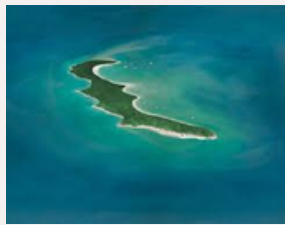


StrongStart DO

StrongStart Discover Online
Virtual Inspiration for Families at Home



TIME IN NATURE

We live in one of the most beautiful places on earth. In this publication we have given ideas while exploring "Nature Around Us". There are so many things that attract us to outdoor spaces.

Programs are closed for Spring Break (March 14-25, 2022). Re-opening March 28, 2022.

We are thrilled to be returning to drop-in and offering snack when we re-open after spring break.

**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



MARCH, 2022 | PUB. #5, 21/22

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THIS MONTH'S THEME IS: NATURE AROUND US

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

**STRONGSTART CLASSROOMS
RETURN TO DROP-IN
AFTER SPRING BREAK (STARTING MARCH 28)**

Snack will be served after Spring Break

Next StrongStart GO dates:

May 3, 2022

D.A. EVANS Park

June 21, 2022

**SD47 Outdoor Learning
Centre**



**Powell Lake
OUTDOOR
LEARNING CENTRE**

StrongStart Facilitators are very excited to offer outdoor programming. StrongStart classrooms are closed once per month while StrongStart programs are offered in parks/outdoors around our community.

Our next two StrongStart GO will take place at:

Palm Beach

March 1, 2022 (drop-in)

SD47 Outdoor Learning Centre (OLC) at Haywire Bay

April 5, 2022 (sign-up)

PLEASE COME PREPARED TO BE OUTDOORS- RAIN OR SHINE

For OLC Dates:

Sign up at StrongStart programs

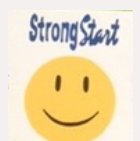
-SCHOOL BUSES WILL PROVIDE ALL TRANSPORTATION

(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.

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

EARLY LEARNING INFORMATION

SD47 ORCA

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

SD47 ORCA SCHEDULES:

MARCH 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
	March 1 NO PROGRAM	March 2 9:30am-11:30am TIMBERLANE	March 3 9:30am-11:30am LANG BAY FISH HATCHERY	March 4 9:30am-11:30am WILLINGDON BEACH
March 7 10:00am-12:00pm LUND	March 8 NO PROGRAM	March 9 9:30am-11:30am MUSIC ACADEMY	March 10 9:30am-11:30am MYRTLE POINT GOLF COURSE	March 11 9:30am-11:30am LARRY GOUTHRO PARK
March 14 SPRING BREAK NO PROGRAM	March 15 SPRING BREAK NO PROGRAM	March 16 SPRING BREAK NO PROGRAM	March 17 SPRING BREAK NO PROGRAM	March 18 SPRING BREAK NO PROGRAM
March 21 SPRING BREAK NO PROGRAM	March 22 SPRING BREAK NO PROGRAM	March 23 SPRING BREAK NO PROGRAM	March 24 SPRING BREAK NO PROGRAM	March 25 SPRING BREAK NO PROGRAM
March 28 9:30am-11:30am JAMES THOMSON	March 29 NO PROGRAM	March 30 9:30am-11:30am TIMBERLANE	March 31 9:30am-11:30am LANG BAY FISH HATCHERY	

APRIL 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
				April 1 9:30am-11:30am WILLINGDON BEACH
April 4 11:30am-2:00pm TEXADA	April 5 NO PROGRAM	April 6 9:30am-11:30am MUSIC ACADEMY	April 7 NO PROGRAM	April 8 9:30am-11:30am LARRY GOUTHRO PARK
April 11 9:30am-11:30am JAMES THOMSON	April 12 NO PROGRAM	April 13 9:30am-11:30am TIMBERLANE	April 14 9:30am-11:30am LANG BAY FISH HATCHERY	April 15 GOOD FRIDAY NO PROGRAM
April 18 EASTER MONDAY NO PROGRAM	April 19 NO PROGRAM	April 20 9:30am-11:30am MUSIC ACADEMY	April 21 9:30am-11:30am MYRTLE POINT GOLF COURSE	April 22 9:30am-11:30am LARRY GOUTHRO PARK
April 25 10:00am-12:00pm LUND	April 26 NO PROGRAM	April 27 NO PROGRAM	April 28 9:30am-11:30am LANG BAY FISH HATCHERY	April 29 9:30am-11:30am LARRY GOUTHRO PARK

SD47 ORCA HIGHLIGHTS:

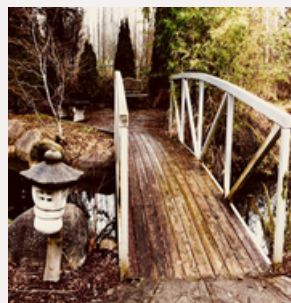
We had an amazing time with a nature treasure hunt at **Willingdon Beach** park during the **SD47 ORCA Neighbourhood StrongStart!** We explored different natural materials, learned their names, as well as sorting and organizing them. This is the greatest kind of loose parts play: when you find the loose parts on site and the game just emerges from a child's own imagination. When we were finished with our treasure hunt, we left a beautiful trace of the play experience by creating a castle from all the loose parts that we had collected. Imagine our delight when parts of it were still there the next time we were at Willingdon Beach!



Last month **SD47 ORCA** Highlighted Timberlane Park one of the stops on our monthly StrongStart neighborhood outdoor program calendar (see March/April schedules above). This month dialogue circulates about the value of providing an outdoor neighborhood program; The importance of gathering in community places, creating rituals that unfold through coming together at a specific time at a specific place and creating connections with others, materials, and the world.

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.

LUND DATES:
February 7
March 7
April 25
May 16
June 20



TEXADA DATES:
February 14
April 4
May 2
June 13

BATH TEAS

Bath teas are a great thing to include in your bathing rituals and they're simple to put together. Teas for the bath are herbal preparations to add to your child's bath to soothe them and prepare them for bed.

LEMONGRASS & ROSEMARY -Lemongrass and rosemary are highly aromatic and cleansing. Their light, invigorating scent will clear droopy spirits, while helping everyone feel clean and ready for a good night's sleep. Add a few hibiscus flowers for a dash of color.

LAVENDER & BASIL-Lavender and basil make a rich combination for bath time. Lavender is miraculously both good for waking up and going to sleep! A dash of lemon or orange peel added to this bath tea combination makes it smell even better.

MINT & THYME- Mint and thyme make an amazing smell that will refresh and calm. Mint is probably the most known herb, so it will be a familiar scent to your child. Thyme can stimulate circulation and is especially useful if your little one has a cough. For fun, toss in a few rugosa rose hips and you just might get orange or pink tinted water.

HOW DO YOU MAKE A TEA BATH?

1. Put a measure of bath tea herbs into a clean, cotton sock, or a sachet bag.
2. The measurements don't need to be precise but if you'd like a guideline, use one or two spoonful of each herb per bath. For further soothing you can also add oatmeal or Epsom salts.
3. Place them into a hot bath too steep for a few minutes prior to entering the bath.
4. Have your child climb in and enjoy. Squeeze the bags once or twice to get the most from it.

Remember to keep your child in mind, and any allergies they may have

CAMPFIRE TREATS

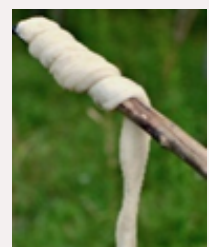
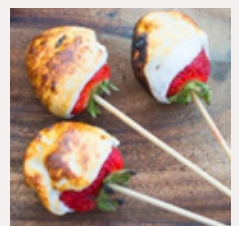
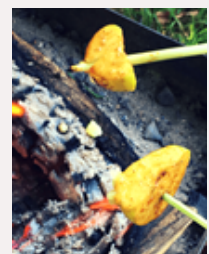
Marshmallows are not the only thing that you can enjoy over a campfire. The options are endless and fun to try with your kids.

Roast your apple chunks over a fire until they feel like they are getting soft, then roll them in brown sugar and roast some more. Sprinkle some cinnamon on for extra goodness!

Add marshmallow fluff to strawberries and roast over your campfire. So Yummy!

You can make your own dough at home or buy it at the store. Another option is to buy cinnamon rolls or the croissant rolls in the can. Just pull the dough apart and wrap them on your stick. Roast over a nice glowing hot fire.

SO GOOD!



LET'S CREATE TOGETHER

Traces of making connections with the world around us

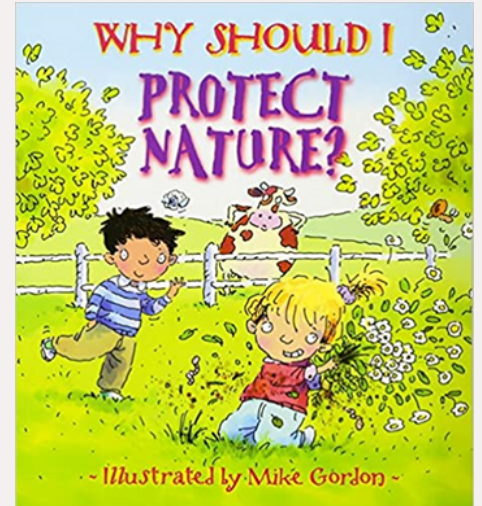


Each day inspires new possibilities. Traces of art connect us to past and present and raise curiosity about the future. “In daily life with children, there are a multitude of moments in which ideas, objects, materials, adults, other children, other species, and the environment engage with each other” (British Columbia early learning framework, 2019, p.54). This engagement sparks new curiosities for learning and being with one another. Through displaying each other's art, it inspires innovative ideas, questions, and curiosities through each person it comes into presence. Like a museum, we look, we wonder, we ask questions. “Noticing and interpreting what children do and why they do it probes the connection between thinking and questioning and shows or makes visible the way children are making meaning of their learning or of their interaction with the world” (British Columbia early learning framework, 2019, p.55). These interactions are full of new possibilities as they collide with difference of thinking. Everyone sharing a piece of the world they know and bringing it to symbolic representation to share with others.



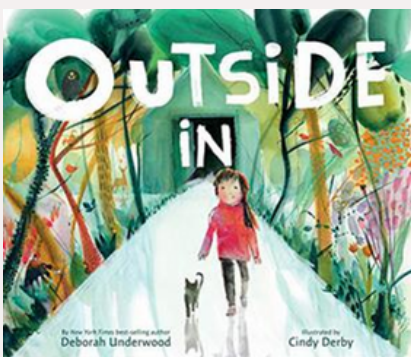
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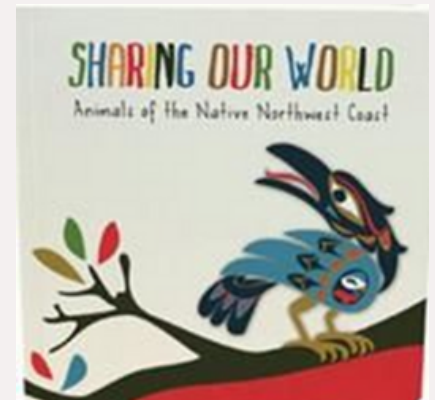
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FIVE LITTLE DUCKS

Five little ducks went out one day, over the hills and far away.
Mother Duck said, "Quack, Quack, Quack, Quack,"
but only four little ducks came back.

Four little ducks went out one day, over the hills and far away
Mother Duck said, "Quack, Quack, Quack, Quack,"
but only three little ducks came back.

(Repeat counting down to "but no little ducks came back.")

Sad mother duck went out one day, over the hills and far away
Mother Duck said, "Quack, Quack, Quack, Quack,"
and five little ducks came back.



THE ITSY BITSY SPIDER

The itsy bitsy spider crawled up the water spout.
Down came the rain, and washed the spider out.
Out came the sun, and dried up all the rain,
and the itsy bitsy spider went up the spout again.

Try changing it to a colour, great big or other variations and change your voice to match

HERE'S A NEST

Begin this chant by talking about where animals and people live.

Here's a nest for a bluebird, Cup hands together
Here's a hive for a bee, Touch fingertips together
Here's a hole for a bunny, Make circle in front with arms
And here's a house for me! Put palms together over head to make roof

Encourage the kids to say it with you the second time.

ONCE I CAUGHT A FISH

One, two, three, four, five
Once I caught a fish alive
six, seven, eight, nine, ten,
Then I let it go again.
Why did you let it go?
Because it bit my finger so.
Which finger did it bite?
The little finger on my right!



DOWN BY THE BAY

**Down by the bay
Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother will say
"Did you ever you ever see a goose
kissing a moose?"
Down by the bay
Down by the bay
Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother will say
"Did you ever see a whale
With a polka dot tail?"
Down by the bay
Down by the bay
Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother will say
"Did you ever see a fly
Wearing a tie?"
Down by the bay
Down by the bay
Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother will say
"Did you ever see a bear
Combing his hair?"
Down by the bay
Down by the bay
Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother will say
"Did you ever see a llama
Eating pajamas?"
Down by the bay
Down by the bay
Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother will say
"Did you ever have a time
When you couldn't make a rhyme?"
Down by the bay**

OUTDOOR SCAVENGER HUNTS

There are so many different types of scavenger hunts, but the best one is the one that fits into your family, where you are going to be doing a scavenger hunt, as well as what time of year you will be doing it.

Here are a few different ideas to include in your hunt, besides collecting and gather fun objects,

- Focus on sounds you hear while you are outside, such as an owl hooting, a car honking or a water splashing.
- Include how something may feel, is it cold, wet, sticky, or smooth.
- If your child is older try finding things that rhyme, for example a something that rhymes with bee.
- Maybe find something that starts with a certain letter in the alphabet.
- Maybe find things that have two syllables in it, for example starfish.



Nature Hunt		
LOOK	LISTEN	GATHER
<input type="checkbox"/> clouds	<input type="checkbox"/> wind	<input type="checkbox"/> leaves
<input type="checkbox"/> trees	<input type="checkbox"/> water	<input type="checkbox"/> flowers
<input type="checkbox"/> nests	<input type="checkbox"/> chirping	<input type="checkbox"/> nuts
<input type="checkbox"/> birds	<input type="checkbox"/> pecking	<input type="checkbox"/> seeds
<input type="checkbox"/> squirrels	<input type="checkbox"/> rustling	<input type="checkbox"/> insects
<input type="checkbox"/> chipmunks	OTHER SIGHTS	<input type="checkbox"/> rocks
<input type="checkbox"/> insects	SOUNDS & TREASURES	<input type="checkbox"/> bones
<input type="checkbox"/> spiders/webs	_____	<input type="checkbox"/> feathers
<input type="checkbox"/> tracks	_____	
<input type="checkbox"/> scat	_____	



BUILDING A FORT

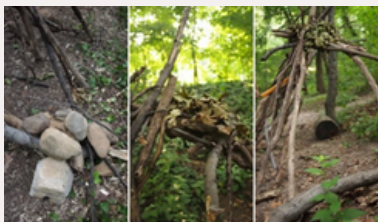
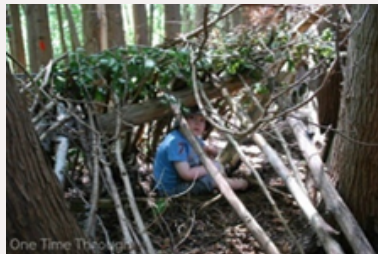
Fort building is a great way to enjoy the outdoors with your child. And they love having a little place they made to enjoy.

Here are a few things to help make this an enjoyable time in nature.

Take anything you think you may need to help with your fort (maybe twine or a saw). Sometimes a blanket or towel maybe nice for the roof or to sit on in your fort.

Look for a good location, maybe have in mind what type of fort they would like to make. Look and see if there are logs or sticks that would work well for your fort. Make sure no other animals are living where you want to put your fort.

Stand back and let the kids lead. Help when asked. Just watch in awe at what your kids create.





The Child and Nature Alliance of Canada

Meaningful Connections with the Outdoors

The Child and Nature Alliance of Canada works with a variety of community partners to promote and "foster meaningful connections with the outdoors for children and youth" (CNAC, 2022). They believe that "all children should have the opportunity to play and learn in forests, parks, meadows and mud puddles" (CNAC, 2022). Their website has links to resources for parents that include topics such as: risky play, connecting to nature, dressing for outdoor play, thriving outside, and they also have a blog as well as a podcast. This is a great website with a lot of current information for anyone who wants to learn more about the many benefits of connecting to nature and playing in the great outdoors.

FREE OUTDOOR LEARNING RESOURCES FOR PARENTS

LINK TO WEBSITE: [CLICK HERE](#)

Nature Play Resources: Everything You Need to Encourage Your Kids Outside

MotherNatured.com

Many of us have shared memories of spending hours outdoors and coming home when the streetlights came on or when we were hungry. While we are aware of the myriad benefits of playing outdoors, sometimes it feels like it is not as easy as just opening the door and letting our children out. If your children have ever gone outside, only to come back in ten minutes later, here is an encouraging resource from MotherNatured.com.

LINK TO WEBSITE: [CLICK HERE](#)



BE A LIFEGUARD TO YOUR CHILD'S "RISKY" PLAY

As parents and caregivers of young children, it can be tricky to figure out how to navigate the "risk" of risky play. Here is a link to an informative article from Active For Life. Dr. Mariana Brussoni, developmental psychologist at UBC and risky play advocate, suggests "being a lifeguard" to children's risky play. For more information click here:

LINK TO WEBSITE: [CLICK HERE](#)



OPEN ENDED MATERIALS AND OUTDOOR PLAY



Exchanging ideas with one another in outdoor spaces shares new ways of doing things. The Ministry of Education (2019) Let's Play Activities for family's states "there isn't a right or wrong way to explore activities" (p.1). Observing, listening and asking questions about what children are doing creates opportunities for learning from one another. "Children are strong, capable in their uniqueness and full of potential and families have the most important role in contributing to children's well-being and learning. Educators are researchers and collaborators" (British Columbia early learning framework, 2019, p.15). These relations with one another are interconnected as we navigate the world around us and play together. We co-construct ideas, building from one another's investigations and asking questions with curiosity to learn more.

To say that we play together is an unjust oversimplification: Rather we are in an ongoing process of becoming. Our curriculum is lived out daily; it exists with[in] all of us. Clay, paper, materials, children, educators, objects, music....are all powerful forces and they bring forth movement, history, and multiple layers of meaning"
(Argent,2014, p.848)

Reference: Argent,A.L.(2014).Dogwood room entanglements. International Journal of Child, Youth and Family Studies, 5, 847-853.
Doi:10.18357/ijcyfs.argental.5422014



What is so great about the GREAT OUTDOORS?



A PARENT'S GUIDE TO NATURE PLAY

Green Hearts Institute for Nature in Childhood has published a PDF brochure entitled "**A Parents' Guide to Nature Play**". This publication is quick read and provides key information about the value of being in nature, as well as providing insight into some of the barriers that are perceived about the risks of playing outdoors. If you are looking for essential information about outdoor play, here is a link: ([CLICK HERE](#))



APPROPRIATE WEATHER GEAR

SUNNY

RAINY

CHILLY

COLD

EXTREME COLD

LEARN MORE AT PARENTS.GA/PLAYSAFEOUTDOORS

DISTRIBUTED BY:

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FOR MORE INFO GO TO WWW.OUTSIDEPLAY.CA

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."

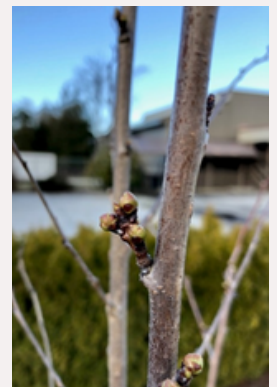
Challenge your knowledge of nature! One of the earliest BC native plants to bloom is the Western Skunk Cabbage, **LYSICHITON AMERICANUM**.

While you are out exploring in the great outdoors see if you can find this distinct plant poking through the winter ground.

For more information: [CLICK HERE](#)



Skunk cabbage has a bright yellow lantern-shaped flower that grows 25 centimetres tall from the base of its large green leaves. It has a strong "skunk" smell that attracts pollinating insects.



While much of the rest of Canada is still under a blanket of snow, we are starting to see the first signs that Spring is just around the corner. This is a great time of the year to investigate some of the early buds on the trees and shrubs that surround us.

Here are some of the buds that we are noticing in the **SD47 ORCA Neighbourhood StrongStart** locations around town.