



Publication #32

FROM KATE, PAULA,
DANIELLE AND RITA

Children laughing spreads contagious happiness! We are hoping the ideas presented this week spreads joy to all children, family and community members.

This week's theme is:
LAUGHTER

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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](#).



CHOCOLATE BUMPY CAKE

INGREDIENTS:

FOR THE CAKE:

- Cooking spray
- 2 cups unbleached all-purpose flour
- 2 cups granulated sugar
- 1/2 cup unsweetened cocoa powder (see Recipe Note)
- 1 1/2 teaspoons baking soda
- 3/4 teaspoon fine salt
- 1 cup well-shaken buttermilk, at room temperature
- 1/2 cup hot brewed coffee or hot water
- 1/2 cup vegetable or canola oil
- 2 large eggs
- 2 teaspoons vanilla extract

FOR THE FILLING:

- 1 cup granulated sugar
- 1/4 cup cornstarch
- 1/8 teaspoon fine salt
- 1 cup whole milk
- 1 teaspoon vanilla extract
- 8 tablespoons (1/2 cup) unsalted butter, at cool room temperature

FOR THE ICING:

- 2 sticks (1 cup) unsalted butter, divided
- 1 cup granulated sugar
- 1/2 cup well-shaken buttermilk
- 1/3 cup dark corn syrup
- 1/3 cup unsweetened cocoa powder
- 1/4 teaspoon fine salt
- 1 cup powdered sugar
- 1 teaspoon vanilla extract

DIRECTIONS:

MAKE THE CAKE:

1. preheat oven to 350°F. Spray a 9 x 13 pan
2. In a large bowl, whisk together the flour, granulated sugar, cocoa powder, baking soda, and salt.
3. In a medium bowl, whisk together the buttermilk, coffee or water, oil, eggs, and vanilla.
4. Pour the wet ingredients in the dry. Beat with an electric mixer until smooth.
5. Pour the batter into the prepared pan.
6. Bake until a toothpick inserted in the center of the cake comes out clean, 30 to 35 minutes.
7. Set the pan on a wire rack to cool completely. Meanwhile, prepare the filling.

MAKE THE FILLING:

1. In a 2- to 2 1/2- quart saucepan, whisk together the granulated sugar, cornstarch, and salt.
2. Whisk in the milk.
3. Bring to a boil over medium-high heat; boil for 1 minute.
4. Remove from the heat and whisk in the vanilla.
5. Transfer to the clean bowl of an electric mixer and let cool completely. Beating with the paddle attachment on medium speed, beat in 1 tablespoon of butter at a time.
6. Increasing the speed to medium-high, beat until light and fluffy and resembling whipped cream, about 5 minutes.
7. When the cake has cooled completely, load the filling into a pastry bag fitted with a 1-inch large round tip. Pipe nine 9-inch lines crosswise over the cake, 1 inch apart.
8. Freeze until the filling is solid, at least 30 minutes.

MAKE THE ICING:

1. In a 2- to 2 1/2- quart saucepan, combine 1/2 cup of the butter and the sugar, buttermilk, corn syrup, cocoa powder, and salt.
2. Place the pan over medium-high heat and bring the mixture to a boil. Clip a candy thermometer to the side of the pan and cook until the mixture reaches 235°F— no higher.
3. Whisk in the remaining butter, 1 tablespoon at a time.
4. Stir in the powdered sugar and vanilla, whisking until the icing is smooth.
5. Remove the cake from the freezer. Immediately pour the icing in waterfall-like ribbons over the surface of the cake. If needed, gently rewarm any icing clinging to the pan, and pour it again.
6. Freeze the cake until the icing is set, about 15 minutes, or refrigerate until ready to serve.

PEANUT BUTTER, PICKLES AND POTATO CHIPS SANDWICH

INGREDIENTS:

- Bread toasted (Seeded Rye is yummy)
- Smooth peanut butter
- Dill pickle slices
- Ridged potato chips

DIRECTIONS:

1. Spread peanut butter on both slices of toasted bread.
2. On one slice, add pickles. On the other, add potato chips (crushing as needed to stick to peanut butter).
3. Sandwich slices together and slice in half.

**...a combination that is
wierd, delicious and fun!!**



ELEPHANT TOOTHPASTE ...foamy fountain experiment

You have got to try this fun elephant toothpaste experiment with your kids. It's amazing to see the simple chemical reactions you can make from things in your own house!

INGREDIENTS:

- A clean water bottle- we used glass milk bottles
- 1/2 cup 6% solution hydrogen peroxide liquid
- 1 Tbsp. (one packet) of dry yeast
- 3 Tbsp. of warm water
- 1 Tbsp. liquid dish soap
- Food coloring

DIRECTIONS:

1. Pour 1/2 c. of hydrogen peroxide into the bottle. Then add about 10 drops of food coloring into the bottle.
2. Next, mix in 1 Tbsp. of liquid dish soap into the bottle and swish the bottle around a bit to mix it. This will create more foam in the reaction.
3. In a separate small cup, combine the warm water and the yeast together and mix for about 30 seconds.
4. Lastly, pour the yeast water mixture into the bottle (a funnel helps here) and watch the foaminess begin!

FOAM WILL OVERFLOW FROM THE BOTTLE, SO BE SURE TO DO THIS EXPERIMENT ON A WASHABLE SURFACE, OR PLACE THE BOTTLE(S) ON A TRAY.



FUNNY FACE FLIP CARDS

MATERIALS:

- White card stock paper
- Cardboard
- 3 metal book rings
- Hole punch
- Markers
- Scissors
- Glasses, googly eyes, pictures of different faces



DIRECTIONS:

1. Cut your white cardstock paper into quarters. Do this by cutting a sheet in half and then both of those pieces in half again.
2. Now cut out a piece of cardboard the same size as your cardstock pieces.
3. Cut each of your white cardstock pieces into thirds.
4. Punch a hole in one end of each of your pieces with your hole punch.
5. Then, lay three pieces onto your cardboard so you can punch a coordinating hole into the cardboard for each of the pieces.
6. Attach all of your cardstock pieces to your cardboard backing with your metal book rings
7. Now the fun part begins. Use your markers to draw facial features on your white cardstock pieces. In the top sections draw eyes, in the middle sections draw noses and in the bottom sections draw mouths. You can get extra creative by adding details like eyelashes, eyebrows, teeth, tongue, etc. We had some scrapbooking stickers on hand that had fun glasses stickers so we used them along with some googly eyes for one of our faces.

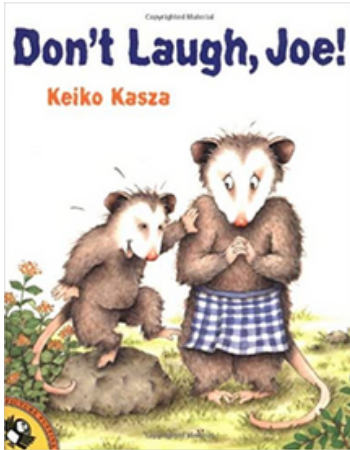
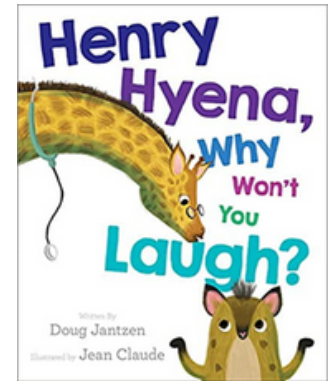
BOOKS

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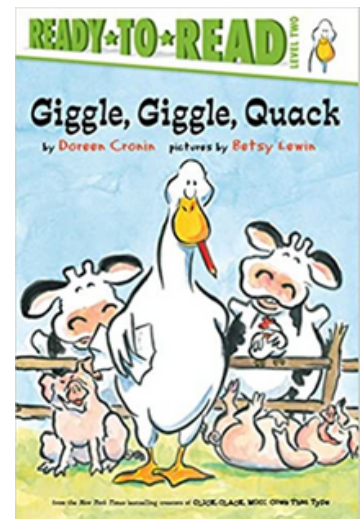
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[CLICK HERE](#)

HEAR STORY
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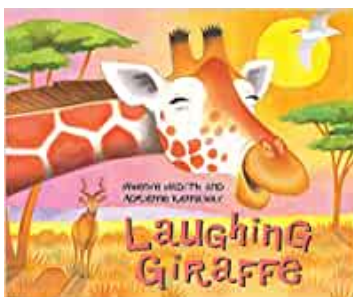
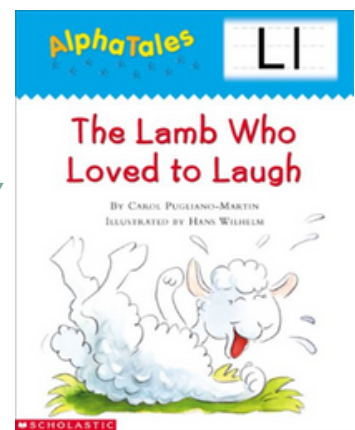
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HEAR STORY
[CLICK HERE](#)

ITS A SMALL WORLD (AFTER ALL)

Written by: Richard M. Sherman
and Robert B. Sherman,
Copyright: Unknown

It's a world of laughter
A world of tears
It's a world of hopes
And a world of fears
There's so much that we share
That it's time we're aware
It's a small world after all

It's a small world after all
It's a small world after all
It's a small world after all
It's a small, small world

There is just one moon
And one golden sun
And a smile means
Friendship to every one
Though the mountains divide
And the oceans are wide
It's a small world after all

It's a small world after all
It's a small world after all
It's a small world after all
It's a small, small world

ON TOP OF SPAGHETTI (BY TOM GLAZER)

On top of spaghetti all covered with cheese
I lost my poor meatball when somebody sneezed

It rolled off the table, it rolled on the floor
And then my poor meatball rolled out of the door

It rolled in the garden and under a bush
And then my poor meatball was nothing but mush.

The mush was as tasty as tasty could be,
And early next summer it grew to a tree.

The tree was all covered with beautiful moss
It grew great big meatballs and tomato sauce.

So if you eat spaghetti all covered with cheese,
Hold on to your meatball and don't ever sneeze.

SILLY SONGS TO MAKE YOU LAUGH

IF YOU'RE AN ELEPHANT AND YOU KNOW IT

TUNE: If You're Happy and You Know It

If you're an elephant and you know it stomp your feet
If you're an elephant and you know it stomp your feet
If you're an elephant and you know it and you really wanna show it
If you're an elephant and you know it stomp your feet!

If you're a monkey and you know it jump up and down
If you're a monkey and you know it jump up and down
If you're a monkey and you know it and you really wanna show it
If you're a monkey and you know it jump up and down

If you're a crocodile and you know it snap your jaws
If you're a crocodile and you know it snap your jaws
If you're a crocodile and you know it and you really wanna show it
If you're a crocodile and you know it snap your jaws

If you're a lion and you know it give a roar
If you're a lion and you know it give a roar
If you're a lion and you know it and you really wanna show it
If you're a lion and you know it give a roar

TINY TIM THE TURTLE

There was a little turtle
His name was tiny Tim.

I put him in the bathtub
to see if he could swim.

He drank up all the water
he ate up all the soap.

Now he's in the bathtub
with a bubble in his throat.

Bubble bubble bubble
bubble bubble bubble

bubble bubble bubble
bubble bubble POP!



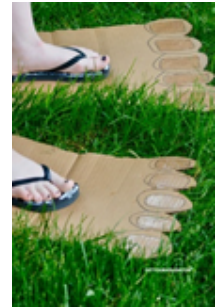
ONCE I CAUGHT A FISH ALIVE

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!

BIG FOOT

SUPPLIES:

- a big thick box (the bigger the better)
- sandals, or tissue box, elastic, pipe cleaners, cloth ties
- tape
- scissors
- hot glue gun
- glue
- black marker
- paint or felts if you want to decorate your feet



DIRECTIONS:

1. Open up your card board and use a pencil and draw a foot on each piece. Cut out each foot.
2. After painting or decorating your feet you can do one of the following:
 - a. glue an inexpensive pair or flip flops in the middle of your feet
 - b. hot glue a recycled tissue box in the middle of your feet
 - c. use elastic or pip cleaners poked through the middle of your big feet to tie onto your feet



You could turn this into a big old stinky feet craft contest, or see who can create the ugliest or prettiest feet.



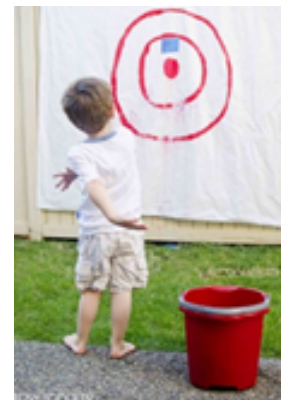
SPONGE TARGETS

MATERIALS:

- Sponges
- Water
- A target

DIRECTIONS:

1. Make a target on the ground or a fence using chalk, paint, or you can paint one on an old shower curtain liner and hang it up. You can also line up some buckets to toss into.
2. Fill up a bucket with loads and loads of sponges and hit the bull's eye, or buckets.





Laugh it Up!

With Marvin Terban -How to make up a joke!

[click here](#)

16 Fintastic Fish Crafts for Kids for Waves of Laughter

[click here](#)

10 Ways to Make Kids Laugh

[click here](#)

Why Do We Laugh?

[click here](#)

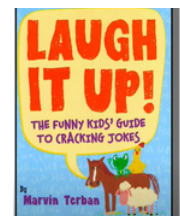
Encouraging Your Child's Sense of Humor

[click here](#)

CBC Kids - 10 Things You Never Knew About Laughter

[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?

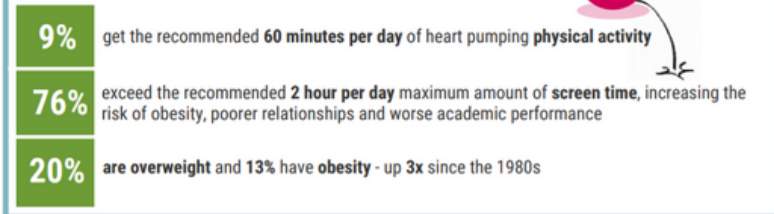
Mariana Brussoni (UBC expert on outdoor play and injury prevention) and her team have been working on understanding children's outdoor risky play and have created an information page about this. Have a look: [click here](#)

The webpage was developed in partnership with BC Children's Hospital, UBC and the BC Injury Prevention Unit.

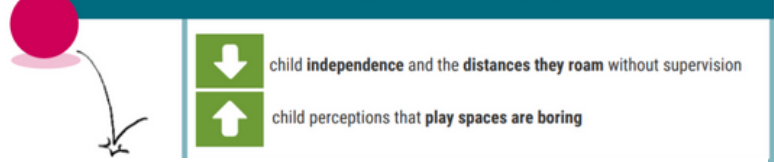
What is so great about the GREAT OUTDOORS?

WHY PLAY?

Children don't move enough and sit too much



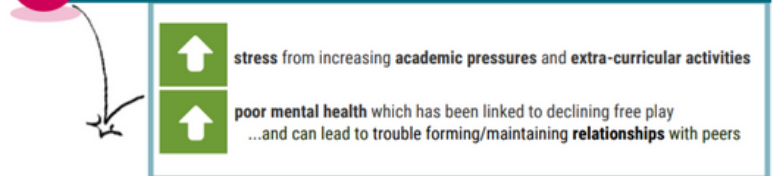
Children face more limits placed on their play in and out of school



Children are having a harder time focusing in the classroom



Child and youth anxiety, depression, suicide, and feelings of helplessness have increased



Increasing access to outdoor, unstructured play benefits children

- ✓ Promotes physical health
- ✓ Promotes mental and emotional health and wellbeing
- ✓ Improves social skills, creativity and team work
- ✓ Improves learning and attention at school
- ✓ Improves resilience and risk-management skills



Play is embedded in Article 31 of the Convention on the Rights of the Child. Children need space and time to engage in quality play. This project is funded with the generous support of the **Lawson Foundation**.



The infographic to the left is created by the **Canadian Public Health Association**. Other infographics about play are found here: [CLICK HERE](#)

The **Child and Nature Alliance of Canada** has several resources that promote outdoor play and fostering children's connection to nature. Here is a resource that is worth checking out: [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 exploring outdoors, look for **Red Huckleberry** (*Vaccinium parvifolium*).

For more information about Red Huckleberry (*Vaccinium parvifolium*): [CLICK HERE](#)

