERS' MARKET HIDDEN AMONGST THE NATURAL BEAUTY OF A PICTURESQUE PROVINCIAL PARK, CELEBRATING THE COMMUNITY'S LOCAL AGRICULTURAL TRADITIONS. EXHIBITION GROUNDS IN PARADISE VALLEY, 4365 MCLEOD RD. POWELL RIVER, BC
OPEN SUNDAYS 12:30 - 2:30 YEAR ROUND**



Powell River Farmers' Market
Generations of farming traditions in the heart of Powell River. For over 100 years, Powell River's local farmers have sustained the community through their diverse, abundant farmlands. And for the...
The BC Farmers' Market Trail



School District 47 Food Literacy Program

Empowering students with the knowledge and skills to make good food choices for themselves, their...

School District 47 Food Literacy Program

<https://prfarmers.ca/#local-food-map>

FARMERS' MARKET COUPON PROGRAM HARVESTS HEALTHY HABITS

FAMILIES, SENIORS AND PREGNANT PEOPLE CAN ACCESS THE FARMERS' MARKET NUTRITION COUPON PROGRAM BY CONTACTING COMMUNITY



Where It Operates
We are the British Columbia Association of Farmers' Markets (BCAFM), and we are on a quest to better support local food producers and their markets.
BCAFM



TFV Food Box Program

Welcome to Townsite Fruit & Veg's Food Box Delivery program We have assembled a selection of foods into various pre-built boxes for you to choose. So...

→ Townsite Fruit & Veg

FRESH ORGANIC VEGETABLES WEEKLY, BY THE BOX! THE COMMUNITY SUPPORTED AGRICULTURE OR CSA MODEL IS A WAY FOR LOCAL PEOPLE TO SUPPORT THEIR NEIGHBOURHOOD FARMS. BY PURCHASING A SEASONAL SUBSCRIPTION AT THE START OF THE YEAR, YOU HELP FARMERS PLAN THEIR CROPS AND LABOUR NEEDS FOR THE SEASON. YOU RECEIVE A WEEKLY BOX OF FRESH, LOCAL AND IN-SEASON PRODUCE! 3244 BYRON ROAD, POWELL RIVER, BC,



Terra Nostra Farm
Local and certified organic food grown in Powell River since 2006
Terra Nostra Farm

WELCOME TO TOWNSITE FRUIT & VEG'S FOOD BOX DELIVERY PROGRAM

WE HAVE ASSEMBLED A SELECTION OF FOODS INTO VARIOUS PRE-BUILT BOXES FOR YOU TO CHOOSE. THANK YOU FOR SUPPORTING LOCAL BUSINESSES AND OUR LOCAL FARMS. TOWNSITE PUBLIC MARKET, 5831 ASH AVE, POWELL RIVER, BC

CONNECTING WITH NATURAL COLOR

Materials:

Assorted natural foods with vibrant colors (e.g., berries, spinach, beets, turmeric, red cabbage)

- White paper or canvas
- Small bowls or containers
- Brushes or wind fallen branches
- Aprons or old shirts to protect clothing
- Water for rinsing

ACTIVITY:

Gather and share the tastes, textures, colors and smells together while creating something beautiful!

- Blue/Purple: Blueberries, blackberries, red cabbage
- Red/Pink: Beets, raspberries
- Yellow/Orange: Turmeric, carrots
- Green: Spinach, kale
- Create Natural Stains:
- Cut or mash the colorful foods to release their natural pigments.
- Let them explore pouring, mixing colors and creating patterns.

Local Inspiration

Annie Robinson

Visual Artist: wild colour & land-based art | based in qathet, British Columbia, Canada



Annie Robinson, Artist | qathet, BC (Powell River)

Painter, textile artist and lover of natural color: Annie practices in Powell River, BC, Canada. View her work.

 Annie Robinson

Connecting the School and Community

qathet School District's Grade 5 students had an amazing opportunity to learn and play in the forest as they spent the day at ʔayıštən ʔaye (Cousin's House) in łıšosəm (Tla'amin Nation), participating in the Wildcrafting Program. This program was created in 2015 by qathet School District's Outdoor Learning Coordinator, Karin Westland, and Tla'amin's Culture and Language Coordinator, Sosan Blaney, and was hosted this year with the support of the Indigenous Education Family. It provides students with an immersive experience that encompasses teachings on the diverse plant life of Tla'amin land, fostering an understanding of harvesting protocols, and applying the harvested materials in the art of weaving and dyeing fabrics.



qathet School District's Wildcrafting Program

Wildcrafting Program

qathet School District's Grade 5 students had an amazing opportunity to learn and play in the forest as they spent the day at ʔayıštən ʔaye (Cousin's House) in łıšosəm (Tla'amin Nation), participating in the...

 sd47.bc.ca

Eco Kids Finger Paint

Finger paints are often the first experience a child has applying color to paper, before the development of manual dexterity which enables a child to hold ...

 Huckle + Berry Kids / \$19



Getting Outdoors On a Windy Day

By Danielle



WIND SPEEDS				
Scale	Description	miles Per hour	Effects	Risk
0	Calm	0-1	Smoke rises	Low
1	Light air	1-3	Smoke drifts	Low
2	Light breeze	4-7	Leaves rustle	Low
3	Gentle breeze	8-12	Twigs move	Low
4	Moderate breeze	13-18	Leaves and small branches sway	Low
5	Fresh breeze	18-24	Small trees sway	Low
6	Strong breeze	25-31	Large branches sway	Low
7	Moderate gale	32-38	Whole trees in motion	Low
8	Fresh gale	39-46	Twigs break off trees	Low
9	Strong gale	47-55	Branches break off trees	Low
10	Whole gale	56-64	Trees uprooted	Low
11	Storm	65-74	Widespread damage	Low
12	Hurricane	75+	Devastation	High

Horseman, L. (2018). Windspeeds. <https://kindlingplayandtraining.co.uk/wp-content/uploads/2018/03/windspeed.jpeg>

Have you ever thrown a maple seed in the air and watch it spiral down to the ground? Being outside safely on a windy day is a fun way to learn about wind direction and properties. Nature provides so many loose parts that can be used to explore the wind. Other materials like bubbles, scarves, and pinwheels, are wonderful ways to learn about windy weather. **A good rule of thumb about staying safe in areas with trees is to watch for the twiglets falling. When small branches are falling from trees, it is best to stay in open areas.** Generally, 15-16 km/hr (10 mph) winds are safe for children to play outside in.

Here are some ideas to get you started in your wind explorations:

<https://www.willyswilderness.org/post/windy-days-are-made-for-play>

<https://www.earlyyearseducator.co.uk/features/article/blowing-in-the-wind>

<https://www.scienceworld.ca/resource/windsock/>

Sometimes windy weather can be frightening for young children. **HERE** is a resource that can help children when weather feels scary.



The rain at Willingdon Beach Park provided a beautiful large, shallow puddle that was perfect for jumping and playing in. StrongStart GO is an outdoor programme that operates four mornings each week. Click **HERE** for more information.

OUR NEXT STRONGSTART GETTIN' OUTSIDE DAY IS TUESDAY, MARCH 5TH AT CRAIG PARK FROM 9:30-11:30. Dress warmly and come out to play!