



Publication #12

FROM KATE, PAULA,
DANIELLE AND RITA

At this time of year, countries around the world have many traditions. We are dedicating two newsletters to these traditions.

This week's theme is:

TRADITIONS

Contents

SD47 E.L. Information Page 2

Recipes Page 3

Art Activities Page 4

Books Page 5

Songs/Rhymes Page 6

Outside/Gross Motor Page 7

Resources Page 8

StrongStart GO Page 9

The Back Page Page 10

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SD47 EARLY LEARNING INFORMATION

PAGE 2

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- Shapes 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.

VATRUSHKA SWEET RUSSIAN BUNS

Ingredients

For the dough:

- 2 cups all-purpose flour
- 1 teaspoon instant yeast
- ½ cup milk (you can also use your favorite nut milk)
- ¼ cup brown sugar
- 3 tablespoons butter or coconut oil
- 1 egg yolk

For the filling:

- 10 oz. or 300 g farmer's cheese (cottage cheese)
- 1 egg
- 1 tablespoon vanilla extract
- 3 tablespoons honey
- 8 tablespoons cranberries, lingonberries or other berries (you can also use cranberry sauce, apple sauce or jam for the topping).



Instructions:

Make the dough:

1. Sift the flour into a large bowl and create a well in the middle.
2. Mix yeast with milk and a tablespoon of brown sugar and pour the mixture into the well.
3. Let rest covered for 10 minutes or until the surface is bubbly.
4. Add the rest of sugar, butter and egg yolk and knead until smooth. Let rest for 30 more minutes.

Make the filling:

1. You want your cottage cheese to be as dry as possible. If yours is rather creamy, wrap it in a cheese cloth and hang over a sink or a big bowl to strain the liquid.
2. Meanwhile, prepare the filling. Mix farmer's cheese with egg, honey and vanilla extract.

Roll the dough:

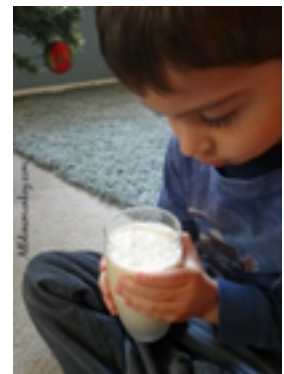
1. Preheat the oven to 390 F or 200 C
2. When the dough has doubled in size, knead it once again and divide into 8 balls. Form eight balls.
3. Using a rolling pin, roll each ball, working from the center - outwards, until it is about 16 cm or 6 inches in diameter.
4. Fold the edges inwards to form a well in the middle for the filling. Transfer to a baking sheet lined with parchment paper.
5. Add the filling into the wells, one tablespoon at a time. Sprinkle with cranberries, lingonberries or other berries. You can also use cranberry sauce, apple sauce or jam for the topping.
6. Bake in the preheated oven for 15-20 minutes or until golden brown. Let cool and enjoy with tea!

HAITIAN PINEAPPLE NOG: (KID-FRIENDLY HOLIDAY DRINK)

Ingredients:

- 1 can of coconut milk
- 20 oz. can of crushed pineapple
- 1 ripe banana
- 2 T sugar (optional)

Put all ingredients in blender and mix thoroughly. Sprinkle with nutmeg. Delicious as is but even better chilled!



IRELAND HOLLY WREATH

Supplies:

- scissors
- glue
- 1 paper plate
- tissue paper- red and green

Instructions:

1. Carefully cut the centre out of the paper plate
2. Cover the paper plate wreath in glue
3. Tear the red and green tissue paper into pieces
4. Scrunch the tissue paper into balls and stick these onto the paper plate wreath



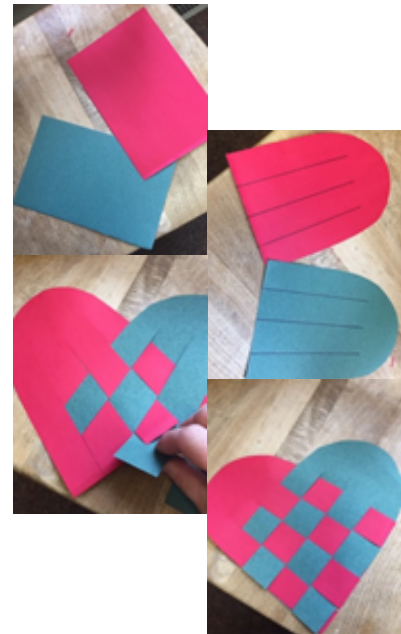
DENMARK CHRISTMAS HEART

Supplies:

- Construction paper - any two colours
- Scissors

Instructions:

1. Using ½ piece of paper, fold in half
2. Cut a rounded top
3. Cut from bottom to about 4 cm from curved top
4. Weave like a basket



MEXICO POINSETTIA

Supplies:

- sponges
- scissors
- red and green craft paint
- craft paper

(When we paint I like using card stock because it doesn't get ripped from too much paint)
- glitter (optional)

Instructions:

1. Cut sponge in an almond shape like a petal.
2. Give children sponges with red and green paint in flat trays and let them paint (I love reusing lids as paint trays).
3. Sprinkled glitter on paintings before the paint dries- to add some Christmas sparkle.



BOOKS

PAGE 5



Sweden

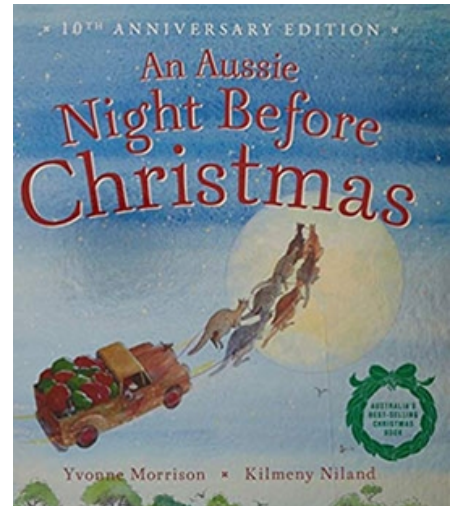
HEAR STORY

[CLICK HERE](#)

Australia

HEAR STORY

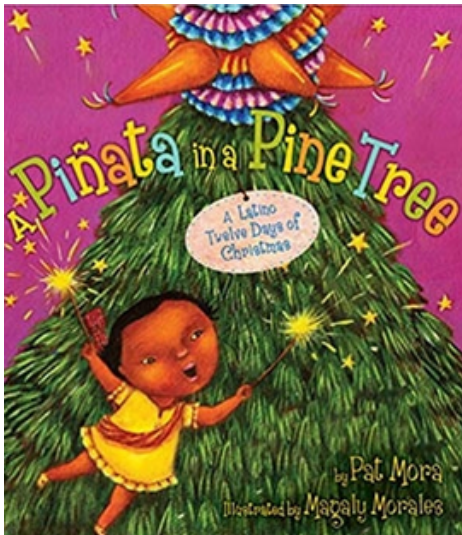
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Mexico

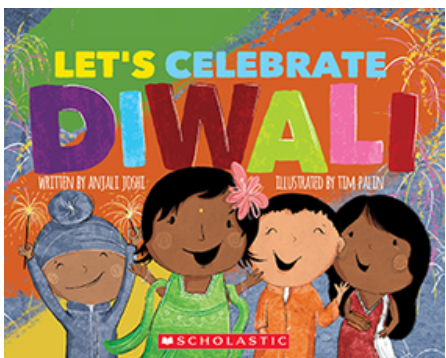
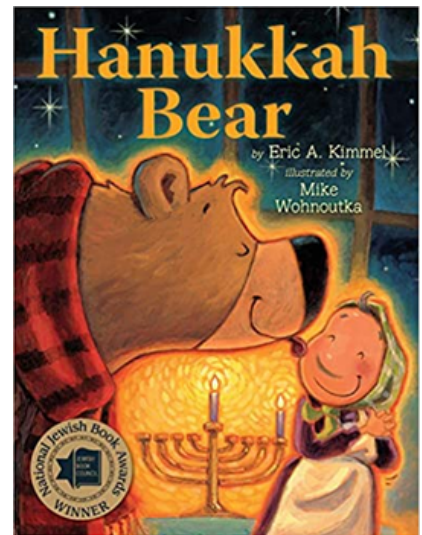
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DIWALI FESTIVAL OF LIGHTS

[Click here](#) for a song about Diwali called: "Diwali is here!"



HANUKKAH JEWISH CELEBRATION LATKES ARE SIZZLING

The latkes are frying in the pan, hurrah, hurrah!
The latkes are frying in the pan, hurrah, hurrah!
And when they have cooked up nice and brown,
We'll take them out and sit right down
And we'll eat those yummy latkes on this
Hanukkah night!



ALL I WANT FOR CHRISTMAS IS MY TWO FRONT TEETH

All I want for Christmas is my two front teeth,
My two front teeth, see my two front teeth.
Gee, if I could only have my two front teeth,
Then I could wish you "Merry Christmas."
It seems so long since I could say,
"Sister Susie sitting on a thistle."
Gosh, oh gee, how happy I'd be
If I could only whistle.
All I want for Christmas is my two front teeth,
My two front teeth, see my two front teeth
Gee, if I could only have my two front teeth,
Then I could wish you "Merry Christmas."

FROSTY THE SNOWMAN

Frosty the snowman was a jolly happy soul,
With a corncob pipe and a button nose
And two eyes made out of coal.

Frosty the snowman is a fairy tale, they say,
He was made of snow but the children
Know how he came to life one day.

There must have been some magic in that
Old silk hat they found.
For when they placed it on his head
He began to dance around!

O, Frosty the snowman
Was alive as he could be,
And the children say he could laugh and play
Just the same as you and me.

Thumpetty thump thump,
Thumpety thump thump,
Look at Frosty go.
Thumpetty thump thump,
Thumpety thump thump,
Over the hills of snow.

Frosty the snowman knew
The sun was hot that day,
So he said, "Let's run and
We'll have some fun
Now before I melt away."

Down to the village,
With a broomstick in his hand,
Running here and there all
Around the square saying,
"Catch me if you can!"

He led them down the streets of town
Right to the traffic cop.
And he only paused a moment when
He heard him holler "Stop!"

For Frosty the snowman
Had to hurry on his way,
But he waved goodbye saying, "Don't you cry,
I'll be back again someday."

Thumpetty thump thump,
Thumpety thump thump,
Look at Frosty go.
Thumpetty thump thump,
Thumpety thump thump,
Over the hills of snow

THE AUSTRALIAN TWELVE DAYS OF CHRISTMAS - YOGA FOR KIDS

12. TWELVE POSSUMS - EAGLE POSE

(Stand tall in Mountain Pose. Wrap one leg around the other, bring your bent arms out in front of you, wrap your arms together the opposite way, and bend your knees slightly. Pretend to wrap yourself around a branch like a possum.)

11. ELEVEN LIZARDS - HORSE STANCE

(Stand with your legs apart, with your feet facing slightly outward. Bend your knees and stand firm like a horse. Bend your arms and raise them up to look like a frilled-necked lizard.)

10. TEN WOMBATS - CHILD'S POSE

(Come to sitting back on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to rest like a wombat.)

9. NINE CROCODILES - PLANK POSE

(Come down to a plank on your hands and toes like a crocodile lingering by a river's edge.)

8. EIGHT DINGOS - THREE-LEGGED DOG POSE

(Step back to hands and feet, like an upside-down V. Then gently lift one leg up at a time, like a dingo stretching its legs.)

7. SEVEN EMUS - DANCER'S POSE

Stand tall in Mountain Pose. Stand on one leg, reach the opposite leg out behind you, place the outside of your foot into your hand, bend your torso forward with your free arm out in front for balance, and arch your leg up behind you. Pretend to be an emu standing tall.)

6. SIX SHARKS - SHARK POSE

(Lay flat on your tummy, lift your shoulders, and clasp your arms behind your back. Imagine gliding through the water like a shark.)

5. FIVE KANGAROOS - CHAIR POSE

(Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and hop like a kangaroo.)

4. FOUR LYREBIRDS - LUNGE POSE

(From Mountain Pose, step back with your right foot, bend your right knee, and rise onto your right toes. Come to a right lunge with your arms stretched out behind you. Pretend to be a lyrebird stalking through the bush.)

3. THREE GALAHS - WARRIOR 3 POSE

(Stand on one leg. Extend the other leg behind you. Bend your torso forward and take your arms out in front of you to pretend that you are flying through the sky like a galah.)

2. TWO SNAKES - COBRA POSE

(Lie on your tummy, lift your head and shoulders off ground, place your palms flat next to your shoulders, and hiss like a snake.)

1. ONE KOOKABURRA - PIGEON POSE

(From Downward-Facing Dog Pose, bring right foot to rest behind your right hand, angling your right foot slightly inward, and perch like a kookaburra on a tree branch.)





How Children Around the World Celebrate Christmas

[click here](#)

Ideas to Make Hanukkah Even More Special

[click here](#)

45 Fun Christmas Activities That Are Anything But Boring (specifically for 2020)

[click here](#)

25 Plus Best Christmas Traditions

[click here](#)

50 Ideas For A Magical Christmas For Kids

[click here](#)

Christmas Around the World

[click here](#)

StrongStart GO

StrongStart in the Great Outdoors

In-person StrongStart program in Powell River Parks

PAGE 9

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:

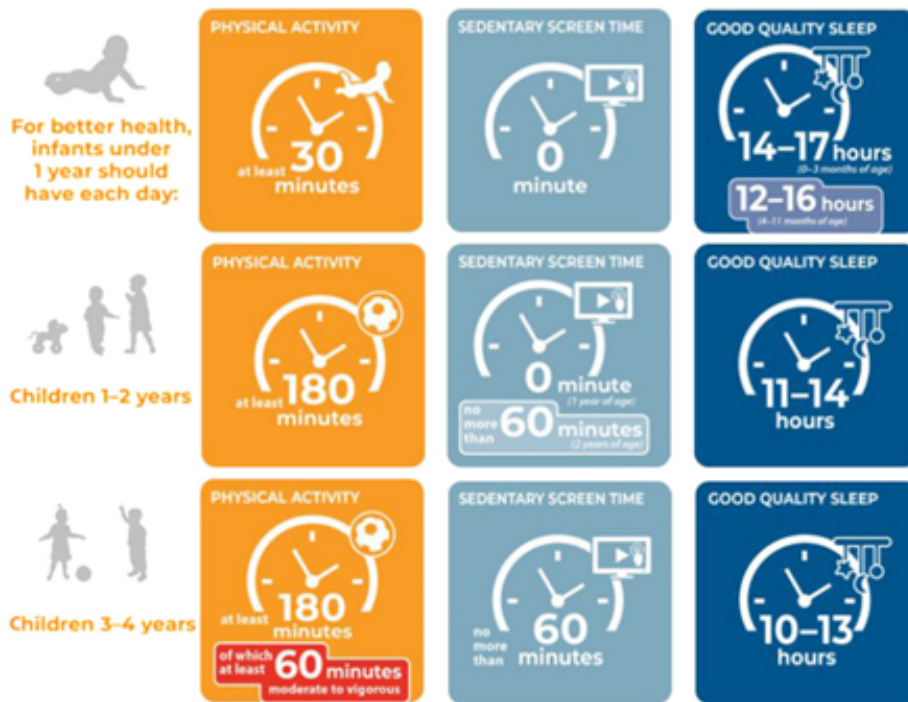
- **Families will express interest in attending by leaving a message at 604-414-2635.** After leaving a message, only families who receive phone confirmation of registration with the school district will be able to attend.

-- 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?



Check out the link to this great documentary about how and why we play: **THE NATURE OF THINGS: THE POWER OF 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 Douglas Fir.

More information about Douglas Fir can be found here: [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.