

# StrongStart DO

StrongStart Discover Online  
Virtual Inspiration for Families at Home



## FOCUS ON FAMILIES

We were delayed opening our programs after winter break, because of the new Omicron variant. We are temporarily limiting adult participants in our in-class programs and have a booking system for families to sign up to participate (see information and link to booking website on page 2-A).

The development of our StrongStart Outreach programs continues. We have named the program "SD47 ORCA Neighborhood StrongStart". We continue to run this program as drop-in.

The pandemic and current variants are challenging our ability to cover illness and may require a higher number of program cancellations. We apologize in advance for this. Program cancellation announcements are posted on SD47 Early Learning/StrongStart websites and on Instagram.

Family Day is celebrated on February 21, 2022. Happy Family Day to all!

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

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

FEBRUARY, 2022 | PUB. #4, 21/22

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## THIS MONTH'S THEME IS: FAMILY

**To contact SD47 Early Learning:  
send email to  
rita.john@sd47.bc.ca**



**STRONGSTART CLASSROOMS  
BOOKED ATTENDANCE REQUIRED**

The current COVID-19 Omicron variant has temporarily necessitated attendance at all indoor programs be booked in advance and adult numbers to be limited. No snacks will be offered at this time.

**BOOK ATTENDANCE  
FOR IN-CLASS PROGRAM:**  
[CLICK HERE](#)

**WE HOPE FAMILIES WILL LIMIT BOOKS TO ONE DAY A WEEK TO GIVE ROOM FOR ALL FAMILIES TO ATTEND.**

**TO SIGN UP:**

- Click on the school program you would like to attend
  - Read information by clicking on the "i" symbol
  - Click on the date you would like to attend (available dates are dark grey)
  - Click on the "9:00" button on the right (time differs depending on program start time)
  - Enter the requested information
  - Click on the "Book" button. You will receive an email confirming your booking.
- If you are unable to attend, please cancel your booking so someone else can book in your spot.

The SD47 ORCA Neighbourhood StrongStart continues to operate as drop-in.

NEW PODCAST EPISODE FOR PARENTS & CAREGIVERS

**Benefits for Life:  
Social & Emotional  
Development in the Early Years**



Listen at [keltymentalhealth.ca/podcast](https://keltymentalhealth.ca/podcast) or find *Where You Are* wherever you get your podcasts!



**FEELINGS FIRST**



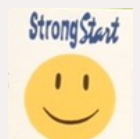
**Benefits for Life: Social and Emotional Development in the Early Years**

Between ages 0-6, a child's social and emotional health is every bit as important as their physical health. It affects how they express emotions, deal with stress, develop friendships, and more. Join podcast hosts Bryn and Michelle as they take a closer look at social and emotional development (SED) in the early years, including what it is, how you can support your child's SED, and how these skills will benefit them for life. In this episode you'll hear from Joelle, a busy mom to a five year old, and Dr. Angela Low, a researcher and educator whose work focuses on social and emotional competence in children. You'll even hear from some little ones who share their experiences too.

**TO ACCESS THE PODCAST: [CLICK HERE](#)**

\*This episode is a collaboration between BC Children's Kelly Mental Health Resource Centre and Child Health BC, as part of the Feelings First initiative.

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

# EARLY LEARNING INFORMATION

## SD47 ORCA

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

### LUND DATES:

February 7  
March 7  
April 25  
May 16  
June 20

### TEXADA DATES:

February 14  
April 4  
May 2  
June 13

FEBRUARY 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
	February 1 NO PROGRAM	February 2 9:30am-11:30am MUSIC ACADEMY	February 3 9:30am-11:30am LANG BAY FISH HATCHERY	February 4 9:30am-11:30am WILLINGDON BEACH
February 7 10:00am-12:00pm LUND	February 8 NO PROGRAM	February 9 9:30am-11:30am TIMBERLANE	February 10 9:30am-11:30am MYRTLE POINT GOLF COURSE	February 11 9:30am-11:30am LARRY GOUTHRO PARK
February 14 11:30am-2:00pm TEXADA	February 15 NO PROGRAM	February 16 9:30am-11:30am MUSIC ACADEMY	February 17 NO PROGRAM	February 18 9:30am-11:30am WILLINGDON BEACH
February 21 FAMILY DAY NO PROGRAM	February 22 NO PROGRAM	February 23 NO PROGRAM	February 24 9:30am-11:30am LANG BAY FISH HATCHERY	February 25 9:30am-11:30am LARRY GOUTHRO PARK
February 28 9:30am-11:30am JAMES THOMSON				

## SD47 ORCA HIGHLIGHTS:

Creating rituals together that unfold through coming together at a specific time at a specific place. Here we take a walk together and this is what we find. Curiosity of how these places change over time, each time we walk together making connections as we go.



Sometimes we can find amazing outdoor spaces in the most unlikely locations! At **Timberlane Park**, across the street from the track and in behind the horseshoe of buildings that surrounds the parking lot, there is an adventure spot that we have grown attached to. We have measured time by the growth of the bracket fungus and the decay of fallen trees. We have been amazed by the way that the canopy of Western Red Cedar and Douglas Fir branches keep the rain away in a downpour. We are curious, thoughtful, and creative as we discover this space together. This is a special place, and we look forward to introducing it to you!



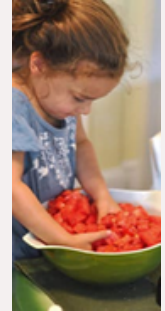


Cooking with your kids, or just getting them involved in the kitchen, is one of the best relationship building activities you could do with them.

Not only does it build all kinds of skills that will last a lifetime, but it has yummy results (most of the time).

Cooking with your child will...

- Builds confidence
- Help to encourage them to be adventurous in trying different foods
- Help them to make healthy choices for themselves
- They will enjoy making and giving to others
- Spills and messes as well as imperfections are going to happen, but all of you will be amazed at how quickly new skills are learned and improved.
- The best part- you will see your child's pride and joy when they have helped.



## SHRIMP SUSHI

### Ingredients:

- 1 cup uncooked sushi rice
- 8 raw large shrimp shelled and deveined
- 1 Tablespoon butter
- 1 Tablespoon rice vinegar
- 1 clove garlic, crushed
- 1 cucumber cut into thin strips
- 1 avocado cut into thin strips
- 5 roasted seaweed papers
- Soy sauce and wasabi for dipping (wasabi is very hot)

### Directions:

1. Place uncooked rice and 2 cups of water in rice cooker, or pot to cook. Sushi rice is a short grain, very sticky rice (Or follow package instructions to cook on the stove).
2. While rice is cooking, place the butter and garlic in small saucepan over medium heat. Add the shrimp when the garlic starts to smell.
3. Cook the shrimp until they are pink. Remove from heat and cut the shrimp into small pieces.
4. When the rice is done cooking, add the rice vinegar to it and stir to combine.
5. Place a seaweed sheet on you working area, spread 1/5 the rice on the sheet, add shrimp, avocado, and cucumber in a row along the bottom third of seaweed.
6. Roll everything up and cut into bit size piece (it is easier to cut with a wet knife).
7. Serve with soy sauce and wasabi. Yummy and fun for kids to help with.



## LET'S CREATE TOGETHER

### Inside a Car



## DO YOU HAVE A CARDBOARD BOX LYING AROUND AT HOME? WHAT COULD IT BE?

This project started off with several boxes left open to paint. Over time we learned what painting together meant and how we could paint together by sharing ideas and painting surfaces. The boxes were then moved to a bigger space to introduce new materials.

Questions around the boxes circulated:

- “what's that box doing there?”
- “What is that box?”
- “Is it supposed to be something?”

One of the children suggested to another child “it's a car” the other child looked around and said, “no its not, it does not have wheels.” Curiosity unfolded as we wondered together “what matters when we build a car?”

After this conversation, a visit to the public library was the next step to finding out more. Sifting through the books at the public library to find books about cars.

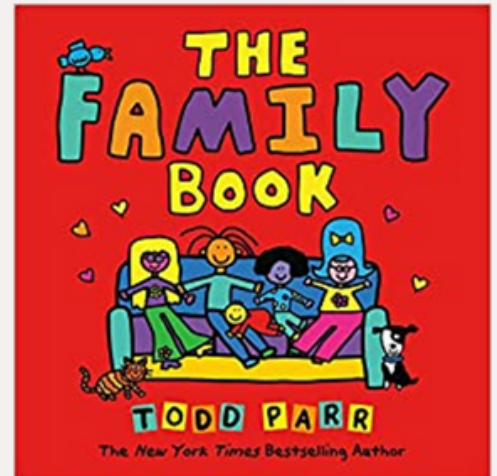
This is ongoing and continues to spark interest as the project is revisited. The wheels have been built and bolted, taken off and used for parts and currently the question is being asked “Do we need wheels on an electric car?” Further stating “you need to start on the bottom of the car to build an electric car” bringing us to wonder “what does the bottom of an electric car look like?”

Families work alongside their children sharing the tool names turning the bolts to attach the wheels, using felt pens to mimic the appearance of wheels and working through the recycled materials to find new parts. This project continues to evolve, by revisiting past findings and allowing new curiosities to unfold through dialogue with one another.



HEAR STORY  
[CLICK HERE](#)

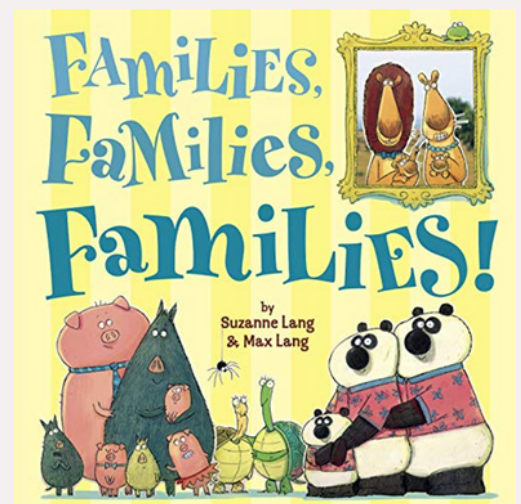
HEAR STORY  
[CLICK HERE](#)



HEAR STORY  
[CLICK HERE](#)



HEAR STORY  
[CLICK HERE](#)



HEAR STORY  
[CLICK HERE](#)



## THERE WERE 5 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!"

## 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!



## LET'S CLAP

Let's clap our hands for Grandma,  
for Grandma, for Grandma,  
Let's clap our hands for grandma,  
Let's clap them this way.  
Clap this way and that way,  
Clap this way and that way,  
Let's clap our hands for Grandma  
Let's clap them this way.



Make up additional actions for verses.

## GRANDPARENTS

**Tune: "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!

## MOMMY

**Tune: "Oscar Meyer song"**

Oh, my mother has a special name.  
It's M-O-M-M-Y!  
My mother has a special name.  
It's M-O-M-M-Y!  
Oh, I love to hug her every day.  
And when I kiss her, I will say,  
Mommy, mommy, I love you!  
I L-O-V-E Y-O-U!

## HUSH LITTLE BABY

Hush little baby, don't say a word  
Papa's going to buy you a mockingbird.  
If that mockingbird 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.



## BEDSHEET PARACHUTE

Get arms moving and heart rates up by using your sheet to bounce small balls, socks, or balloons on top. Or just wave the parachute up and down, hide under it, toss it in the air, and so on.

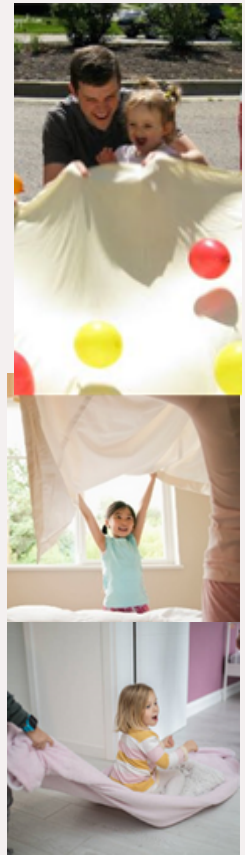
Bedsheets are great for parachute games and the more people helping the more fun it can be.

-Lift the sheet way above your head then bring it back down and duck under it pulling it behind you making a mushroom shape.

-Put stuffed toys on the sheet and lift the sheet up quickly and watch those stuffies fly!

-Have one of the kids sit in the middle of the sheet and walk slowly around them holding the sheet and wrapping them up (do not go higher than the neck for safety). Then, pull fast to see them spin when they unwrap!

When you're all done using the sheet like a parachute drag the kids around the house like it's a chariot.



## HOME OBASTACLE COURSE

**There is so much fun and really no limits to creating an obstacle course from items around your home!**

- Under the table (decorated with streamers add extra excitement),
- "Balance beam", a skipping rope, painters' tape, a pool noodles or even a small rolled up rug, can work.
- jumped over the "hurdles" tying streamers to a few toy boxes, or just laying down pillows or stuffed animal to jump over.
- Make a maze with streamers to climb through.
- Run around the chair and finished with a climb over an ottoman, or a jump into pillows

**Once they've got their obstacle course down, challenge them to do it backwards or time them to see how fast they can do it!**





## B.C. Wildlife Federation

### Family Resources: Activities & Outdoor Education



**LINK TO WEBSITE: [CLICK HERE](#)**

With physical distancing keeping families at home, family time is more important than ever! The B.C. Wildlife Federation (BCWF) is here to help families to navigate these times. BCWF publishes an online newsletter for families that focuses on activities and outdoor education. Each newsletter includes an activity, a featured animal, and two resources. There is no obligation to donate or to become a member. The website includes links to archived newsletters, organized by date.

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## Preschool Family Theme Activities

### Teaching Mama

If you are looking for family themed activities to celebrate Family Day in BC this month, here is a great website that is full of ideas! A collection of preschool family theme activities including books, crafts, sensory activities, and class projects for children to learn about families.

**LINK TO WEBSITE: [CLICK HERE](#)**



**Family Day 2022  
Monday February 21, 2022**

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## 6 Ways to Teach Your Child to Accept Every Type of Family

Families come in all different shapes and sizes. Here is a link to an article from "Parents" online magazine that provides information about conversations with young children about diverse families. In a world where all kinds of ties bind parents to their children—whether the grown-ups are single, in a same-sex marriage, or adoptive guardians.



**LINK TO WEBSITE: [CLICK HERE](#)**

## LET'S PLAY TOGETHER



When thinking back to childhood memories, the place plays a significant role in our connection to the land and community.

Place provides an opportunity for rituals to unfold as families visit a specific place at a specific time on a continual basis. These findings cannot be predetermined or preplanned, they arrive in the moment.

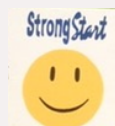
The moment you arrive at place and begin to create a story, a story of walking on crisp fallen leaves, as they crunch under sneakers and boots, the smell of freshly fallen rain on a summers day and the sight of a squirrel peeking out from a fallen log to get a closer look at the new visitors.

These moments are not big, they are not planned but they are the moments that connect us.

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

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





## What is so great about the GREAT OUTDOORS?

Are you looking for a way to increase your family's outdoor time?

**Come and check out SD47 ORCA Neighbourhood StrongStart!**

This exciting outdoor program continues to operate on a drop-in basis, four days per week. Remember to dress for the weather, and a reminder that, for now, we are not providing snack, but feel free to bring your own.

**We look forward to exploring the great outdoors with you!**  
(schedule on page 2-B of this publication)

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### ECOLOGICAL IDENTITY IN YOUNG CHILDREN

As we consider families this month, we invite you to consider the way that children and families connect to outdoor spaces and the ways that these unique spaces impact families. The Canadian Children magazine, features an article by Ann Pelo, "A Sense of Wonder: Cultivating an Ecological Identity in Young Children - and in Ourselves".

Please click on this link ([CLICK HERE](#)) and then click on the FULL ISSUE PDF link. You will find the article on page 5.

REFERENCE: Pelo, A. (2013). A sense of wonder: Cultivating an ecological identity in young children - and in ourselves. Canadian Children (Volume 39, No. 2) pp.5-10.

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### 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! This is a great time of the year to learn about deciduous trees and conifer trees. There are a wide variety of each type that is native to British Columbia. While you are exploring the great outdoors, see if you can identify deciduous trees and conifer trees.**

For more information about the differences between these types of trees go to: [CLICK HERE](#)



Do you recognize the bird sitting at the tip top of this tree?

**BC National Forest Week** takes place from September 18-22, 2022. They are providing links to download free posters that help to **identify some of the common trees that are native to BC.**

To find the website, go to: [CLICK HERE](#)