

# StrongStart DO

StrongStart Discover Online  
Virtual Inspiration for Families at Home



## THIS MONTH'S FOCUS IS: FAMILY

Family Day is celebrated in February. We hope this publication gives you ideas for spending time with family.

Family Day is on February 20, 2023.

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

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

FEBRUARY 2023 | PUB. #6, 22/23

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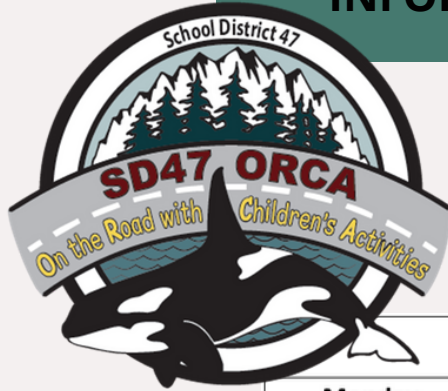
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[raun.rainbow@sd47.bc.ca](mailto:raun.rainbow@sd47.bc.ca)



# EARLY LEARNING INFORMATION



## SD47 ORCA

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

### SD47 ORCA SCHEDULE:

FEBRUARY 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
		February 1 9:30am-11:30am WILLINGDON BEACH (4835 Marine Ave)	February 2 9:30am-11:30am Alex Dobler Salmon Centre LANG BAY FISH HATCHERY (10556 Sunshine Coast Hwy)	February 3 9:30am-11:30am LARRY GOUTHRO PARK (4726 Manson Ave)
February 6 10:00am-12:00pm LUND (NORTHSIDE COM. REC. CENTRE) (9656 Larson Bay Road)	February 7 NO PROGRAM	February 8 9:30am-11:30am WILLINGDON BEACH	February 9 9:30am-11:30am Alex Dobler Salmon Centre	February 10 9:30am-11:30am LARRY GOUTHRO PARK
February 13 11:30am-2:00pm TEXADA SCHOOL (2007 Waterman, VanAnda)	February 14 NO PROGRAM	February 15 9:30am-11:30am MUSIC ACADEMY (7280 Kemano St)	February 16 NO PROGRAM	February 17 PRO-D DAY NO PROGRAM
February 20 FAMILY DAY NO PROGRAM	February 21 NO PROGRAM	February 22 NO PROGRAM	February 23 9:30am-11:30am Alex Dobler Salmon Centre	February 24 9:30am-11:30am TIMBERLANE (north parking lot across from Timberlane track) (5400 Timberlane)
February 27 9:30am-11:30am SUNSET PARK (WILDWOOD) (2611 Lois Ave)	February 28 NO PROGRAM			

MARCH 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
		March 1 9:30am-11:30am MUSIC ACADEMY (7280 Kemano St)	March 2 9:30am-11:30am Alex Dobler Salmon Centre LANG BAY FISH HATCHERY (10556 Sunshine Coast Hwy)	March 3 9:30am-11:30am LARRY GOUTHRO PARK (4726 Manson Ave)
March 6 10:00am-12:00pm LUND (NORTHSIDE COM. REC. CENTRE) (9656 Larson Bay Road)	March 7 NO PROGRAM	March 8 9:30am-11:30am WILLINGDON BEACH (4835 Marine Ave)	March 9 9:30am-11:30am Alex Dobler Salmon Centre	March 10 9:30am-11:30am LARRY GOUTHRO PARK
March 13 SPRING BREAK NO PROGRAM	March 14 SPRING BREAK NO PROGRAM	March 15 SPRING BREAK NO PROGRAM	March 16 SPRING BREAK NO PROGRAM	March 17 SPRING BREAK NO PROGRAM
March 20 SPRING BREAK NO PROGRAM	March 21 SPRING BREAK NO PROGRAM	March 22 SPRING BREAK NO PROGRAM	March 23 SPRING BREAK NO PROGRAM	March 24 SPRING BREAK NO PROGRAM
March 27 9:30am-11:30am SUNSET PARK (WILDWOOD) (2611 Lois Ave)	March 28 NO PROGRAM	March 29 NO PROGRAM	March 30 9:30am-11:30am Alex Dobler Salmon Centre	March 31 9:30am-11:30am TIMBERLANE (north parking lot across from Timberlane track) (5400 Timberlane)

## **SD47 ORCA HIGHLIGHTS**

**SD47 ORCA Neighbourhood StrongStart** is outside rain or shine September-June. We want to change the narrative of good weather and bad weather and encourage a love for all weather!

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!**



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### **Willingdon Beach**

Willingdon Beach ORCA programme provides opportunities to play on the beach and observe creatures that live in and around the ocean. Watching a group of sea lions swimming near the shore, made us wonder about animal families. Some animals live solitary lives, but many animals have close family bonds or live in groups. Here in the qathet Regional District, we have many opportunities to see these colonies of sea lions and observe the ways in which they interact.



Check out some more interesting facts about animal families. [CLICK HERE](#)



## DINNER WITH THE FAMILY AND WHY IT IS IMPORTANT

Family dinners are more than just a meal. It is sometimes the only time families can share time together through the week. It is a time to share thoughts and feelings and help one another with helpful suggestions.

The most important thing is that conversation is taking place. Young children learn how to communicate with their siblings and parents. They are the center of attention with questions about their day and it makes them feel happy.



## FUN DINNER THEMES FOR FAMILIES

Having a theme makes dinner time exciting and something for the kids to look forward to. Get them to help you out. Ask for their ideas for how they can add to the theme (perhaps get the little ones to color in a flag if it's say, Italian night). Dressing up for theme dinner nights is always fun. It's surprising how much kids enjoy this and eat their dinner, being all caught up in the theme. It works! Involve them as much as possible. Get them to help you choose the themes. Once you've chosen a theme they like, they can then help find meals to fit the theme.

- |                            |                        |                        |
|----------------------------|------------------------|------------------------|
| Pasta Night                | Toasted Sandwich Night | Sheet Pan Dinner Night |
| Salad Night                | Soup Night             | Stuffed Potato Night   |
| Pizza Night                | Fast Food Night        | Loaded Nachos Night    |
| Enchilada Night            | Thai Food Night        | Curry Night            |
| Breakfast for Dinner Night | Italian Night          | Picnic Night           |
| Rice Night                 | Homemade Burger night  | Raid the Pantry Night. |
| Vegetarian Night           | BBQ Night              | Foil Packet Night      |
| Stir-Fry Night             | Kids Cooking Night     | Snack Dinner Night     |



## FAMILY FONDUE

### INGREDIENTS:

- 1/2 pound Gouda cheese
- 1/2 pound Gruyere cheese
- 2 tablespoons cornstarch
- 1 cup chicken broth, low-sodium or dry white wine
- 2 cloves garlic minced fine
- 1 tablespoon lemon juice
- 1/2 teaspoon dry mustard
- 1/8 teaspoon ground nutmeg

### INSTRUCTIONS:

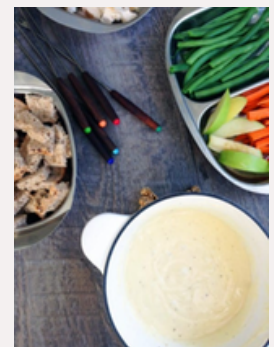
1. Grate both cheeses and add to a large Ziploc bag along with the cornstarch. Shake until the cheeses are well-coated (this is a great task for kids!)
2. In a small, heavy-bottomed pot (cast-iron is best) bring the broth (or wine), lemon juice and garlic to a gentle simmer over medium heat.
3. When the broth mixture begins to simmer, reduce the heat to medium-low, and add a small handful of cheese, one at a time, whisking the fondue after each handful until the shreds are completely melted.
4. Once all the cheese is well-incorporated, remove the pot from the stove and stir in the mustard and nutmeg.
5. You can pour into a fondue pot at this point, or just serve it directly from your pot. Serve with your favorite dippers!

### THE DIPPERS:

While you're preparing the fondue, set out a colorful variety of foods for dipping. The more different kinds of veggies and fruits you offer, the more likely your kids will find something that they love to blanket with cheese and gobble up.

Try some of these:

- Broccoli (blanched)
- Cauliflower (blanched)
- Apples
- Green beans (blanched)
- Carrots (raw or blanched)
- Celery
- Asparagus (blanched)
- Potatoes (roasted or steamed)
- Cubed chicken (cooked)
- Whole grain bread



## LET'S CREATE

### Mapping a Connection to our Community

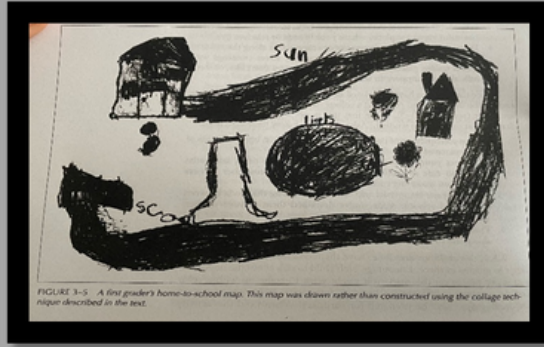
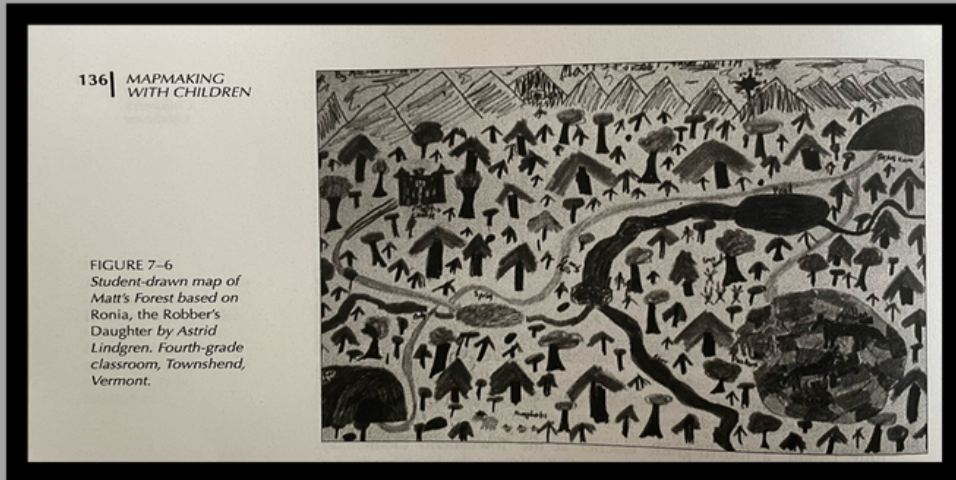


FIGURE 3-5 A first grader's home-to-school map. This map was drawn rather than constructed using the collage technique described in the text.



136 | MAPMAKING  
WITH CHILDREN

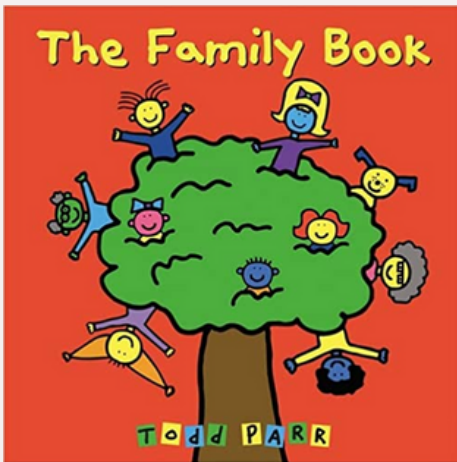
FIGURE 7-6  
Student-drawn map of  
Matt's Forest based on  
Ronja, the Robber's  
Daughter by Astrid  
Lindgren. Fourth-grade  
classroom, Townshend,  
Vermont.

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 yet! We invite you to save your drawings in a collection and look at them together at the end of the year.

The walk we take remains the same but the script we share becomes more intricate as we piece together memories from our previous walk to the present. We arrive back to the space where we draw our "favorite part" or most "memorable part" of our walk. Each mark is drawn with careful consideration of placement. Narrative trails along with the pencil in hand forming what matters in this moment. The pieces from our walk become connected through line and shape.

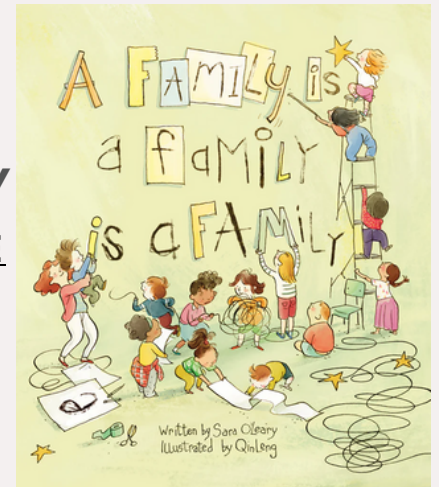
The BC Ministry of Education. (2019).  
**Let's Play Activities for Families** -  
[CLICK HERE](#)

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



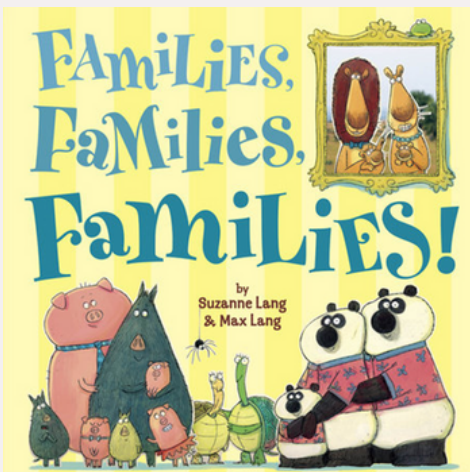
HEAR STORY  
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HEAR STORY  
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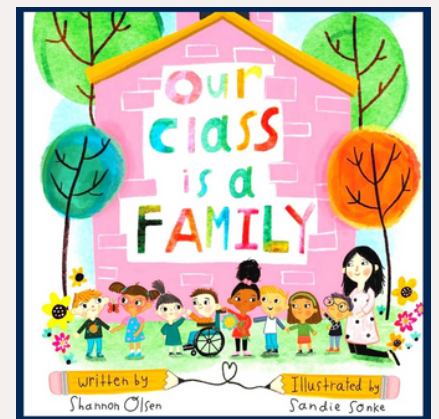


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HEAR STORY  
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HEAR STORY  
[CLICK HERE](#)





## DADDY

### Sung to: "Pop Goes The Weasel"

Daddy, here's a hug for you,  
And lots of kisses too. (Hug self, then blow kisses.)  
Each hug and kiss you get today  
Says that I love you! (Continue hugging and blowing kisses)



## I LOVE YOU

I love you  
You love me  
We're a happy family  
With a great big hug  
And a kiss from me to you  
Won't you say you love me too?

## HOMES

Here is a nest for a bluebird.  
Here is a hive for a bee.  
Here is a hole for the bunny.  
And here is a house for me!



## SOME 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!

## GRANDPARENTS

### 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!



## HUSH LITTLE BABY

Hush little baby don't say a word.  
Papa's going to buy you a mockingbird.  
If that mocking bird won't sing,  
Papa's going to buy you a diamond ring  
If that diamond ring turns brass,  
Papa's going to buy you a looking glass.  
If that looking glass gets broke,  
Papa's going to buy you a Billy goat  
If that Billy goat won't pull,  
Papa's going to buy you a cart and bull  
If that cart and bull turn over,  
Papa's going to buy you a dog named Rover  
If that dog named Rover won't bark,  
Papa's going to buy you a horse and cart  
If that horse and cart falls down,  
You'll still be the sweetest little baby in town.

## FIVE IN THE BED

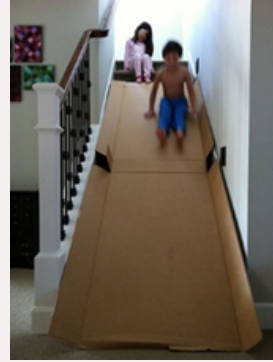
There were 5 in the bed  
And the little one said, "Roll over, roll over."  
So they all rolled over and one fell out  
There were 4 in the bed  
And the little one said, "Roll over, roll over."  
Count down to 1.  
There was one in the bed,  
And the little one said: "I've got the who-le bed to myself,  
I've got the who-le bed to myself,  
I've got the who-le bed to myself -  
I've got the whole bed to myself!



## CARDBOARD BOX FUN

Cardboard boxes make the BEST toys for kids!

Grab a cardboard box, some tape and scissors and let your imagination run wild!



## FAMILY WALKS

### **Walking with the Family bring you closer as a Family.**

-When possible, let one of the children choose the location. If necessary, you could pick two options for them to select from.

-Why not pick a destination that means something special to your family? It could be the home of a loved one, or a country that you would love to visit on a holiday one day. Then track the distance of your walks. (Make sure to include everyone's miles on your walk. For example, if four of you walk 5 km consider yourselves to have covered 20km. Make sure to mark your successes on a physical map too, so that the whole family can see how your "journey" is progressing. A whole-family treat, perhaps with a theme connected to the destination, could be a special way to celebrate the end of the project.

-A walk becomes a whole different experience when food is involved. Even if you only have a flask of tea and a couple of sandwiches, there is something special about sharing a meal outdoors.

-If you get the children to help with the preparation and packing, a sense of anticipation will begin to build. It's amazing how a bit of food can make a simple walk feel like a special day trip.

-Sometimes we forget that going for a "walk" doesn't mean walking is the only thing we can do.

Don't be afraid to stop walking and play chase, hide and seek or something similar. You might even climb a tree along the way.

-Some toys are appropriate and fun to bring along. A child might be much more excited about going for a walk if they know they can bring their scooter, kite or skipping rope.



**Walks aren't always about the destination.  
The family fun you have along the way  
is just as important.**





## FAMILY TREE-QATHET MUSEUM

“Family history, also called genealogy, is a great way to better understand where we come from. Recording your family history may help you learn more about yourself, the people who are special to you, and your heritage. When making your family tree, you can use the templates available or draw your own. You can also include cut-out pictures and be as creative as you want!”

Family Tree Activity: [CLICK HERE](#)



## COMMUNITY ART- POWELL RIVER PUBLIC LIBRARY

“Mixing collage and community is a way to get people together so they can make something and enjoy the process of creativity,” said Edgar. “Collage is a way of making art by mixing together types of materials like paper, cloth, or even wood, and in a way, it’s a good metaphor or way of thinking about community, and who we are all together.”

Community Art: [CLICK HERE](#)



## LET'S PLAY "Celebrate Family Relationships"

Pages 47 and 48 of the British Columbia Ministry of Education (2019) handbook, "Let's Play: Activities for Families", describes a creative way to teach children about their "personal identity, diversity, and foster a sense of belonging" (BC Ministry of Education, 2019, p.47). This is an opportunity to talk about and celebrate family relationships.



### Face Collage

**What**

The Face Collage is a wonderful way to teach children about their personal identity, diversity, and foster a sense of belonging.

**1 Create the Environment**

- Take full-face pictures of your child, children, or your family members. Print the images on a full standard size paper (best in colour). Cut the picture into four to six vertical wide strips. To make the pieces more durable, you can laminate each strip or you can cover each one with clear laminate or packing tape.
- Mix the strips together into a basket and allow your child time to explore.
- Ask your child what emotions they see in the basket and share your observation. "I see a happy smile. That looks like your mouth!"

**2 Collage**

Children can piece the faces together or explore mixing the strips to create unique faces using facial features of themselves, their family, or friends.

**Why**

Through this experience, children will learn to

- Recognize, accept, and express a wide range of emotions, thoughts, and views
- Build healthy relationships with both adults and children
- Develop an understanding of diversity and inclusion
- Feel a sense of belonging and personal identity
- Develop emotional literacy skills
- Develop language and communication

**How**

You may start off with one or two faces with four vertical wide strips. Encourage language development by asking your child what they see. Try pointing at the facial features (for example, a nose, or eyes) and repeat the name several times to support word association. Also, if the child completes the face puzzle, you can repeat the person's name with your child. This helps children to strengthen their relationships with their peers and family members.



Add more faces with four to six vertical strips. Ask open-ended questions such as

- "What/Who do you see?"
- "Do they look the same to you?"
- "What do you think this is used for?" (When pointing to the facial feature, try talking about how humans and animals have similar features with similar functions but sometimes look very different)
- "How do you think they feel?"

Dialogue can sometimes be the most powerful way to support the growth and development of children. Building rich conversations based on the interests and inquiries of children can allow endless learning opportunities. Depending on where your discussion takes you, your child could learn about inclusion and embracing differences in others, emotional literacy, the human body, and basic mathematics.

Use images of unfamiliar people and make four to six vertical strips and four to six horizontal strips for each face. After building new faces, make up a story about who they are and what they enjoy.

Read a story with your child about feelings, families or other ideas that connect with the activity. Here is a suggestion:

- My Nose, Your Nose* by Melanie Walsh

**Where**

This experience can be completed on a flat surface, indoors, or outdoors. You can also add magnets to the back of the strips and they can be placed on a magnetic board or on a fridge.

**When**

This activity can occur at any time of the day, and is best explored individually or in small groups.



Let's Play! Activities for Families | Set 3 47

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

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

## What is so great about the GREAT OUTDOORS?

### Enjoy active play, every day.

Kids need active play every day, and there are plenty of ways to keep active at home. Each day, select at least one option from each category below.

#### 1. Go play outside

- play hide and go seek
- roll down a hill
- jump in puddles
- build a fort
- get muddy
- run through a sprinkler
- make an obstacle course



#### 2. Have fun developing skills

- play beanbag or sock ball catch with a parent or sibling
- practice yoga postures and balance poses
- dribble a basketball or shoot hoops outside
- play sock ball soccer indoors
- throw sockballs into a hamper
- play hopscotch
- jump rope



#### 3. Use your feet to get around

- walk
- run
- bike
- scooter
- skateboard
- rollerblade



#### 4. Do a family activity

- dance party
- after dinner walk
- geocaching
- bike ride

#### 5. Help around the house

- make your bed
- take out the garbage
- pick up toys
- fold laundry
- rake leaves
- garden
- vacuum



- Make time to play outside
- Have fun developing skills
- Use your feet to get around
- Get together for a family activity
- Remember to help around the house

Active play, every day is good for everyone's body, brain and mood. For more ideas on ways to play at home, visit [activeforlife.com](http://activeforlife.com)



### Outdoor Play

National data from the last 10 years show that only a small proportion of Canadian children and youth accumulate the recommended amount of moderate-to-vigorous intensity physical activity on a daily basis (ParticipACTION, 2016). Parental and societal concerns for children's safety dominate current perspectives on outdoor play (Brussoni et al., 2015). At [outsideplay.ca](http://outsideplay.ca), researchers and educators have created an online tool for educators and families to rethink how they view outdoor play. The tool is intended to give educators and families more confidence to encourage young children to engage in more outdoor play (BC Ministry of Education, 2019, p.29).

[CLICK HERE](#) for website

### CARING FOR PLANTS

Tending to plants is something that the whole family can help with. Kids learn the importance of caring for living things and recognize how they can help their family with simple chores.

Make a homemade watering can together. Take your creation outside and water plants in warmer weather.

YouTube: [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!

There is one native hummingbird species that overwinters here on the BC coast. I have been watching these tiny, amazing creatures in my backyard over the winter and wondered how they survive the cold temperatures. Keep your eyes open for Anna's hummingbird while you are exploring the great outdoors.

- Ayajuthum name: **χορχορ**  
Pronunciation: [CLICK HERE](#) (First Voices, 2022)
- English name: **Anna's Hummingbird**
- Scientific name: **Calypte anna**



For more information about Anna's hummingbird: [CLICK HERE](#)

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