

# StrongStart DO

StrongStart Discover Online  
Virtual Inspiration for Families at Home



JANUARY 2023 | PUB. #5, 22/23

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## THIS MONTH'S FOCUS IS: WINTER

Happy New Year to all!

We hope you have had time to slow down and take a break over the holidays.

See page 2 for news from SD47 Early Learning.

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

To contact SD47 Early Learning,  
send email to:  
[raun.rainbow@sd47.bc.ca](mailto:raun.rainbow@sd47.bc.ca)

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



# EARLY LEARNING INFORMATION

## CHANGE IN SD47 EARLY LEARNING

Hello! My name is Raun Rainbow. I am the Vice-principal of Early Learning and Childcare for School District 47 – Powell River. We may met already in the halls of Edgehill Elementary or Westview School, but I wanted to introduce myself formally to the parents and families in our StrongStart community.

I am new to Powell River this year, but grew up just across the water on Vancouver Island. I recently moved back to the coast after having spent have 14 years working in K-6 schools in Calgary. I love being back in the rain on the traditional territories of the Tla'amin Nation and hope we'll get a chance to play outside together sometime soon.



I am passionate about education at all levels and have worked with children and youth from ages 3 to 19 in recreation and education. With Rita John officially retiring at the end of December, I will be more actively involved with StrongStart. Rita brought years of wisdom and heart to the role of Early Learning Coordinator. It may take some time before I can respond to inquiries as informed and quickly as Rita, but if you have any questions or concerns about StrongStart, please reach out to, [raun.rainbow@sd47.bc.ca](mailto:raun.rainbow@sd47.bc.ca). I look forward to getting to know all of you better.



### SD47 ORCA SCHEDULE:

## SD47 ORCA (On THE Road WITH Children's Activities) NEIGHBORHOOD STRONGSTART

#### JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 2</b> WINTER BREAK NO PROGRAM	<b>January 3</b> WINTER BREAK NO PROGRAM	<b>January 4</b> WINTER BREAK NO PROGRAM	<b>January 5</b> WINTER BREAK NO PROGRAM	<b>January 6</b> WINTER BREAK NO PROGRAM
<b>January 9</b> 9:30am-11:30am SUNSET PARK (WILDWOOD) (2611 Lois Ave)	<b>January 10</b> NO PROGRAM	<b>January 11</b> 9:30am-11:30am WILLINGDON BEACH (4835 Marine Ave)	<b>January 12</b> 9:30am-11:30am Alex Dobler Salmon Centre LANG BAY FISH HATCHERY (10556 Sunshine Coast Hwy)	<b>January 13</b> 9:30am-11:30am LARRY GOUTHRO PARK (4726 Manson Ave)
<b>January 16</b> 9:30am-11:30am LUND (NORTHSIDE COM. REC. CENTRE) (9656 Larson Bay Road)	<b>January 17</b> NO PROGRAM	<b>January 18</b> 9:30am-11:30am MUSIC ACADEMY (7280 Kemano St)	<b>January 19</b> 9:30am-11:30am Alex Dobler Salmon Centre	<b>January 20</b> 9:30am-11:30am LARRY GOUTHRO PARK
<b>January 23</b> 11:30am-2:00pm TEXADA SCHOOL (2007 Waterman, VanAnda)	<b>January 24</b> NO PROGRAM	<b>January 25</b> NO PROGRAM	<b>January 26</b> NO PROGRAM	<b>January 27</b> 9:30am-11:30am TIMBERLANE (north parking lot across from Timberlane track) (5400 Timberlane)
<b>January 30</b> 9:30am-11:30am SUNSET PARK	<b>January 31</b> NO PROGRAM			

#### FEBRUARY 2023

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

## **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.

A fellow educator recently inspired my thinking with snow. It really is a magical phenomenon! Winter invites opportunities to engage with the magic of this white fluffy stuff! We found dancing footprints and wondered what had made this print? We wondered "where are they going" and we danced with them creating an entanglement of prints. We found circles and ovals; we wondered what made these shapes? We looked together to the above cedar bows watching drips from the cedar bows fall quickly to the ground melting the snow below. Through these events we notice and listen to the land around us.

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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### **Larry Gouthro Park**

"The custom of bringing evergreens home during the winter began in the 16th century among northern and eastern Europeans — with Germans commonly credited with starting the Christmas tree tradition. During this period, pruning the tree was a part of the preparation process." The excess branches that were cut off in order to make the tree fit into a room were woven into wreaths (Collins, 2003).

Collins, A. (September 29, 2003). Stories behind the great traditions of Christmas. Zondervan Harper-Collins: Michigan.



The wind brought down many Douglas fir branches at **Larry Gouthro Park** and we took advantage of the opportunity to create wreaths. Using a cardboard backing and yarn made the project so easy!

## HOT CHOCOLATE OATMEAL

### INGREDIENTS:

- 3 cups milk of your choice
- 1 cup water
- ¼ cup cocoa powder
- ¼ cup maple syrup (1/3 cup if you like it sweet)
- 2 cups oats (quick-cooking or old-fashioned)
- Dash of salt
- 1 teaspoon vanilla

Marshmallows if desired

### INSTRUCTIONS:

1. Mix together the cocoa powder in ½ cup water until the cocoa powder is dissolved and smooth.
2. Add the cocoa powder mixture to a medium saucepan, along with the milk, remaining ½ cup of water, and maple syrup.
3. Bring the mixture to a boil, while whisking frequently, to not scorch the milk.
4. Stir in the oats and reduce heat to medium-low. Cook for 1 minute if using quick-cooking oats, and 5 minutes for old-fashioned oats, or until the oats are thickened and creamy.
5. Turn off and stir in the vanilla and a dash of salt.
6. Top with marshmallows if desired.



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## EASY CHEESY SNOWMAN GARLIC PIZZA BREAD

### INGREDIENTS:

- 3 English muffins
- 1 clove garlic
- 20g butter
- pinch finely chopped parsley (fresh or dried)
- 60g grated mozzarella
- mini pepperoni (I used 3 mini-Pepperoni sausages)
- ¼ orange pepper

### INSTRUCTIONS:

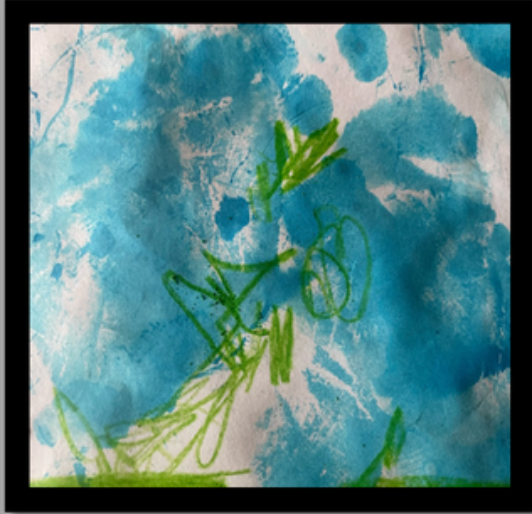
1. Preheat the oven to 350°F
2. Split all three English muffins in half.
3. Peel and crush or finely chop the garlic clove, then mix with the butter and parsley until well combined.
4. Spread the garlic butter over the cut side of the muffin halves, splitting it equally between them all.
5. Top with the grated mozzarella.
6. Slice the mini pepperoni sausages into rounds. Cut 6 triangles from the orange pepper.
7. Arrange the pepperoni for eyes and mouth and pepper triangles for the nose.
8. Bake in the oven for 5-10 minutes until the cheese is melted and bubbling. You may find that the pieces making up the snowman face have moved around a bit while cooking, if so, gently push them back into place with the tip of a knife.
9. Leave to cool for a few minutes, then serve warm.





## LET'S CREATE

### Mapping a Connection to our Community



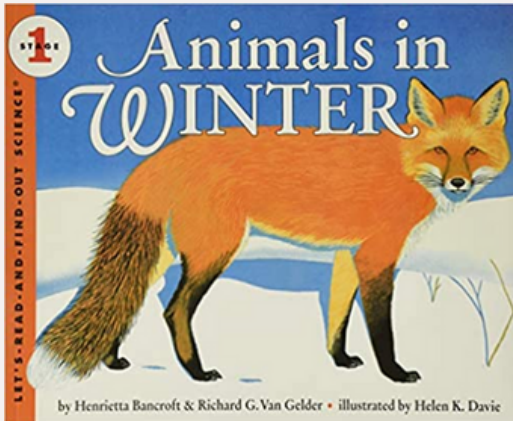
Each month we intentionally draw something together from our walk while talking about the place, the time of year and the changes we see. We invite you to start this journey if you have not yet! We invite you to save your drawings in a collection and look at them together at the end of the year.

Winter blew in with a white haze as it covered our community with snow. After the snow melted there was one thing that stuck! Our great big Neighborhood snowball- all other traces of snow had melted but this snowball just sat. As each day passed the snowball got smaller. We would wonder in the morning if it was still there after the night. We would gear up in the rain to see if the snowball washed away. We would head outside in the sun to see it had shrunk in size and in the wind, well, we wondered if it blew away. Until one day it was gone! The drawing on the right above tells a story of the neighborhood snowball.



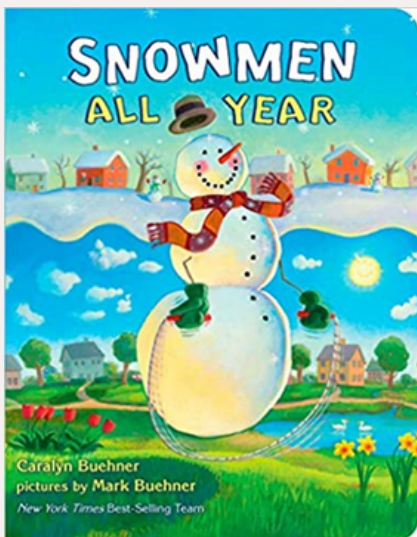
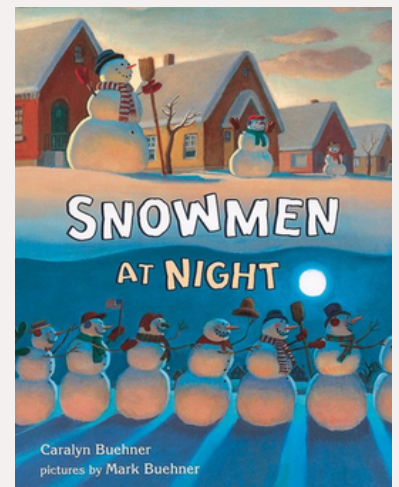
**HEAR STORY**  
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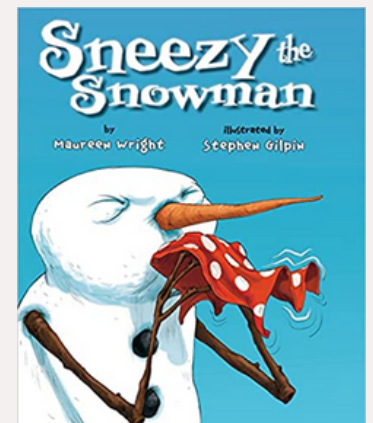
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## I'M A LITTLE SNOWMAN

**Sung to: "I'm a Little Teapot"**

I'm a little snowman, short and fat.  
Here are my buttons,  
here is my hat.  
When the sun comes out,  
I can't play.  
I just slowly melt away!



## SNOWFLAKES, SNOWFLAKES

**Sung to: "Twinkle, Twinkle Little Star"**

Snowflakes, snowflakes, dance around,  
Snowflakes, snowflakes, touch the ground  
Snowflakes, snowflakes, in the air  
Snowflakes, snowflakes, everywhere  
Snowflakes, snowflakes, dance around  
Snowflakes, snowflakes, touch the ground

## THE MITTENS ON MY HANDS

**Sung to: "The 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!



## 5 LITTLE SNOWMEN

Five little snowmen on a snowy day  
The first one said, "Let's play, what do you say?"  
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

## DANCE LIKE SNOWFLAKES

**Sung to: "Frere Jacques"**

Dance like snowflakes  
Dance like snowflakes  
In the air  
In the air  
Whirling, twirling, snowflakes  
Whirling, twirling, snowflakes  
Here and there  
Here and there.



## SNOW 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 Snow pokey  
and you turn yourself around.  
That's what it's all about.

### 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 snowsuit in



## SING A SONG OF WINTER

**Sung to: "Sing a Song of Sixpence"**

Sing a song of winter, frost is in the air;  
Sing a song of winter, snowflakes everywhere.  
Sing a song of winter, hear the sleigh bells chime,  
Can you think of anything as nice as wintertime?



## PRETEND TO...



This is a great way to get your kids moving, it is so much fun and will have you all laughing.

Pick out your favorite "Pretend to..." movements.

This list will give you a few fun ideas.

Write them out on winter shaped paper (like a snowman or snowflake) or if you glue them onto a cube that you can roll like some dice.

Or make it easy and just call them out like playing Simon says.

## SNOW BUILDING

**Building a snowman is always a good idea, but how about something else?**



**Build a Mini Snowman** – big snowmen take time and coordination but making them in miniature is easy and satisfying. Simply make a snowball and show your little one how to pack snow around it, then make a second snowball to place on top. Add a few pebbles and baby carrot for a face.

**Build Snow Castles**– bring some cups and food storage containers out with you, and pack them with snow, then use the snow bricks to make walls and towers.

**Sculpt Snow Creatures** and add the face and other details.

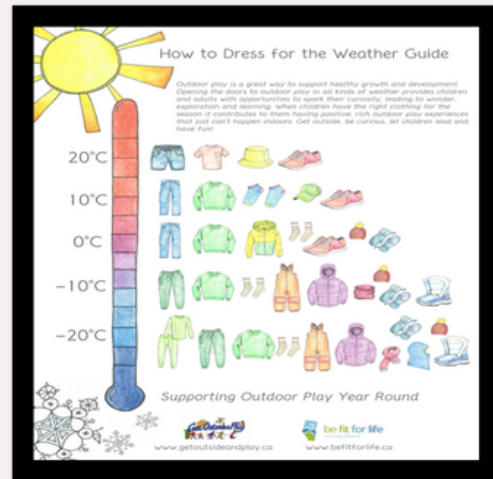
**Build a Snow Highway** – the snow is perfect for sculpting roads and ramps for toy cars.



## EVERYTHING CHANGES

This is an experience that will help your child learn about difference and change.

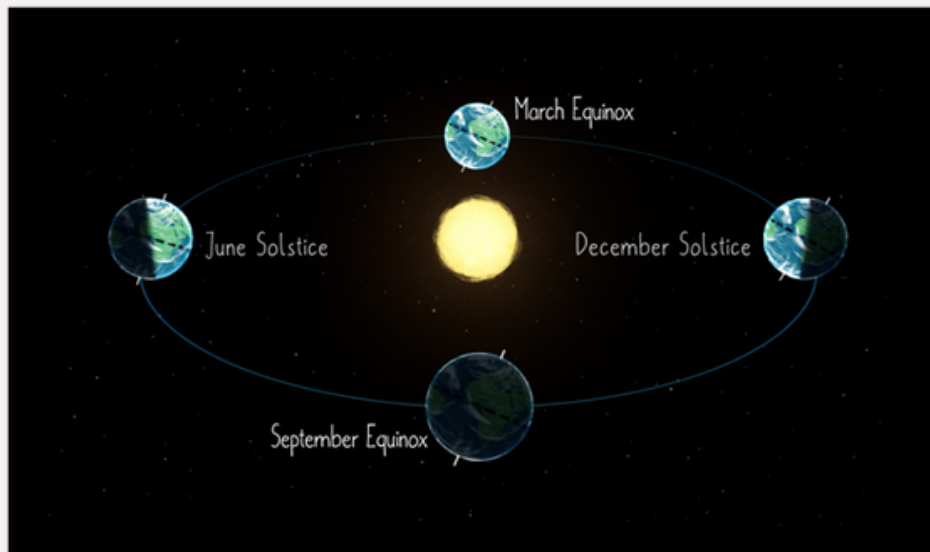
[CLICK HERE](#)  
(see page 45)



## WINTER SOLSTICE

When is the winter solstice, and what is it all about?

Article: [CLICK HERE](#)



## LET'S PLAY

### "Building a Sandcastle or a Snowcastle"

Pages 63 and 64 of the British Columbia Ministry of Education (2019) handbook, "Let's Play: Activities for Families", describes a play activity that uses either sand or snow. On the West Coast, building sandcastles does not just have to be a summertime activity. It is interesting to compare the properties of sand and snow and discover how they are different, and how they are the same.

#### Building a Sandcastle or Snowcastle



##### What

This is a game you and your child can play in winter or in the summer, and it is especially fun with a group of children. Here are some ideas on how to do this:

##### 1 Create the Environment

- Show pictures and discuss sandcastles or snowcastles with your child, and see if they would be interested in making one.
- Brainstorm ideas on what material you would need to make the castle, and see if you have it around the house. Regular sand buckets or plastic drinking glasses can create a magnificent castle of snow and ice, or of sand.
- Model language about teamwork, acknowledging that you are working together and that being a team makes you happy.

##### 2 Building Activities

- When you go outside, designate one area or station for collecting the snow or sand in the buckets, and another area for building the castles to encourage movement from one space to another
- You can help your child fill up the bucket with snow or sand, and then help them turn the bucket over to the area where you are building the castle
- Run with your child from the place where you are collecting the snow or sand to the place where you are building the castle. Try hopping, galloping, skipping, or just walking to the castle from the collecting station.

While you are playing, consider asking your child questions such as

- How tall and big do you want to make the castle?
- How does the snow or sand feel?
- How can you decorate the castle together?

##### Why

Through this experience, children will learn to

- Build healthy relationships with both adults and other children
- Learn ways to keep themselves healthy, especially with physical activity
- Feel confident and in control of their bodies
- Enjoy being physically active



##### How

Help your child fill the bucket with snow/ice along with you. Invite children to help turn the container or bucket over and lift it away to make the castle.

Invite children to fill and turn the container over themselves. Encourage them to take turns or co-operate during each task.

Prompt your child to design their own style of castle, and encourage them to find other materials to be part of their creation (for example, rocks, sticks, shells).

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

- Sandcastle Contest by Robert Munsch & Michael Martchenko

##### Where

This activity can occur outdoors.

##### When

Try these activities in the morning or the afternoon.

##### Reference

Adapted from LIVE 5-2-1-0 and Appetite to Play:  
<https://www.appetitetoplay.com/physical-activity/games-activities-3-5-yrs/snow-castle-relay>

Metal bakeware and pots and pans are excellent for building snow/sandcastles. Having them in a tote, bin or mesh bag makes them easy to transport back and forth. Local thrift stores are a great place to look for these items.

Here is a link with more information about loose parts and open-ended resources that can be used with children of all ages.

[CLICK HERE](#)



## What is so great about the GREAT OUTDOORS?

### Dressing kids for winter

Playing safely in cold weather

Kids can play outdoors all year long — they just need to be dressed properly for the cold. Staying dry and active will also contribute to how long they can comfortably be outside. Parents: remember, these tips apply to you as well!

**0°C** **Protect your lips and face** 0  
The wind and cold can make skin very dry. Apply lip balm and a skincare product (e.g. moisturizing cream).

**-5°C** **Watch for wind chill** -5  
In winter the wind draws more heat from the body. Windy days can feel much colder. The temperature might be -5 but it can feel like -20 with wind chill. Check the weather forecast before going outside, and as a general rule, stay inside if wind chill goes below -2.

**-7°C** **Dress in layers** -7  
Wear layers with an outer layer that is wind-resistant. Avoid cotton fabric in cold weather because it absorbs sweat and will feel cold. Layer with fleece, wool, or polyester-blends instead.

**-20°C** **Warm hat**  
**Neck warmer**  
**Wind-resistant jacket**

**-28°C** **Cover exposed skin** -28  
Exposed skin can freeze in 10 to 30 minutes. Keep the face warm with a neck warmer, balaclava, or face mask.

**-35°C** **Frostbite and hypothermia** -35  
Check face, hands, and feet for numbness or whiteness — this could be a sign of frostbite. If this happens, head inside immediately and warm the affected area slowly with your hands or warm (not hot!) water. Hypothermia is also a risk if outside for long periods in very cold temperatures without adequate clothing or shelter from wind and cold.

**-40°C** **Thermal socks and waterproof footwear**  
**Snow pants**

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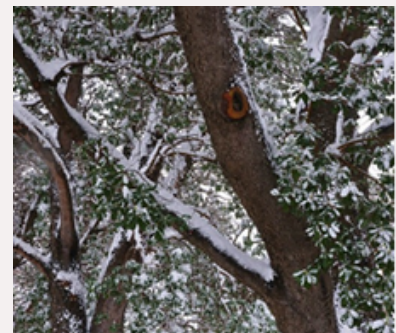
### Keeping Kids Warm on a Budget Northern BC Moms

Baby, It's Cold Outside! As I write this, we are experiencing an unusual cold snap here in the qathet Regional District. With temperatures predicted to remain below freezing, it is a good time to take a page from our neighbours in Northern BC and bundle up.

[CLICK HERE](#) for website

### 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!

At this time of the year, Arbutus trees stand out as the only broadleaf evergreen on the West Coast of Canada. The next time that you are out exploring, look for the beautiful red bark of the Arbutus.

- Ayajuthum name: **k<sup>w</sup>umk<sup>w</sup>umay**  
Pronunciation: [CLICK HERE](#) (First Voices, 2022)
- English name: **Arbutus**
- Scientific name: **Arbutus menziesii**

For more information about Arbutus trees: [CLICK HERE](#)

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