

>>> JANUARY <<<



STRONGStart DO

Discover Online



THE SPARKLE OF WINTER

WELCOME MESSAGE

In this season of frost-kissed landscapes and grey blanketed skies, we welcome you to our winter-themed newsletter, where we celebrate the sparkle of the season and warmly embrace the dawn of a brand new year. Join us as we reflect on the joys of winter season and look forward to the adventures that await us in the coming months.

Winter on the coast is a special season, different than most of our neighbors in other parts of the country. Winter fun here on the coast is less about playing in snowdrifts and more about jumping into puddles. The scarcity of snow means that the odd snowfall comes with a rare glee as we all scurry outside to quickly build forts, toss a snowball, or leave a trail of footprints wherever we go. A west coast snow is always a story and it is a marker for special memories in lives both young and old.

If your new year resolution is to get outside more, we invite you to come spend some time with us at one of our StrongStart GO locations. Together we can enjoy the sparkle of winter whether it be in a freshly fallen snowflake or a rain drop caught in a spider's web.

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/62/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.

Look for our bigger,
bolder logo on the van!

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](#)

SPARKLE OF WINTER RECIPES

Shared by Paula

NO BAKE CHUNKY MONKEY GRANOLA



INGREDIENTS

- 1.5 cups old fashioned oats
- 1 package (0.53 oz) Crispy Fruit dried bananas
- 1 cup honey roasted peanuts, chopped into medium chunks
- 1/2 cup dried cranberries
- 1/4 cup sunflower seeds
- 1/4 cup raisins
- 1/4 cup chocolate chips
- 1 tablespoon coconut oil or canola oil
- 1/4 cup peanut butter
- 1/4 cup honey
- 1/2 teaspoon ground cinnamon
- 1/4 cup mini M&Ms

INSTRUCTIONS

Line a large cookie sheet with parchment paper.

In a large bowl, add oats, dried bananas, peanuts, cranberries, raisins, sunflower seeds, and chocolate chips. Stir to mix.

In a pan heat on low, coconut oil, honey, peanut butter and cinnamon. Stir and allow it to melt together.

Pour honey peanut butter mixture over dry ingredients. Toss to coat. Add more honey, if needed. The mixture should be sticky yet start to clump together. Add mini-M&Ms.

Pour onto cookie sheet and refrigerate for 20 minutes.

Break into clumps and store in a sealed container or mason jar.

Enjoy within 1 week.

SNOW PLAYDOUGH

INGREDIENTS

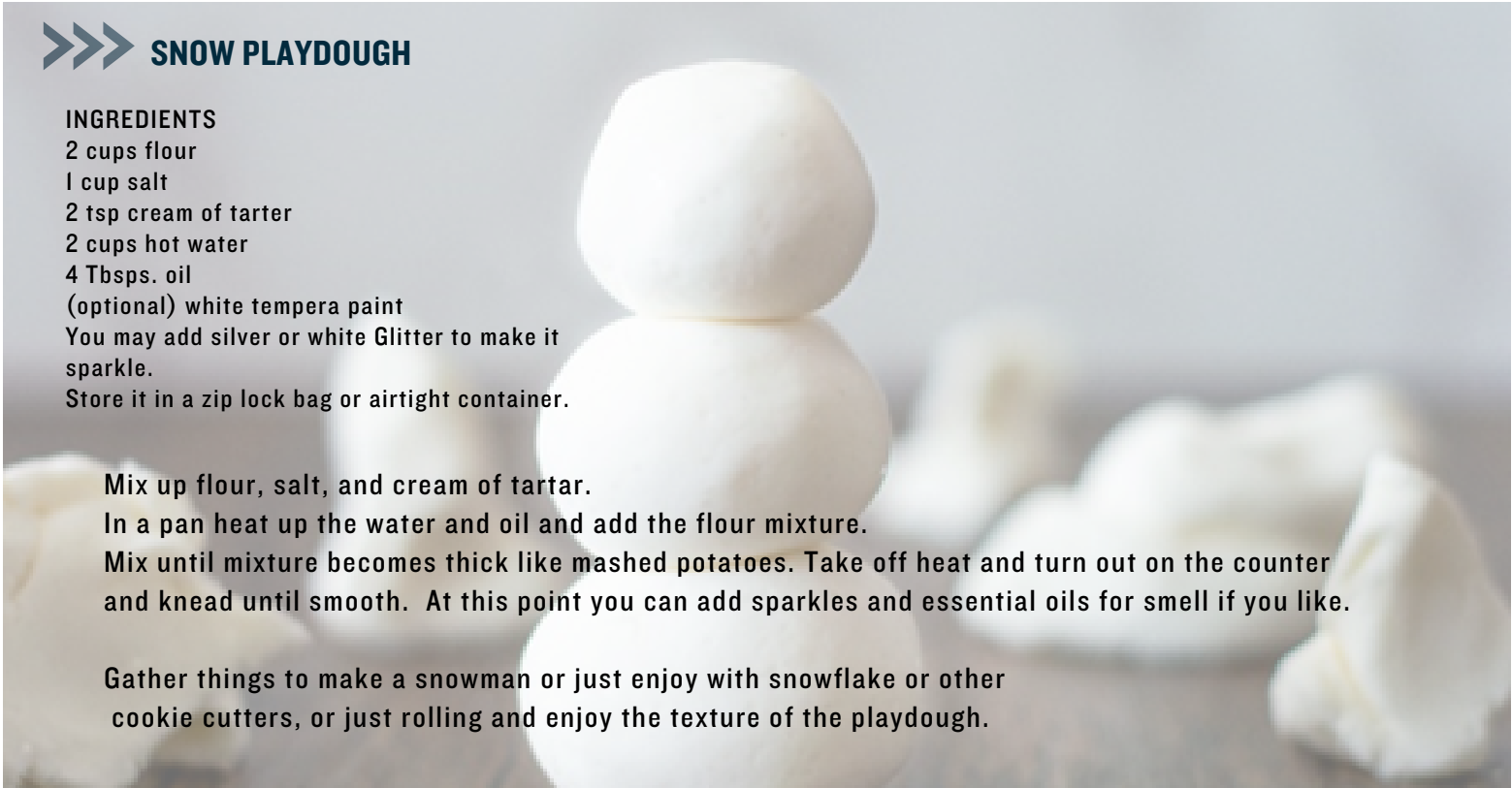
- 2 cups flour
 - 1 cup salt
 - 2 tsp cream of tartar
 - 2 cups hot water
 - 4 Tbsps. oil
 - (optional) white tempera paint
- You may add silver or white Glitter to make it sparkle.
Store it in a zip lock bag or airtight container.

Mix up flour, salt, and cream of tartar.

In a pan heat up the water and oil and add the flour mixture.

Mix until mixture becomes thick like mashed potatoes. Take off heat and turn out on the counter and knead until smooth. At this point you can add sparkles and essential oils for smell if you like.

Gather things to make a snowman or just enjoy with snowflake or other cookie cutters, or just rolling and enjoy the texture of the playdough.



WINTER ROUTINES: Getting back to the pre-holiday schedule

By Danielle



It is wonderful to have a break from regular routines, however, sometimes the unpredictability that comes with these changes can be difficult. Transitioning back to regular schedules is not always easy to navigate, particularly with the shorter days of winter. While we can look forward to longer days as January progresses, sleep routines can be hard to re-establish post holiday.

Pages 67 and 68 of the BC Early Learning Framework shares a breathing activity that can help children to regulate the difficult and challenging feelings that sometimes come with transitions.

Here is a list of strategies to help children (and adults) get their required sleep: <https://www.choc.org/wp/wp-content/uploads/2016/04/Sleep-Hygiene-Children-Handout.pdf>

Looking for more tips for transitioning children back to routines? [Click here.](#)



Hummm!

What

Humming and singing can be a way to work through difficult and challenging emotions that your child might have. Use this activity as a tool to support your child to relax and breathe through a variety of situations.

- 1 Create the Environment**
 - If your child is going through difficult or challenging emotions, try sitting with your child in a space that is calming to both of you. Sit up straight but remain relaxed.
 - Explain that you have learned something new and you would like to try it together.
- 2 Make a humming sound. Hummm!**
 - With your child, close your eyes and your lips. Hum a few notes to yourself until you find one that you like. Try asking your child to do the same.
 - Breathe in deeply. Breathe out, hum your note. Breathe in. Breathe out and hummm!
 - Ask your child to press their hands to their chest to notice the vibration of the humming. Ask your child what they feel in their hand and in their body.
 - Breathe in. Breathe out and hummm! Ask your child to let the humming send peace or calm into their body and their heart.
 - Before your child finishes the exercise, ask your child to quiet their humming and take three soft breaths.
 - Ask your child how they feel. Try asking your child if they want to try a different note that might make them feel better and calmer.

Why

Through this experience, children will

- Recognize, accept, and express a wide range of emotions, thoughts, and views
- Adapt to experiences of change, surprise, and uncertainty
- Practice ways to keep themselves healthy, including regulating their emotions
- Feel a sense of security, self-respect, and self-regulation
- Build healthy relationships with both adults and others

How

Your child might need practice before doing this activity with you. If so, model breathing and humming for your child and encourage them to try something (e.g., close their eyes, sit up straight, breathe, or hum). Instead of humming, try a favorite song that is slow and soothing. Or try slowing down a favorite song that is usually fast and exciting.

Show your child how you can use this tool when you feel difficult or challenging emotions. When you start to get frustrated or impatient, notice out loud ("I'm starting to feel frustrated"), and tell your child that you will try and hum. Be honest with your child about whether it helped you. Maybe they will have an idea for another tool!

Have your child sit on your lap, so they can feel both the vibrations of your humming and your deep breathing.

Read a book about relaxing and becoming calm or something else that connects with this theme.

Here are suggestions:

- Breathe Like a Bear, by Kira Willey
- I Am Peace, by Susan Verde

Where

Try to find a quiet, calming spot. Sometimes closing your eyes and sitting close together covered with a blanket or a jacket can create a cozy spot.

When

This activity can occur during any time of the day.

Reference

Braun, M., & Stewart W. (2017). *Mindful Kids: 50 Mindfulness Activities for Kindness, Focus and Calm.* [Activity Deck]. Cambridge, MA: Barefoot Books.



<https://www.cdc.gov/chronicdisease/resources/infographic/children-sleep.html>

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

FIND IT BY CLICKING HERE

- English (PDF)
- French (Français) (PDF)
- Arabic (عربي) (PDF)
- Chinese (Simplified Chinese - 简体中文) (PDF)
- German (Deutsch) (PDF)
- Korean (한국어) (PDF)
- Persian (فارسی) (PDF)
- Punjabi (ਪੰਜਾਬੀ) (PDF)
- Spanish (Español) (PDF)
- Tamil (தமிழ்) (PDF)
- Vietnamese (Tiếng Việt) (PDF)

BC Ministry of Education. (2019). *Let's play activities for families.* From <https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf>

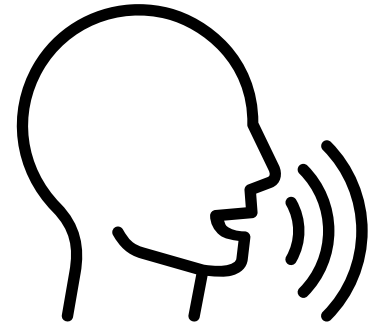
WORD OF THE MONTH

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 January, we want to share:

sotlč

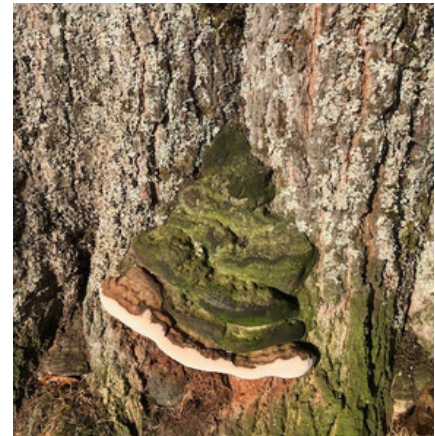
winter



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.”



We found this beautiful Red-banded Polypores (Fomitopsis pinicola) at our StrongStart GO Sunset Park location (polymores are also called bracket fungi).

Challenge your knowledge of nature! Look for "bracket fungi"

Fungus

ʔayʔajuθəm name: pəlaq
(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

For more information about Red-banded Polypores go to:
https://www.inaturalist.org/guide_taxa/501041

WINTER FUN

Shared by Kate

SNOWFLAKE

Tune: "Frere Jacques"
 Dance like snowflakes
 Dance like snowflakes
 In the air
 In the air
 Whirling, twirling, snowflakes
 Whirling, twirling, snowflakes
 Here and there
 Here and there.



FIVE LITTLE SNOWMEN

Five little snowmen standing in a row,
 They each have a hat,
 And a big red bow
 When the sun shines
 Where will they go?
 (shrug shoulders)
 They melt, melt, melt, melt, melt...
 (sink down to floor)

FIVE LITTLE SNOWPEOPLE

Tune: Five Little Monkeys
 Five little snowpeople riding on a sled,
 One fell off and bumped its head.
 I called for Frosty and Frosty said:
 "No more snowpeople, riding on that sled!"

Four little snowpeople... etc.



SNOW PERSON

I'm a little snow person,
 Short and fat -
 Here are my buttons,
 And here is my hat.
 When the snow comes out,
 I cannot stay.
 Slowly I just melt away

WAY UP HIGH

Way up high in the snowy tree
 Lots of little snowflakes smiled at me.
 I shook that tree as hard as I could.
 Down came the snowflakes
 Oh, were they cold!



LITTLE PENGUIN

Tune: "I'm a Little Teapot"
 I'm a little penguin black and white,
 I waddle to the left and I waddle to the right.
 I cannot fly but I can swim,
 So I waddle to the water and jump right in!

GAMES AND ACTIVITIES

Shared by Paula

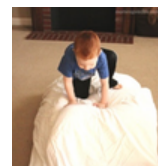
SNOWY MOUNTAIN WINTER

THIS FUN WINTER MATH ACTIVITY IS AN ACTIVE WAY TO HAVE SOME PRETEND SNOWY FUN INDOORS! PRACTICE COUNTING WHILE DEVELOPING LARGE MOTOR SKILLS!

Materials Needed:

Couch cushions or pillows
Large white sheet
Foam or paper snowflakes
Dice

1. Make a big pile of cushions in the middle of the floor. Add a white sheet over top.
2. Spread the snowflakes all over the floor about 5-10 feet away from the mountain.



Instruct your child to roll the dice and count the dots. To work on larger numbers, use a pair of dice. To work on smaller numbers, use one die.

Once they have the number, they will run and climb over the "snowy mountain" to get to the snowflakes on the other side. They will collect the number of snowflakes that corresponds to the number shown on the dice. Then they will run them back over the mountain and place them on the other side. Continue this process until all the snowflakes are collected.

PLAY IN THE SNOW



ENCOURAGE YOUR TODDLER'S CREATIVITY AND PRETEND PLAY OPPORTUNITIES BY SUGGESTING THEY BUILD A FAMILY OF DINOSAURS, A CASTLE, A BABY TURTLE, OR A SCULPTURE OF THEIR OWN FAMILY! MAKE IT EVEN MORE EXCITING BY LETTING YOUR TODDLER CHOOSE SOME CLOTHING AND NATURAL TREASURES TO DECORATE THEIR SNOW CREATIONS.

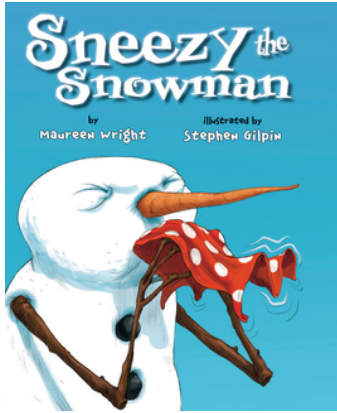


SNUGGLE UP AND READ

Shared by Kate

Check out one of these great books!

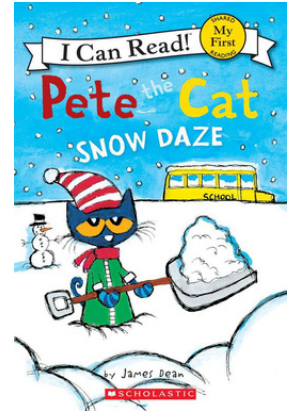
Ask for them at the library or just click to listen to the story on Youtube.



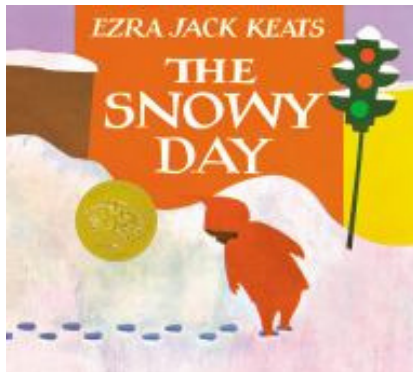
[Sneezy the Snowman](#)
by [Maureen Wright](#)



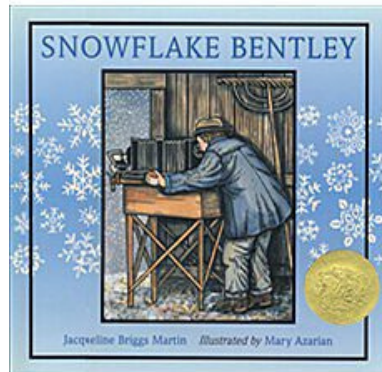
[Secrets of Winter](#)
by [Carron Brown & Georgina Tee](#)



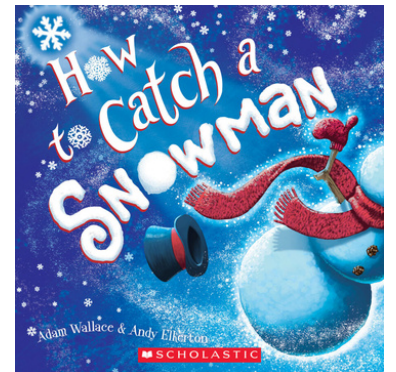
[Pete the Cat Snow Daze](#)
by [James Dean](#)



[The Snow Day](#)
by [Ezra Jack Keats](#)



[Snowflake Bentley](#)
by [Jacqueline Briggs Martin](#)



[How to Catch a Snowman](#)
by [Adam Wallace & Andy Elkerton](#)



KINDERGARTEN REGISTRATION

Children may start kindergarten in September of the year they turn five years old. If your child is entering kindergarten, there are many ways that you can support the transition to Kindergarten.

➤➤➤ REGISTER FOR KINDERGARTEN

HELP THIS TRANSITION GO SMOOTHLY BY REGISTERING YOUR CHILD, BEGINNING IN **JANUARY OR FEBRUARY**, FOR THE FOLLOWING SEPTEMBER. BEFORE THEIR FIRST DAY, TRY TO VISIT AND TOUR YOUR CHILD'S SCHOOL, PLAYGROUND OR CLASSROOM.

➤➤➤ ENROLL IN AN EARLY LEARNING PROGRAM

CHILD CARE RESOURCE AND REFERRAL CENTRES

CHILD CARE RESOURCE AND REFERRAL (CCRR) CENTRES MAKE IT EASIER FOR FAMILIES TO FIND AND ACCESS RESPONSIVE AND INCLUSIVE QUALITY LICENSED AND REGISTERED CHILD CARE BY PROVIDING INFORMATION, SUPPORT, RESOURCES AND REFERRAL SERVICES TO PARENTS AND CHILD CARE PROVIDERS ACROSS THE PROVINCE.

CCRRS HELP TO CONNECT FAMILIES WITH THE EARLY YEARS AND CHILD CARE SERVICES THEY NEED SUCH AS REFERRALS TO CHILD CARE PROVIDERS AND COMMUNITY SERVICES, ACCESS TO QUALITY RESOURCES AND LENDING LIBRARIES, WORKSHOPS, DROP-IN PROGRAMS, AND PROVIDE CONSULTATION, SUPPORT AND PARENTING INFORMATION.

POWELL RIVER OFFICE

6831 ARTIBAN STREET, POWELL RIVER, B.C., V8A 3R2

TEL: 604-223-8122

OFFICE HOURS:

MONDAY - FRIDAY 8:30 AM - 4:30 PM

WEEKENDS AND STATUTORY HOLIDAYS CLOSED. BY APPOINTMENT AND VIRTUAL.



➤➤➤ SUPPORT YOUR CHILD'S TRANSITION AT HOME

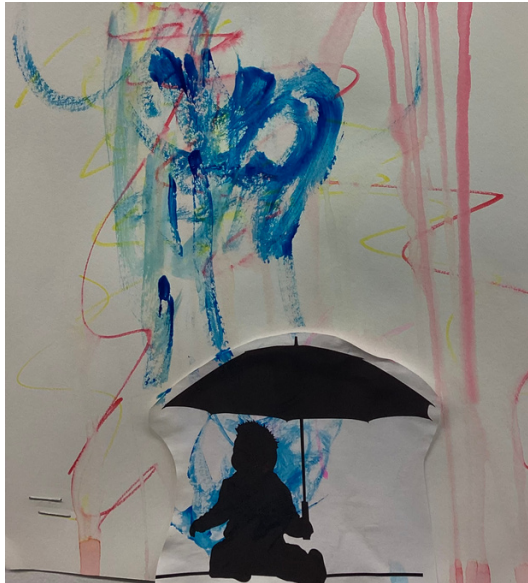
HELP PREPARE YOUR CHILD FOR KINDERGARTEN BY WORKING THROUGH THIS BOOKLET. YOU CAN USE THE BOOKLET TO RECORD THINGS THAT YOUR CHILD IS GOOD AT AND THINGS THAT ARE IMPORTANT TO THEM. USE IT AS A KEEPSAKE TO REMEMBER YOUR CHILD BEFORE THEY GO TO KINDERGARTEN OR SHARE IT WITH YOUR CHILD'S TEACHERS.

Click here-----> [WHEN I GO TO KINDERGARTEN](#)

For more information on how you can support the transition from birth to Kindergarten and beyond----->Check out this Link

Living inquiry: Engaging with others, materials and the world

Shared by Kristal



Living inquiry: Engaging with others, materials and the world

Living inquiries” (known as “areas of learning” in the B.C. Ministry of Education [2008] framework) is used to describe the processes of thinking and learning that happen as children, educators, materials, and ideas interconnect. The term “living” suggests that these processes are ongoing and always evolving. “Inquire” means to pay attention in multiple ways – to study, explore, experiment, and ask questions. (Atkinson & Dockendorf, 2019, p.63)

Material: MIXED MEDIA- MATERIALS USED TO CREATE MIXED MEDIA ART INCLUDE, BUT ARE NOT LIMITED TO, PAINT, CLOTH, PAPER, WOOD, WATER AND FOUND OBJECTS.

Pathways: Spaces, Objects and Materials

For each of the living inquiries, there is a subsection called “pathways” (formerly called “learning goals” [B.C. Ministry of Education, 2008]) that will help educators engage with the living inquiries. The term “pathways” evokes a sense of movement that is not linear. (Atkinson & Dockendorf, 2019, p.63)

Reflective question:

How can we reflect on childrens art through an interdisciplinary lens? What are ways that art connects to the world around us?

For each of the pathways, there is a series of critically reflective questions that can provoke thinking and invite discussion of meanings and perspectives of pedagogy and practice (Atkinson & Dockendorf, 2019, p.63)

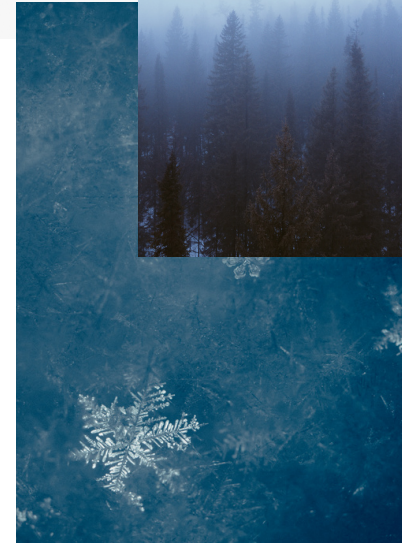
CHECK OUT----> Artist Andrew Barrowman Art Extreme Plein Air Sketching - mixed media at Godrevy beach, Cornwall in high wind and heavy rain !

Atkinson, K., & Dockendorf, M. (2019). British Columbia early learning framework. Ministry of Education.



GET OUTSIDE THIS WINTER

By Danielle



➤➤➤ The first day of winter was marked by the solstice on December 21st and the longest night is behind us. By the end of January we will have gained a total of 1 hour and 12 minutes of daylight, and daylight hours gradually increase until the summer solstice on June 20, 2024.

In spite of additional light, it can be challenging to be active outdoors during the West Coast, wet, wintry, weather.

Looking for motivation to get active in the great outdoors? [CLICK HERE](#) and [HERE](#).



Megan Zeni is a play researcher and play advocate and a PhD candidate at UBC. Her website provides ideas and activities to help get children active and outdoors. Here is some inspiration for gardening in the winter with your family:

<https://meganzeni.com/winter-gardening-with-kids/>

Government of Canada. (2018). Canadians and the outdoors. <https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2018005-eng.htm>.



Sunset Park in the rain! This photo looks like a water colour painting, but it was real water that came down in big raindrops and provided a soft wash over the picture.

If you are looking for motivation to get out and play this winter, come and join us at StrongStart GO.

We are outside four days a week in all kinds of weather.

Dress warmly and come out to play!

