

StrongStart DO

StrongStart Discover Online
Virtual Inspiration for Families at Home



SUMMER FUN!

It is hard to believe there is one month left of the school year.

The last day of StrongStart programming for the 2021/2022 school year will be Thursday June 23, 2022. Programs are expected to reopen on September 12, 2022.

Thank-you for a wonderful year. We are looking forward to a fun filled summer and reconnecting with all of you in September.

**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

JUNE, 2022 | PUB. #7, 21/22

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THIS MONTH'S THEME IS: Exploring Summer

To contact SD47 Early Learning:
send email to
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EARLY LEARNING INFORMATION

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Our last StrongStart GO for this year will take place at:
SD47 Outdoor Learning Centre (OLC) at Haywire Bay
June 21, 2022

PLEASE COME PREPARED TO BE OUTSIDE

IN WARM WEATHER: SUNSCREEN, SUNHATS, BATHING SUITS, TOWELS

(a lifeguard will be at the lake)

IN COOL WEATHER: RAINGEAR, BOOTS, WARM CLOTHES (FLEECE, HATS, etc)

Sign up at StrongStart programs

SCHOOL BUSES WILL PROVIDE ALL TRANSPORTATION

(No family parking is available at the Outdoor Learning Centre)

ADULTS SET THE TONE FOR CHILDREN'S OUTDOOR EXPERIENCE

When adults are dressed for and enjoy the outdoors, children are more likely to look forward to spending time outside.



StrongStart Graduates

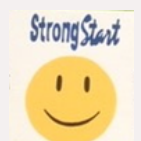
(CHILDREN BORN IN 2017; GRADUATE IN 2033)



Congratulations to all StrongStart families who have a child heading to kindergarten in September.

We have treasured our time with you!

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

SD47 ORCA
JUNE SCHEDULE:

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

JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		June 1 9:30am-11:30am MUSIC ACADEMY	June 2 9:30am-11:30am LANG BAY FISH HATCHERY	June 3 9:30am-11:30am LARRY GOUTHRO PARK
June 6 PRO-D DAY NO PROGRAM	June 7 NO PROGRAM	June 8 9:30am-11:30am TIMBERLANE	June 9 9:30am-11:30am MYRTLE POINT GOLF COURSE	June 10 9:30am-11:30am WILLINGDON BEACH
June 13 11:30am-2:00pm TEXADA	June 14 NO PROGRAM	June 15 9:30am-11:30am MUSIC ACADEMY	June 16 NO PROGRAM	June 17 9:30am-11:30am LARRY GOUTHRO PARK
June 20 10:00am-12:00pm LUND	June 21 NO PROGRAM	June 22 9:30am-11:30am TIMBERLANE	June 23 9:30am-11:30am LANG BAY FISH HATCHERY	June 24 NO PROGRAM
June 27 SUMMER BREAK NO PROGRAM	June 28 SUMMER BREAK NO PROGRAM	June 29 SUMMER BREAK NO PROGRAM	June 30 SUMMER BREAK NO PROGRAM	

SD47 ORCA HIGHLIGHTS:



As we explore local spaces during the **SD47 ORCA Neighbourhood StrongStart programme**, we are joyfully connecting to these spaces and seeing them as "ours".

**A PILE OF WET SAND
AN HOUR
IMAGINATION AND CREATIVITY**

Hands that sculpt and mold and pack tunnels and boroughs for creatures that might inhabit this sandy home.

Thanks to the rainy spring, the sand at Larry Gouthro Park has been just wet enough for perfect packing. We had fun discovering what we could create with just our hands and our imaginations.

Sometimes we don't need anything but our own thoughts and ideas to guide our play. With hands and wet sand, anything is possible.

We thoughtfully walk along the path observing the changes each day brings. Such slight changes create opportunities to bring our awareness to the outdoor environment. We ask:

- Where is the sun positioned in the sky?
- Do we see the moon?

We notice the **wild current** and create a ritual of walking to this spot exploring the changes each month brings. Understanding there is so much more to wonder. To sit with, to ask.

Each time we walk together we create new experiences and build connections to our community, home, and strengthen our well-being and belonging. Creating a space where "adults and children interact in reciprocal relationships where knowledge is co constructed, and outcomes cannot be predicted" (British Columbia early learning framework, 2019, p.75). Together the possibilities unfold.



**ʔamux^w
wild current**



WATERMELON PIZZA

Ingredients:

- unsweetened coconut flakes
- chopped macadamia nuts (or other nuts)
- kiwi slices
- strawberries, halved
- blueberries, halved
- raspberries, halved
- blackberries, halved
- pomegranate seeds
- cherries, halved

Directions:

1. Cut the watermelon into 1-inch slices. You can leave them in discs or cut into pizza wedges.
2. Sprinkle the watermelon slices with shredded coconut, chopped macadamias, or a mixture of both.
3. Top with all your favorite fresh fruit toppings: kiwi, berries, pomegranate seeds, cherries.

**ADD ANYTHING THAT YOU THINK WILL TASTE GOOD.
THE SKY IS THE LIMIT!**



YOGURT, PEANUT BUTTER, BANANA BARK

Ingredients:

- Plain yogurt (Greek Yogurt or Vanilla-flavored yogurt can work as well.)
- Honey (Optional)
- Peanut Butter (Natural Peanut butter works best)
- Bananas
- Mini Chocolate Chips

Directions:

1. Line a baking sheet with parchment paper.
2. In a medium bowl, mash one banana. Add in the yogurt and honey (if using) and stir until combined.
3. Pour the yogurt mixture onto the baking sheet and spread with a knife or spatula until you have a smooth layer.
4. Swirl on the peanut butter and sprinkle on the mini chocolate chips. Slice the remaining banana and place it on top of the yogurt.
5. Place the baking sheet in the freezer for at least 5 hours.
6. Take the baking sheet out of the fridge and break the yogurt bark into chunks with your hands.



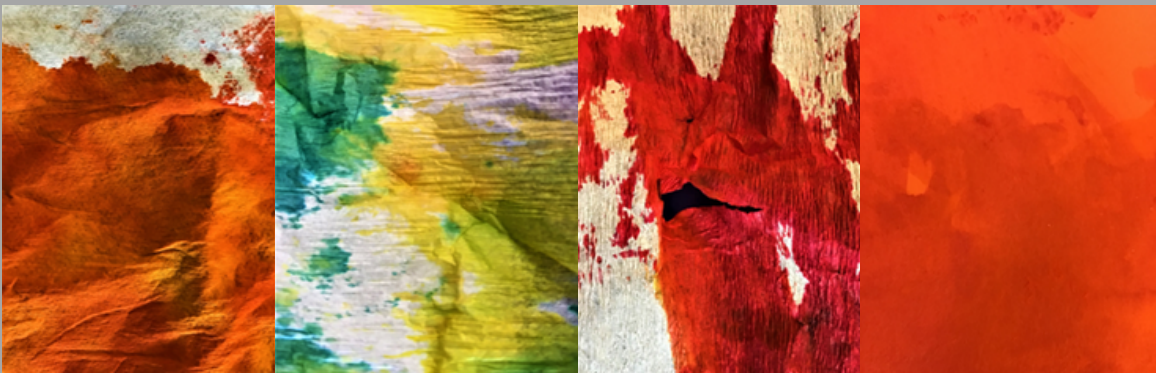
Serve and Enjoy!

LET'S CREATE TOGETHER

The summer months invite us to slow down, but do we?

The pace we go invites different acts of noticing. With every encounter we decide what to notice and how to notice. This act of noticing changes as we ask questions about what to notice. Exchanging acts of noticing invites new perspective, innovative ideas and invites us to learn from one another. This all requires time. Time to sit, time to stay, time to smell, time to see and time to hear and time to taste. Taking time to share what we notice at a particular time, in a particular place.

Last month we asked what happens when we paint on different paper with watercolors?



The delicacy of paint connects with paper teaching us to be gentle and slow with our approach. Each dab, drip, and spill interact with one another as they interconnect and evolve. We watch with intent as the colors grow, mix and change. Just like our environment, even the smallest acts can create change.

What happens when we think about the potentiality of this painted paper and reuse it to create new possibilities?





HEAR STORY
[CLICK HERE](#)



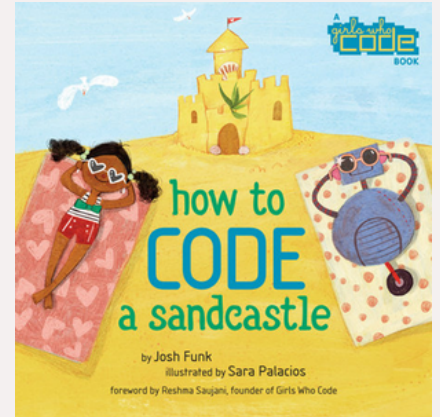
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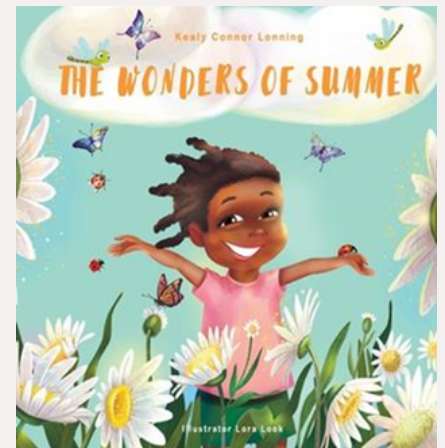
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FIVE GREEN AND SPECKLED FROGS

Five green and speckled frogs sat on a speckled log
Eating some most delicious bugs—YUM YUM!
One jumped into the pool where it was nice and cool
Then there were four green and speckled frogs.

Four green and speckled frogs sat on a speckled log
Eating some most delicious bugs—YUM YUM!
One jumped into the pool where it was nice and cool
Then there were three green and speckled frogs.
Three green and speckled frogs sat on a speckled log
Eating some most delicious bugs—YUM YUM!
One jumped into the pool where it was nice and cool
Then there were two green and speckled frogs.

Two green and speckled frogs sat on a speckled log
Eating some most delicious bugs—YUM YUM!
One jumped into the pool where it was nice and cool
Then there were one green and speckled frogs.

One green and speckled frog sat on a speckled log
Eating some most delicious bugs—YUM YUM!
One jumped into the pool where it was nice and cool
Then there were no green and speckled frogs.

PEEK A BOO SUN by Debbie Hasbrook

Peek a boo Sun I see you coming,
Slowly you rise every morning.
All day long you play in the sky,
Until you need to say good-bye.
When it's time to say good-night,
You disappear out of sight.

IF YOU SHOULD MEET AN ELEPHANT

If you should meet a crocodile on a spring-time day.
What would you do? What would you say?
I'd say "Good morning Crocodile, how do you do?
I'm glad to meet you crocodile, I'd like to dance with you.

If you should meet an elephant on a summer's day.
What would you do? What would you say?
I'd say "Good morning Elephant, how do you do?
I'm glad to meet you elephant, I'd like to dance with you.

If you should meet a stinky skunk on an autumn day.
What would you do? What would you say?
I'd say "Good morning Stinky Skunk, how do you do?
I'm glad to meet you stinky skunk, I'd like to dance with you.

If you should meet a polar bear on a winter day.
What would you do? What would you say?
I'd say "Good morning Polar Bear, how do you do?
I'm glad to meet you polar bear, I'd like to dance with you.



RAIN RAIN GO AWAY

Rain, rain go away
Come again another day.
Rain, rain go away
Little Johnny wants to play.

--Change Johnny with your
child's name.

--Change Johnny to family
members: Daddy, Mommy,
Sister, etc.

BUZZING AROUND THE ROOM

Tune: When Johnny Comes
Marching Home

A bee is buzzing round the room,
Buzz buzz, buzz buzz.
A bee is buzzing round the room,
Buzz buzz, buzz buzz.
He'll buzz around the room once more,
And then he'll buzz right out the door.
And we'll all be glad when
He is gone once more.

HERE IS THE BEEHIVE FINGERPLAY

Here is the beehive,
where are the bees?
(Hold your fist up in the air)
Hidden away where nobody
sees.
(Move the other hand around
your fist)
Watch and you'll see them
come out of the hive.
(Bend your head close to the
fist, and "look" inside it!)

One...two...three...four...five!
(Count on your fingers)
Buzz...buzz...buzz...buzz...buzz.
(Wave with your fingers!)

HERE IS THE BEEHIVE

Here is the beehive,
Where are the bees?
Hidden away where nobody sees.
Watch and you'll see them come out of the hive.
One...two...three...four...five!
Buzz...buzz...buzz...buzz...buzz.

Here is the beehive,
Where are the bees?
Hidden away where nobody sees.
Watch and you'll see them land on the floor.
One...two...three...four!
Buzz...buzz...buzz...buzz.

Here is the beehive,
Where are the bees?
Hidden away where nobody sees.
Watch and you'll see them come out of the tree.
One...two...three! Buzz...buzz...buzz.

Here is the beehive, Where are the bees?
Hidden away where nobody sees.
Watch and you'll see them come out of the hive.
One...two...three...four...five.
Buzz...buzz...buzz...buzz...buzz.
Buzzzzzzzzz...they've all flown away!

MR. SUN

Oh, Mr. Sun, Sun, Mr. Golden Sun,
Please shine down on me.
Oh Mr. Sun, Sun, Mr. Golden Sun,
Hiding behind a tree
These little children are asking you
To please come out so we can play with you.
Oh Mr. Sun, Sun, Mr. Golden Sun,
Please shine down on,
please shine down on,
Please shine down on me!

YOU ARE MY SUNSHINE

You are my sunshine, my only sunshine.
You make me happy when skies are grey.
You'll never know dear, how much I love you.
Please don't take my sunshine away.

The other night dear, as I lay sleeping,
I dreamt I held you in my arms.
When I awoke dear, I was mistaken,
So I hung my head down and cried.

You are my sunshine, my only sunshine.
You make me happy when skies are grey.
You'll never know dear, how much I love you.
Please don't take my sunshine away.

STICK LADDER

How to Set Up Stick Ladder

The set up for this activity is beyond easy:

- First have your child gather up some large sticks with you either along a walk in the neighborhood or from your backyard.
- Next, line up your sticks in line parallel to each other. Place the sticks apart with enough room for your toddlers or preschoolers to be able to comfortably walk or run through without stepping on the sticks.
- Finally, invite them to walk, run crawl over the sticks!



OUTDOOR CARDBOARD PAINTING

YOU WILL NEED:

- washable paints
- plates to put your paint into
- large cardboard (flattened)

Let your toddler step into a plate full of paint and walk all over a flat cardboard box. Enjoy watching the wonderful ways your child will move.

Maybe add some music.



**This can be super messy but is so much fun!!
You will definitely need to get washable paints.**

Reading Rockets

Cricket. Books and Bach: Developing a Summer Listening Program

Have you heard of a summer listening programme?

We are all familiar with summer reading programs, but most young children are first exposed to language and literacy through listening. "In an age when kids are regular users of personal multimedia technologies, the importance of learning to listen and listening to learn is as great as ever" (Reading Rockets, 2022).

Here is a link to help you develop a summer listening programme.

LINK TO RESOURCE: [CLICK HERE](#)

LINK TO WEBSITE: [CLICK HERE](#)



Powell River

TRAILS- Parks, Recreation and Culture

We are so fortunate to have access to so many amazing trails, in our region. Some of these are hidden gems and only known by word of mouth. Everyone seems to have their very favourite and some locations are heavily guarded secrets.

Here are a couple of resources to help you explore this summer.

LINK TO WEBSITE: [CLICK HERE](#)

MAPS: Tourism Powell River

Powell River Visitor Centre Address: 4760 Joyce Avenue Phone: 604-485-4701

LINK TO WEBSITE: [CLICK HERE](#)



Province of British Columbia

BC Parks

BC is full of beautiful parks. The website featured here helps you find a park that suits you. The information is organized so that you can search for what you need and what you are interested in. Search alphabetically or by location. You can also search for parks affected by fire restrictions or whether or not electrical hook-ups are available.

LINK TO WEBSITE: [CLICK HERE](#)



Family Friendly Powell River

Early Years 0-6

Do you know someone with young children who is new to town? Are you wondering what programmes are running this summer? Check out Family Friendly Powell River for a comprehensive list of local resources for families.



LINK TO WEBSITE: [CLICK HERE](#)



LET'S PLAY

With all the road construction in our community last month we asked:

What does it do to our play when we introduce machines such as dump trucks, steam rollers, excavators, and cranes?

What dialogue does it create?



When we listen to dialogue in play it evolves through different ideas we share.

Like building a road everybody contributes to the construction of the road:

Where it should go?

How long it should be?

What machines you will need?

What the road is made of?

Children exchange ideas, and take turns to listen and speak. These encounters with each other through play allow us to practice problem solving skills, sharing, communication, along with many other possibilities that come to life through thinking together about what the materials are doing. Summer invites us to play outside and connect with others in the community.

Setting up opportunities to play in our community with others asks us to wonder what spaces or places do we go to in the summer to connect with other families?





What is so great about the GREAT OUTDOORS?

It seems a bit funny to be talking about sun safety with the spring that we have been having, however, summer is coming and it is always good to remember how to be safe in the great outdoors all year long.

While we're thinking about being safe during summer outdoor activities, here is a resource from the **Canadian Red Cross** with lots of great information about **staying safe in or around the water**.



CANADIAN RED CROSS
Summer Water Safety Resource
[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!

Here are two resources giving summer blooming wildflowers that are native to British Columbia. While you are out exploring the great outdoors, see if you can identify them. Many of them are drought tolerant and grow well without much help from us, so you may want to add some of them to your own gardens.

MOTHER NATURE

Native Plants of British Columbia



A beautiful garden that can grow itself? Get real! Growing a garden you can be proud of takes a lot of hard work, right? Well, if you’re thinking of adding a few native plants to your landscape this season, you’re doing more than saving a bit of effort.. They may be rugged, but they’re not ugly

LINK TO WEBSITE: [CLICK HERE](#)



GOHIKING.CA

Wildflowers, Vancouver Island, BC

Hiking on Vancouver Island and seeing the meadows and trail sides filled with a vast variety of blooming Wildflowers is one of the joys of living on the coast.

LINK TO WEBSITE: [CLICK HERE](#)

