

StrongStart DO

StrongStart Discover Online
Virtual Inspiration for Families at Home



DECEMBER 2022 | PUB. #4, 22/23

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THIS MONTH'S FOCUS IS: TRADITIONS

There are so many traditions celebrated during the winter months. They could be held by culture, community, family or be personal traditions. This publication presents a variety of thoughts around Traditions. Enjoy!

StrongStart programs will close on Friday December 23, and open again Monday January 9, 2023.

We hope you have a wonderful holiday filled with a perfect balance of connection and relaxation.

See you in 2023!

**From: Kate, Paula,
Danielle, Kristal
and Rita**

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**We respectfully acknowledge that we live, work, and learn on the
traditional territories of the Tla'amin (łəʔamən) Nation**



SCHOOL DISTRICT 47

EARLY LEARNING INFORMATION



FEATURE

Powell River Salmon Society

The School District SD47 ORCA Neighbourhood StrongStart program visits the Alex Dobler Salmon Centre Thursday mornings. To enhance your visits there, check out the Powell River Salmon Society online education website. The webpages below provide online lessons, a language centre, live streaming and more.

Salmoneducation.org
[CLICK HERE](#)



Live Stream
[CLICK HERE](#)



SD47 ORCA SCHEDULE:

DECEMBER 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
			December 1 9:30am-11:30am Alex Dobler Salmon Centre LANG BAY FISH HATCHERY (10556 Sunshine Coast Hwy)	December 2 9:30am-11:30am LARRY GOUTHRO PARK (4726 Manson Ave)
December 5 10:00am-12:00pm LUND (NORTHSIDE COM. REC. CENTRE) (9656 Larson Bay Road)	December 6 NO PROGRAM	December 7 9:30am-11:30am WILLINGDON BEACH (4835 Marine Ave)	December 8 9:30am-11:30am Alex Dobler Salmon Centre	December 9 9:30am-11:30am LARRY GOUTHRO PARK
December 12 11:30am-2:00pm TEXADA SCHOOL (2007 Waterman, VanAnda)	December 13 NO PROGRAM	December 14 9:30am-11:30am MUSIC ACADEMY (7280 Kemano St)	December 15 9:30am-11:30am Alex Dobler Salmon Centre	December 16 9:30am-11:30am LARRY GOUTHRO PARK
December 19 9:30am-11:30am SUNSET PARK (WILDWOOD) (2611 Lois Ave)	December 20 NO PROGRAM	December 21 NO PROGRAM	December 22 9:30am-11:30am Alex Dobler Salmon Centre	December 23 9:30am-11:30am TIMBERLANE (north parking lot across from Timberlane track) (5400 Timberlane)
December 26 WINTER BREAK NO PROGRAM	December 27 WINTER BREAK NO PROGRAM	December 28 WINTER BREAK NO PROGRAM	December 29 WINTER BREAK NO PROGRAM	December 30 WINTER BREAK NO PROGRAM

SD47 ORCA

(On THE Road WITH Children's Activities)
 NEIGHBORHOOD STRONGSTART

WELCOME 2023!

JANUARY 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
January 2 WINTER BREAK NO PROGRAM	January 3 WINTER BREAK NO PROGRAM	January 4 WINTER BREAK NO PROGRAM	January 5 WINTER BREAK NO PROGRAM	January 6 WINTER BREAK NO PROGRAM
January 9 9:30am-11:30am SUNSET PARK (WILDWOOD) (2611 Lois Ave)	January 10 NO PROGRAM	January 11 9:30am-11:30am WILLINGDON BEACH (4835 Marine Ave)	January 12 9:30am-11:30am Alex Dobler Salmon Centre LANG BAY FISH HATCHERY (10556 Sunshine Coast Hwy)	January 13 9:30am-11:30am LARRY GOUTHRO PARK (4726 Manson Ave)
January 16 9:30am-11:30am LUND (NORTHSIDE COM. REC. CENTRE) (9656 Larson Bay Road)	January 17 NO PROGRAM	January 18 9:30am-11:30am MUSIC ACADEMY (7280 Kemano St)	January 19 9:30am-11:30am Alex Dobler Salmon Centre	January 20 9:30am-11:30am LARRY GOUTHRO PARK
January 23 11:30am-2:00pm TEXADA SCHOOL (2007 Waterman, VanAnda)	January 24 NO PROGRAM	January 25 NO PROGRAM	January 26 NO PROGRAM	January 27 9:30am-11:30am TIMBERLANE (north parking lot across from Timberlane track) (5400 Timberlane)
January 30 9:30am-11:30am SUNSET PARK	January 31 NO PROGRAM			

SD47 ORCA HIGHLIGHTS

SD47 ORCA Neighbourhood StrongStart is outside rain or shine September-June.

Each place is unique in what it has to offer.

See our Outdoor SD47 ORCA schedule:

[CLICK HERE](#)

Different possibilities for learning arise and continued learning presents after repeated visits.

See you there!



Timberlane

It has been a few months since we visited our special adventure spot at Timberlane. It is just as we remember it. Our forts, our traces of play, our sign that declares **WE PLAY HERE!** When we visit and re-visit the same outdoor spaces over time, we develop attachments to these special places and the connections that we form with outdoor spaces make them meaningful.

What new adventures and learning opportunities are waiting for us in the great outdoors?

Come And Find Out

MEXICAN HOT CHOCOLATE

INGREDIENTS:

- 2 cups milk
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons granulated sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- 1/8 teaspoon chili powder
- 1/8 teaspoon ground cayenne (optional- you can omit this if you don't want it too spicy)
- 1 ounce bittersweet chocolate

Optional toppings:

Marshmallows, chocolate shavings, cinnamon stick for stirring

INSTRUCTIONS:

1. In a medium saucepan over medium-high heat, add milk, cocoa powder, sugar, cinnamon, vanilla extract, chili powder, cayenne pepper (if desired).
2. Mix together, with a whisk, add the bittersweet chocolate and heat until the chocolate has completely melted, and the mixture is hot, but not boiling.
3. Divide hot chocolate into 2 mugs and serve with marshmallows, chocolate shavings and a cinnamon stick.



LEBANESE HUMMUS

Hummus is a healthy snack and in the Middle East is typically eaten with pita bread

INGREDIENTS:

- 1 -15 oz can of chickpeas (garbanzo beans), drained and rinsed
- juice of 1 lemon
- 1/3 cup tahini
- 1 or 2 cloves garlic {depending on how much you like garlic}
- 3 Tablespoons extra virgin olive oil {you may want more for thinner hummus}
- Parsley and paprika to garnish

INSTRUCTIONS:

1. Combine all ingredients in the food processor. Blend for 30 seconds to 1 minute (blend longer for more creamy texture). Add an additional small amount of olive oil to thin out the hummus and blend again if you think it is too thick.
2. Place in serving bowl. Garnish ideas: chickpeas, paprika, parsley and a drizzle of olive oil.
3. Serve immediately with fresh, warm pita bread, veggies or cover and refrigerate.



LET'S CREATE

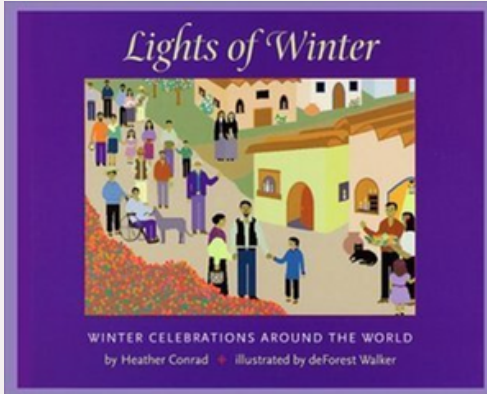
Mapping a Connection to our Community



Each month we intentionally draw something together from our walk while talking about the place, the time of year and the changes we see. We invite you to start this journey if you have not and save your drawings in a collection. Last month we celebrated the arrival of the swans. What will you see in our community?

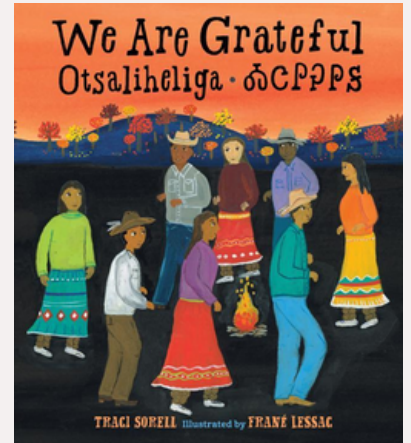
The BC Ministry of Education. (2019).
Let's Play Activities for Families -
[CLICK HERE](#)

The BC Ministry of Education. (2019).
Play Today - [CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)

HEAR STORY
[CLICK HERE](#)

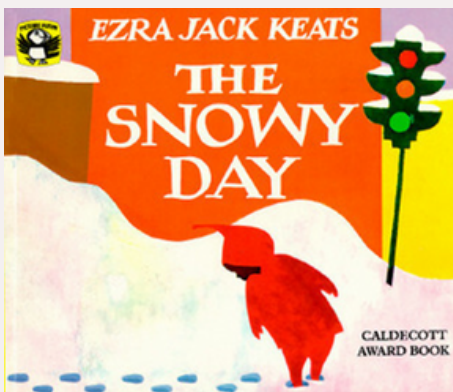


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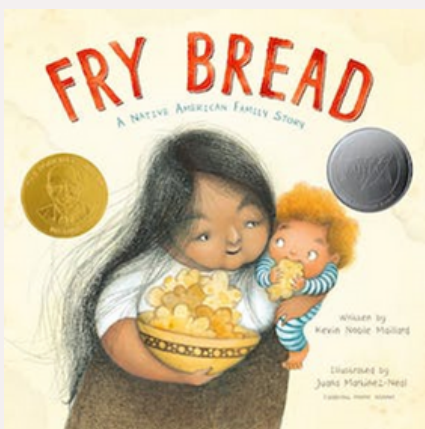
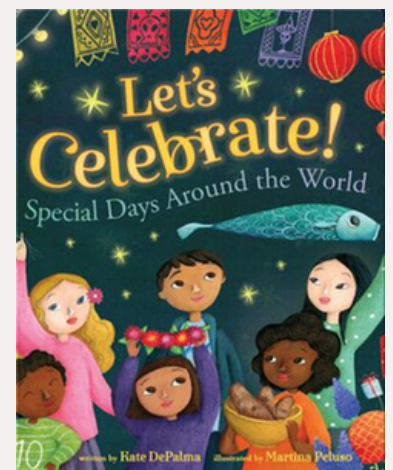


HEAR STORY
[CLICK HERE](#)



HEAR STORY
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HEAR STORY
[CLICK HERE](#)



WINTER WONDERLAND

Sleigh bells ring, are you listening
In the lane, snow is glistening
A beautiful sight, we're happy tonight
Walkin' in a winter wonderland

Gone away is the bluebird
Here to stay is a new bird
He sings a love song as we go along
Walkin' in a winter wonderland

In the meadow we can build a snowman
then pretend that he is Parson Brown
He'll say are you married
We'll so no man,
But you can do the job when you're in town

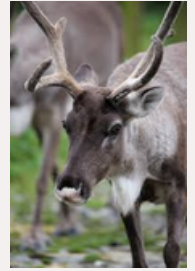
Later on we'll conspire
As we dream by the fire
to face unafraid
the plans that we made
Walkin' in a winter wonderland.



REINDEER POKEY

Sung to: "The Hokey Pokey"

You put your antlers in, you put your antlers out.
You put you antlers in and you shake them all about.
You do the Reindeer Pokey and you turn yourself around.
That's what it's all about!
You put your hooves in....
You put your red nose in....
You put your fluffy tail in...
You put your reindeer body in...



WIND THE BOBBIN UP

Wind the bobbin up, wind the bobbin up
Pull, pull, clap clap clap
Wind the bobbin up, wind the bobbin up
Pull, pull, clap clap clap

Point to the ceiling, point to the floor
Point to the window, point to the door
Clap your hands together, 1, 2, 3,
Put your hands down on your knees



MELE KALIKIMAKA (A HAWAIIAN SONG)

*pronounced meh-leh kah-lee-kee-mah-kah
Mele Kalikimaka is the thing to say
On a bright Hawaiian Christmas Day
That's the island greeting that we send to you
From the land where palm trees sway
Here we know that Christmas will be green and bright
The sun to shine by day and all the stars at night
Mele Kalikimaka is Hawaii's way
To say "Merry Christmas to you."

Mele Kalikimaka is the thing to say
On a bright Hawaiian Christmas Day
That's the island greeting that we send to you
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Here we know that Christmas will be green and bright
The sun to shine by day and all the stars at night
Mele Kalikimaka is Hawaii's way
To say "Merry Christmas to you."



PEPPERMINT

Oh, I took a lick of my peppermint stick,
And I thought it tasted yummy.
It used to be on my Christmas tree,
But I like it better in my tummy

PITTER PATTER, PITTER PATTER

Pitter patter, pitter patter,
Listen to the rain!
Pitter patter, pitter patter,
On the window pane.
Dropping, dropping, dropping, dropping,
Dropping on the ground.
Dripping, dripping, dripping, dripping,
Listen to the sound!

I WANT A HIPPOPOTAMUS FOR CHRISTMAS

I want a hippopotamus for Christmas
Only a hippopotamus will do
Don't want a doll, no dinky Tinker Toy
I want a hippopotamus to play with and enjoy

I want a hippopotamus for Christmas
I don't think Santa Claus will mind, do you?
He won't have to use our dirty chimney flue
Just bring him through the front door, that's the easy thing to do

I can see me now on Christmas morning, creeping down the stairs
Oh what joy and what surprise when I open up my eyes
To see a hippo hero standing there

I want a hippopotamus for Christmas
Only a hippopotamus will do
No crocodiles, no rhinoceroses
I only like hippopotamuses
And hippopotamuses like me too

Mom says the hippo would eat me up, but then
Teacher says a hippo is a vegetarian

There's lots of room for him in our two-car garage
I'd feed him there and wash him there and give him his massage
I can see me now on Christmas morning, creeping down the stairs
Oh what joy and what surprise when I open up my eyes
To see a hippo hero standing there

I want a hippopotamus for Christmas
Only a hippopotamus will do
No crocodiles or rhinoceroses
I only like hippopotamuses
And hippopotamuses like me too!

Here's an interesting fact about the popular Christmas Hippopotamus Song

In 1953 a ten-year-old girl from Oklahoma, Gayla Peevey sang the song as a way to raise money for the Oklahoma City Zoo's first hippopotamus. It became a nationwide hit after that, although John Rox wrote the song "I Want a Hippopotamus for Christmas" in 1950! The song was not written specifically for the Oklahoma zoo, it's just that when they needed the hippo the song came out so the Christmas hippopotamus song just fitted in.



HUSH, LITTLE BABY

(This is a beautiful nursery rhyme to sing at night time as your little one is falling asleep)

Hush, little baby, don't say a word,
Papa's gonna buy you a mockingbird.

And if that mockingbird don't sing,
Papa's gonna buy you a diamond ring.

And if that diamond ring turn brass,
Papa's gonna buy you a looking glass.

And if that looking glass gets broke,
Papa's gonna buy you a billy goat.

And if that billy goat don't pull,
Papa's gonna buy you a cart and bull.

And if that cart and bull turn over,
Papa's gonna buy you a dog named Rover.

And if that dog named Rover won't bark,
Papa's gonna to buy you and horse and cart.

And if that horse and cart fall down,
Well, you'll still be the sweetest little baby in town.



CHRISTMAS ORNAMENT BALANCING

SUPPLIES:

- Shatterproof ornaments (or small wrapped packages)
- Painter's Tape (optional)
- Laundry Basket
- Large Bag or Cardboard Box



First, place your shatterproof Christmas ornaments into a laundry basket. Hand each child a spoon and asked them to grab an ornament, place it on their spoon and walk and balance it over to the other bag across the room.

Option:

You may want to make a path with painters' tape for them to walk (balance) along and follow to where the bag is that they will put their ornament in.

OTHER VARIATIONS:

instead of Christmas baubles you could use small boxes and pretend they are presents that your kids must save and return to Santa's toy sack. Place a big bag at the end and have them deposit their presents in it!

TRY NOT TO RING THE BELLS OBSTACLE COURSE



Obstacle #1: Hang a hula hoop from the beam, in a door frame, to the side of a chair, or if you have a tunnel, you can tie your bells to entrance of the tunnel then tie Christmas bells to the top of the hoop (make it even trickier by tying them to the bottom as well!).



Obstacle #2: is for crawling under. Use a piece of plastic pipe, a pool noodle or your broomstick to hang the bells from.



Obstacle #3: use a short length of skirting board as a balance beam, or a piece of decking board. Lay the beam directly on the floor which is perfect for little ones. Place your bells along the beam for the children to step over. If they roll off too easily, place a small piece of modeling clay or playdough underneath each one to help stabilize them a little.

Enjoy seeing if you can do it without ringing those jingle bells!

TRADITIONS

Creating space to think about “what matters”

The month of December brings into perspective the thoughtfulness of tradition. What is the history of tradition and where does it come from?

This month we think about traditions through an intentional lens of reciprocity.

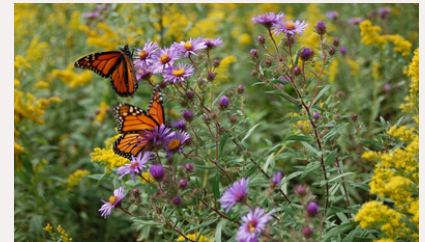
Returning the Gift

“Gratitude is our first, but not our only gift. We are storytellers, music makers, devisers of ingenious machines, healers, scientists, and lovers of an Earth who asks that we give our own unique gifts on behalf of life.

“Let us live in a way that Earth will be grateful for us”

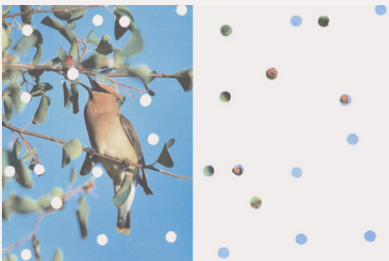


Article: [CLICK HERE](#)



The Serviceberry An Economy of Abundance

As Robin Wall Kimmerer harvests serviceberries alongside the birds, she considers the ethic of reciprocity that lies at the heart of the gift economy. How, she asks, can we learn from Indigenous wisdom and ecological systems to reimagine currencies of exchange?



Article: [CLICK HERE](#)

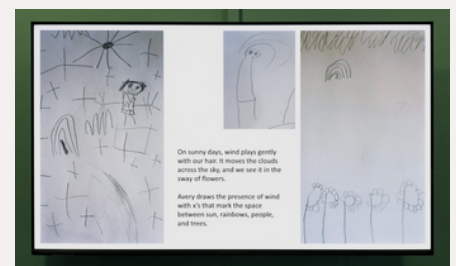


The Gathering Tree

Pedagogist Teresa Smith, explains the exhibition that is on display at the Kamloops Art Gallery, and how "The Gathering Tree" narrates the children's efforts over four seasons to live well with a 50-year old maple tree.




Video: [CLICK HERE](#)



LET'S PLAY "BE A FRIEND"

Many holiday traditions involve visiting with family and friends. Pages 7 and 8 of the British Columbia Ministry of Education (2019) handbook, "Let's Play: Activities for Families", describes an activity called "Be A Friend" that uses children's strengths to guide and build successful cooperative play experiences.



Be a Friend

What

A common perspective is that "it takes a village to raise a child." This means that an entire community, in different ways, plays a role in raising children, and that different people and viewpoints are needed for healthy child development. Children learn from their parents, caregivers, community, and elders. They will copy and follow adults' actions, including how to interact with others. Here are some ideas to help your child feel safe and connected with the community and people around them by practicing friendship skills and developing empathy through play.

1 Create the Environment

When a social activity comes up (child care, school, a birthday party, going to a community centre, a playdate, or having a sibling to play with), talk with your child about what's going to happen, who might be there, and how they might practice being a good friend.

Ask your child what they think it means to be a friend. You may wish to suggest a few things to start the conversation or you may want to read stories about friends. Telling a story using yourself as an example or recalling an example that includes your child might also prompt some ideas. The more your child comes up with ideas on their own, the more they will understand and remember. Here are some examples of what it means to be a good friend:

- Sharing toys/materials
- Taking turns with a toy or activity
- Introducing yourself and smiling
- Responding when someone talks to you
- Being polite, asking to play
- Helping or offering to help
- Sharing with others what you like about them or their efforts

2 Play!

Choose one idea your child has or one idea from the list above to practice during your play time. Play alongside the children and model giving toys or taking turns. Model co-operation and friendliness and say things like, "Here's a ball for you" or "Your turn on the slide!"

After the activity, tell your child that you noticed what they were doing and positively reinforce that they tried something new. If you noticed other children responding positively, explain to your child what you saw. For example, "You gave a friend a car and she had a big smile! She went to show her mom! I think she was happy."

Why

Practicing being a friend will help your child to

- Develop a sense of well-being, belonging, and independence
- Strengthen communication skills
- Develop self-regulation and coping skills
- Support conflict resolution and collaboration skills

How

Have a pretend play date! Collect some stuffed animals, cars, figurines or other toys, and have a birthday party! Try role-play of being at a party.

Children often have a lot of ideas about what it means to be a good friend. Write down their thoughts and encourage them to make a story. You and your child can work together to write the words or draw pictures, or maybe your child would like to do it on their own.

If your child is still learning how to play with or around other children, start with playing next to other children. When your child continues to focus on their own play, and then begins to watch other children, try exchanging toys. In this situation, your child is holding one toy and the other child is holding a different toy. You can encourage the children to trade or model actions and positive responses while saying, "Let's trade toys!"

Go to the playground! These are ideal locations to begin practicing friendship skills because there are often other children nearby, and a lot of space for children to play. Playgrounds offer natural opportunities for introducing oneself, turn-taking, and offering to help.

Read a book with your child about making friends or other ideas that connect with this theme. Suggestions are:

- *Have You Filled a Bucket Today?* by Carol McCloud
- *The Rabbit Listened*, by Cori Doerrfeld

Check out [erase = expect respect & a safe education for tips and tools about safe and caring school communities](https://www2.gov.bc.ca/gov/content/erase) and much more: <https://www2.gov.bc.ca/gov/content/erase>

Where

Children can practice friendship skills in any environment.

When

You can practice when children are in a variety of emotional states (excited, calm, tired). Keep in mind that skill levels vary based on how we are feeling.

Some toys and personal items are particularly precious to children and your child may have some things that they do not wish to share. It is important to show children that we understand that some things are special to them. Having a special spot, or bin to put these things in so that they can be tucked away when friends come over to play, can help children to understand this. When friends or family are visiting for longer stretches, use a bag, bin or spot on a shelf with each child's name on it for their special things. When children feel secure about their most precious things, they can more easily share their other toys.



Here are some more tips for supporting children in sharing:
[CLICK HERE](#)

What is so great about the GREAT OUTDOORS?

OUTDOOR TRADITIONS

Many cherished traditions are ones that involve nature and the great outdoors.

Here is an idea for a tradition that fosters a connection with nature.

Say goodbye to 2022, or hello to 2023 by "adopting" a tree in your yard or neighbourhood. This is NOT a programme that you have to subscribe to or pay for, but rather just a way to increase awareness of local trees and really appreciate the way that they grow and change over time. What is a wonderful way to create awareness and appreciation of the trees that surround you!

ADOPT A TREE



PLT is an initiative of SFI

LEARNING IS IN OUR NATURE

Nature is a great teacher and getting kids outside to learn and play is good for their brains and bodies. Try this outdoor activity from Project Learning Tree Canada (PLT Canada) – it's safe, fun, and educational!

In this activity, children "adopt" a tree, deepening their awareness of individual trees over time and encouraging a greater understanding and appreciation of their local environment.

The next time you are in your yard or on a walk in a familiar area, invite children to choose a particular tree to observe. Suggest they become better acquainted with it by using their senses of sight, touch, hearing, and smell to describe the tree.

CRITICAL THINKING

Encourage critical thinking by asking:

- Is this tree alive? How do you know?
- How is this tree similar to and/or different from other trees around it?
- How does this tree help the environment around it?



ADOPT A TREE

CONNECTING KIDS TO NATURE

ACTIVITIES

Complete the *Adopt a Tree Journal Entry* below. Revisit this tree on a regular basis throughout the year and in a variety of weather conditions. Have children guess reasons for the changes they see and then predict changes for the future.

ADOPT A TREE JOURNAL ENTRY

Date: _____ Time: _____

Location: _____

Describe the tree: _____

What colour is the bark? _____

Why did you choose this tree? _____

What type of tree is it? _____

TIP: Not sure? Try treebee.ca to help you identify it!

HOW MANY SEASONAL SIGNS CAN YOU FIND?

Fall

- Leaf colour change
- Fallen leaves
- Colder temperatures

Spring

- Birds nesting
- Buds on branches
- New leaves growing
- Warmer temperatures



MAKE LEARNING FUN!

For more activity ideas and materials: Visit pltcana.org.

FOLLOW US

-  @PLTCanada
-  @PLT_Canada
-  @PLTCanada.official
-  @PLT-Canada

MY ADOPTED TREE

In the box, draw a picture of your tree or use a crayon or pencil to complete a leaf or bark rubbing.

© Sustainable Forestry Initiative Inc.™ Adapted from Activity 21: Adopt a Tree from Project Learning Tree's PreK-8 Environmental Education Activity Guide.

pltcana.org

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What is so great about the GREAT OUTDOORS?

OUTDOOR TRADITIONS



Celebrating Winter Solstice Hike-it-Baby

Looking for more ideas for creating outdoor traditions for your family?



WEBSITE: [CLICK HERE](#)

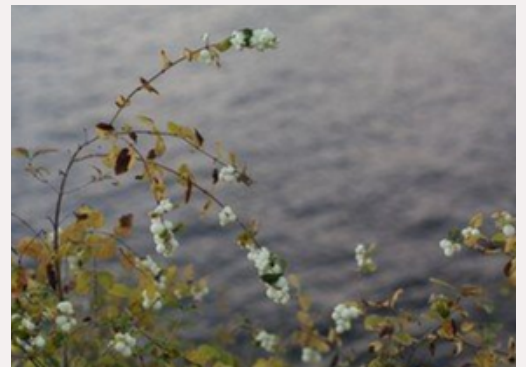
DID YOU KNOW?

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!

While you are exploring the great outdoors, see if you can identify: **Waxberry**.

- Ayajuthum name: **šesu?ay**
Pronunciation: [CLICK HERE](#) (First Voices, 2022)
- English name: **Waxberry** (sometimes called Snowberry)
- Scientific name: **Symphoricarpos albus**



First Voices (2022): **Tla'amin Nation**- Learn the **Ayajuthem** language: [CLICK HERE](#)
