



StrongStart DO

StrongStart Discover Online
Virtual Inspiration for Families at Home



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Publication #16

FROM KATE, PAULA,
DANIELLE AND RITA

Are we tempting fate picking SNOW as our theme this week? Are we wishing so hard for snow, it will snow?

The weather forecast suggest we might just get some. We hope you get a chance to use the snow-based fun we have included this week.

We will see!

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

This week's theme is:

SNOW

SD47 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](https://www.instagram.com/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.

RECIPES

VANILLA SNOW CREAM

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Ingredients:

- 4 c. clean snow
- 1 (14 oz.) can sweetened condensed milk
or 1 c. milk (preferably whole milk)
- 1/4 c. granulated sugar (only if you are using regular milk)
- 1/2 tsp. vanilla extract

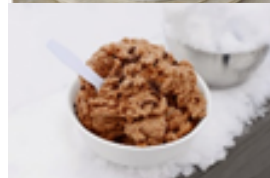
Instructions:

1. In a large mixing bowl (preferably that has been chilled), stir together milk, sugar, and vanilla extract until sugar is dissolved. Add snow, 1 cup at a time, stirring and mashing with a spoon until incorporated; continue adding snow until an ice cream-like texture is reached. (You may need to add a little more or a little less than 4 cups of snow.)
2. Enjoy immediately, or cover and place outside in the snow for up to several hours.

Fluffy, unpacked snow works best. Just scoop the snow up with a big bowl. Don't pack the snow into the bowl, as this will make your snow cream less creamy.

Options:

1. Chocolate snow cream- add 5 tsp cocoa powder
2. Strawberry snow cream - add 1/3 cup strawberry jam
3. Coconut snow cream- add 2 tsp. coconut extract and 1/2 cup shredded coconut
4. Maple snow cream- add 1/4 cup maple syrup and drizzle with maple syrup



SNOW MAPLE CANDY

Ingredients:

- Syrup
- Snow

Instructions:

1. Pour your syrup into a small saucepan and heat on medium-low until boiling. Continue to heat until the temperature reaches 235° on a candy thermometer (this shouldn't take more than 5 minutes).
2. While you wait, pack a baking sheet with a thick layer of clean snow. You want to pack down the snow layer tightly and make sure it's at least 2 inches thick. The boiling candy will melt through the snow, and you don't want it to melt all the way through to the bottom of the pan (or it can stick).
3. Use a spoon to drizzle little pools of hot syrup onto the snow (each one should contain approximately 1-2 tsp syrup). Let the candy set for 2-3 minutes or until cool.



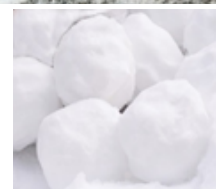
SNOW DOUGH

Ingredients:

- 1 cup of corn starch
- 1 cup of lotion
- Iridescent glitter
- Peppermint extract

Instructions:

- The "cool" thing about this DOUGH is that it is naturally cold, but it can be made even colder by using refrigerated ingredients.
- You can also add scent and sparkle if desired.



SNOW PAINT SNOWMAN

Supplies:

- Shaving Cream
- White school glue
- paper for hat, carrot nose and buttons etc.

Optional:

- Peppermint extract
- Iridescent glitter or buffalo snow

This works great just as it is, or you can put the glue into the refrigerator, until it is quite cold.



Instructions:

Making Snow Paint

1. Begin by combining roughly equal parts of chilled glue and shaving cream in a bowl.
2. Sprinkle in glitter & buffalo snow if desired. You can also add a few drops of peppermint extract for a wintry scent.
3. Then, finish the paint off with more glitter.
4. Cut out a hat, carrot nose, buttons or any other fun things you think your snowman needs.
5. It is also fun to add twigs for arms and maybe a scarf, decorate with more sparkles by adding sequins.
6. After your snowman dries its fun to touch the paint and see how it feels.

TEXTURED WINTER COLLAGE CRAFT

Supplies:

- Black card stock

(makes a good background, to give contrast to the white/light winter colours)

- Winter Collage materials

Paper towel, white cotton wool, aluminum foil, cotton balls, blue tissue paper or scraps of blue paper in different shades, black and white newspaper scraps, tissues, shiny silver wrappers, blue or white yarn or material, or anything else you have on hand.

Instructions:

- To make a textured winter picture, gather together some materials that are winter colors, whites, blues, silvers. Ask your little one which colours they would see in winter, or what colours make them think of "cold".
- Making a winter texture collage is a fun art project that is not about having a fixed end result, but more about exploring the materials and putting them together however your child would like.
- Let your child get creative sticking the materials down however they would like. Either white glue or a glue stick will work well for this.

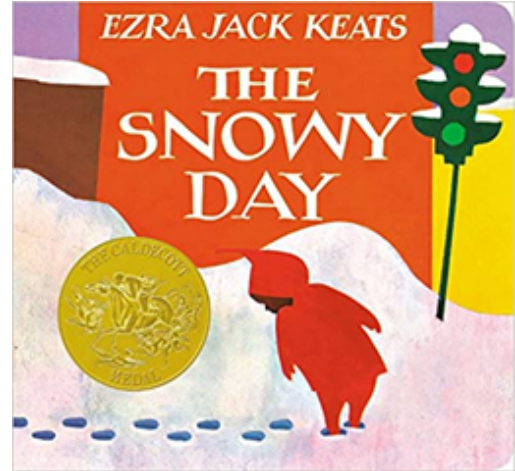


BOOKS

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HEAR STORY
[CLICK HERE](#)



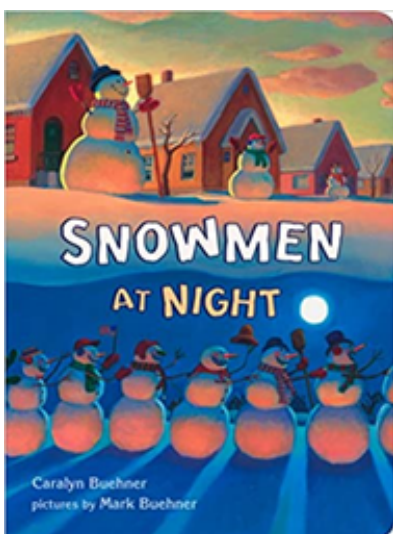
HEAR STORY
[CLICK HERE](#)



HEAR STORY
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HEAR STORY
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SONGS/RHYMES

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SONGS

I'M A LITTLE SNOWMAN

(Sung to: "I'm a Little Teapot")

I'm a little snowman short and fat.
Here is my scarf and here is my hat.
When the snow is falling come and play.
Build a snowman every day.



I'M A LITTLE SNOWFLAKE

(Sung to: "I'm a Little Teapot")

I'm a little snowflake, Look at me.
No other snowflake is just like me.
I am so unique, as you can see.
And just as special as I can be.

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

RHYMES

FIVE LITTLE SNOWMEN

Five little snowmen on a winter's day
The first one said, "Wake up, so we can play"
The second one said, "Let's stomp on the ground."
The third one said, "Let's roll around."
The fourth one said, "Let's run and run and run."
The fifth one said, "I'm afraid I feel the sun."
"Oh dear," cried the snowmen,
As they looked toward the sky.
And the five melting snowmen waved a fond goodbye



WINTER SKY

Way up high in the winter sky,
Two little snowflakes caught my eye.
(Point 2 fingers to sky)
Down to the ground they fell without a sound.
(Twist around)
And before very long, It was snowing all around.
(Hold arms out)

SNOWMAN TOSS



To make:

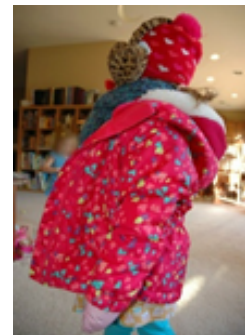
- Start by drawing a snowman on poster board with pencil and then cut it out.
- Next cut out the center of the snowman to create a hole where the kids can toss the snowballs. You can choose where you would like to put the hole. It may be fun to cut out a hole where its mouth is and you can feed the snowman the snowballs.
- After that, use marker to add features like eyes, a carrot nose, and a mouth. Cut out a hat if you would like and add a scarf.
- Secure the snowman in place with some sturdy painters tape up high in a doorway or even stuck to the side of a table.

Snowballs can be made by scrunching up paper or you may choose to use foam balls or pillow batting.



GET READY FOR SNOW GAME

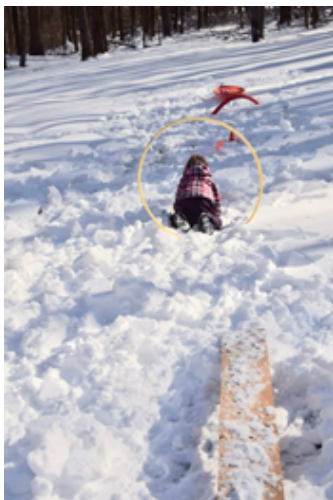
- Start by gathering your kids' winter gear. Gather one pair of socks, a pair of slippers (since we don't wear shoes in the house), sweater, jacket, heavy coat, scarf, hat, and earmuffs.
- Time your child to see how fast they can get dressed to go out in the snow. If you have more than one child make it a race or you (the parent) can also join in on the fun.



SNOW OBSTACLE COURSE

Things to use to make an obstacle course:

- Sleds (to sled on, or to lay on, and pull yourself across the snow)
- Wood plank wide enough to walk across
- Hula hoop (to crawl through or throw snowballs through)
- A Tupperware container (to make a snow castle in)
- A spray bottle filled with colored water (to spray the castle (above idea) or make your own design)
- A pool noodle (to jump over)





18 Fun Winter Activities for Kids
[click here](#)

(Easy) Outdoor winter activities
for toddlers and kids
[click here](#)

10 Fun and Creative Snow Activities for Kids
(for Outside and Inside)
[click here](#)

Easy Winter Kids Crafts
That Anyone Can Make
[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. **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?

LIFE ISN'T ABOUT
WAITING FOR THE STORM
TO PASS...IT'S LEARNING
TO DANCE IN THE RAIN.

-Vivian Greene

In January, the rain can seem endless and we need a little bit of encouragement to get our waterproof clothes on and get outside. Here are some ideas to inspire you to

"DANCE IN THE RAIN"

You can find information links here:

[LINK #1](#)

[LINK #2](#)

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 Arbutus tree is the only broadleaf evergreen in Canada, which makes it easy to spot at this time of the year. Look for its red bark and shiny green leaves as you are exploring outside.



For more information about **Arbutus** : [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.