



Publication #30

FROM KATE, PAULA,
DANIELLE AND RITA

Sleep is precious!
This edition of our
StrongStart publications
looks at sleep from many
different angles.

This week's theme is:
SLEEP

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EARLY LEARNING INFORMATION

VIRTUAL STRONGSTART

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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](#).

Daily posts follow this schedule:

- Monday- varied themes to the end of June 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.

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.

Child Health BC is hoping you will take some time to fill out the pre-campaign survey: [CLICK HERE](#).

RECIPES

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FOOD AND SLEEP

- **Bananas** contain magnesium and potassium, both of which are muscle relaxers – perfect for making your toddler calm and ready for bed. In addition, they also have melatonin (the sleep hormone) and serotonin, which helps regulate your sleep cycles.
- **Dairy products** such as yogurt, milk, cottage cheese and cheese contain tryptophan, an amino acid that helps the body to produce serotonin. But that’s not all... they also contain calcium, which helps the body process tryptophan and produce more melatonin!
- **Oatmeal** releases sugar slowly and keep you full for longer. This is what makes this a perfect before bed snack as it will keep tummies full all night.
- **Chamomile tea** is well known for being a mild tranquilizer and sleep-inducer. It also helps settle your stomach, and reduce anxiety, thus making it a perfect beverage for your little one!



BEFORE BED PANCAKES

INGREDIENTS:

- 1 large banana
- ¾ cup oats
- 1 egg
- ½ cup Greek yogurt
- 1 tsp chia seeds (optional)
- Coconut oil cooking spray



DIRECTIONS:

1. Blend ingredients till the mixture is smooth and has a creamy consistency.
2. Heat a frying pan with the coconut oil spray and pour in the batter.
3. Make bite-sized pancakes or larger ones. The choice is yours!

BEFORE SLEEP POPCYCLES

INGREDIENTS:

- 1 1/2 cup of tart cherry juice
- 1/2 a banana
- 1/2 cup of vanilla Greek yogurt
- 1/2 cup of almond milk



DIRECTIONS:

1. Put all of your ingredients into a blender and mix together. You can slightly adjust the amount of tart cherry juice and banana if one of the flavors is too strong for your kids.
2. Pour the mixture into your popsicle mold and let it freeze for a few hours. Hand them over to your kids and enjoy!

MAKE YOUR OWN GOODNIGHT BUDDY

MAKE YOUR OWN GOODNIGHT BUDDY

To make Goodnight buddies, use some old (clean!) socks that no longer have matches. This craft is really easy to put together because it's no sew and focuses on the kids making it.

SUPPLIES:

- A sock
- Stuffing (we used a bag of batting, you can use pillow stuffing as well)
- Craft glue
- Googly eyes
- Ribbon or string
- Felt in various colors to make the mouth, ears, and other decorations your kids may want

DIRECTIONS

1. First, stuff the socks with the pillow stuffing until they are all stuffed up.
2. Then, tie a string or ribbon at the bottom to close it off.
3. Tie another string very tight about 1/3 of the way down from the toe of the sock.
4. Cut out a mouth and ears in the shapes you want. This is a great place to let your kids creative light shine!
5. Finally, glue on the felt pieces and eyes and you're done!



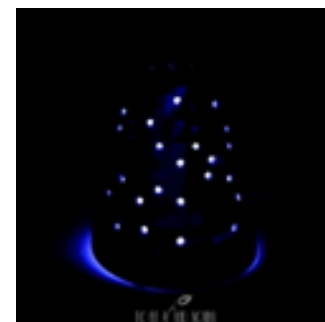
STARLIT NIGHT

MATERIALS:

- Foam cup (we used 8 ounce cups)
- Small glow stick (the bracelets work well) or a flameless tea light
- Black paint and paintbrush
- Toothpick
- Star stickers (optional)

DIRECTIONS:

1. Paint the foam cup with the black paint. Let dry completely. Applying another coat of paint is recommended (the end result looks best if the cup is completely covered).
2. After the second coat is dry you can add the stickers to the outside. This is optional, but makes it look "starry" when it's light.
3. Using a tooth pick, poke holes in the foam cup. Each hole is a "star" when lit.
4. Place the activated glow stick (curled up) or flameless tea light and put it in the bottom of the cup. The color of the stars will be the same color of the glow stick.



BOOKS

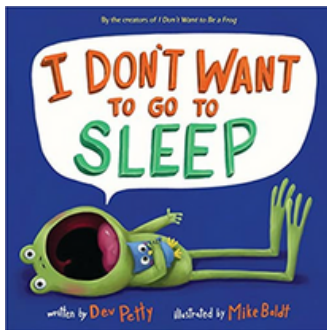


HEAR STORY
[CLICK HERE](#)

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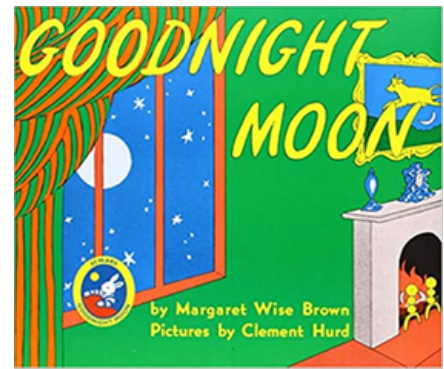


HEAR STORY
[CLICK HERE](#)



HEAR STORY
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HEAR STORY
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HEAR STORY
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HEAR STORY
[CLICK HERE](#)



BROTHER JOHN

Are you sleeping? Are you sleeping?
Brother John, Brother John,
Morning bells are ringing! Morning bells are ringing!
Ding, dang, dong. Ding, dang, dong.



FRÈRE JACQUES

Frère Jacques, Frère Jacques,
Dormez-vous? Dormez-vous?
Sonnez les matines! Sonnez les matines!
Ding, dang, dong. Ding, dang, dong.

STAR LIGHT STAR BRIGHT

Star light, star bright,
The first star I see tonight;
I wish I may, I wish I might,
Have the wish I wish tonight.



HUSH LITTLE BABY

Hush, little baby, don't say a word,
Papa's gonna buy you a mockingbird.
And if that mockingbird won't sing,
Papa's gonna buy you a diamond ring.
And if that diamond ring turns to brass,
Papa's gonna buy you a looking glass.
And if that looking glass gets broke,
Papa's gonna buy you a billy goat.
And if that billy goat won't pull,
Papa's gonna buy you a cart and bull.
And if that cart and bull turn over,
Papa's gonna buy you a dog named Rover.
And if that dog named Rover won't bark,
Papa's gonna buy you a horse and cart.
And if that horse and cart fall down,
You'll still be the sweetest little baby in town!



BUILDING A FORT

No two forts are alike and how you build it will depend on what you have around. Here's a list of ideas for things you can use to build your fort.

- Blankets
- Sheets
- Couch Cushions
- Dining Room Chairs
- Tall table



For fasteners you can use:

- Clothes pins
- Clamps
- Clothes line
- Books (to hold blankets and sheets in place)
- Chip clips
- Rubber Bands
- Duct Tape



- Arrange furniture so you have enough floor space for a fort. Be creative with your materials. Use what you've got around the house.
- String up a clothes line across the room. Tie it to curtain rods or door hinges, anything as long as it's sturdy.
- Use clothes pins to hold sheets together.
- Make it cozy by adding pillows, blankets and a string of lights.

WAKE UP TIME FOR KIDS

If you notice that kids getting a little tired and needing to get energized or just need a break from what they are doing. Here are some idea you can implement quickly.

DANCE PARTY!

A great impromptu way to help burn off energy and feel alive is to play some music and have a spontaneous dance party.

JUMPING JACKS / JOGGING IN PLACE

Set a timer and see who can do the most jumping jacks and/or jog in place the longest without stopping.

SIMON SAYS

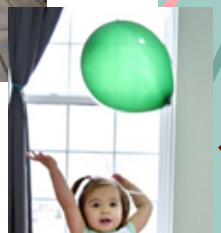
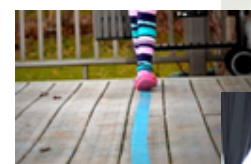
Kids love this game!

TIGHTROPE WALKING

Place a line of masking tape on the floor and using a little imagination, and you can make all kinds of tightrope obstacle courses.

FUN WITH BALLOONS

Blow up a few balloons and hit them across the room. See who can keep the balloon off the ground the longest.





10+ Bedtime Calming Activities to Try With Kids

[click here](#)

60 Fun and Calming Activities to Make Bedtime Unbelievably Easy

[click here](#)

20 Happy Bedtime Treats for Kids

[click here](#)

12 Easy Bedtime Snacks for Kids

[click here](#)

7 Healthy Bedtime Snacks To Help Your Kids Fall Asleep Fast

[click here](#)

When Are the Best Bedtimes for Kids?

[click here](#)

WEBSITES:



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. **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](#).

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?

I love discovering examples of people's deep connection to nature through art. **James Brunt** is an artist from the UK who works with natural loose parts.

His website will inspire you to get outside and create something beautiful in nature.

Here are **two links**:

- The **first link** ([CLICK HERE](#)) is to James Brunt's website.
- The **second link** ([CLICK HERE](#)) outlines his work ethic and gives some important considerations for conservation and respect when creating art in nature.

To Look At Any Thing

To look at anything,
If you would know that thing,
You must look at it long:
To look at this green and say,

"I have seen spring in these
Woods," will not do - you must
Be the thing you see:
You must be the dark snakes of
Stems and ferny plumes of leaves,
You must enter in
To the small silences between
The leaves,
You must take your time
And touch the very peace
They issue from.

~ John Moffitt, 1962~

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 vibrant neon green of the new growth of the Douglas fir (*Pseudotsuga menziesii*) is amazing right now. The next time you are out exploring a trail or a park, take a moment to look up into the branches of a Douglas fir (*Pseudotsuga menziesii*) and look at the tips of the branches.

For more information about Douglas fir (*Pseudotsuga menziesii*):
[CLICK HERE](#)

