

# StrongStart DO

StrongStart Discover Online  
Virtual Inspiration for Families at Home



## 2022, HERE WE COME!

The shortest day of the year -Winter Solstice occurred on Tuesday December 21, 2021. Our focus this month is changing seasons. We hope you find inspiration in this publication.

The school district is entering a new era in providing StrongStart Outreach. We are excited to continue to be "On the Road with Children's Activities". Details are on page 2.

**Classrooms are closed until Tuesday January 4, 2022. We look forward to seeing you when we are back.**

**Warm Holiday Wishes to You and Your Family.**

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

DECEMBER, 2021 | PUB. #3, 21/22

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## THIS MONTH'S THEME IS: CHANGING SEASONS

To contact SD47 Early Learning:  
send email to  
[rita.john@sd47.bc.ca](mailto:rita.john@sd47.bc.ca)



**NEW APPROACH TO  
OUTREACH**

**SD47 ORCA OUTREACH  
(On THE Road WITH Children's Activities)  
STRONGSTART OUTREACH**

**The Powell River and District United Way is pausing  
ORCA Bus operations effective December 31, 2021.**

**The bus is not expected to be back on the road before September 2022.**

**The School District will still be "ON the ROAD with Children's Activities".**

SD47 StrongStart Outreach will continue to offer programming and is working on a new approach to providing outreach programming to families. The school district is dedicated to providing programming in neighborhoods where families live. We welcome ideas and feedback.

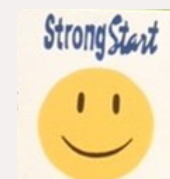
**We are excited to continue our program in a new way.**

Schedules for SD47 ORCA OUTREACH will be included in this newsletter. Schedules and updates can also be found on our StrongStart Outreach website: [CLICK HERE](#)

<b>JANUARY 2022</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>January 3</b> <b>NO PROGRAM</b>	<b>January 4</b> <b>NO PROGRAM</b>	<b>January 5</b> 9:30am-11:30am <b>TIMBERLANE</b>	<b>January 6</b> 9:30am-11:30am <b>LANG BAY FISH HATCHERY</b>	<b>January 7</b> 9:30am-11:30am <b>LARRY GOUTHRO PARK</b>
<b>January 10</b> 9:30am-11:30am <b>JAMES THOMSON</b>	<b>January 11</b> <b>NO PROGRAM</b>	<b>January 12</b> 9:30am-11:30am <b>MUSIC ACADEMY</b>	<b>January 13</b> 9:30am-11:30am <b>MYRTLE POINT GOLF COURSE</b>	<b>January 14</b> 9:30am-11:30am <b>WILLINGDON BEACH</b>
<b>January 17</b> 10:00am-12:00pm <b>LUND</b>	<b>January 18</b> <b>NO PROGRAM</b>	<b>January 19</b> 9:30am-11:30am <b>TIMBERLANE</b>	<b>January 20</b> 9:30am-11:30am <b>LANG BAY FISH HATCHERY</b>	<b>January 21</b> 9:30am-11:30am <b>LARRY GOUTHRO PARK</b>
<b>January 24</b> 11:30am-2:00pm <b>TEXADA</b>	<b>January 25</b> <b>NO PROGRAM</b>	<b>January 26</b> <b>NO PROGRAM</b>	<b>January 27</b> <b>NO PROGRAM</b>	<b>January 28</b> 9:30am-11:30am <b>WILLINGDON BEACH</b>
<b>January 31</b> 9:30am-11:30am <b>JAMES THOMSON</b>				

Last year we placed a "StrongStart Smile" around Powell River, and posted the location on Instagram. This year we will put a picture of the StrongStart smile in our publications, for families to find.

Find the SMILE in this publication



## PEPPERMINT DRINK

This fun drink is great for kids and adults. Not only does it taste yummy, but it will change color, starting off light in color and then once you add the peppermint stick changes to a darker pink color, which is something fresh and fun!

### Ingredients:

- 1 oz of peppermint syrup
- 0.5 oz of cranberry juice
- 2 oz of blood orange flavored sparkling juice
- 2 oz of lemon-lime soda (Sprite)
- Ice
- fresh or frozen cranberries (optional)
- peppermint sticks for garnish



### Directions:

1. Fill an 8 oz glass with ice.
2. In another glass, add peppermint syrup, cranberry juice, and blood orange-flavored sparkling juice. Top off with lemon-lime soda.
3. Stir for about 15 seconds.
4. Pour liquid into the 8 oz glass filled with ice.
5. Add fresh or frozen cranberries and a peppermint stick for garnish.

**DO NOT PUT THE PEPPERMINT STICK IN THE DRINK UNTIL THE KIDS OR ADULTS ARE READY TO DRINK IT.**

## SALT DOUGH ORNAMENTS

### YOU WILL NEED:

- 2 cups flour
- 1 cup salt
- 1 cup warm water
- Parchment paper



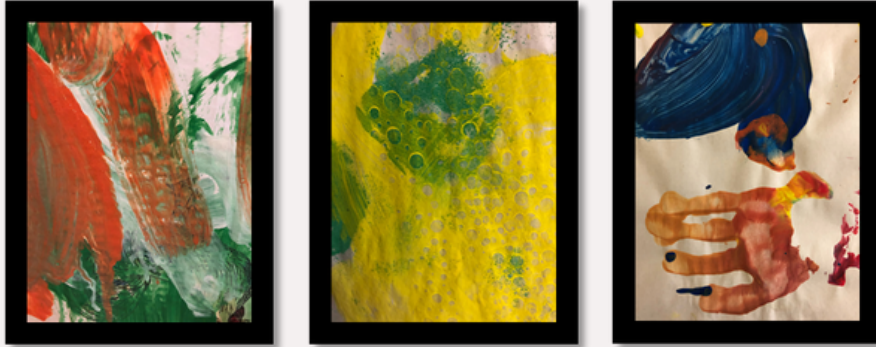
### INSTRUCTIONS:

- 1) Go on a nature walk with your toddler and collect small leaves & florals. Set aside
- 2) Mix the flour, salt and warm water all together forming a dough consistency (if sticky add in another pinch of flour)
- 3) Roll out the dough with a rolling pin
- 4) Cut your shapes with cookie cutters or I used a round drinking glass to make circles
- 5) Poke holes where the string will go
- 6) Press in leaves and floral
- 7) Place on a baking tray over parchment paper and bake at 200 degrees for 2 hours
- 8) Once done, they should be hard and you can place your string through the holes to hang!

**HAVE YOUR CHILDREN HELP WITH ALL STEPS!**

**YOU CAN EVEN PAINT THESE AND ADD GLITTER, THE OPTIONS ARE ENDLESS.**

## LET'S PAINT TOGETHER



### TO THINK WITH ART AS A LANGUAGE

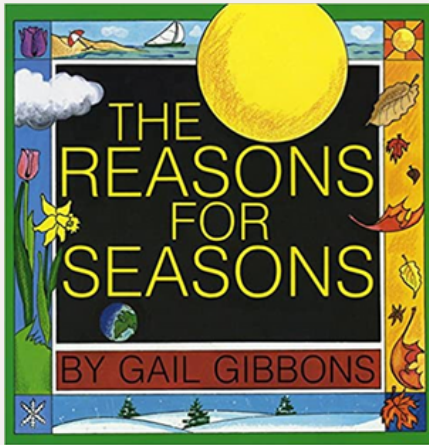
Last month in our StrongStart DO newsletter we talked about the process behind the product and how painting can serve as an invitation to create, ask questions, test hypotheses, explore and experiment possibilities.

This month our painting invitation has led us to explore painting on vertical, and horizontal surfaces, paper, cloth, and boxes. This art invitation was set up as a continual art, one that is not finished after one day but allows the children to come back to it each day and add ideas, ask new questions, and paint collectively. A democratic space that fosters working together. This encourages problem solving, dialogue and collaboration.

To think of artistic processes as languages is to deconstruct the idea of the arts as a developmental process and construct a way of thinking with the arts as a language for inquiry. A place to ask questions, and experiment. This opens space to think collectively and artistically for both children and adults. Binder and Kind (2017), in the book "Drawing As Language: Celebrating the Work of Bob Steele" ask us to think of even very young children's early marks as intentional, investigative, relational, communicative, and conversational acts.....even their early efforts, might be understood as explorations in interrogating spaces, investigating relationships, wondering about the world, and as social processes of making meaning (Kind, 2010).

To think of artistic processes as languages opens new possibilities of being in the world together.





HEAR STORY  
[CLICK HERE](#)

HEAR STORY  
[CLICK HERE](#)



HEAR STORY  
[CLICK HERE](#)

HEAR STORY  
[CLICK HERE](#)



HEAR STORY  
[CLICK HERE](#)

HEAR STORY  
[CLICK HERE](#)



## RAIN, RAIN GO AWAY

Rain, rain, go away,  
Come again another day.  
Daddy wants to play.  
Rain, rain, go away.

Rain, rain, go away.  
Come again another day.  
Mommy wants to play.  
Rain, rain, go away.

Rain, rain, go away.  
Come again another day.  
Brother wants to play.  
Rain, rain, go away.

Rain, rain, go away.  
Come again another day.  
Sister wants to play.  
Rain, rain, go away.

Rain, rain, go away.  
Come again another day.  
Baby wants to play.  
Rain, rain, go away.

Rain, rain, go away.  
Come again another day.  
All the family wants to play.  
Rain, rain, go away.

## WINTER'S COMING

**Tune: "Frere Jacques"**

Winter's coming, winters coming.  
It is dark, It is cold.  
I am bundled snug and warm.  
Animals sleep safe from harm.  
Sleds and snow.  
Cold winds blow.

## FOUR SEASONS

**Tune: "Skip to My Lou"**

Spring, summer, fall, and winter.  
Spring, summer, fall, and winter.  
Spring, summer, fall, and winter.  
These are the four seasons.

## HIBERNATION SONG

**Tune: "Are you Sleeping"**

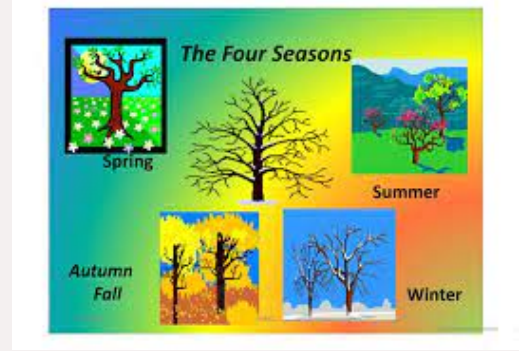
Bear is sleeping, Bear is sleeping.  
In a cave, In a cave.  
I wonder when he'll come out,  
I wonder when he'll come out.  
In the spring, In the spring.



## FROST IS ON

**Tune: "The Farmer in the Dell"**

The frost is on the trees (point up)  
The frost is on the ground (point down)  
The frost is on the window (make window with hands)  
The frost is all around!  
The frost is very icy, (shiver)  
The frost is very bright (cover eyes with hands)  
The frost is very slippery (slide one hand over the other)  
The frost is very white!



## THE LEAVES ON THE TREE

**Tune: "The Wheels on the Bus"**

"The leaves on the tree fall to the ground!  
To the ground, to the ground!  
The leaves on the tree fall to the ground,  
All autumn long!  
The leaves on the tree are hiding from us!  
Hiding from us, hiding from us!  
The leaves on the tree are hiding from us,  
All winter long!  
The leaves on the tree are starting to grow  
Starting to grow, starting to grow!  
The leaves on the tree are starting to grow,  
All spring long!  
The leaves on the tree are nice and bright!  
Nice and bright, nice and bright!  
The leaves on the tree are nice and bright,  
All summer long

## SING A SONG OF WINTER

**Tune: "Sing a Song of Sixpence"**

Sing a song of winter, frost is in the air;  
Sing a song of winter, snowflakes everywhere.  
Sing a song of winter, hear the sleigh bells chime,  
Can you think of anything as nice as wintertime?

## WINTER, SPRING, SUMMER, FALL

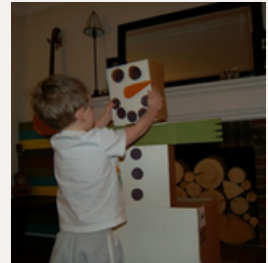
**Tune: "This Old Man"**

Winter, spring, summer, fall  
There are seasons, four in all.  
Weather changes, sun and rain and snow,  
Leaves fall down and flowers grow.  
Winter, spring, summer, fall  
There are seasons, four in all.  
Look outside and you will see  
Just what season it will be!

## TOPPLE THE SNOWMAN

### WHAT YOU'LL NEED:

- empty boxes (any size boxes will do)
- white paper
- markers
- other art supplies to decorate your snowman



### DIRECTIONS:

1. Take some time to dress your boxes up so they look like a snowman when they're stacked (cover with white paper, draw buttons on the front, draw eyes, a nose, and a mouth, etc.).
2. Once your boxes are decorated, have your kiddos stack them up in an open space in the right sequence (they'll be working on size concepts and visual perceptual skills here) to make your snowman.
3. Designate a starting point on the opposite side of your play space and instruct the kids to move in different ways across the room to knock down the snowman!

**IDEAS:** log rolling, crab walking, wheelbarrow walking, bear walking (on hands and feet with bottom in the air), frog hopping (squat low to the ground with hands on the floor between feet, jumping forward).

**BE CREATIVE AND HAVE FUN!**

## COLD WEATHER MOVES AND STRETCHES

Take time with your child to relax and work on some stretches and moves that remind us all of winter. Some of these moves your child may not know so do them with them. They love it when you play and move with them!

- Snowman- stand still but when the sun comes out, they can melt down to the ground.
- Skiing- keep your knees together and hopping side to side
- Sledding- Get down and pretend to be on a sled leaning from side to side and sometimes you may even roll off!!
- Ice Skating- glide around your space graceful and smooth and maybe even backwards and add in a few little jumps.
- Snowboarding- takes a lot of balancing make sure you stay on your pretend board.
- Snowflakes- are soft and twirl and whirl around floating up and down.

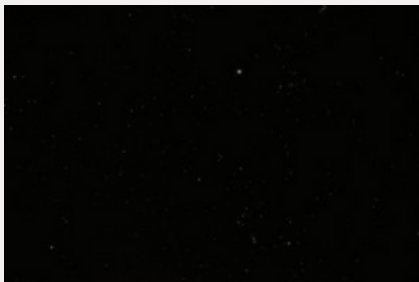




## CHANGING SEASON

Fall fell fast this year! We have been experiencing some significant weather recently which marks a time of seasonal change. As we approach the longest night of the year, the winter solstice on Tuesday, December 21, you may be having conversations with you children about why the sun rises later and sets earlier. Of course, after December 21st the days get gradually longer. Each day after the winter solstice, daylight increases by roughly 2 minutes and 7 seconds, which translates into a gain of approximately 1 hour of daylight by January 18th.

Here are some resources to inspire discovery about the changing seasons, the longest night, and tips on dealing with fears around darkness that may increase at this time of the year.



### LONGEST NIGHT STARGAZING WITH KIDS

MAY HELP FEAR OF THE DARK

What to do on the shortest day of the year? Night starts in the afternoon so there's plenty of time for this activity: longest night stargazing for kids.

LINK: [CLICK HERE](#)

### WINTER SOLSTICE FOR KIDS

TEACHING RESOURCES, ACTIVITIES, AND MORE- [KIDSKONNECT](#)

Teach kids about the winter solstice with our practical teacher's guide, including resources, activities, and fun facts about Winter Solstice for kids.

LINK: [CLICK HERE](#)



### HOW TO EXPLAIN SEASONS TO PRESCHOOL CHILDREN

SIENNA PLANTATION- [KIDS 'R' KIDS](#)

Summer lasts from late June to late September, and brings long, hot days along with it. Warm, dry temperatures occur during these three months.

LINK: [CLICK HERE](#)

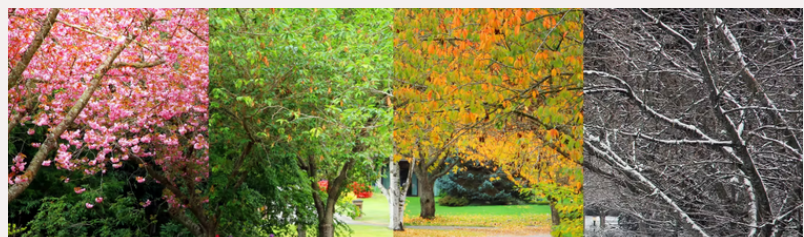
### CURIOUS KIDS

WHY ARE THERE DIFFERENT SEASONS AT SPECIFIC TIMES OF YEAR?

[THE CONVERSATION](#)

Why do we have different seasons at specific times of the year? – (Shrey, age nine, Mumbai, India). Over the course of a year, the Earth goes on a journey around the sun.

LINK: [CLICK HERE](#)





## LET'S PLAY TOGETHER



Last month in our StrongStart DO newsletter we talked about water and how following the children's play and asking questions led to communication and dialogue around water conservation. Play offers opportunities to extend these ideas and build on the children's dialogue.

What a month to extend our dialogue on water play as B.C witnesses record rainfalls, flooding, road closures and evacuation. As our play with water evolves over each day the question where does water go sustains our attention. This sparks conversation about ground water, roots, and soil as our ground changes from dry, soggy, and frosty. These natural provocations provided by our outdoor environment encourages us to get outside and play! Children's play is provoked by the world around them and knowledge is constructed through experiences.

Pour water on the soil outside.

- Where does it go?
- Is the soil wet or dry?
- What happens when the water falls on the ground? Is it wet or dry?
- What are other opportunities we can explore wet and dry? (ex. The bath is wet, the towel is dry).

Communicating these differences encourages awareness of the world around us. Listening to questions about these differences encourages communication.

### **MIDDLE PICTURE ABOVE:**

Source: **Fires to floods: How extreme weather has played out in B.C. in 2021**

By Saba Aziz

Global News Posted November 16, 2021 10:05 pm

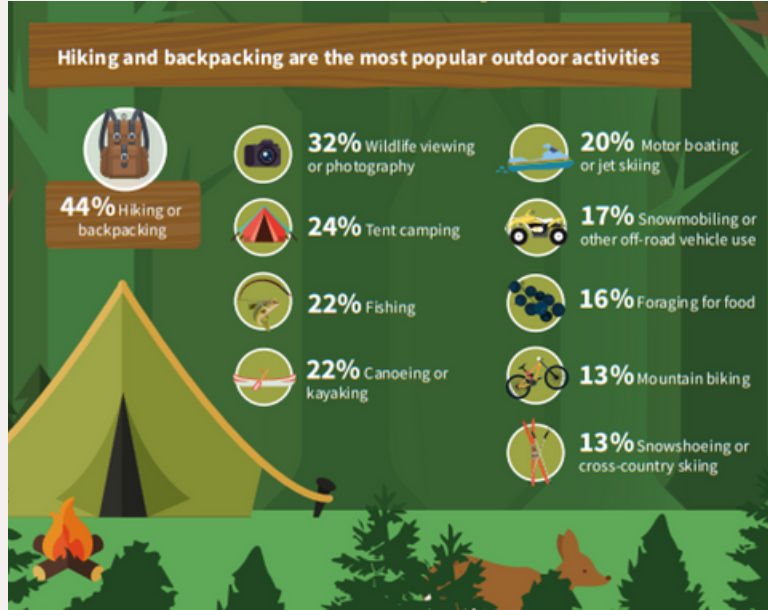
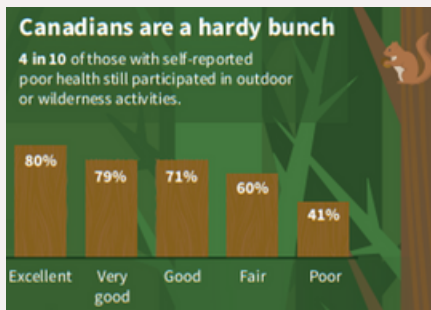
Updated November 17, 2021 1:30 pm



## What is so great about the GREAT OUTDOORS?



### CANADIANS AND THE OUTDOORS



Here are some statistics on how we experience the outdoors during Canadian winters, to encourage you as you get outside and play!

Information from Stats Canada: [www.statcan.gc.ca](http://www.statcan.gc.ca)



### WILD EARTH

#### CHILDREN THAT PLAY OUTSIDE IN ALL WEATHER GROW UP RESILIENT.

Excerpt from BLOG by Andrew Mc Martin (Executive Director at the P.I.N.E. project in Toronto, ON):



This is so true. I grew up out doors. In the rain, on the porch, in the weather. Loved to walk in the woods, play in the streams, or creeks, skate on the frozen swamp. Never got in trouble, was to busy looking for new things to do, things to grow. Watch the birds, and the bats at night, swim in the creek. I would not want to change my child hood.

Link to Resiliency Website: [CLICK HERE](#)  
 Link to Wild Earth Website: [CLICK HERE](#)

### NATURE INSPIRED ICE ART

#### MEGAN ZENI



Looking for loose parts inspiration for colder days? What about using ice? Here is a link to [Megan Zeni's](#) website that has all kinds of information about outdoor play and specifically using ice in art.

Earth-friendly Ice Art. Learning and playing outdoors has multiple benefits for both children and adults. Teachers and caregivers looking for ways to get kids playing and learning outdoors in winter can take advantage of the cold weather to co-create eco-friendly, and nature inspired, ice art.

Link to Ice Art Website on: [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."

**While you are exploring the great outdoors, see if you can identify *Symphoricarpos albus*, Snowberry (sometimes called Waxberry).**

For more information about this native plant and where it grows go to: [CLICK HERE](#)

