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Publication #25

FROM KATE, PAULA,
DANIELLE AND RITA

Welcome back after
Spring Break.

For the next 5 weeks we
will feature the
5 SENSES.

This week's theme is:
SMELL

To contact SD47 Early Learning:
send email to
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EARLY LEARNING INFORMATION

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VIRTUAL STRONGSTART

SD47 STRONGSTART WEEKLY PUBLICATIONS

The Early Learning team is excited to share weekly publications featuring fun ways to share time with children. These publications are emailed to registered families as well as posted on the Virtual StrongStart (StrongStart DO) webpage.

SD47 STRONGSTART ON INSTAGRAM

School District 47's Instagram site is: [sd47strongstart](https://www.instagram.com/sd47strongstart).

Daily posts follow this schedule:

- Monday- The Five Senses
- Tuesday- StrongStart Smile Search
- Wednesday- I-Spy
- Thursday- Around Powell River (People and Places)
- Friday- Good Citizen of the House

The StrongStart Smile Search location changes each Tuesday. Families can visit the location and have fun finding the smile. We would love to post a picture of you and your family beside the StrongStart smile (you can send your picture to us).

We would love you to write a comment below any activity or idea you are inspired by. If you have picture you would like to share on our Instagram site, send it to rita.john@sd47.bc.ca.

RECIPES

STOVETOP POTPOURRI

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Ideas that make your home smell like SPRING.

Instructions

Place all the ingredients into a pot and fill with water and simmer. Add more water as needed. You can use the same pot and ingredients for a couple of days.

Lemon and Rosemary

2 lemons sliced
A bunch of rosemary
1 tablespoon vanilla extract



Lime, Mint, Ginger, and Thyme

3 limes
A bunch of fresh mint
A bunch of fresh thyme
Some ginger finely sliced

Lemon, Cinnamon, Mint, and Thyme

2 lemons
A bunch of fresh mint
A bunch of fresh thyme
2 cinnamon sticks



CINNAMON APPLE BREAD

(Makes your home smell yummy!)

INGREDIENTS

- ½ cup packed light brown sugar
- 1 ½ teaspoon ground cinnamon
- ⅔ cup white sugar
- ½ cup unsalted butter, softened
- 2 eggs
- 2 teaspoons vanilla extract
- 1 ½ cups all-purpose flour
- 1 ½ teaspoons baking powder
- ½ cup milk
- 1 large apple, peeled and finely chopped

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Grease and flour a 9 x 5-inch loaf pan.
3. Mix brown sugar and cinnamon together in a bowl and set aside.
4. In a mixer combine white sugar and butter until smooth. Add eggs and vanilla and continue to beat on medium speed until combined.
5. Add flour and baking powder, then milk. Pour half the batter into the prepared pan.
6. Cover with half of the apples. Pat apples into batter with the back of a spoon.
7. Sprinkle with half of sugar and cinnamon mixture. Pour the remaining batter over apple layer; top with remaining apples and add more brown sugar/cinnamon mixture.
8. Bake for 50 minutes or until toothpick inserted into the center comes out clean
9. Cool in pan 10 minutes before transferring to a cooling rack.





SMELL THE PLAYDOUGH

BASIC PLAYDOUGH RECIPE

Mix together:

- 2 cups flour
- 1 cup salt
- 2 tsp cream of tartar

In sauce pan heat up:

- 2 cups water
- 4 Tbsp oil

- Add the flour mixture and mix until thick.
- Dump onto counter and mix in oils/ food colouring and any other ingredients such as sparkles/dried petals etc.

CALMING LAVENDER

- Dried lavender flowers (optional but provides texture)
- 10 drops of lavender essential oil
- Purple food color {a few drops}

HARMONIZING ROSE

- Rose petals {dried ones keep better in the dough}
- 10-15 drops of rose essential oil
- Pink or red food color {a few drops}

UPLIFTING CITRUS

- Zest of one orange and one grapefruit
- 10 drops of orange essential oil
- Orange food coloring {just a few drops}

SPICE PAINTS

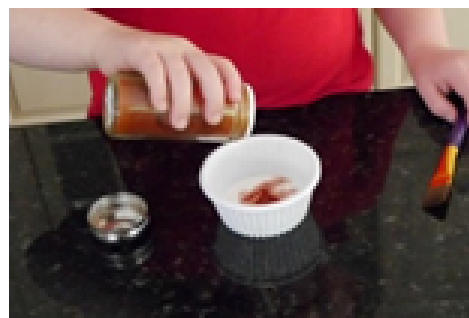
MATERIALS:

- white washable paint
- a variety of spices

INSTRUCTION:

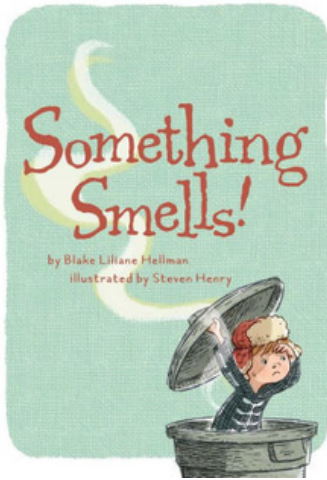
- Mix your spices in with the glue.
- Make a beautiful painting using the different smell and colours the spices make.

How do the different spices smell?



BOOKS

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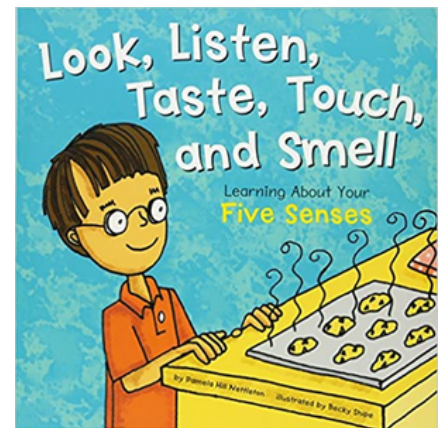
HEAR STORY
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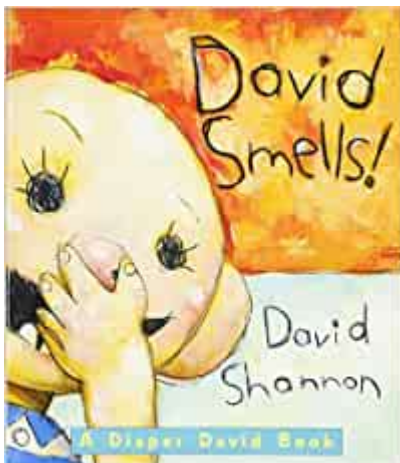


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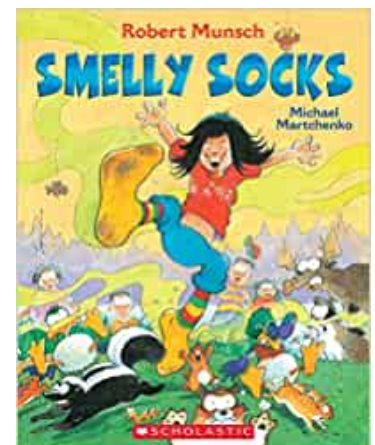
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SONGS/RHYMES

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THE FIVE SENSES SONG

Tune: "Old Mac Donald Had a Farm"

On my face I have two eyes;
Use them every day.
They are used to help me see
When I work and play.
With a look, look here,
And a look, look there,
Here a look, there a look,
Everywhere a look, look.
On my face I have two eyes;
Use them every day!

On my face I have a nose;
Use it all the time.
When I sniff it I can tell
Vinegar from lime.
With a sniff, sniff here,
And a sniff, sniff there,
Here a sniff, there a sniff,
Everywhere a sniff, sniff.
On my face I have a nose;
Use it all the time!

In my mouth I have a tongue;
Use it when I eat.
Tasting with it I can tell
Sour from the sweet.
With a lick, lick here,
And a lick, lick there,
Everywhere a lick, lick.
In my mouth I have a tongue;
Use it when I eat!

On my head I have two ears;
Listening all day long.
And if I didn't have them there,
I couldn't hear this song!
With a listen here,
And a listen there,
Everywhere a listen, listen.
On my head I have two ears;
Listening all day long!

On my body I have skin;
Feeling cold and heat.
It stretches from atop my head
Way down to my feet.
With a touch, touch here,
And a touch, touch there,
Here a touch, there a touch,
Everywhere a touch, touch.
On my body I have skin;
Feeling cold and heat

SING A SONG OF SENSES

Tune: "The Farmer in the Dell"

We use our tongues to taste.
We use our tongues to taste.
We taste the flavors in our food.
We use our tongues to taste.

We use our ears to hear.
We use our ears to hear.
We hear noises loud and soft.
We use our ears to hear.

We use our eyes to see.
We use our eyes to see.
We see colors all around.
We use our eyes to see.

We use our noses to smell.
We use our noses to smell.
We smell flowers and perfume.
We use our noses to smell.

We use our hands to touch.
We use our hands to touch.
We touch things both smooth and rough.
We use our hands to touch.

FIVE SENSES

Tune: "Where is Thumbkin"

Five senses, five senses
We have them. We have them.
Seeing, hearing, touching,
Tasting and smelling.
There are five. There are five.

THE SMELLING SONG

Tune: "It's Raining, it's Pouring"

I'm smelling, I'm smelling,
my nose is busy smelling.
This is the song I like to sing,
When I smell most anything

Song Sources

(Click on Link):

- [Preschool Education](#)
- [National Park Service](#)

FIVE SENSES

Tune: "B-I-N-G-O"

There are five senses that we all know,
Can you help us name them?
See, hear, taste, touch, smell
See, hear, taste, touch, smell
See, hear, taste, touch, smell
These are our five senses!

SPLENDID SENSES

Tune: "The Bear Went Over the Mountain"

My (eyes) are made for (seeing).
My (eyes) are made for (seeing).
My (eyes) are made for (seeing).
So I can (see) my world.

Continue with the following:

- ears...hearing
- nose...smelling
- mouth...tasting
- hands...touching

SCENTED SIDEWALK CHALK PAINT

Ingredients:

- 1 cup Water
- Kool-Aid
- Smashed up Chalk (will make colors more vibrant) or 1 cup Cornstarch

Instructions:

1. Mix water and Kool-Aid in a container.
2. Either add in cornstarch or powdered chalk to mix.
3. Stir and Play!

Note- If using chalk instead of cornstarch put your chalk piece to a zip-lock bag, seal, and smash into a powder using a hammer on a flat surface.



NATURE WALK...

...with some cinnamon

The game is simple (which is the very best kind of game on a chilly day outside with wee ones).

Follow your nose, and some clues, to find the sprinkled pile of cinnamon.



Give the cinnamon a few sniffs to be sure your kids will recognize the scent. If you wish you could teach them how to properly smell something (by wafting it with their hand towards their nose) – a good practice for budding chemists!

To start sprinkled some cinnamon on an object on your walk. For example on a tree that had been cut or has fallen. For the first few times you may need to help them out with some good hints. After the get the idea for the game maybe let them become the hider of the cinnamon.

NOTE: Other smells may be used instead of cinnamon, or add other smells just to keep things interesting.



Science of Smell for Kids

Inventors of Tomorrow- Hands on Science and Engineering Education
for children 3-6

[click here](#)

Scent and Smell for Toddlers

[click here](#)

15 Scent-sational Sensory Activities for Kids

[click here](#)

6 Smelly (and Really Fun!) Activities for Kids

[click here](#)

Five Senses: The Sense of Smell -

Educational Videos for Kids

[click here](#)

50 Crafts and Activities to Explore Our 5 Senses

[click here](#)

48 Five Senses Activities for Kids to Explore All Five

[click here](#)

StrongStart GO

StrongStart in the Great Outdoors

In-person StrongStart program in Powell River Parks

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StrongStart Outreach, in collaboration with the ORCA Bus project, is offering StrongStart GO- an outdoor program ([see schedule here](#)).

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. The StrongStart team has created suggestions on how to prepare for an outdoor program: [click here](#)

-- 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. **ALL REGISTRATION FORMS MUST BE SENT WITH THE CHILD'S BIRTH CERTIFICATE.** (other acceptable ID include: Certificate of Citizenship, Documents issued by Immigration Canada, Canadian Passport/Visa, Permanent Resident Card, Aboriginal Status Card).
- 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:

- **Families will express interest in attending by leaving a message at 604-414-2635.** After leaving a message, families who receive phone confirmation of registration with the school district will be able to attend.

-- 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 they 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](#).

ARE YOU INTERESTED IN INCREASING YOUR UNDERSTANDING OF CHILDREN'S "RISKY" OUTDOOR PLAY?

Mariana Brussoni (UBC expert on outdoor play and injury prevention) and her team have been working on understanding children's outdoor risky play and have created an information page about this. Have a look: [click here](#)

The webpage was developed in partnership with BC Children's Hospital, UBC and the BC Injury Prevention Unit.

What is so great about the GREAT OUTDOORS?

Get Outside and Play!

from:

Get Outside and Play Canada

website:

[CLICK HERE](#)



Here is another great resource from **Get Outside and Play Canada**:

[click here](#)

DID YOU KNOW?

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".

Two types of cedar that are native to the BC coast are
Yellow Cedar and **Western Red Cedar**.

Challenge your knowledge of nature! The next time that you are outside, see if you can find the differences between Yellow Cedar and Western Red Cedar.

Here is a link to The Royal BC Museum's Learning Portal, which has two video presentations by museum curator Dr. Ken Marr that show the differences between the two types of cedar : [CLICK HERE](#)



Western Red Cedar



Yellow Cedar