



Publication #9

FROM KATE, PAULA,
DANIELLE AND RITA

Many birds, sea animals and land animals migrate, especially at this time of year. We hope you enjoy our focus this week.

This week's theme is:
Migration

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SD47 EARLY LEARNING INFORMATION

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VIRTUAL STRONGSTART

The Early Learning team is excited to share weekly publications featuring fun ways to share time with children. These publications are sent out to registered families as well as posted on the Virtual StrongStart webpage.

SD47 STRONGSTART ON INSTAGRAM

School District 47's Instagram site is: [sd47strongstart](#).

Daily posts following this schedule:

- Monday- Shapes 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.

YUMMY VEGETABLE BUTTERFLY (MONARCH)

Ingredients

- Bell peppers in two colours
- Greek yogurt or flavoured sour cream
- Cucumber slices
- Cherry tomatoes



Instructions:

1. Arrange 4 pepper halves on plate, two of one colour and two of another colour. (You can also use slices of tomatoes)
2. Hold the pieces together with greek yogurt or a flavored sour cream
3. Next place slices of cucumber on top of pepper halves and a cherry tomatoes for its head. Two thinly sliced cucumbers for its antennae

Taa Daa! A tasty butterfly snack!

HUMMINGBIRD CAKE

Ingredients:

- 3 cups all-purpose flour, sifted
- 2 cups sugar
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon allspice
- 1 1/3 cups vegetable oil
- 2 teaspoons vanilla extract
- 3 large eggs, lightly beaten
- 1 3/4 cups very ripe banana, mashed
- 2 cups toasted chopped pecans, divided
- 1 (8-ounce) can crushed pineapple, undrained
- 1 cup butter, softened
- 6 cups powdered sugar
- 2 teaspoons vanilla extract
- pinch of salt
- 2 (8-ounce) packages cream cheese, cut into 1-ounce pieces and chilled



Instructions

Preheat oven to 350 degrees. Grease and flour 3 9-inch cake pans.

1. In a large bowl, combine flour, 2 cups sugar, salt, baking powder, baking soda, cinnamon, and allspice.
2. Add vegetable oil, vanilla extract, and eggs and stir just until dry ingredients are moistened.
3. Stir in banana, 1 cup pecans, and pineapple just until evenly mixed.
4. Divide batter evenly between the 3 cake pans.
5. Place in oven and bake for 25 to 28 minutes, or until wooden pick inserted in center comes out clean. Cool in pans for 10 minutes and then remove to wire racks to cool completely.
6. To make frosting, use an electric mixer to beat together butter and powdered sugar, adding powdered sugar gradually.
7. Add vanilla extract and salt and mix until smooth.
8. With mixer on medium, add 1 piece of cream cheese at a time. Turn mixer off once all cream cheese has been incorporated.
9. Spread frosting between layers of cake and cover top and sides. Sprinkle remaining chopped pecans on top.

FUN PAPER PLATE GREY WHALE

Supplies:

- paper plate
- scissors
- black marker
- blue paint

Instructions:

1. Fold paper plate in half.
2. Fold over a corner of the folded plate.
3. Open it back up and tuck it under the folded plate.
4. Cut along lines as described in picture.
(Making sure the tail is still attached to the plate).
5. Carefully bring tail out and fold outward.
6. Glue the two pieces together.
7. Draw on a cute little eye and smile.
8. Trim a piece off for the mouth.
9. Add a little fin if you would like.
10. Paint this little guy up pretty and add a paper spout.



CANADA GOOSE

Supplies:

- a paper bag
- some card stock (white and black)
- glue
- string or twine

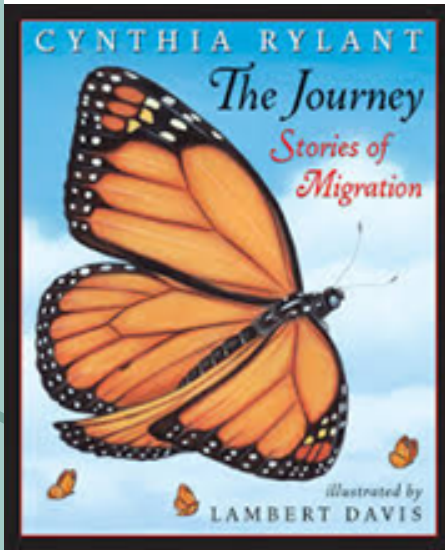
Instructions:

1. Cut out two wings, a long neck and head, a beak, two eyes and a marking for neck (white). I used black paper for the head and neck and glued a piece of card stock between them.
2. Color some beautiful feathers on the wings and tail.
3. Stuff the paper bag with old paper and staple the bag closed.
4. Glue the eyes, beak, and marking on neck on both sides of the goose's head.
5. Staple the neck on, and glue on the feathers and tail.
6. Staple the string or twine onto to your goose so that you can hang him in the window or from the ceiling.



BOOKS

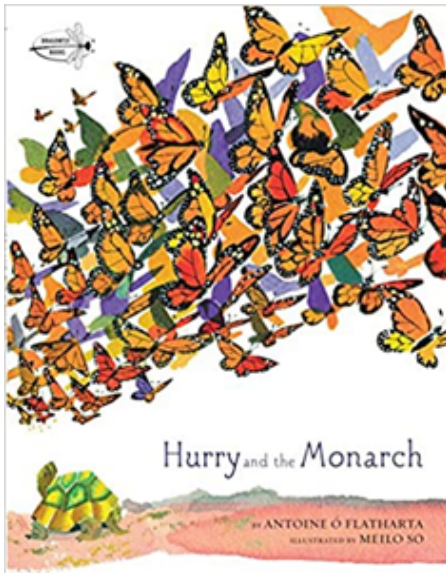
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HEAR STORY
[CLICK HERE](#)

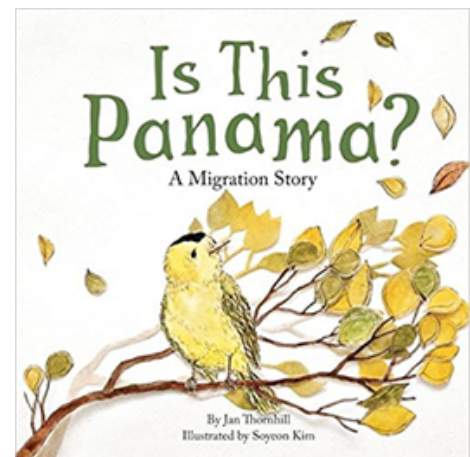


HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)

HEAR STORY
[CLICK HERE](#)



RHYME

10 LITTLE BUTTERFLIES

- 1 little, 2 little, 3 little butterflies
- 4 little, 5 little, 6 little butterflies
- 7 little, 8 little, 9 little butterflies
- 10 little butterflies floating through the air!



SONG

BEAR IS SLEEPING

(Tune of Where is Thumpkin?)

- Bear is sleeping, Bear is sleeping
- In a den, in a den
- When will he wake up?
- When will he wake up?
- In the spring, in the spring.



Also try:

Snake - hole

Frog - mud

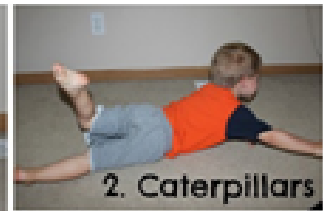
Mouse - nest

Hedgehog - burrow



CAN YOU BE A BUTTERFLY?

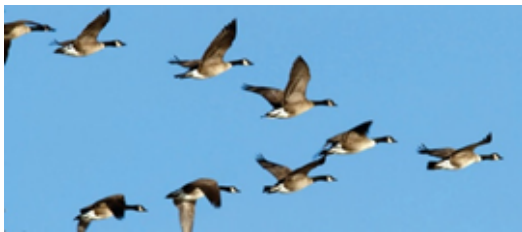
1. Make yourself as small as you can, becoming a tiny egg under a leaf.
2. Now hatch out of your egg and become a caterpillar.
3. Move around the floor like a caterpillar!
4. Next you wrap yourself into the chrysalis. Lay as still as you can.
5. Finally, break out of the chrysalis and fly around like a butterfly!



MONARCH BUTTERFLIES MIGRATE
(FLY TO A WARMER PLACE IN WINTER)

BIRD WATCHING

- Use some binoculars and see if you can see any birds flying south for the winter.
- This time of year is great for seeing geese flying way up high.
- See them flying in a V.

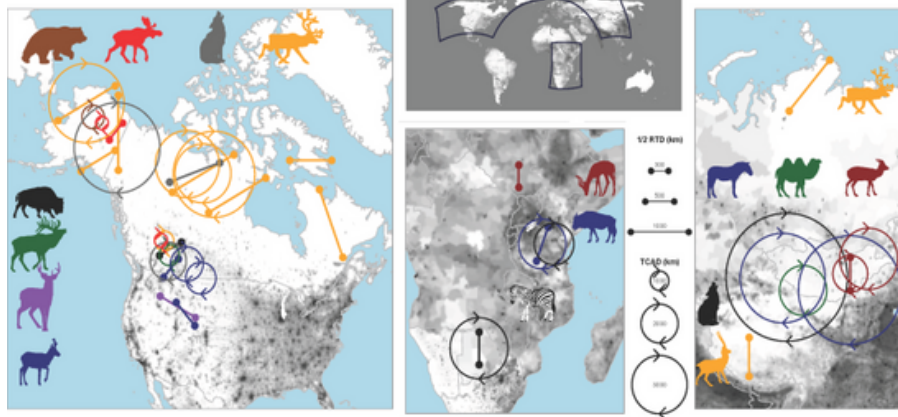


BUTTERFLY DANCING



Take two scarves or pieces of fabric, tie them together, and put the scarf/fabric behind your back with the knot at the middle. Pretend you have wings and can fly!

Bird Migration Routes



Migrations: Big Animal Trips

[click here](#)

Why Do Birds and Animals Migrate?

[click here](#)

Amazing Migrations

[click here](#)

On Migration - DIY Compass

[click here](#)

Butterfly Activities for Preschoolers

[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. **ALL REGISTRATION FORMS MUST BE SENT WITH THE CHILD'S BIRTH CERTIFICATE.**
- 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:

- Participants will sign up to attend our program. We are not able to accept drop-in participation.
- **Families will express interest in attending by leaving a message at 604-414-2635.** After leaving a message, only families who receive phone confirmation will be able to attend.
- Cutoff for expression of interest will be Monday of the week before scheduled dates (i.e. cutoff for October 5-9 is Monday September 28, 2020). We will be scheduling one week at a time to start.

-- 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 then 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 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.