

# StrongStart DO

StrongStart Discover Online  
Virtual Inspiration for Families at Home



## THIS MONTH'S FOCUS IS: RAIN

THE RAINY WEATHER IS HERE! YAHOO!

**REMINDER:** Check out our Instagram found at:  
[sd47strongstart](#).

**REMINDER:** There are times when in-class programs will be closed. A calendar specific to StrongStart can be found on the SD47 StrongStart webpage

webpage: [CLICK HERE](#)

We respectfully acknowledge that we live, work, and learn on the traditional territories of the Tla'amin (łəʔamən) Nation

NOVEMBER 2022 | PUB. #3, 22/23

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SCHOOL DISTRICT 47

# EARLY LEARNING INFORMATION



## SD47 JUST B4 PRESCHOOL

Preschool programs at **Henderson and Westview** are full for this school year. There is a waitlist for available spaces.

A waitlist has been started for the 2023/2024 school year.

Waitlists:  
email-rita.john@sd47.bc.ca

Information about the programs:  
[CLICK HERE](#)



## SD47 ORCA

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

### SD47 ORCA SCHEDULE:

#### NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>November 1</b> <b>NO PROGRAM</b>	<b>November 2</b> 9:30am-11:30am <b>WILLINGDON BEACH</b> (4835 Marine Ave)	<b>November 3</b> 9:30am-11:30am Alex Dobler Salmon Centre LANG BAY FISH HATCHERY (10556 Sunshine Coast Hwy)	<b>November 4</b> 9:30am-11:30am <b>LARRY GOUTHRO PARK</b> (4726 Manson Ave)
<b>November 7</b> 9:30am-11:30am <b>LUND</b> (NORTHSIDE COM. REC. CENTRE) (9656 Larson Bay Road)	<b>November 8</b> <b>NO PROGRAM</b>	<b>November 9</b> 9:30am-11:30am <b>WILLINGDON BEACH</b>	<b>November 10</b> 9:30am-11:30am Alex Dobler Salmon Centre	<b>November 11</b> <b>REMEMBRANCE DAY</b> <b>NO PROGRAM</b>
<b>November 14</b> 11:30am-2:00pm <b>TEXADA SCHOOL</b> (2007 Waterman, VanAnda)	<b>November 15</b> <b>NO PROGRAM</b>	<b>November 16</b> 9:30am-11:30am <b>MUSIC ACADEMY</b> (7280 Kemano St)	<b>November 17</b> <b>NO PROGRAM</b>	<b>November 18</b> 9:30am-11:30am <b>LARRY GOUTHRO PARK</b>
<b>November 21</b> 10:00am-12:00pm <b>SUNSET PARK</b> (WILDWOOD) (2611 Lois Ave)	<b>November 22</b> <b>NO PROGRAM</b>	<b>November 23</b> 9:30am-11:30am <b>WILLINGDON BEACH</b>	<b>November 24</b> 9:30am-11:30am Alex Dobler Salmon Centre	<b>November 25</b> 9:30am-11:30am <b>TIMBERLANE</b> (north parking lot across from Timberlane track) (5400 Timberlane)
<b>November 28</b> 9:30am-11:30am <b>JAMES THOMSON</b> (6388 Sutherland Ave)	<b>November 29</b> <b>NO PROGRAM</b>	<b>November 30</b> <b>NO PROGRAM</b>		

## **SD47 ORCA HIGHLIGHTS:**



The rain has arrived after an unusually dry beginning of the Autumn season.

We are looking forward to playing in puddles and discovering the way that the rain changes outdoor spaces.

In the meantime, we have been enjoying the warm sun and summery fall. We look forward to exploring in the rain and wind with you!



### **It is Raining, its Pouring!**

As we look ahead to the anticipation of rain, we head outdoors to take a closer look at rain's wetness, slippiness, shininess and splashiness!

It is through closer observation that we start to build understanding of what exactly is happening when it rains. Asking questions about the drops we see forming on the window, the puddles in the park and the dry patch under a tree and providing resources to extend these learning opportunities.

**SD47 ORCA Neighbourhood StrongStart is outside rain or shine September-June.**

Dress warmly and have a snack under the canopy of the trees.  
We look forward to seeing you!



## POPCORN



Popcorn is a fun treat anytime and with all its lumps and bumps, makes for excellent chopstick practice.

### INGREDIENTS:

#### Butter Popcorn

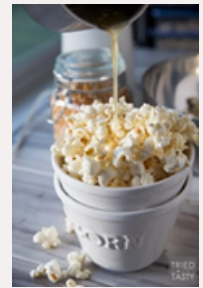
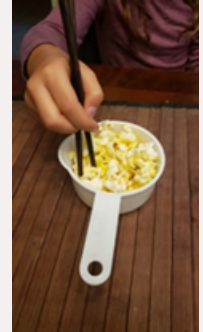
- ready plain popcorn
- 3 tbsp. unsalted melted butter
- ½ tsp salt

#### Honey Butter Popcorn

- ready plain popcorn
- 2 tbsp. butter
- 2 tbsp. honey
- 1 tsp. vanilla
- salt to taste

### INSTRUCTIONS:

1. Add the melted butter and coat evenly. Sprinkle lightly with salt and mix.
2. Using an air popper, pop the popcorn kernels. Set aside.
3. In a small saucepan, melt the butter over medium heat. Stir in honey until well mixed.
4. Remove from the heat. Add vanilla. Pour honey butter mixture over the popcorn and mix until popcorn is evenly coated.
5. Add additional salt as needed.



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## BATH BOMBS

Kids love bath time, and they love it even more when you add fun things to it like bath bombs

### INGREDIENTS:

#### Bath Bomb Recipe

- 1 cup of baking soda
- 1/2 cup citric acid
- 1/2 cup Epsom salt (sea salt, or non-iodized table salt)
- 1 teaspoon water
- 3 teaspoons oil (olive oil, sweet almond oil, coconut oil, vegetable oil)
- essential oils (lavender, peppermint, orange, lemon etc.)
- Natural food coloring

#### Bath Bombs without Citric Acid

- 1 cup of baking soda
- 1/4 cup of cream of tartar
- 1/2 cup of cornstarch
- 1/2 cup of salt (Epsom salts, sea salt, or non-iodized table salt)
- 1 tablespoon of oil (vegetable oil, sweet almond oil, coconut oil, or olive oil)

### INSTRUCTIONS:

Kids will love helping to mix up the ingredients for bath bombs. Let them choose their favorite scents and colors. Maybe adding a surprise in the middle.

Ideas for molds can be an ice cream scoop, muffin tins or a favorite silicon mold. Plastic easter eggs make great molds.

Note: Adding oatmeal to your bath bombe will soothe itchy skin

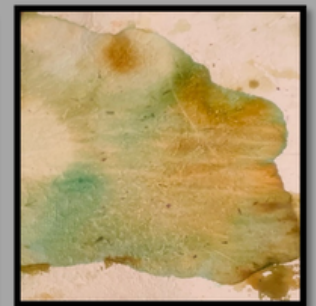


## LET'S CREATE

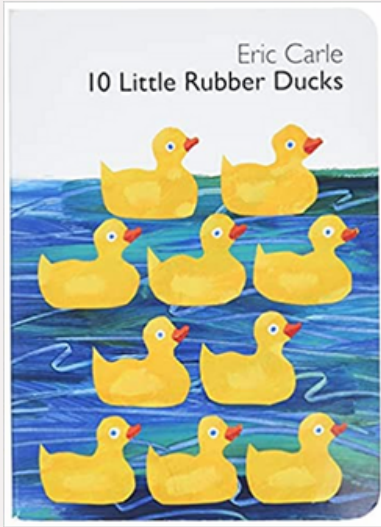
The September StrongStart DO publication ([CLICK HERE](#)) invites readers to start a map at home of the neighborhood, community, or favorite place. Take time to revisit and reflect on this map to generate new ways of working with it. This Map starts with a step out the door to walk together. This walk is an Event connecting us to the world outside.



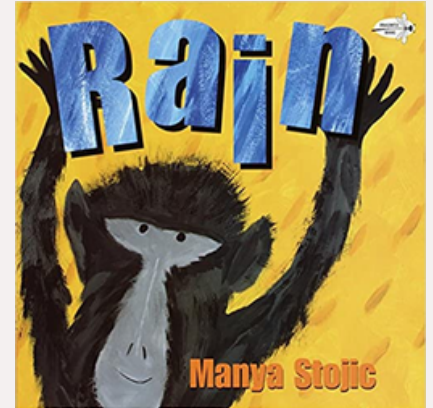
During a Neighborhood walk the child points to the trees. The trees sway big, rooted deep into the ground. We peer up as the wind swirls the leaves like flakes of snow covering the ground. Carefully we watch and wait. We pick up an alder leaf, maple leaf and arbutus leaf and examine them closely. We look at the colors, the stem, the number of points each leaf has, and we feel its texture. We take them back to stamp on 'the map'. These leaves remind us of the trees that stand grounded in our neighborhood through sun, wind, rain and snow. The leaves make their mark as they dance along the paper. We hang the paper up, knowing we can take it down to rework it as new possibilities unveil themselves. This is not a finished product but instead a work in progress.



This month we invite you to look back on your work together. To remember and tell stories together. "Do you remember walking down the street and listening to the leaves crinkle and crack between our fingers? Look back on pictures of this memory, talk about what you see. Moving forward, decide what matters most about this memory. Together you may decide to paint, draw, dance or sing about what matters. Keep in mind each artist is unique in how this memory may look to them. If this place is hard to remember, revisit. Spend time noticing its sounds, its smells, and what you see, take pictures.



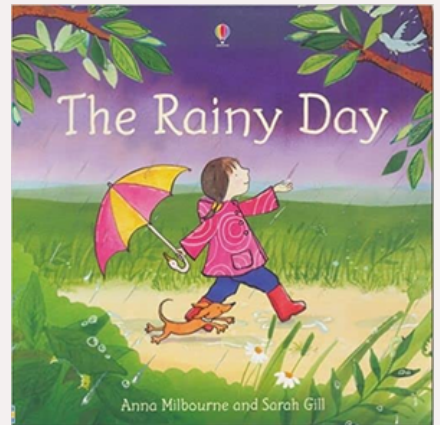
HEAR STORY  
[CLICK HERE](#)



HEAR STORY  
[CLICK HERE](#)



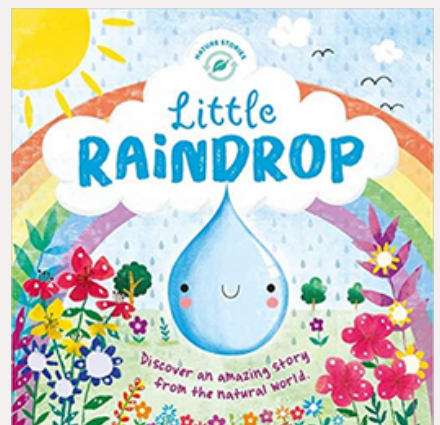
HEAR STORY  
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HEAR STORY  
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HEAR STORY  
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HEAR STORY  
[CLICK HERE](#)



## PITTER PATTER, PITTER PATTER

Pitter patter, pitter patter,  
Listen to the rain!  
Pitter patter, pitter patter,  
On the window pane.  
Dropping, dropping, dropping, dropping,  
Dropping on the ground.  
Dripping, dripping, dripping, dripping,  
Listen to the sound!

## RAIN, RAIN

Rain, rain, go away.  
Come again another day.  
Daddy wants to play.  
Rain, rain, go away.

\*replace with other family members



## RAIN

Rain on the rooftops,  
Rain on the trees.  
Rain on the green grass,  
But not on me.

## UMBRELLA SONG

Down come the rain drops SPLASH, SPLASH, SPLASH!  
(stamp feet on the splashes)  
Let's run for cover, DASH, DASH, DASH!  
(run on the spot)  
Pitter patter, pitter patter, DRIP, DRIP, DROP!  
(clap hands in rhythm)  
I'm under my umbrella till the raindrops STOP!  
(put up pretend umbrella)

## I HEAR THUNDER

**Sung to: "Where is Thumbkin?"**

I hear thunder!  
I hear thunder!  
Hark don't you,  
hark don't you?  
Pitter, patter raindrops,  
Pitter patter raindrops,  
I'm wet through  
and so are you!



## ITSY BITSY SPIDER

**Fingerplay  
(movements)**

**The itsy bitsy spider went up the water spout.**

1. Touch the thumb of one hand to the index finger of the other hand. Then touch the index finger to the thumb of the other hand. Do it over again while lifting your hands up.

**Down came the rain,**

2. Bring you hands down. While you are doing this, wiggle your fingers to simulate rain.

**and washed the spider out.**

3. Sweep your hands away from one another while hand palms are pointing towards the floor.

**Up came the sun, and dried up all the rain,**

4. Form a circle with your hands (sun), and rise your hands (the sun is rising).

**and the itsy bitsy spider went up the spout again.**

1. Repeat step one.



## RAIN

One of the best things to do on a rainy day with kids is to get **OUTSIDE!** There are countless learning opportunities and fun ways to play outside in the rain.



**Playing in the rain is fun!**

## SING AND DANCE IN THE RAIN

Who doesn't love singing in the rain?  
Get outside to sing and dance in the rain.

**"I'm singing in the rain! Just singing in the rain,  
What a glorious feeling  
I'm happy again!"**

Don't forget your umbrella to get yourself in the mood.



## BUILD A DAM



Use stones, rocks, mud, or anything else you must create a dam wherever water is flowing. Building a dam is a fun and educational activity for kids. When building a dam, make sure you don't hurt the area's inhabitants, the natural landscape, or the surrounding ecology.

Make a mud tidal pool from the puddle that was formed by your dam. Then, float leaves in it and watch them get moved by the current that can be created by moving the water with sticks or hands.

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## THINKING WITH RAIN

### LOOSE PARTS

Supplying loose parts can create new ways of being with the rain. Loose parts encourage problem solving, innovation and experimentation check out the video below for more on loose parts.

Video: [CLICK HERE](#)



### INSPIRING CHILDREN'S INTEREST IN WATER

The article in the link below inspires a new way of thinking with children's interests in collecting, holding, transporting, and measuring water. The paper shares an innovative approach to understanding rainfall interception by building an experimental unit to collect rainfall from different tree canopies in urban areas and forests. The aim of this study was to illustrate the importance of urban trees as a form of 'green infrastructure' where they reduce storm-water runoff and rainwater intensity. Children enter the world ready to solve problems and think of innovative ways to gain understanding of the world around them.

LINK TO ARTICLE: [CLICK HERE](#)




Children's outdoor play can be seen to have many benefits not only on sunny days but rainy days too! Rainy day play can provide numerous opportunities to learn with our outside environment.

Video: [CLICK HERE](#)

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## LET'S PLAY "EVERYTHING CHANGES"

Pages 47 and 48 of the British Columbia Ministry of Education (2019) handbook, "**Let's Play: Activities for Families**", describe an activity called "**Everything Changes**", which is an ideal starting point for exploring rain and the way that it changes outdoor spaces, the clothing that we wear and how we get ready to play outside and what we do when we come back indoors. The weather provides many opportunities to learn about how and why things change, and how these changes make us feel.



### Everything Changes

**What**

This is an experience that will help your child learn about difference and change.

**1 Create the Environment**

Talk to your child about changes that happen every day, such as the weather, a flower that has bloomed, the leaves that have fallen, or that their fingernails or toenails are longer than they were last week.

Talk about how some changes are big, and some changes are small. Sometimes, they may feel happy about changes, and sad about others, and that all feelings are okay.

**2 Sharing Experiences**

Ask your child to look around and find one thing that has stayed the same, and something else that has changed. Maybe the sunny sky of the morning is still sunny. Maybe a bird you saw outside has flown away. Ask your child, "What do you see?"

**Why**

Through this experience, children will learn to

- Express a positive regard and respect for self, others, and property
- Understand that all persons have value
- Understand, accept, and welcome changes and differences in themselves and the world around them

**How**


Explore with your child about some of the things that stay the same, and some things that are different or change. Point them out.

Explore with your child what these changes and differences might look like on paper, either through words, through drawings, or through another creative way.

Explore with your child how these changes and differences make them feel. You can discuss the changes, write them down, draw them, or express them through some other way such as acting them out.

Read a story with your child about weather, changes or other ideas that connect with the activity. Here is a suggestion:

- The Apple Tree by Sandy Tharp-Thee & Marlena Campell Hodson



Let's Play! Activities for Families | Set 3

45

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**Where**

This activity can occur in any familiar area to your child.

**When**

This activity can occur at any time of the day.

**Reference**

Braun, M., & Stewart, W. (2017). *Mindful Kids: 50 Mindfulness Activities for Kindness, Focus and Calm.* [Activity Deck]. Cambridge, MA: Barefoot Books

Rain sometimes gets in the way of our opportunities for outdoor active play. It can be helpful to have a plan for the transitions into and out of inclement weather. Having some dry clothes in the car along with a and a plastic tote for wet clothes, a folding drying rack or some hooks on the wall of the bathtub/shower for hanging muddy and wet rain gear, a boot tray to catch drips from rubber boots...

Here are some ideas for **setting up a drying station** that works for rain (as well as snow): [CLICK HERE](#)



The BC Ministry of Education. (2019).  
**Play Today** -  
[CLICK HERE](#)

The BC Ministry of Education. (2019).  
**Let's Play Activities for Families** -  
[CLICK HERE](#)

## What is so great about the GREAT OUTDOORS?



Empowering **OUTDOOR** Play  
**OUR WORDS MATTER!**

INSTEAD OF...	TRY
Be careful.	Notice how...
Don't get wet.	We're not wearing the right gear for water play today, but next time we'll bring it.
You might hurt someone.	What could happen to them if you do that?
How did you get so dirty!	You look like you had fun!
I thought it wasn't supposed to rain and be bad out!	Nature needed a drink, let's get on our rain gear and play!
That's not for climbing on.	Let's go explore and find something different to climb on.
Don't throw sand/rocks!	Is there a place you can throw those where they won't hit anyone?
Keep your shoes on.	Let's look together to see if it's safe to be barefoot.

From: The Early Childhood Collaborative Research Centre

### BC PARENT NEWSMAGAZINE

Looking for some rainy day outdoor activity ideas?

[CLICK HERE](#)



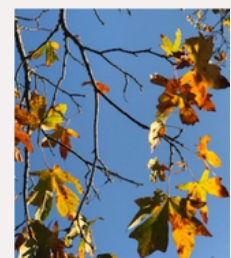
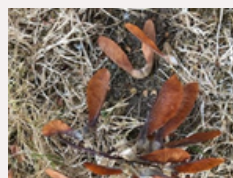
### DID YOU KNOW?

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 Bigleaf maple leaves are beautiful at this time of the year and maple trees have the "helicopter" seed pods. Break them in half and throw them in the air to watch them spiral down to land.

- o Ayajuthum name: **paqaǰε** Pronunciation: [CLICK HERE](#) (First Voices, 2022)
- o English name: **Maple, Bigleaf Maple**
- o Scientific name: **Acer macrophyllum**



**First Voices** (2022): **Tla'amin Nation**- Learn the **Ayajuthem** language: [CLICK HERE](#)