



Publication #22

FROM KATE, PAULA,
DANIELLE AND RITA

When you are out for a walk
you can see signs of spring.

Spring is a time of new
growth- our theme this
week focuses on this.

This week's theme is:

SPROUTING

Contents

E.L. Information Page 2

Recipes Page 3

Art Activities Page 4

Books Page 5

Songs/Rhymes Page 6

Outside/Gross Motor Page 7

Resources Page 8

StrongStart GO Page 9

The Back Page Page 10

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

EARLY LEARNING INFORMATION

PAGE 2

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.



• **SD47 KINDERGARTEN
REGISTRATION
INFORMATION** •

IS YOUR CHILD BORN IN 2016?

KINDERGARTEN REGISTRATION
(for your school of choice)
takes place from January 4 through March 19, 2021.

Please register by completing the registration form.

Registration Information/Registration Form
are available on the school district website:
sd47.bc.ca (About/School Registration).

IT'S TIME FOR KINDERGARTEN REGISTRATION

Link to Registration Package:
[CLICK HERE](#)

Link to SD47 Website/Information:
[CLICK HERE](#)

RECIPES

SROUTING SEEDS

PAGE 3

Sprouting seeds is easy, fun for kids, and super healthy for everyone!

Alfalfa sprouts are probably the easiest and most common to sprout.

Sprouting is easy in a mason jar.

1. Add 1-2 TBSP of seeds in a mason jar with a draining lid.
2. Rinse seeds in water and soak overnight.
3. Drain water and let sit on the counter.
4. Rinse the seeds 2-3 times a day.
5. Once the seeds sprout, put in the light to develop chlorophyll.



Place in fridge to stop the growth and EAT!

Add alfalfa sprouts to sandwiches, like this one:

The best **ALFALFA TURKEY SANDWICH**

- Whole wheat bread
- Light cream cheese
- Alfalfa sprouts
- Sliced tomatoes
- Sliced turkey



**HERE ARE FEW OTHER THINGS
YOU CAN SPROUT:**
Mung Beans, Lentils, Clover, Radish,
Broccoli, Sunflower, Peas



Great in wraps too!

SUKJU NAMUL (KOREAN BEAN SPROUT SALAD)

Ingredients:

- 400 grams bean sprouts
- 2 teaspoons toasted sesame oil
- 1/2 teaspoon soy sauce
- 1/8 teaspoon garlic (finely grated)
- 1/4 teaspoon salt (to taste)
- 1 tablespoon toasted sesame seeds
- 1 scallion (finely chopped)



Instructions:

1. Bring a large pot of water to a boil.
2. While you're waiting for the water to boil, combine the sesame oil, soy sauce, garlic, and salt together in a bowl and whisk to combine.
3. Add the bean sprouts to the boiling water and blanch until the water returns to a boil (40 seconds to 1 minute).
4. Drain the bean sprouts and rinse with cold water.
5. Use your hands to squeeze as much water out of the bean sprouts as you can. This quantity of bean sprouts should end up being a handful.
6. Break up the clump of beansprouts as you add them to the bowl with the sauce. Add the sesame seeds and scallions and toss to distribute evenly.

WINDOW-SILL GARDEN

Place the ends or tops of produce scraps in water, set them in a sunny spot, and watch them grow!

Grow these **ENDS** (roots): cut off about 1-3 inches of bottom and place in water, but do not submerge.

- Green onion
- Garlic
- Fennel
- Celery
- Romaine lettuce
- Bok Choy
- Leeks
- Onions
- Lemongrass

Grow these **TOPS**: Cut off about 1-inch of top and place in water, but do not submerge.

- Carrots
- Beets
- Turnip
- Radishes
- Daikon

A few of these, like fennel and celery, may be transplanted to a garden once springtime arrives.

HAPPY GROWING!



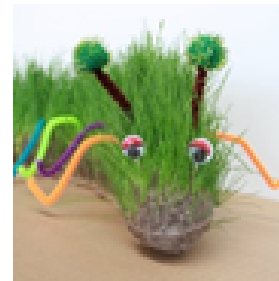
GROWING A GRASS CATERPILLAR

MATERIALS:

- Bucket
- Scissors
- 2 paper or plastic cups
- Soil- seed-raising mix
- Quick grow grass seeds
i.e. rye grass
- Nylon stockings
(with the waist band cut off)
- Coloured hair elastics
- Craft googly eyes
- Pipe cleaners
- Mini pompoms
- Hot-glue gun
- Toothpicks
- Plastic tray/gardening tray

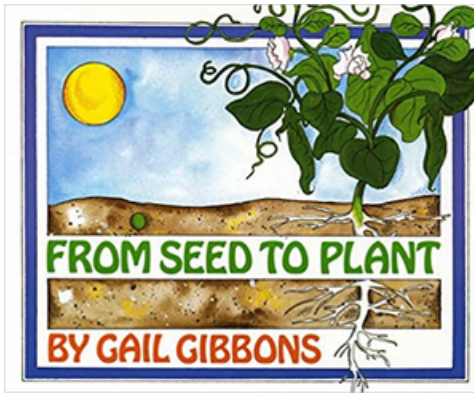
INSTRUCTIONS:

1. In a plastic bucket or tub, mix together seed-raising mix and grass seeds. Enough to fill one or a couple stocking legs.
2. Cut the bottom off one of the cups to make it into a funnel. Insert it into the top of one of the stocking legs to help you fill the leg with soil.
3. Fill the stocking leg with soil, quite full, remove the funnel and knot off the end.
4. Using the coloured hair ties, divide the stocking into sections - to make the caterpillar's body.
5. Soak your caterpillar in a bucket or tub of water for 10 minutes. Remove and place on a large tray.
6. Place in a sunny outdoor place. Water it daily and within 7-10 days your cute little caterpillar will start to sprout hair.
7. Once grass starts sprouting you can add your eyes, legs and antennae.



BOOKS

PAGE 5



HEAR STORY
[CLICK HERE](#)



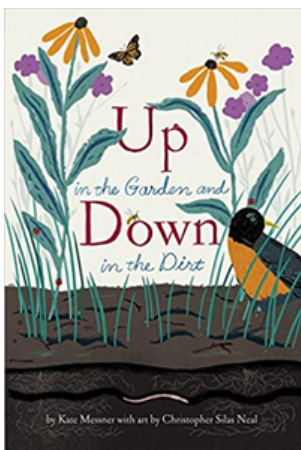
HEAR STORY
[CLICK HERE](#)



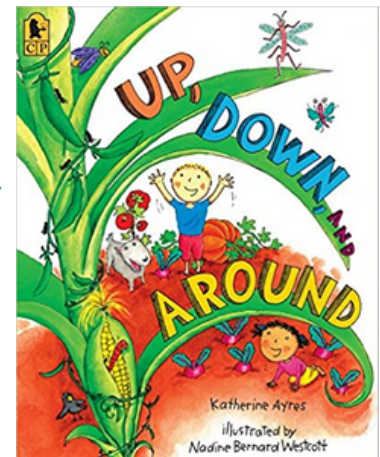
HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)

SONGS/RHYMES

I'M A LITTLE DAISY

Sung to: "I'm a Little Teapot"

I'm a little daisy, tall and slim
(Stand on tiptoes)
Here are my petals
(Place hands on side of head & wiggle fingers)
Here is my stem
(Hold arms down at sides of legs)
When the sun comes up
(Make sun with arms)
And the rain comes down
(Flutter hands to floor like rain-end in crouching position)
I grow, grow, grow- up from the ground!
(slowly raise up bring hand over head)



PLANTING TIME

Sung to: "Row, Row, Row Your Boat"

Dig, dig, dig the earth
(make digging motion)
Then you plant your seeds
(pretend to drop seeds)
A gentle rain
(Flutter fingers down)
And bright sunshine
(Circle arms above head)
Will help your flowers grow
(Hold one arm parallel to ground and move other arm up behind it with fingers extended to represent a flower growing)

PLANTS

Sung to: "The Farmer in the Dell"

The farmer plants the seeds
The farmer plants the seeds
Hi, Ho and Cherry O
The farmer plants the seeds
The rain begins to fall
The sun begins to shine
The plants begin to grow
The buds all open up
The flowers smile at me



I'M A LITTLE FLOWER POT

Sung to: "I'm a Little Teapot"

I'm a little flower pot mom put out
(point to self)
If you take care of me, I will sprout.
(nod head, point to self)
When you water me, I will grow
(make sprinkling motions w/ right hand)
Into a pretty flower, don't you know!
(raise left hand slowly up from floor, make wide circle with hands or arms)

I'M A LITTLE FLOWER SEED

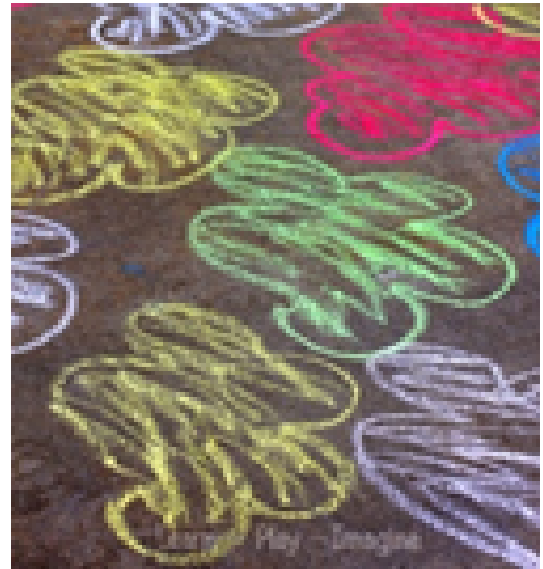
I'm a little flower seed. I'm planted in the earth.
I feel the sun come down on me to warm this big old earth.
(children sit and tuck in their heads and knees to look like a ball)
The rain begins to come and gets rid of my big thirst.
(wiggle fingers in the air in a downward motion)
I then became a big and pretty flower so you can pick me first.
(children stand up)

FLOWER HOP

Using side walk chalk, draw flowers in several different colors on your driveway or side walk.

Use a number of different colors. Call out a color, and hop to that colour.

This is also fun to do with numbers or letters in the center of your flowers.



MAKING A GARDEN

Making a garden with your kids does not have to be complicated. There are many things you can use to make a garden. Gardens can be big or small. It's just about spending time together and watching things grow.

Here are just a few **Benefits of Gardening** with your children.

GARDENING ENGAGES ALL FIVE SENSES

How does that dirt feel and smell? Add water. Now what does it feel like? Incorporating sensory exploration is easy in the garden!

GARDENING ENCOURAGES HEALTHY EATING

Even the pickiest eaters won't be able to resist trying veggies they've grown themselves!

GARDENING ENHANCES FINE MOTOR DEVELOPMENT

From picking up tiny seeds to gently caring for seedlings and plants.

GARDENING IS SCIENCE

What makes leaves green? Why do plants need sunlight to thrive?

GARDENING IS A GREAT FAMILY ACTIVITY

Although gardening can definitely be a lot of work, doing it together as a family makes it fun.

GARDENING TEACHES PATIENCE

The time it takes to grow a seed to harvesting your veggies takes weeks, if not months! Gardening is all about patience ... and it's always worth the wait.





Sprouting with Your Little Sprouts!

[click here](#)

Seed Germination Experiment For Kids

[click here](#)

Sprouting Facts for Kids

[click here](#)

How Does A Seed Become A Plant?

[click here](#)

Printable Bean House Seed Sprouting Activity

[click here](#)

Tons of Seed Activities for Kids

[click here](#)

StrongStart GO

StrongStart in the Great Outdoors

In-person StrongStart program in Powell River Parks

PAGE 9

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:

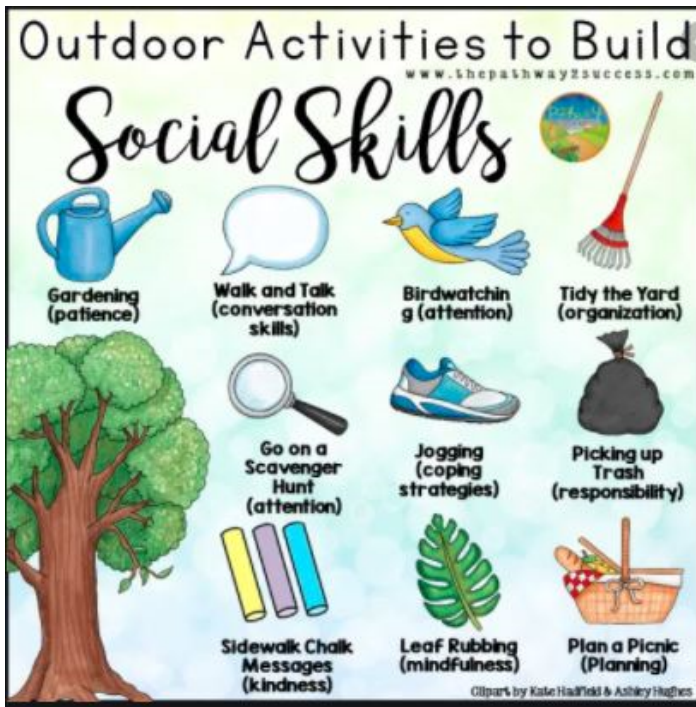
- **Families will express interest in attending by leaving a message at 604-414-2635.** After leaving a message, families who receive phone confirmation of registration with the school district will be able to attend.

-- 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](#).

What is so great about the GREAT OUTDOORS?



A few weeks ago we shared a link to a blog by Megan Zeni, who is researching outdoor play with Dr. Mariana Brussoni at UBC. Here is an interesting article that she has written about outdoor play. We are also including the link to her blog, just in case you missed it the last time.

ARTICLE:
[click here](#)

BLOG:
[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".

We see this type of lichen at all of our StrongStart GO locations, and I have been wondering what it's name is.

Challenge your knowledge of nature! The next time that you are outside, identify **Platismatia**. It's common name is called **Tattered Rag lichen**. When you find some, you will see why.

For more information about **Platismatia**,
go to: [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.