



Publication #7

FROM KATE, PAULA,
DANIELLE AND RITA

We have changed the look and the title of publication #7 to better represent it as part of the SD47's online StrongStart program. We hope you find the activities presented inspiring.

We have also changed the name of our Outdoor Program: **StrongStart GO** (See page 9).

This week's theme is:
Autumn Animals

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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 CRICKETS

Ingredients

- Marshmallows or banana
- Cocktail sticks (wooden picks)
- Chocolate frosting or Nutella
- Pretzel rods
- Edible eyes

Instructions

1. Using a toothpick stick three marshmallows or pieces of banana together.
2. Cover with icing or Nutella.
3. Break off pieces of pretzels for legs and antenna's.
4. Put on your edible eyes or use raisins or chocolate chips.

YUMMY!

WISE OWL BREAKFAST

Ingredients

- bagel, english muffin or rice cake
- peanut butter
- berries (blueberries and strawberries)

Instructions

1. Decorate your bagel, english muffin, or rice cake with peanut butter.
2. Add banana slices for large eyes and use blueberries and strawberry to decorate your owls.

LOOKS TOO CUTE TO EAT!

HEALTHY POPCORN SNACK (SQUIRREL FOOD)

Ingredients

- 8 cups popcorn
- 1 cup chopped dried apricots
- 1 cup dried cranberries
- 1 cup roasted cashews
- 1/2 cup roasted sunflower seeds

Instructions

1. Place popcorn in a large bowl
2. Add nuts, seeds, dried fruits to bowl
3. Stir to mix



SPIDER IN WEB

Supplies:

- light washable tempera paint
- black or dark coloured tempera paint
- paper plates
- hole punch
- white twine or wool
- tape

1. Let the child paint the entire plate in a light colour.
2. When dry, paint the palm of their hand and 4 fingers (not the thumb) with black or dark colour. Then paint the other hand placing the palm over the painted palm making the body of the spider. The fingers are the spider's legs.
3. Paint on eyes or glue on googly eyes.
4. Punch 16 holes around paper plate and using white twine or wool weave the thread through the holes making a web. It helps to knot and then tape or glue the twine or wool when you first start weaving and also at the end when you finish.



OWL

Supplies:

- Brown paper- different shades (you can also do this with other materials such as wool, fabric, felt etc.)
- Black paper
- Yellow paper
- Scissors
- Glue
- Chalk

1. Draw a simple outline of an owl on black paper.
2. Tear the brown paper into different sizes and shapes.
3. Glue them onto owl shape.
4. Cut out circles for eyes, some feet, and a beak.
5. Glue body parts in place.



BOOKS

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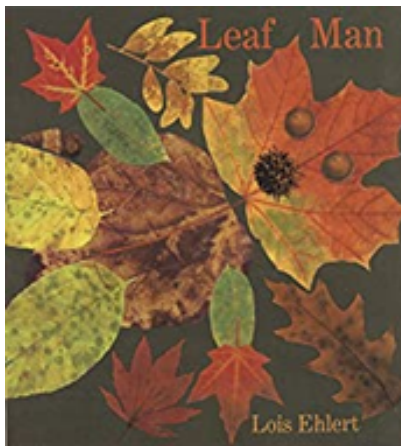


HEAR STORY
[CLICK HERE](#)

HEAR STORY
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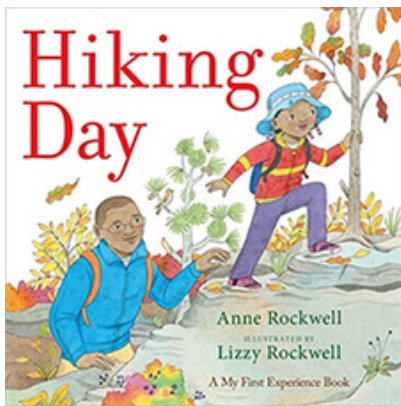
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SONGS

(Sung to: "Wheels on the bus")
The cow in barn goes moo, moo, moo,
Moo, moo, moo.
Moo, moo, moo,
The cow in barn goes moo, moo, moo,
All around the farm.

More verses:

The pig in the pen goes oink, oink, oink,...
The hens in the coop go cluck...
The lambs on the hill go baa...
The ducks on the pond go quack...



(Sung to: She'll be Coming Round the Mountain)
I'll be gathering all the acorns till they're gone.
I'll be gathering all the acorns till they're gone.
'll be gathering all the acorns, gathering all the
acorns,
Gathering all the acorns till they're gone.

More verses:

And I'll put them all inside my cozy home.
And I'll eat the nuts until the winter's gone.



- Did you ever see a rabbit, a rabbit, a rabbit
- Did you ever see a rabbit, that hops so slow
- He hops and hops and hops and hops
- Did you ever see a rabbit that hops so slow?

More verses:

- That hops so fast...
- That hops backwards...
- That hops on one foot...



RHYMES

- This little squirrel said, "Let's run and play".
(point to each finger)
- This little squirrel said, "Let's hunt nuts today".
- This little squirrel said, "Yes, nuts are good".
- This little squirrel said, "Our favorite food!"
- This little squirrel said, "Come climb this tree,
- And crack these nuts, one, two, three".
(clap hands)

- Grey squirrel, grey squirrel
- Shake your bushy tail!
- Grey squirrel, grey squirrel
- Shake your bushy tail!

- Wrinkle up your funny nose
- Hold a nut between your toes
- Grey squirrel, grey squirrel
- Shake your bushy tail!

SQUIRRELS

OBJECT OF THE GAME:

Students pretend to be squirrels who are on the hunt to gather food for the winter months. Since winter is just around the corner we need to collect it! They must search far and wide throughout the field for nuts (balls,) and bring them back to be stored for the winter (in your bucket).



Call a number and the kids must find that many to return. No more. No less. Vary numbers based upon ability.

How high can kids count?

How many balls can they carry at once?

When the kids return the nuts (balls or whatever you choice to use) you instantly toss them back out into the field, yard or wherever you decide to play.

SPIDER WEB GAME

Wrap twine, crepe paper, painters tape, wool, or yarn etc. around trees or chairs- whatever you have handy that will create a “web”. Be sure to string some high and some low, close together and further apart, some loose and some tight.



Now, ask the child to start at one side and move through that web without touching or breaking the strands.





National Geographic Kids - Autumn Animals

[click here](#)

Animals You Can See Across Canada in the Fall

[click here](#)

Autumn Crafts for Kids

[click here](#)

Leaf Animal Crafts

[click here](#)

Fall Crafts for Kids

[click here](#)

Click on **Outdoor Fun Games** to explore dressing for the weather and the fun you can have in that kind of weather

[click here](#)



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.