



## Publication #19

FROM KATE, PAULA,  
DANIELLE AND RITA

This week's theme is:

## Winter Sports

It is so much fun to introduce preschool children in our favourite winter sports. I hope the publication this week sparks both some great conversations about winter sports and winter sport activities.

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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**

# RECIPES

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## OVERNIGHT OATMEAL

### Basic Ingredients:

- 1 cup liquid (dairy or non-dairy milk)
- 1/2 cup old fashioned rolled oats
- 1 tablespoon chia seeds (optional)
- Sweetener: 1 mashed banana (or 1-2 tablespoons sugar or liquid sweetener)
- Pinch salt
- Optional add-ins such as fruit, vanilla, flaxseed, etc.



### Added Ingredients for different flavours:

#### **MAPLE BROWN SUGAR**

- 1 tablespoon maple syrup
- 1 teaspoon light brown sugar

#### **PEANUT BUTTER BANANA**

- 1 tablespoon creamy peanut butter
- 1/2 medium banana, sliced into thin pieces

#### **APPLE CINNAMON**

- 1/2 medium apple, chopped into small cubes
- 1/2 teaspoon ground cinnamon

#### **ALMOND BLUEBERRY**

- 1 tablespoon almond butter
- 1/4 cup fresh blueberries

### Instructions:

- Place all of the ingredients in a bowl or jar and mix well.
- Refrigerate overnight. You can choose to eat this cold or heated up.

### Many Options :

- Bananas
- Apples
- Any Berries (fresh or frozen)
- Lemon Zest
- Peaches
- Peanut Butter
- Almond Butter
- Coconut
- Pineapple
- Cocoa Powder
- Chocolate Chips
- Cinnamon
- Ginger Powder
- Turmeric
- Vanilla
- Any Nuts
- Coffee

## TORTILLA SNOWFLAKES



- Fold your tortilla as if folding for a paper snowflake.
- After cutting your tortilla into a beautiful snowflake brush it with butter and sprinkle with cinnamon sugar or course sugar bake in 400 for 10 min.

### Optional:

- For a more savory snowflake you can brush with olive oil and add some garlic salt and or onion powder or any other herbs to add flavor.

## SNOWBOARD ART

### Supplies:

- blue construction paper
- popsicle stick - for snowboard
- snow- made from ripped white paper or cotton balls
- markers

### Instructions:

- Use your imagination- make this as you would like.
- Drawing some trees and your snowboarder will make this picture come alive.



## ICE SKATING WITH ICE CUBE PAINTING



### Supplies:

- washable tempera paint
- ice cube tray (or other small containers)
- popsicle sticks
- card stock or butcher paper

### Instructions:

1. Fill your ice cube trays half full with paint and half with water. Stir together.
2. CLEVER HINT- After filling the tray, cover the tray with foil, and slit a hole with a knife, where the popsicle stick will go. This will help keep the Popsicle sticks standing straight, which will make painting with them much easier.
3. Place the frozen paint-sicles on a plate with just a hint of water to help the cubes start melting.

Now select some classical music and let see the many beautiful designs your skate painters can create.





# BOOKS

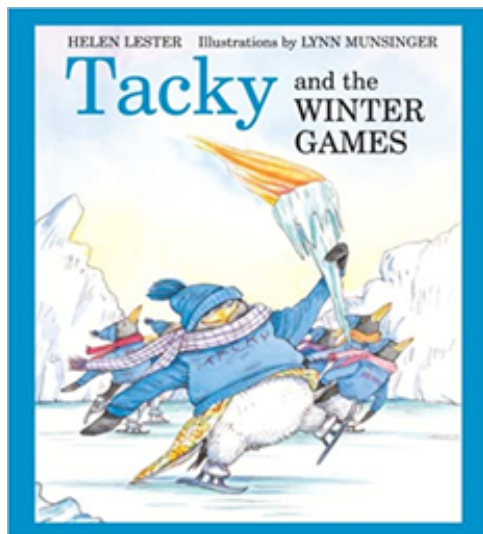
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HEAR STORY  
[CLICK HERE](#)



HEAR STORY  
[CLICK HERE](#)



HEAR STORY  
[CLICK HERE](#)



HEAR STORY  
[CLICK HERE](#)

# SONGS/RHYMES

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## SNOWFLAKE DANCE

Sung to: "Are You Sleeping"

Dance like snowflakes, Dance like snowflakes  
In the air, In the air  
Whirling, Twirling snowflakes, Whirling,  
Twirling snowflakes  
Here and there, Here and there



## SLEDDING HILL

Here is a hill  
(point)  
Here is a hill  
(make a hill with your left arm)  
All covered with snow  
We'll get on our sled and zoom  
Down we'll go.  
(swoop hand down hill)

## SNOWEY POKEY

You put your right mitten in, You take your right mitten out,  
You put your right mitten in and you shake it all about.  
You do the Snowey pokey and you turn yourself around.  
That's what it's all about.

Note continue with additional verses:

You put your left mitten in  
You put your scarf in  
You put your right boot in  
You put your left boot in  
You put your hat in  
You put your snowself in  
etc



## MITTENS ON MY HANDS

Sung to: "Wheels on the Bus"

The mittens on my hands  
Keep me warm  
Keep me warm  
Keep me warm  
The mittens on my hands  
Keep me warm  
All Winter long!

## THE SNOWMAN SONG

Here is a snowman, big and white  
(make large circle in air)  
Isn't he a lovely sight  
Let's make a snowball  
(pretend to make a snowball)  
And throw it at his hat  
(throwing motion)  
Off it goes, just like that.



### WINTER SPORTS OBSTACLE COURSE

#### TRANSFER SNOW

Set out two bowls, a pair of mittens, and cotton balls. Child moves cotton balls from one bowl to the other while wearing mittens.



#### SKI

Use empty tissue boxes as skis and long sticks as poles. Child slides feet along floor pretending to ski. Set a starting and stopping point to the ski slope.

#### TRAVEL THROUGH AN ICE CAVE

Make a tunnel using two rows of chairs and place a white or light colored sheet over the chairs. Child crawls through the tunnel.



#### PULL A SLED

Help some imaginary friends get across the snow in their sled. Use a laundry basket with a rope for child to pull the sled. Put stuffed animals in the basket and set a starting and stopping point.

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### PAPER PLATE HOCKEY

Write the letters of your child(ren)'s name(s) on paper plates so that each plate has one letter on it. Then write each child's name on a strip of cardstock and stick it to a basket or whatever the goal will be.

Place the plates all over the floor and then give out brooms.

Have fun shooting the letters into the goal.





Winter Olympic Crafts and Games for Kids  
[click here](#)

Toddler Winter Games  
5 Days of Easy Winter Sports Activities  
[click here](#)

5 Ways to Get Your Child into Winter Sports  
[click here](#)

Winter Sports For Kids - A2Z Homeschooling  
[click here](#)

All About Winter Sports  
[click here](#)

Winter Sports!  
Learning Names of Different Winter Sports Recreation Activities for Kids  
[click here](#)



# 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](mailto: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?

### 5 Key Findings on Unstructured Play & Mental Health



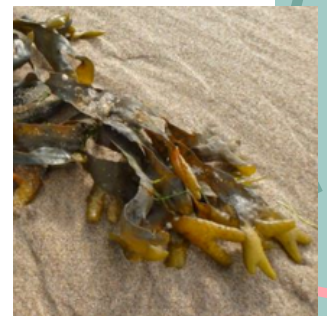
To read details of the  
**5 Key Findings:** [click here](#)

Here is an encouraging article outlining  
**the value of outdoor play during  
COVID-19**, from the online magazine  
**The Conversation:**  
[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".

We are so fortunate to live next to the ocean, and in one of the mildest climates in Canada. The next time that you are playing at the beach, look for  
**Rockweed** (*Fucus Distichus*).



For more information about Rockweed,  
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.