



Publication #34

FROM KATE, PAULA,
DANIELLE AND RITA

Food has provided much inspiration for this week's publication.

This week's theme is:
FUN WITH FOOD

NOTE:

The last day of **StrongStart GO** programming for the 2020-2021 school year is Friday June 25th, 2021. The last **StrongStart DO** publication will be Monday June 21, 2021.

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EARLY LEARNING INFORMATION

VIRTUAL STRONGSTART

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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- varied themes to the end of June 2021
- 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.

NEW TO STRONGSTART

School District 47 has a StrongStart YouTube Site: [SD47StrongStart](#) [CLICK HERE](#)



A 13-week social media information campaign is starting May 17, 2021:
“Awareness on Social & Emotional Development in the Early Years”
for Parents and Caregivers.

This campaign, called **“FEELINGS FIRST”**, is created by Child Health BC on behalf of the BC Healthy Child Development Alliance. The information from this campaign will be shared on the [sd47strongstart](#) Instagram site and the [sd47strongstart](#) YouTube site.

Child Health BC is hoping you will take some time to fill out the pre-campaign survey: [CLICK HERE](#).

BREAKFAST CHARCUTERIE BOARD

Homemade fluffy pancakes or waffles with all the breakfast helpings, so beautiful once arranged and served.

Why not put them on a serving board with all the fixings, and then some?! Think big and small!

TOPPINGS:

- whipped cream,
- chocolate chips,
- Nutella,
- coconut flakes,
- sprinkles,
- syrup,
- honey,
- and more!

ADD SOME SAVORY ADDITIONS:

- eggs,
- bacon,
- sausage
- cheese

Then top it all off with all different kinds of fresh fruit!!

NOTE: When serving pancakes or waffles on a charcuterie board with the meats, arrange the toppings onto the platter before you prepare the pancakes or waffles. That way, once the pancakes, waffles and meats are cooked, you are ready to eat.



LUNCH KEBABS

MAKING LUNCH A LITTLE MORE EXCITING AND FUN TO EAT.



Instructions

Pepperoni Pizza-Thread small pieces of fresh mozzarella, slices of pepperoni, cherry tomatoes and bite-sized pieces of flatbread onto skewers.

Chicken Cobb Salad-Thread a bite-sized piece of grilled chicken, lettuce, avocado, cherry tomato, bacon, and a half of a boiled egg onto each skewer. Include a side of ranch for dipping.

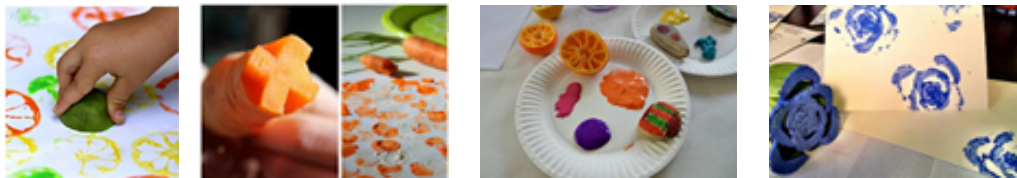
Turkey Club-Lightly toast a piece of sourdough bread and cut into quarters. Thread bread quarters, one slice of turkey folded in half and half again, bite-sized piece of Swiss cheese, bacon, lettuce, and a chunk of avocado. Repeat if you have room.

BLT-Lightly toast a piece of sourdough bread and cut into quarters. Thread a bread quarter, bacon, lettuce, and a cherry tomato. Repeat.

Salami Caprese-Slide pieces of salami, marinated mozzarella balls, small basil leaves, and cherry tomatoes onto each skewer.

Chicken Quesadilla-Cut tortilla into strips. Cut cheddar cheese and grilled chicken into chunks. Fold tortilla strips in half or thirds and slide onto the skewer. Add cheddar chunks and grilled chicken. Repeat until skewer is fully loaded.

FRUIT AND VEGETABLE PRINTS



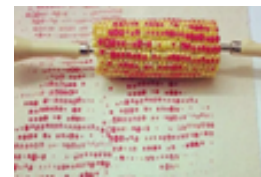
DIRECTIONS:

Paint- (any colors - try to include colors that mix well for this activity. I like to use red, yellow, blue and white but any colors are fine).

Paper plate - or something to put the paint on. You will need a larger area to keep the paint on, in order to allow the fruit and vegetables to get fully covered.

Paper- I like to use butcher's paper, or off easel pads for this one but smaller sheets of paper will be fine too.

There are many Fruits or Vegetables you can try, but here are a few to get you started. Lemons, oranges, limes, apples, potatoes, celery, corn, carrots, Broccoli, cauliflower, cabbage, peppers, onion



PAPER PIZZA

MATERIALS:

- Brown paper bag
- Craft paper in brown, green, red, black
- Textured craft paper in yellow and white

This paper pizza craft gives kids so many learning opportunities. They can learn about different food groups - fruits, vegetables, dairy, grains and meat. It's also a good exercise for cutting shapes.

DIRECTIONS:

1. Every pizza recipe starts with the base. A brown paper bag works best for this. Cut out a triangle with long sides so that the base of the triangle lines up with the bottom of the brown paper bag. Roll up the bottom part to get that crust look.
2. Cut out thin strips of green paper and fold those to look like bell pepper slices. Glue the ends together. .
3. Let's add some flavors! Cut out onion rings from white textured paper and add details with a pink or purple marker. Cut out little pieces of yellow textured paper to look like cut pineapple.
4. Cut out semi circles from red paper for tomato slices. From the brown paper, cut out little circles for pepperoni and mushroom shapes. Add little details with colored markers.
5. Round up the toppings with little black rings for olives. Make with plain black craft paper and a craft punch.
6. And now Cheese!! We've gone with two kinds of cheese for our pizza, using white and yellow crepe paper cut into thin strips.
7. Let's start topping our pizza slice!
8. Make more slices the same way - enough for an entire pizza! Boy, don't they look yummy!!

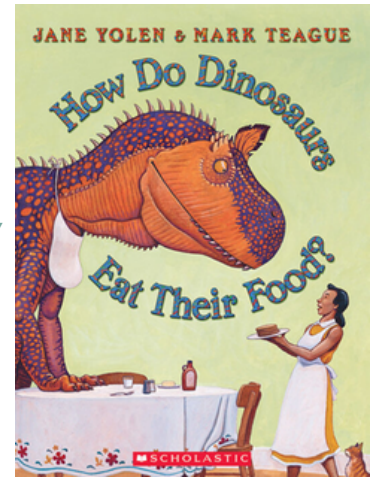


BOOKS

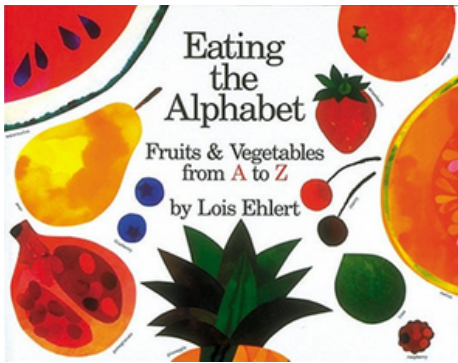
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HEAR STORY
[CLICK HERE](#)



HEAR STORY
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HEAR STORY
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HEAR STORY
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WHO STOLE THE COOKIES FROM THE COOKIE JAR?

(Chant)
Who stole the cookie from the cookie jar?
_____ stole the cookie from the cookie jar.

(Named person) Who me?
(Others) Yes you!

(Named person) Couldn't be!
(Others) Then who?

(Repeat)



GOING ON A PICNIC

Going on a picnic,
Gotta pack a lunch.
What should we bring to munch, munch, munch?

(suggest different foods)

Ready for a picnic,
Ready with a lunch,
Now we're ready to munch, munch, munch!



PANCAKES

Mix a pancake,
Stir a pancake,
Pop in it the pan.
Fry the pancake,
Toss the pancake,
Catch it if you can.

ROUND THE APPLE TREE

Here we go round the apple tree,
The apple tree, the apple tree,
Here we go round the apple tree
So early in the morning.

This is the way we...
...climb the ladder
...pick the apples
...wash the apples
...peel the apples
...cook the apples



PEANUT BUTTER AND JELLY

Peanut butter, peanut butter, jelly, jelly.
Peanut butter, peanut butter, jelly, jelly.

First you take the peanuts and you crush them, crush them.
First you take the peanuts and you crush them, crush them.

Then you take the grapes and you smash them, smash them.
Then you take the grapes and you smash them, smash them.

Then you take the bread and you spread it, spread it.
Then you take the bread and you spread it, spread it.

Then you take the sandwich and you eat it, eat it.
Then you take the sandwich and you eat it, eat it.

Peanut butter, peanut butter, jelly, jelly.
Peanut butter, peanut butter, jelly, jelly

A LITTLE RED APPLE

A little red apple
Hung high in a tree
I looked up at it
And it looked down at me
"Come down, please" I called
And what do you suppose
That little red apple
Dropped right on my nose

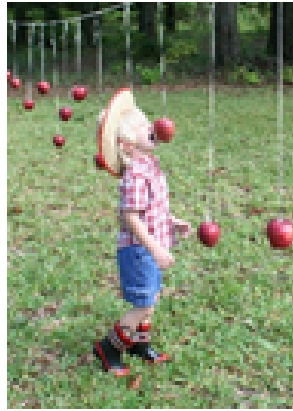
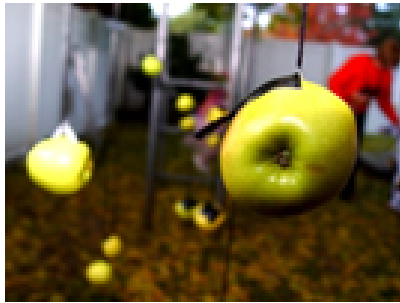


ROLL, ROLL, ROLL YOUR DOUGH

(Tune: Row, Row, Row Your Boat)
Roll, roll, roll your dough
Smoothly as can be.
Roll it till it's big and round,
Then add some good toppings.

FOOD ON A STRING

On a piece of string tie an apple, donut (or any other food that would hang nicely on a string and that kids would enjoy.) Hang them from a tree branch or doorway. Make the lengths of the string at the right height for the players to reach with their mouths. The Players try and eat they food hanging on the string without using their hands.



POPCORN RELAY



MATERIALS:

- 1 paper cup
- 1 rubber band
- 1 paper clip
- Pencils or pens to poke holes in cups
- 2 large bowls or tubs
- Lots of popped popcorn

DIRECTIONS:

1. Use the pen or pencil to poke a hole in the bottom of the cup.
2. Pull the rubber band through the hole with the paper clip inside the cup.
3. Place a container filled with popped popcorn at one end of the playing area. Put an empty cup in it. Then place a large empty bowl or tub on the other end of your playing area.
4. Attach cups to their feet by placing the rubber band around their shoe. The cup should be on top of their foot.
5. Fill his or her cup with popcorn using the extra cup. Race to the empty bucket and try and dump the popcorn without using hands.





21 Fun And Delicious Recipes You Can Make With Your Kids
[click here](#)

Fun Food For Kids- 17 Fun Foods for Kids to Make and Eat
[click here](#)

50 Fun Recipes to Make With Kids Over Spring Break
[click here](#)

Kid's Cooking Recipes
[click here](#)

Where Does Our Food Come From? - Behind the News
[click here](#)

The Children's Hands-On Museum of Tuscaloosa:
Farm to Table Series
[click here](#)

Where Does Our Food Come From?
[click here](#)

Creative Food and Play Ideas for Your Preschooler
[click here](#)

Fun Food Activities for Kids to Pass the Time
[click here](#)

WEBSITES:



NUTRITION
RESOURCE
CENTRE
CENTRE DE
RESSOURCES
EN NUTRITION



The Children's Hands-On
Museum of Tuscaloosa -
[link to site](#)



**LAST DAY OF
STROMGSTART GO:
Friday June 23, 2021.**

Back to onboard
ORCA Bus and in-
class programming in
September 2021.



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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, 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 they 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](#).

**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.

What is so great about the GREAT OUTDOORS?



SAND PLAY

There is no right way to use sand. It invites participation; it permits children to make and test hypotheses; it stretches the imagination; it provides a potentially soothing sensory experience; and it is an excellent avenue for children to learn physical, cognitive, and social skills.

Because sand play is open-ended, the child determines the direction and path of his or her own play. This freedom then clears the way for the child to build developmental concepts.



WATER PLAY

Water play delights the senses and is far more than simply pleasurable for young children. This type of sensory play is important for the development of the young child. Water play is good for children's physical, mental (cognitive), and social-emotional growth. It helps them to improve their physical dexterity and eye-hand coordination. By playing with others they develop social skills. At the same time, they use their minds as they explore why certain objects sink in water and others float. Children learn mathematical concepts such as empty/full, before/after, shallow/deep, and heavy/light in a hands-on way.

The above images are from:

[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!

The next time that you are exploring in the great outdoors, look for Yarrow (*Achillea millefolium*).



For more information about *Achillea millefolium* go to: [CLICK HERE](#)