



Publication #35

FROM KATE, PAULA,
DANIELLE AND RITA

This is the last publication sent out in the 2020/2021 school year, so we have include some extra fun.

We are looking forward to seeing you in-person in September 2021.

Thank you for all your support and feedback this year.

This week's theme is:
BACKYARD FUN

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



EARLY LEARNING INFORMATION

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VIRTUAL STRONGSTART

SD47 STRONGSTART WEEKLY PUBLICATIONS

The SD47 Early Learning team will take a break from publishing for the summer. We hope to offer publications once per month through the 2021/2022 school year. Publications will be emailed to registered families and posted on the SD47 Early Learning Virtual StrongStart website.

SD47 STRONGSTART ON INSTAGRAM

The SD47 Early Learning team will take a break from StrongStart Instagram posts for the summer. Posts from Feelings First will continue through August.

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. posts on SD47 Instagram will continue through August.

ORANGE STRAWBERRY SUNRISE POPSICLES

INGREDIENTS:

- 2 cups freshly squeezed orange juice (3-4 oranges)
- 1 cup strawberries, fresh or frozen
- 3/4 cup water
- 2 tbsp. maple syrup



DIRECTIONS:

1. Start by juicing the oranges using a citrus juicer, pour the juice into a jug and set aside.
2. Add the strawberries, water, and maple syrup into a high-speed blender and blend on high until smooth.
3. First, pour the orange juice evenly into each Popsicle mold (about 1/2-3/4 full), then, using a spoon, add the strawberry mixture into each mold.
4. Place into the freezer. Freeze for at least 12 hours.

SNACKS IN A JAR

Mason jars are great for serving a snack, whether you're on the go or just having a picnic in your backyard.

PEANUT BUTTER AND VEGGIES

Layer peanut butter on the bottom of a jar. Add celery sticks and pretzel rods, or top with regular pretzels.



RAINBOW FRUIT SALAD JARS

- Natural yogurt
- Honey (optional)
- Green fruit like grapes, kiwi or honeydew
- Orange fruit like apricots, peaches, or oranges
- Red fruit like strawberries, raspberries, or cherries
- Fresh blueberries

Mix the yogurt with the honey. Put yogurt/honey mixture in the bottom of the jar. Top with the fruit to make a rainbow.



SALAD IN A JAR

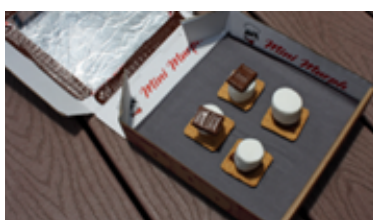
Salads can be fun and yummy when the kids can make them themselves. Have a selection of fruits, vegetables and cold meats they can choose from. The options are endless. Add a bit of dressing in the bottom if you like.



PIZZA BOX SOLAR OVEN SMORES

MATERIALS YOU WILL NEED:

- a sunny day
- an empty pizza box
- plastic wrap (although a piece of glass, from a picture frame would work as well)
- scissors
- tape
- aluminum foil
- chopsticks or a 12 inch ruler
- graham crackers
- marshmallows,
- chocolate melting wafers or a thin bar of chocolate



HOW TO MAKE THE PIZZA BOX SOLAR OVEN

1. Cut the "oven door" flap on the box.
2. Decorate your solar oven with sharpies.
This is a fun *optional* step.
3. Glue black construction paper to the bottom of the box. The black color absorbs the heat.
4. Glue aluminum foil to the inside of the door. The foil reflects the sun into the oven.
5. Tape the plastic over the opening of the door. This will allow the air inside the box to heat up but keep the heat trapped inside the box.
6. Add a graham cracker, marshmallow, and chocolate inside the oven.
7. Place your oven outside in the sun. I taped a wooden skewer to prop the lid open at an ideal angle.

When your chocolate is melted and the marshmallows seem ready eat them up!!
YUMMY!



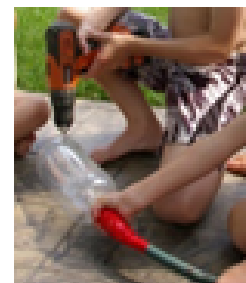
BUILD YOUR OWN SPRINKLER

MATERIALS:

- sturdy plastic bottle from the recycling bin
- tyvek tape (water proof tape)
- drill (or you can use a thumb-tack, nail, or skewer to poke holes into the bottle)
- garden hose that you can tape to.

DIRECTIONS:

1. Attached the garden hose to the bottle with the water proof tape.
2. Drill a number of holes in the top and sides of the bottle. Where you place the holes will depending on how you want your sprinkler to shoot,



STICK RAFT

MATERIALS:

- sticks or bamboo cut into lengths
- pipe cleaners or string
- thick paper (scrapbook, construction etc...)
- scissors
- Some water to float your raft in.

DIRECTIONS:

1. Collect the sticks and lay them down together. Trim them so they are close to the same size.
2. Connect them together. This can be done with pipe cleaners, twine, or even some sturdy grass. Tape works as well but will fall apart quicker in the water.
3. Add a sail. This can be a paper sail, or a recycled sail from a juice bag, or even a leaf.
4. Other ideas: personalize the sail with your child's artwork.

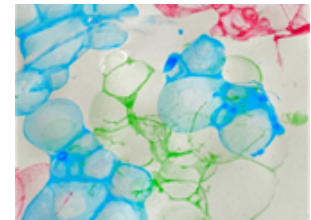
Enjoy using your raft. Maybe you will want to use it on your tin foil river. (In the Gross Motor section of this edition of Strong Start DO-pg 10).



PAINTING WITH BUBBLES

SUPPLIES:

- Small plastic containers to hold the paint mixture
- Tempera paint in a variety of colors (or food colouring)
- Liquid dish soap
- Water
- Straws
- A push pin
- Small pieces of thick paper (construction, card stock, watercolor paper)



TO MAKE THE PAINT SOLUTION:

1. Add paint to the bottom of a plastic container.
2. Add a squirt of dish soap.
3. Fill the container with a couple of inches of water.
4. Play around with it a little bit to get the best ratio of paint-water-soap, to make the best bubbles.
5. Place straws into each paint bowl and blow bubbles until they reach the top of the bowl or cup.
6. After the bubbles have reached the top, place paper on top of the bubbles and press down.
7. Remove paper and repeat this process with other colors!

"WHY A PUSH PIN?"

Poke a hole into the straws so that kids can't drink the paint/bubble solution. The hole will still allow them to blow bubbles, but it will be much more difficult for kids to suck up the solution. Place some tape on the end they need to blow into so they don't accidentally suck on the wrong side.

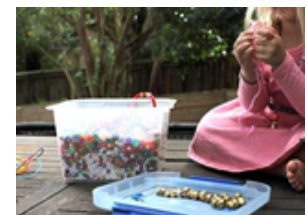
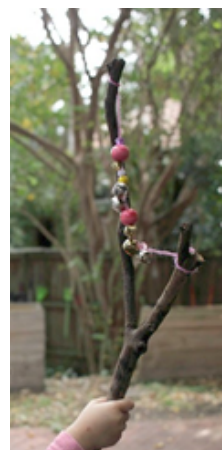
JINGLE STICKS

MATERIALS:

- large y-shaped stick
- yarn (We used wool, but a stronger yarn would be even better. Pipe cleaners work as well)
- beads
- bells
- wool needle
- scissors

DIRECTIONS:

1. Start stringing the beads and bells onto the yarn, thread, shoelace, or pipe cleaner. This can be as long or short as your child wants.
2. Tie this beautiful string onto the y-shaped stick and listen to the wonderful music that is made.

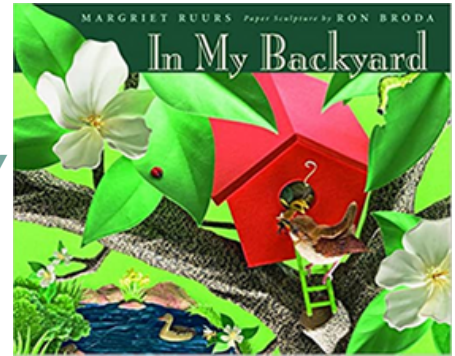


BOOKS

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HEAR STORY
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HEAR STORY
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HEAR STORY
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HEAR STORY
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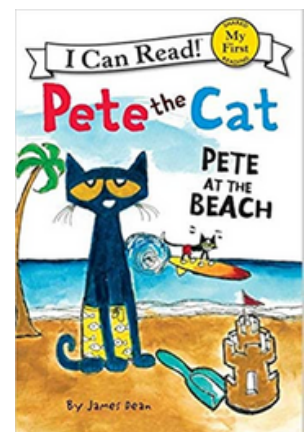
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HEAR STORY
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FIVE LITTLE SPECKLED FROGS

Five little speckled frogs
(Hold five fingers (frogs) on top of your other arm (log))
Sat on a speckled log
Eating the most delicious bugs. Yum! Yum!
One jumped into the pool
(jump a finger off the log into the pool)
Where it was nice and cool
Now there are Four green speckled frogs
(Hold up four fingers)

Four little speckled frogs
Sat on a speckled log
Eating the most delicious bugs. Yum! Yum!
One jumped into the pool
Where it was nice and cool
Now there are three green speckled frogs

Three little speckled frogs
Sat on a speckled log
Eating the most delicious bugs. Yum! Yum!
One jumped into the pool
Where it was nice and cool
Now there are two green speckled frogs

Two little speckled frogs
Sat on a speckled log
Eating the most delicious bugs. Yum! Yum!
One jumped into the pool
Where it was nice and cool
Now there is one green speckled frog

One little speckled frog
Sat on a speckled log
Eating the most delicious bugs. Yum! Yum!
It jumped into the pool
Where it was nice and cool
Now there are no more speckled frogs



I LIKE TO EAT

I like to eat, eat, eat apples and bananas
I like to eat, eat, eat apples and bananas
I like to ate, ate, ate ay-ples and ba-nay-nays
I like to ate, ate, ate ay-ples and ba-nay-nays
I like to eat, eat, eat ee-ples and ba-nee-nees
I like to eat, eat, eat ee-ples and ba-nee-nees
I like to ite, ite, ite i-ples and ba-ni-nis
I like to ite, ite, ite i-ples and ba-ni-nis
I like to oote, oote, oote oo-ples and ba-noo-noos
I like to oote, oote, oote oo-ples and ba-noo-noos

GOING ON A BEAR HUNT

Goin' on a bear hunt
I'm not afraid
It's a beautiful day
The sun is shining
The birds are singing
The bees are buzzing
What's that?
Tall grass
(sweeping arm motions making swishing sounds)

Going on a bear Hunt
I'm not afraid
What's that?
It's a tall tree
(arm motion climbing up then climbing back down)

Going on a bear hunt
I'm not afraid
What's that?
Ohh, it's mud
(march through the mud making sloshing mud sounds)

Going on a bear hunt
I'm not afraid
What's that?
It's a river
We're going to have to swim
(swim the river)

Going on a bear Hunt
I'm not afraid
What's that?
Ohh it's a dark cave
(make gestures and sounds)

I can't see anything
I can feel something
I can hear something
We better take out our flashlights
(take out flashlight and flick it on)
Oh it's a bear
RUN!

(Repeat the sequence in reverse quickly and dramatically, slapping thighs and doing all the actions for each verse.)



IF YOU ARE HAPPY AND YOU KNOW IT

If you're happy and you know it, clap your hands (clap clap)
If you're happy and you know it, clap your hands (clap clap)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, clap your hands. (clap clap)

If you're happy and you know it, stomp your feet (stomp stomp)
If you're happy and you know it, stomp your feet (stomp stomp)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, stomp your feet. (stomp stomp)

If you're happy and you know it, shout "Hurray!" (hoo-ray!)
If you're happy and you know it, shout "Hurray!" (hoo-ray!)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, shout "Hurray!" (hoo-ray!)

If you're happy and you know it, do all three (clap-clap, stomp-stomp, hoo-ray!)
If you're happy and you know it, do all three (clap-clap, stomp-stomp, hoo-ray!)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, do all three. (clap-clap, stomp-stomp, hoo-ray!)



LITTLE RED WAGON

Bouncing up and down in my little red wagon
Bouncing up and down in my little red wagon
Bouncing up and down in my little red wagon
Won't you be my darling?

One wheel's off and the axle's dragging
One wheel's off and the axle's dragging
One wheel's off and the axle's dragging
Won't you be my darling?

Johnny has a hammer and he can fix it
Johnny has a hammer and he can fix it
Johnny has a hammer and he can fix it
Won't you be my darling?

Bouncing up and down in my little red wagon
Bouncing up and down in my little red wagon
Bouncing up and down in my little red wagon
Won't you be my darling?

*change child's name and tool in each verse

MAKE NEW FRIENDS

Make new friends, but keep the old.
One is silver, the other is gold.
A circle is round, it has no end.
That's how long, I will be your friend.

A fire burns bright, it warms the heart.
We've been friends, from the very start.
You have one hand, I have the other.
Put them together, we have each other.

Silver is precious, gold is too.
I am precious, and so are you.
You help me and I'll help you
and together we will see it through.

The sky is blue. The Earth is green
I can help to keep it clean
Across the land, Across the sea
Friends forever we will always be

PEANUT BUTTER

CHORUS:

Peanut, peanut butter, jelly!
Peanut, peanut butter, jelly!

First you take the peanuts and you pick 'em, you pick 'em,
You pick 'em, pick 'em, pick 'em
Then you crush 'em, crush 'em,
You crush 'em, crush 'em, crush 'em
Then you spread 'em, spread 'em,
You spread 'em, spread 'em, spread 'em...

(Chorus)

Then you take the berries and you pick 'em, you pick 'em,
You pick 'em, pick 'em, pick 'em
hen you crush 'em, crush 'em,
You crush 'em, crush 'em, crush 'em
Then you spread 'em, spread 'em,
You spread 'em, spread 'em, spread 'em...

(Chorus)

Actions:

Pick: pretend to pick berries

Crush: squish something between your hands

Spread: use one hand to spread pb/jam over other hand



TIN FOIL RIVER

HERE IS WHAT YOU WILL NEED:

- tin foil,
- a water hose
- odds and ends to send down the river!

INSTRUCTIONS:

1. Lay out your foil on a gentle slope in your yard and fold the edges upwards.
2. Turn on the hose and put it at the top of your slope.

You'll need to carefully push the foil down into the grass to get the water flowing :)

The stronger the water pressure,
the stronger the current!



A BUCKET AND A ROPE

Encourages children to use their imagination, take calculated risks and play creatively. This bucket and rope contraption is a proof that sometimes the most basic activities are the best.

YOU WILL NEED:

- Rope
- Bucket
- Tree

DIRECTIONS:

1. Tie the rope to the handle of your bucket.
2. Toss the rope up and over the branch of a tree, and secure the loose end of the rope to something at ground level. (We tie ours to the base of the tree itself or to the base of the nearby clothesline pole.)
3. Let the kids explore and fill the bucket with whatever catches their interest (pinecones, sticks, dirt, water etc.)
4. Then the kids hoist the bucket up as high as they can, and they lower it down again.



BACKYARD TIGHTROPE

HOW TO PUT UP A BACKYARD TIGHTROPE:

- String 2 lengths of ropes between two trees, fence posts or deck rails to create a tight-rope. It's good to loop it several times around a couple of trees and secured with a few good knots.
- Place one about a foot off the ground, and the other high enough up that your child can hold onto it while walking across or balancing on the bottom rope.

They'll be shaky at first, but you'll be amazed at how quickly your kids will get the hang of it.



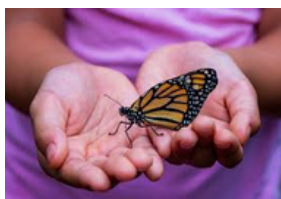
SEARCHING FOR BUGS

WHAT YOU NEED:

- A bug collector (a box or jar works great)
- Magnifying glass,
- Shovel

HOW TO PLAY:

In your bug collector add some dirt and grass to the container. Then let the kids start digging in the dirt to find some worms or bugs. Catch them and place the bugs in the bugcollector. Kids can watch the bugs and study them with the magnifying glass.





64 Fun Summer Activities for Families That Won't Break the Bank
[click here](#)

2019 Summer Bucket List: Fun and Frugal Summer Activities
[click here](#)

101 Fun Things to do with Kids this Summer
[click here](#)

20 Kid-Friendly (and Healthy!) Summer Recipes
[click here](#)

A Month of Healthy Summer Dinner Ideas for Kids
[click here](#)

National Parks of Canada
[click here](#)

Kids and Families - BC Parks
[click here](#)

WEBSITES:



StrongStart GO

StrongStart in the Great Outdoors

In-person StrongStart program in Powell River Parks

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LAST DAY OF STRONGSTART GO:

Friday June 23, 2021. Back to onboard ORCA Bus and in-class programming in September 2021.

StrongStart 2021/2022

We are hoping to include an outdoor component at all StrongStart programs in the next school year.

Program hours for 2021/2022:

- Kelly Creek StrongStart: M/T/W/F 8:30-11:30; Th 11:30-2:30
- Henderson StrongStart: M/T/Th/F 8:45-11:45; W 11:45-2:45
- Edgehill StrongStart: M/T/Th 9:00-12:00 (W/F closed)
- Westview StrongStart: T/W/F 9:00-12:00 (M/Th closed)

The schedule for SD47 StrongStart Outreach on the ORCA Bus is posted on the SD47 StrongStart Outreach webpage: [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.

What is so great about the GREAT OUTDOORS?



As we move into summer, with longer more unstructured days and an increase in time spent outside, this article, that outlines the differences between risks and hazards in children's outdoor play, seems appropriate (see summary below).

[CLICK HERE](#)

THE IMPORTANCE OF RISK AND CHALLENGE IN PLAY - URBAN GREEN DESIGN



RISK IN PLAY:

how it helps child development. In terms of play, "a hazard is something that the child can't see for themselves that is in their environment that could cause serious injury. For example, when you're outside playing, a hazard might be a big hole in the ground that is covered up, and you can't see that it is there.

urbangreendesign.org

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 summer, learn about some of the 2500 plants that are native to BC and how they can be added to your garden.

Here is a link to more information about gardening with native plants:

[CLICK HERE](#)

NATIVE PLANT GARDENING: NPSBC

There are lots of great reasons to use native plants in your garden. Here are a few: Native plants are beautiful! Not only are there gorgeous native wildflowers, but also stately trees, attractive shrubs, luscious ferns and lovely groundcovers. Native plants are adapted to our climatic conditions. That means low maintenance! They're naturally programmed to...

npsbc.wordpress.com