

# StrongStart DO

StrongStart Discover Online

Virtual Inspiration for Families at Home



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## Publication #13

FROM KATE, PAULA,  
DANIELLE AND RITA

This is our second publication dedicated to traditions.

This is our last publication for 2020. Our next publication will be sent out on January 4, 2021.

Best wishes for a warm and safe holiday season.

This week's theme is:

**TRADITIONS**  
**Week 2**

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# SD47 EARLY LEARNING INFORMATION

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## VIRTUAL STRONGSTART

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

### **SD47 STRONGSTART ON INSTAGRAM**

School District 47's Instagram site is: [sd47strongstart](#).

Daily posts following this schedule:

- Monday- Colours of the Week
- 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](mailto:rita.john@sd47.bc.ca).

## SUFGANIYOT

Sufganiyot are jelly donuts that are a traditional Hanukkah treat in Israel.

### Ingredients

- 1 ball store bought pizza dough or refrigerator biscuit dough
- 1/2 cup granulated sugar
- 1/2 cup seedless raspberry jelly (any flavor jelly is ok, or even Nutella)
- Oil for frying

### Instructions:

Prepare Dough

1. If using **pizza dough**: Allow your dough to warm up on the counter for 30 mins to an hour. Roll out the dough to about 1/4 inch thick and use round cookie cutter to cup out circles of dough. If using **biscuit dough**: flatten and stretch a bit.
2. Pour about 2 inches of oil into a walled frying pan. Warm the oil to about 350 degrees. I recommend using a candy thermometer.
3. While it's heating, put sugar into a shallow bowl.
4. Scoop 1/2 cup of raspberry jam into the corner of a large plastic bag and snip off a small portion of the corner to make a pastry bag.
5. Place 2 or 3 rounds of dough into the pan at a time. Flip once the bottom side is lightly brown. Be careful not to over cook.
6. When both sides are cooked, place onto paper towels, then toss in the granulated sugar.
7. Using a long skewer, make a whole in one side of the donut and wiggle it around to create a cavity inside.
8. Squeeze the raspberry jam into the whole in the donut. Don't be scared to put too much in.
9. Remember the dough is not sweet, so the filling is key.
10. Eat them! Just like everything fried, they're better hot.



## **KINDERPUNSCH: GERMANY (KID-FRIENDLY HOLIDAY DRINK)**

A flavorful hot fruit drink. Goes especially well with freshly baked Christmas cookies and holiday celebrations

### Ingredients:

- 16 ounces fruit tea, ideally rosehip
- 16 ounces apple juice
- juice of one lemon
- 3 teaspoons honey

### Instructions:

- Brew tea and leave to infuse for 10 minutes.
- Stir in the apple juice, fresh lemon juice and honey. Reheat, until the honey has dissolved completely.
- Serve in festive mugs.



## KWANZAA HARVEST BASKET

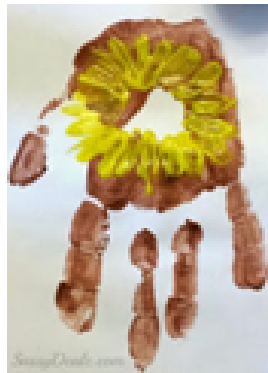
Kwanzaa is a Swahili word that means “first” and signifies the first fruits of the harvest.

### Supplies:

- scissors
- glue
- construction paper (brown and various colors to make fruits and vegetables).
- markers

### Instructions:

1. Cut basket shape out of brown paper. Cut one to paste onto of basket with handles. This is so you can put the vegetables and fruit inside the basket.
2. Glue front smaller basket onto larger basket. Make sure you only glue along the sides.
3. Cut out vegetable shapes or find some in magazines or from the grocery store paper ads.
4. Fill basket with yummy vegetables and fruits you enjoy!



## BABY JESUS IN THE MANGER

### Supplies:

- scissors
- glue
- brown and yellow craft paint
- white paper

### Instructions:

1. Paint your child's hand with brown washable paint. Push it against a white piece of paper and let dry.
2. Take some yellow paint and make a circle with outward strokes. This is going to be the hay that the baby will lay on.
3. Cut out an oval and a circle from white paper. Color the face and the body. Draw the eyes and a mouth with a black marker. Glue them on top of the yellow paint.

# BOOKS

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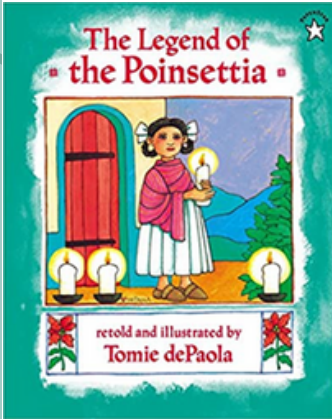


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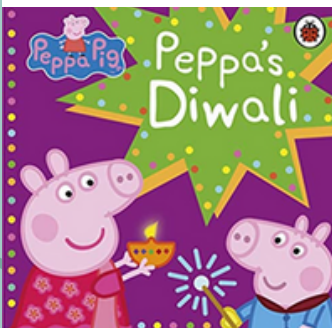
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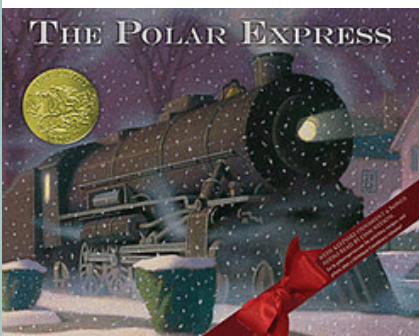
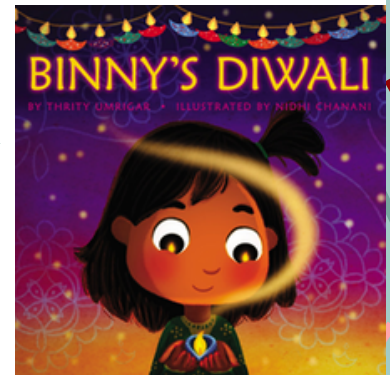


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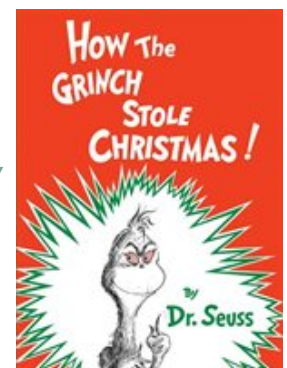
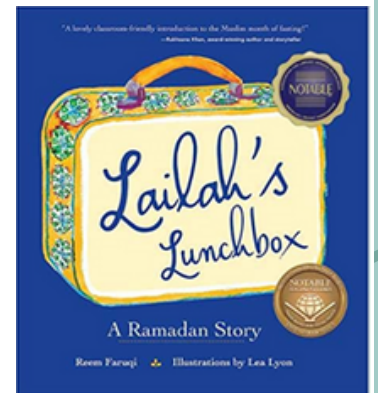


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## SPIN THE DREIDEL

Sung to: "Row ,Row ,Row Your Boat"  
 Spin, spin, spin the dreidel  
 Spin it round and round  
 Wait to see what letter comes up  
 And the prize which you have found.



## HANUKKAH, HANNUKKAH

Sung to: "Three Blind Mice"  
 Hanukkah, Hanukkah  
 Hanukkah is here, Hanukkah is here  
 Light eight candles in a row,  
 Light eight candles and see them glow,  
 Light eight candles so we all know  
 That Hanukkah is here.

## TWINKLE CHRISTMAS STAR

Sung to: "Twinkle Twinkle Little Star"  
 Twinkle Twinkle Christmas Star  
 How I wonder what you are.  
 Shining high up in the sky  
 Show the Shepherds where Christ lies.  
 Twinkle Twinkle Christmas Star.  
 How I wonder what you are.

## EIGHT CANDLES

Sung to: "Frere Jacques"  
 Eight Candles, eight candles,  
 I can't wait, I can't wait.  
 Hanukkah is here,  
 We celebrate each year.  
 Hanukkah, Hanukkah.  
 Eight candles, eight candles,  
 I can't wait, I can't wait.  
 We count the lights,  
 Shining so bright.  
 Hanukkah, Hanukkah.



## KWANZAA'S HERE-1

Sung to: "Three Blind Mice"  
 Red, green, black,  
 Red, green, black.  
 Kwanzaa's here,  
 Kwanzaa's here.  
 The decorations are quite a sight,  
 We light a candle every night,  
 The holiday is filled with light.  
 Kwanzaa's here.

## WHOSE?

Sung to: "Mary Had a Little Lamb"  
 Guess whose beard is long and white?  
 Long and white? Long and white?  
 Guess whose beard is long and white?  
 It's Dear old Santa.  
 Guess whose suit is red and white?  
 Red and white? Red and white?  
 Guess whose Suit is red and white?  
 it's Dear old San-ta!  
 Guess who comes on Christmas Eve?  
 Christmas Eve? Christmas Eve?  
 Guess who comes on Christmas Eve?  
 It's Dear old San-ta!

## KWANZAA'S HERE-2

Sung to: "Three blind Mice"  
 I can't wait,  
 I can't wait  
 To celebrate,  
 To celebrate.  
 We'll gather with friends and family,  
 We'll eat all the food eventually  
 Special corn for kids like me,  
 I can't wait.  
 Red, green, black  
 Red, green, black  
 Let's give a cheer  
 Kwanzaa's here.  
 The decorations are quite a sight.  
 We'll light a candle every night.  
 The holiday is filled with light.  
 Kwanzaa's here.



## HERE IS THE CHIMNEY

Here is the chimney  
(Make fist, enclose thumb)  
Here is the top.  
(Palm of hand on top of fist)  
Open the lid.  
(Remove hand quickly)  
And out Santa will pop.  
(Pop up thumb)



## FIVE LITTLE BELLS

Five little bells hanging in a row.  
The first one said, "Ring me slow."  
The second one said, "Ring me fast."  
The third one said, "Ring me last."  
The fourth one said, "I'm a chime."  
The fifth one said, "Ring me at Christmas time."  
The sixth one said, "Ring me with the others."  
The seventh one said, "Ring me for the mothers."  
The eighth one said, "Ring me with a song."  
The ninth one said, "Ring me all day long."



## GINGERBREAD BOY/GIRL

I'm a little gingerbread boy.  
(Boys bow)  
I'm a little gingerbread girl.  
(Girls bow)  
I can jump,  
(All jump)  
And I can twirl.  
(All turn around)  
I have raisins or my eyes,  
(Point to eyes)  
And bright red buttons  
just this size.  
(Point to buttons down chest)  
I have a mouth,  
It looks like this.  
(Point to smiling mouth)  
I can even blow a kiss.  
(Blow a kiss)  
I'm warm and tasty,  
But don't eat me.  
(Shake head)  
Hang me on  
your Christmas tree!  
(Put hands over head)



## FIVE LITTLE CHRISTMAS TREES

5 little Christmas Trees  
Standing all alone  
Their hearts were very sad  
'Cause they hadn't found a home.  
Then chop went the ax  
And down fell the tree  
And off they went with a happy family!  
(continue from 4-1 Christmas Trees)  
No little Christmas Trees  
Standing all alone  
Their hearts were very happy  
'Cause they all found a home!!!

# GROSS MOTOR TRADITIONAL

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## LUTA DE GALO: BRAZIL

Translation: Luta de Galo means  
“fight of the rooster” in Portuguese

Equipment:

1 handkerchief, bandana or piece of cloth for each player

Number of Players:

Usually played with 2 kids, but more can play



How to Play:

1. Tuck the handkerchief/bandana/cloth into a pocket or waistband of each player. Enough of the cloth should be hanging out so it is visible to the other players and so it can be taken by another.
2. Players should cross their right arm over across their chest (hence they cannot use it) and try to grab the other person’s cloth with their left hand while hopping on only one foot.
3. The players then hop around trying to grab each other’s handkerchief

## FLIP THE LATKE: A HANUKKAH GAME

How to Play:

1. Use a light weight frying pan
2. Tie or tape a string to the handle and tie the other end onto a bean bag.
3. Try to flip the bean bag into the frying pan.

If you don't have a frying pan, you can use a sturdy paper plate in place of the frying pan and a round cut out of a piece of paper in place of the beanbag.



## SEVEN STONES GAME: INDIA

How to Play:

1. This game is played by all ages of children in India, and has many rules and instructions to the game. (Feel free to look them up).



**FOR YOUNGER CHILDREN:**

1. Stack up 7 stones onto of each other and as one child throws the ball for a set distance away. Another child can try and catch the ball after it is thrown.
2. Each child has 3 turns to try and make the stones fall over.







Ukraine: Traditional Story  
The Spider and the Christmas Tree  
[click here](#)

Before the 16th century, Tinsel was used for  
decorating sculptures rather than Christmas trees  
[click here](#)

Pickle Ornaments on a Christmas Tree Hold Special  
Meaning, Believe It or Not  
[click here](#)

15 Ideas for Celebrating Christmas in 2020 That Are  
as Safe as They Are Special  
[click here](#)

Christmas Around the World  
[click here](#)



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](mailto: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, only families who receive phone confirmation of registration with the school district will be able to attend.

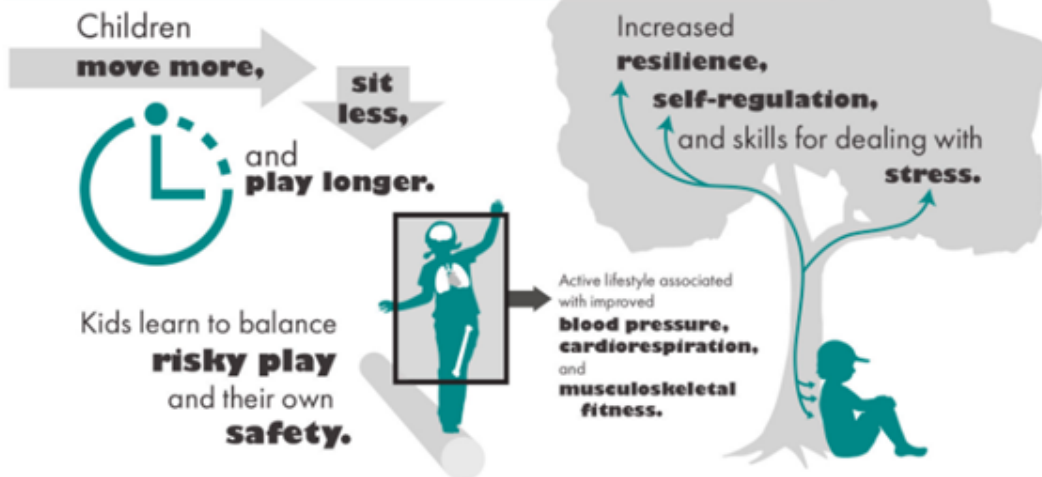
**-- ATTENDANCE:**

- 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 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](#).

## What is so great about the GREAT OUTDOORS?

### The Benefits of Outdoor Play



Canadian experts from 14 organizations reviewed the best available evidence and released a Position Statement that access to active play in nature and outdoors—with its risks—is essential for healthy child development. They recommend increasing children's opportunities for self-directed outdoor play at home, at school, in the community and in nature. [Learn more at http://bit.ly/position-on-play](http://bit.ly/position-on-play)

**NEED INSPIRATION TO GET OUTSIDE?** Check out these 12 benefits of outdoor play [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".

Challenge your knowledge of nature! The next time that you are outside, identify **Western Red Cedar**.



For more information about **Western Red Cedar** : [CLICK HERE](#)

### 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.