



## Publication #24

FROM KATE, PAULA,  
DANIELLE AND RITA

School District 47 is closed  
for Spring Break from  
Monday March 22 through  
Tuesday April 6, 2021.

The next StrongStart DO  
publication will be sent out  
on Monday April 12, 2021.

This week's theme is:

**EGGS**

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# EARLY LEARNING INFORMATION

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## 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- The Five Senses (Starting April 12, 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](mailto: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](http://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](#)

## SUNSHINE SCRAMBLED EGGS

Start your morning with a SMILE!

Place scrambled eggs in the center of your plate, place your cut up toast as the rays around the sun, add ketchup eyes, a smile and ENJOY!



## TOAD IN A HOLE (EGGS IN A HOLE)

Instructions:

1. **BREAD:** Use a circle cookie cutter or glass that's about 3 inches around. Cut out the hole in your slice of bread (Save those holes to toast in the pan!).
2. **EGG:** Melt one teaspoon of butter in a skillet over medium heat. After the butter has melted, place your bread in the pan. Crack an egg and pour it into the hole.
3. **COOK:** Cook the egg/bread in the pan for about 2 minutes until the bread is lightly toasted. Flip the toast over and cook on the other side until the egg yolk is almost set and the bread is toasted.
4. **ENJOY!** Season with a little salt and pepper and enjoy. You can vary the cooking times based on how you like your eggs. YUMMY!



### PAINT FILLED EGGS

#### MATERIALS:

Emptied eggshells  
Paint (water paint or Acrylic)  
Tissue paper in squares  
Glue stick  
Canvas panel (or cardboard)



#### EMPTYING THE EGGS

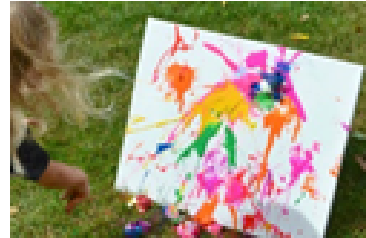
- Use a butter knife to gently crack the top of the egg(s).
- Carefully use your fingers to peel away enough shell for the yolk to pass through. Break the loose shell fragments away before emptying the eggs to make sure shells don't end up in your breakfast.
- Empty the yolk(s) into a bowl.
- Carefully wash the empty eggshells with very warm water and antibacterial soap.
- Allow the shells to dry.

#### FILLING THE EGGS WITH PAINT

- Once the eggshells are dry its time to fill them with paint. Use as many colours as you wish. The more the better!
- OPTIONAL-After the eggs are filled you may want to cover each egg with coloured tissue paper so that the colour inside will be a surprise. Cover one side of the tissue paper square with glue and stick the tissue paper over the egg opening glue side down.

#### PAINTING WITH PAINT FILLED EGGS

- Set the canvas or card board up outside leaning against a tree or chair.
- Have so much fun throwing the eggs at the canvas.



### EGG CARTON BOAT

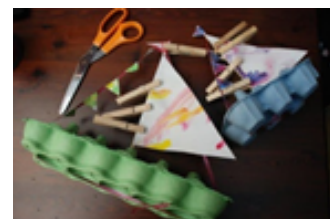
#### MATERIALS:

Egg Carton (Paper ones are best for painting)  
Paper (Any patterned or plain paper you like for the sails.)  
Straws/chopsticks/dowel  
Paint  
Brushes  
Scissors  
Glue (glue gun)

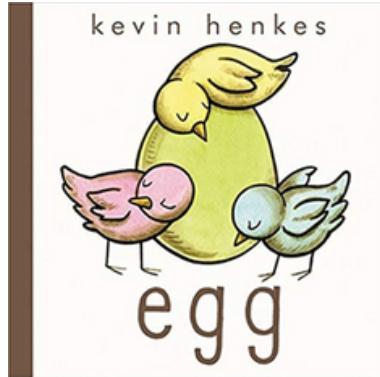
#### DIRECTIONS:

Choose your egg carton and cut it to the length you would like for your boat and paint it if you would like.

Put the dowel/straw or chopstick into the center ridge in your egg carton. Add some glue around the base and it also helps to tie it down with some string that fastens under the boat like the picture shows. Add your sails and flags to decorate the strings. (Clothes pins help keep the sail in place while it is drying.)

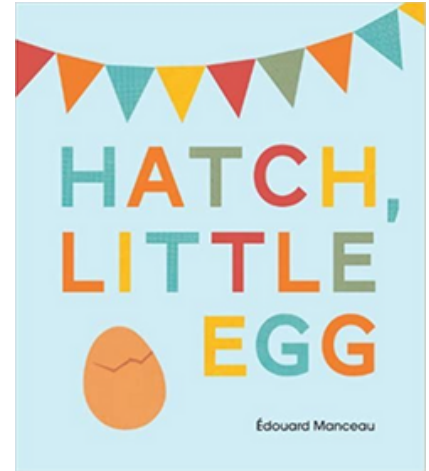


# BOOKS

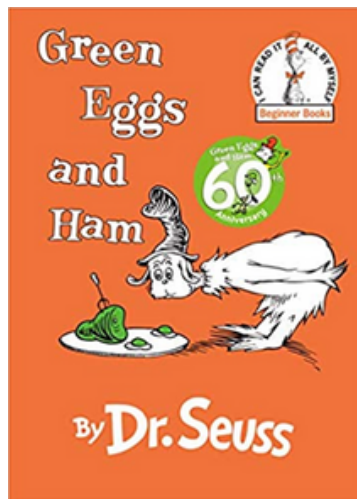


HEAR STORY  
[CLICK HERE](#)

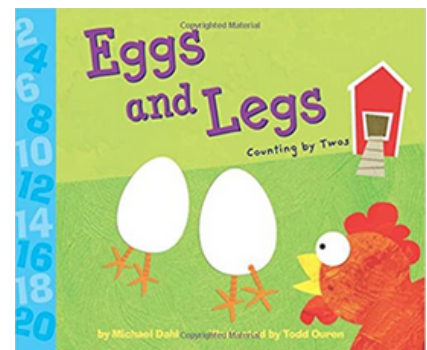
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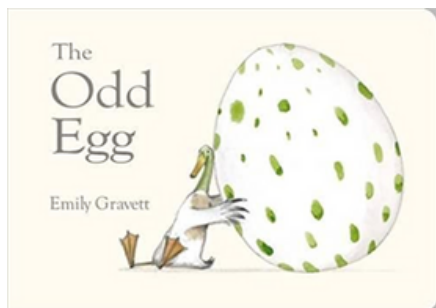
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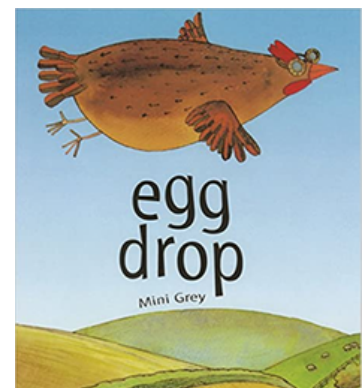
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## IF YOU LIKE YOUR EGGS SCRAMBLED

Tune: "If You're Happy & You Know It"

If you like your eggs scrambled, clap your hands  
If you like your eggs scrambled, clap your hands  
Yes, they're yummy and they're yellow  
So you'll be a happy fellow  
If you like your eggs scrambled, clap your hands

### OTHER VERSES:

If you like your eggs fried, jump up high...  
If you want bacon with your eggs, wiggle your legs...  
If you want toast instead, nod your head (Mmm-hmm)...

(from [Storytime Source Page](#))

## EGGS IN A NEST

Here's an egg in a nest up in a tree.  
(make fist with right hand and place in palm  
of cupped left hand)

What's inside? What can it be?

(shrug shoulders)

Peck, peck, peck,

Peep, peep, peep.

Out hatches a little bird,

(Wiggle fingers or fisted hand)

Cute as can be!

(from [Child Fun](#))



## UNHATCHED EGG

Make a noise like a rooster.

(Crow)

Make a noise like a hen.

(Cluck)

Make a noise like a chick.

(Peep)

Make a noise like an unhatched egg.

(Silence)

Good!

And now you're ready to listen to the next story!

(from: [Storytime Planners](#))



Let your children roll around like little  
eggs as you sing

Liz Ryerson

## CLUCK, CLUCK RED HEN

Tune: "Baa-Baa Black Sheep"

Cluck, cluck red hen  
Have you any eggs?  
Yes sir! Yes sir!  
As many as your legs!  
One for your breakfast  
And one for your lunch!  
Come back tomorrow,  
'I'll have another bunch!  
Cluck, cluck red hen,  
Have you any eggs?  
Yes sir! Yes sir!  
As many as your legs!

## FIVE AND FIVE EGGS FINGER PLAY AND FELT STORY

Five and five eggs

(Hold up hands)

That makes ten.

Sitting on top is mother hen.

(Fold one hand over the other)

Crackle! Crackle! Crackle!

(Clap hands three times)

What do I see?

(Place fingers around eyes)

Ten fluffy chickens

As yellow as can be!

(Hold up ten fingers)

## THIS LITTLE CHICK

This little chick ate corn today.

(Hold up thumb)

This little chick ate worms, they say.

(Hold up first finger)

This little chick ate yellow meal.

(Hold up second finger)

This little chick ate a potato peel.

(Hold up third finger)

And this little chick like a fluffy ball,

(Hold up fourth finger)

Ate a teeny, tiny, bit of all!

Corn today! Worms they say!

Yellow meal! Potato peel!

### EGG AND SPOON RACE

This a fun and great activity to do with your family.

It is best to use a boiled egg but sometimes the challenge of a raw egg and the possibility of it breaking puts an exciting twist to the race.

Find a spoon that fits the egg well or that fits the child ability. For younger children maybe giving them a larger spoon with give them the advantage they need.

Make a start and finish and READY SET GO!

Enjoy the excitement.



### EGG TOSS

Using a blanket or towel toss the boiled or raw egg back and forth to another team. Or just toss the egg straight up using the blanket or towel and catch it using team work.

### EGG HUNT

A simple egg hunt is always fun, especially when it can be done outside with eggs that you coloured and decorated.

**Here are a few other egg hunts you can try:**

- Write letters on your child's eggs so that they can find the letters that make up their own name.
- Using plastic eggs you can place an activity inside that they can enjoy doing later with you.

Examples include:

- Reading a favorite book
- Choosing what they would like for dinner
- Taking a walk in the evening with a flashlight
- Or an activity can be:
  - Jump up and down 5 times
  - Spin in a circle 2 times
  - Hop on one foot





Shaker Egg Songs and Rhymes

[click here](#)

60 Egg Activities for Kids

[click here](#)

Egg Crafts by the Egg Farmers of Alberta

[click here](#)

25 Recycled Egg Carton Crafts for Kids

[click here](#)

Awesome Egg Experiments for Kids

[click here](#)

From Farm to Table: The Journey of the Egg

[click here](#)



# StrongStart GO

## StrongStart in the Great Outdoors

In-person StrongStart program in Powell River Parks

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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](mailto: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](#).

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## 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?**

**6 Styles of Risky Play**

Kayla Coffee Chats



**Great Heights**

Climbing up high, seeing the world as a bird or grown up, or standing on top of materials to get a better view. Most children go through a stage of play where they LOVE being up high!

**Rapid Speeds**

Spinning, sliding, running, and swinging are all ways children feel the risk of going so fast they might fall. The risk of falling doesn't stop children from trying and when they do fall they try again.



**Dangerous Tools**



Children love using "adult" tools. Hammers, nails, saws, ladders, cooking materials, anything that makes them feel in control and a bit powerful. We can teach children how to be safe with these materials.

**Dangerous Elements**

Fire, water, and earth. Nature is dangerous but it doesn't stop children from finding interest in it. Children can understand the risk of these elements if we talk about how to behave and play with them.



**Rough and Tumble**

More often seen in boys and is generally not aggression; just play. Tackling, chasing, pulling, and capturing are all types of this play. It helps children develop social skills as they are playing.



**Getting Lost/Disappearing**

What starts off as peek-a-boo moves to hide-and-seek! There is a fun rush during these games of temporarily being separated from your peers or parents.



Risky Play graphic is from Kayla Coffee Chats: [CLICK HERE](#)



We aren't the only ones excited for Spring! Several bears have been spotted recently, one along the Willingdon Beach Trail. If you are planning to head out for a hike, here is a blog from **Wild Life Canada** with important information for staying safe in the great outdoors:

**Wild Life Canada 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".

**Challenge your knowledge of nature!**

The next time that you are outside, look for **Salix discolor** (Pussy Willow).

For more information about **Salix discolor** (Pussy Willow), go to: [CLICK HERE](#)

