



Publication # 20

FROM KATE, PAULA,
DANIELLE AND RITA

HAPPY FAMILY DAY EVERYONE!
(Monday February 15th, 2021)

We have have sent this publication out early so you have it for Family Day long weekend.

This week's theme is:
FAMILY

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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.

Daily posts follow 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.



• **SD47 KINDERGARTEN
REGISTRATION
INFORMATION** •

IS YOUR CHILD BORN IN 2016?

KINDERGARTEN REGISTRATION
(for your school of choice)
takes place from January 4 through March 19, 2021.

Please register by completing the registration form.

Registration Information/Registration Form
are available on the school district website:
sd47.bc.ca (About/School Registration).

It's time for Kindergarten Registration

**Link to Registration Package:
CLICK HERE**

**Link to SD47 Website/Information:
CLICK HERE**

NACHOS

Ingredients:

- 1 bag tortilla chips
- 1/4 tsp garlic powder
- 1/4 tsp chili powder
- 1/4 tsp paprika
- pinch cayenne pepper (optional)
- 1 can cut tomatoes, drained
- 1 1/2 cups shredded cheddar cheese
- 1 1/2 cups shredded mozzarella cheese
- 1/2 cup diced red peppers
- 1/2 cup diced green bell peppers
- 1/4 cup sliced green onions

For easier clean up, line pan with parchment paper or tin foil



Instructions:

1. Preheat grill to medium. Spread half of the tortilla chips on 13 x 9-inch pan.
2. Stir together garlic powder, chili powder, paprika and cayenne (if using); sprinkle half over tortilla chips. Scatter half of the tomatoes, cheddar, mozzarella, red and green peppers over chips. Repeat layers.
3. Cook for about 10 minutes or until golden brown and cheese has melted. Garnish with green onions.

Tip for Super-Loaded Nachos: add shredded cooked chicken, guacamole, black beans and sour cream. Serve with lime wedges.

FAMILY SNACK BOARD

Here are just a few ideas, be creative and let your kids help

- ritz crackers
- goldfish crackers
- pretzels
- popcorn
- swedish fish
- junior mints
- peanut M&Ms
- apples, sliced
- green grapes
- graham crackers (chocolate covered or plain)
- mixed nuts
- strawberries
- oranges
- carrot sticks
- cucumber
- snap peas
- pepper slices
- different cheeses
- ham slices or salami
- raisins/dried
- cranberries/dried
- other dried fruit



YOUR STICK FAMILY

Supplies:

- sticks- straight and y-shaped
- coloured yarn
- cardboard
- craft knife or saw
- googly eyes
- hot glue gun



Instructions:

- Collect some Y shape sticks and some smaller straight sticks. You can cut them to size using a small saw or clippers.
- Place your straight stick across the Y shaped stick to make the arms and begin wrapping yarn to hold it in place.
- Wrap around different coloured yarns to make their 'clothes'.
- To make the hair wrap yarn around your hand or a piece of cardboard, remove the bundle of yarn and tie a knot around the middle. Trim the looped ends of the yarn to make the hair.
- Cut a mouth with a saw or craft knife and glue on eyes and hair using a hot glue gun.



MY HOUSE AND FAMILY

Supplies:

- 5 large or small popsicle sticks
- Markers or paint
- Glue (white glue works but hot glue works best)
- Paper for drawing family

Instructions:

- Colour or paint your popsicle sticks.



- Glue popsicle sticks together to make house



- Draw and colour your family and glue inside your house.

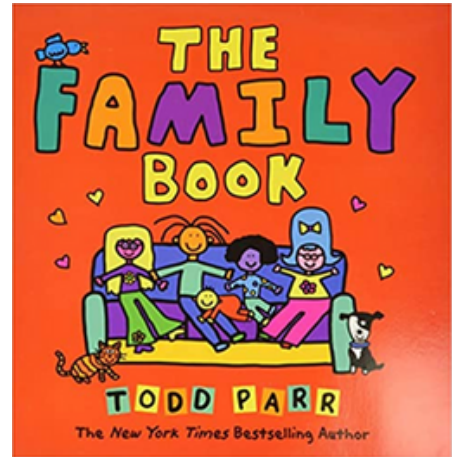


EACH FAMILY IS SPECIAL AND UNIQUE

BOOKS

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HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)

HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)

HEAR STORY
[CLICK HERE](#)



SONGS/RHYMES

Sung to: "Over the River and Through the Woods"

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Over the river and through the woods
To Grandma's house we go.
The car knows the way
To go today
To Grandma's house. Hoo-ray ay!



FAMILY CAMPING

I am going camping.
Time to pack.
My tent, my sleeping bag,
and a snack.
I'll sit by the campfire.
(warm hands over fire)
Its glow so bright.
(wiggle fingers for fire)
Then snooze in my tent,
(Pretend to snore)
til the morning light!
(Open eyes wide, forming sun over head)



HOME

Here is a nest for a bluebird.
(cup hands)
Here is a hive for a bee.
(hold one hand over the closed fist of the other to make a ball)
Here is a hole for the rabbit.
(make an O shape with thumbs on one side and fingers layered on the other)
And here is a house for me!
(make a triangle above your head like a roof)

Sung to: "Take Me out to the Ballgame"

Let's go see our grandparents,
Take us there for a while.
Mommy and Daddy both need a break.
We'll play games and we'll stay up real late!
Oh, we want to thank our grandparents
For all the things that they do,
So it's time.. to.. say you're the best
And that we love you!



FAMILIES

Some families are large,
(spread arms out wide)
Some families are small
(bring arms close together)
But I love my family
(cross arms over chest)
best of all!



HIDE AND SEEK



Hide and Seek is a fun game to play with the whole family- inside or outside the house. It is the perfect game for burning off some energy running around.

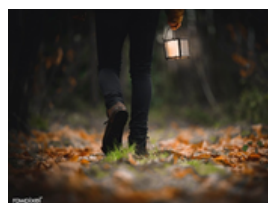
Decide who is "IT"- they will be the one who counts. The age of the child determines for how long they should count.

Once the person has finished counting, they shout "Ready or Not, Here I Come" and off they go, to try and find everyone who is hiding.

FAMILY NIGHT WALK



Take a walk a night together. Walk in your neighborhood or in the park or woods near by. You will be surprised at the great conversations you will have with each other and the amazing things you will hear and see in the dark.





30 Kids Crafts That Are Fun for the Entire Family
[click here](#)

Family Activities & Fun Ideas for Kids
[click here](#)

Crafts that Celebrate Families
[click here](#)

Family Activities for Preschoolers
[click here](#)

In the links you will find these ideas:

Photo Gallery Growth Chart

Finger Print Heart



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, 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](#)

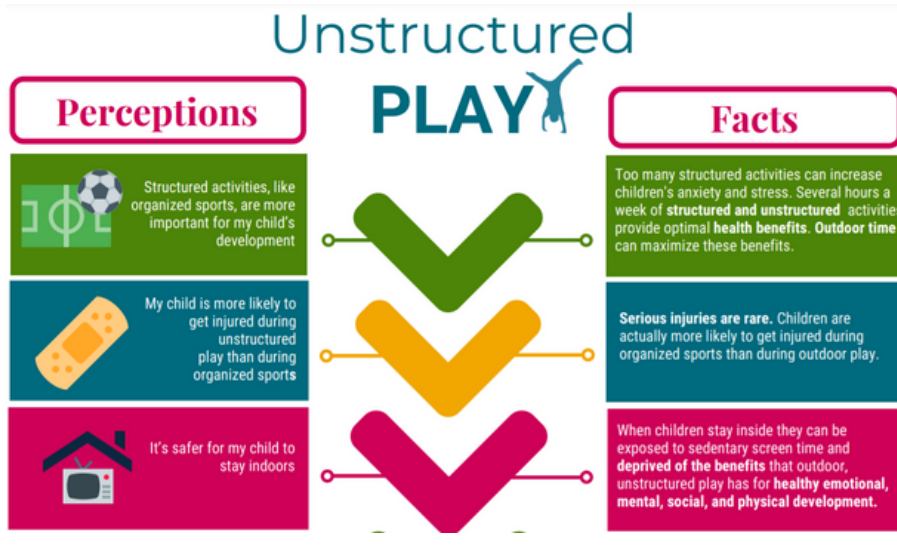
Participants are required to agree to the contents of the **StrongStart Safety Policies and Procedures** before attending their first session. This can be found here: [SS Safety Policies and Procedures](#).

What is so great about the GREAT OUTDOORS?

ARE YOU LOOKING FOR MORE ENCOURAGEMENT FOR GETTING OUTSIDE TO PLAY?

Megan Zeni, is a PhD student at UBC and works closely with Mariana Brussoni in research about the many benefits of outdoor/risky play. She has created a fantastic blog that is FULL of inspiration and information. You can find it here:

[CLICK HERE](#)



To the left is part of a graphic looking at **UNSTRUCTURED PLAY: Perceptions and Facts.**

To see the full graphic: [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 **Bracken Fern**. At this time of year, you can find the curled up fiddleheads, just emerging from the ground.

For more information about Bracken Fern, go to: [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.