

# StrongStart DO

StrongStart Discover Online  
Virtual Inspiration for Families at Home



## THIS MONTH'S FOCUS IS: Autumn

Though our weather has been warm, there are signs of autumn everywhere.

We have started posting on Instagram again this week. If you have Instagram we can be 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: [CLICK HERE](#)**

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



OCTOBER 2022 | PUB. #2, 22/23

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# EARLY LEARNING INFORMATION



## JUST B4 PRESCHOOL

Preschool programs at **Henderson and Westview** opened their doors the week of September 26, 2022.

Up-to-date information about the programs are found at:

[CLICK HERE](#)



## SD47 ORCA

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

### SD47 ORCA SCHEDULE:

OCTOBER 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 3</b> 10:00am-12:00pm <b>LUND</b> <small>(NORTHSIDE COM. REC. CENTRE                      9656 Larson Bay Road)</small>	<b>October 4</b> <b>NO PROGRAM</b>	<b>October 5</b> 9:30am-11:30am <b>WILLINGDON BEACH</b> <small>(4835 Marine Ave)</small>	<b>October 6</b> 9:30am-11:30am <b>SEAWALK</b> <small>(By Coast Guard Station                      4315 Marine Avenue)</small>	<b>October 7</b> 9:30am-11:30am <b>LARRY GOUTHRO PARK</b> <small>(4726 Manson Ave)</small>
<b>October 10</b> <b>THANKSGIVING</b> <b>NO PROGRAM</b>	<b>October 11</b> <b>NO PROGRAM</b>	<b>October 12</b> 9:30am-11:30am <b>WILLINGDON BEACH</b>	<b>October 13</b> 9:30am-11:30am <b>SEAWALK</b> <small>(By Coast Guard Station                      4315 Marine Avenue)</small>	<b>October 14</b> 9:30am-11:30am <b>LARRY GOUTHRO PARK</b>
<b>October 17</b> 11:30am-2:00pm <b>TEXADA SCHOOL</b> <small>(2007 Waterman, VanAnda)</small>	<b>October 18</b> <b>NO PROGRAM</b>	<b>October 19</b> 9:30am-11:30am <b>MUSIC ACADEMY</b> <small>(7280 Kemano St)</small>	<b>October 20</b> <b>NO PROGRAM</b>	<b>October 21</b> <b>PRO-D DAY</b> <b>NO PROGRAM</b>
<b>October 24</b> 9:30am-11:30am <b>SUNSET PARK</b> <small>(WILDWOOD)                      (2611 Lois Ave)</small>	<b>October 25</b> <b>NO PROGRAM</b>	<b>October 26</b> <b>NO PROGRAM</b>	<b>October 27</b> 9:30am-11:30am Alex Dobler Salmon Centre LANG BAY FISH HATCHERY <small>(10556 Sunshine Coast Hwy)</small>	<b>October 28</b> 9:30am-11:30am <b>TIMBERLANE</b> <small>(north parking lot across from                      Timberlane track)                      (5400 Timberlane)</small>
<b>October 31</b> 9:30am-11:30am <b>JAMES THOMSON</b> <small>(6388 Sutherland Ave)</small>				



**SD47 ORCA HIGHLIGHTS:**



The first of the autumn leaves and the last of summer's blackberries! Fall on the Sunshine Coast has been spectacular so far and has provided lots of warm sunshine in which to explore outside. The crisp leaves made the perfect crunching sound as we walked through them at the Music Academy. Come out and find the **ORCA Neighborhood StrongStart** programme in a park near you.

**We look forward  
to seeing you!**

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**[CLICK HERE TO SEE LAST MONTH'S PUBLICATION.](#)**

We were excited to welcome everyone to the SD47 ORCA Neighborhood StrongStart. This was an opportunity for families to connect with the outdoors. The program took place at various locations throughout the qathet region from Lund to Lang Creek. There was so much to see, and so much to experience through the places we visited.

**A PLACE**

We wonder about this place?

Who and what do we see at this place and what do we not see?

We think about how we got to this place.

What is its history, its story?

We look forward to continuing this curiosity together as our paths collide into new ways of playing, exploring, learning, and creating together.

## APPLE PIE BITS ...quick and easy

### INGREDIENTS:

- ¼ cup packed light brown sugar
- 1 teaspoon apple pie spice, and additional apple pie spice (about ¼ teaspoon) for sprinkling on top of crescent rolls (cinnamon, nutmeg, allspice mixture)
- 3 tablespoons unsalted butter, melted
- ⅓ cup chopped pecans
- 1 small Granny Smith apple, cored and sliced into 8 (½-inch) slices
- 1 (8 ounce) tube Pillsbury Original crescent rolls

### INSTRUCTIONS:

Preheat your oven to 375 degrees F. Line a baking sheet with parchment paper.

In a small bowl, combine brown sugar and apple pie spice. Set aside.

Melt butter and toss apple slices in butter, set aside.

Arrange crescent roll triangles on baking sheet lined with parchment paper. Evenly distribute brown sugar mixture onto each triangle.

Sprinkle each triangle evenly with the chopped pecans.

Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple.

Brush each crescent roll with remaining butter. Sprinkle lightly with additional apple pie spice.

Bake for 10 to 12 minutes, or until golden brown. Cool for 5 minutes before serving.



## PUMPKIN MAC AND CHEESE

### INGREDIENTS:

#### FOR THE BROWN BUTTER PANKO

#### TOPPING:

- 3 tablespoons butter
- 8 sage leaves
- 1 cup panko
- 1/4 cup freshly grated parmesan cheese
- Salt and pepper, to taste

#### FOR THE MAC AND CHEESE:

- 16 oz large elbow macaroni
- 4 tablespoons unsalted butter
- 4 tablespoons all-purpose flour
- 1/2 teaspoon ground mustard
- 1/4 teaspoon garlic powder
- 2 whole cups milk, at room temperature
- 1 cup pumpkin puree
- 3 cups shredded sharp cheddar cheese
- Kosher salt and freshly ground black pepper, to taste
- Pinch of nutmeg, optional



### INSTRUCTIONS:

1. In a medium skillet, heat the butter over medium heat, stirring and swirling the pan occasionally. When the butter starts to foam and smell nutty, add the sage leaves. Stir in the panko until moistened. Cook for about 30 seconds so the panko crumbs can get a little toasty. Remove from the heat. Stir in parmesan cheese and season with salt and pepper. Set aside.
2. Bring a large pot of salted water to a boil. Add the pasta and cook it until al dente, according to package instructions. Drain the pasta set aside.
3. While the pasta is cooking, melt the butter in a large pot over medium heat. Turn the heat to low and whisk in the flour, ground mustard, and garlic powder to create a paste. Whisk in milk until smooth. Turn the heat to medium and whisk until the sauce starts to thicken- about 2 minutes. Whisk in the pumpkin until smooth. Stir in the shredded cheese until the cheese is melted and the sauce is smooth. Add to the drained pasta, stir to coat well with cheese sauce. Top with brown butter panko and enjoy!

## LET'S CREATE

Last month in StrongStart DO ([CLICK HERE](#)) we invited readers to start a map at home of the neighborhood, community, or favorite place. Take time to revisit and reflect on our previous invitation to start your own map at home.

### **This month we ask: how do we take 'what matters' and create a permanent representation of this on a map?**

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 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.





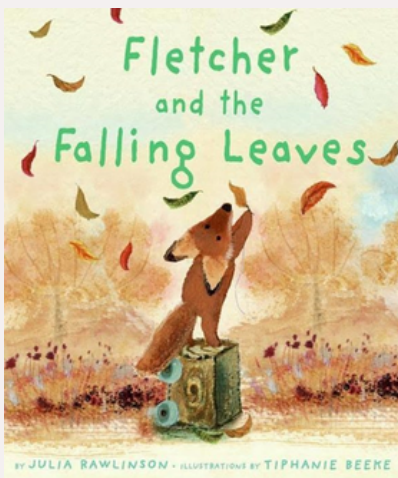
# BOOKS



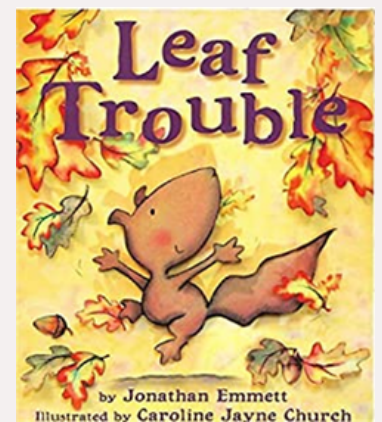
HEAR STORY  
[CLICK HERE](#)



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## THE WIDE EYED OWL

There's a wide-eyed owl,  
with a pointed nose,  
with two pointed ears,  
and claws for his toes.  
He lives high in a tree.  
When he looks at you  
he flaps his wings,  
and says, "Who, Who, Who."  
Use actions on each line that is appropriate.



## FIVE RED LEAVES

Five red leaves, five and no more (hold up 5 fingers)  
The caterpillar ate one, now there are four (thumb down)  
Four red leaves, that's easy to see.  
Along came a rainstorm, now there are three. (index down)  
Three red leaves, nothing much to do.  
A big wind blew, now two! (middle down)  
Two red leaves, that's not much fun.  
I glued one on my paper (ring down)  
Now there is one. (hold up pinky)  
Hang on, pretty red leaf! Your branches won't break.  
You're one less leaf for me to rake!

## THE LEAVES ARE FALLING DOWN

**Sung to: "Farmer in the Dell"**

The leaves are falling down  
The leaves are falling down  
Red, yellow, green, and brown  
The leaves are falling down

## THE FLOPPY SCARECROW

The Floppy, floppy scarecrow  
Guards his fields all day.  
He waves his floppy, floppy hands  
To scare the crows away!  
Repeat and replace "hands" with arms, toes, head, legs, etc.



## PUMPKIN, PUMPKIN HALLOWEEN SONG

1. Pumpkin, pumpkin on the ground,
2. How'd you get so big and round?
3. Once you were a seed so small
4. Now you are a great big ball
5. Pumpkin, pumpkin on the ground
6. How'd you get so big and round?

### Instructions:

1. Crouch down.
2. Spread arms wide and make a circle.
3. Pretend you're holding a seed.
4. Mime a big circle.
5. Crouch down.
6. Spread arms wide and make a circle.

## FIVE LITTLE PUMPKINS

Five little pumpkins sitting on a gate  
The first one said "Oh my it's getting late."  
The second one said "There are witches in the air!"  
The third one said "But we don't care!"  
The fourth one said "Let's run and run and run!"  
The fifth one said "I'm ready for some fun."  
Oooooooooooooo went the wind and out went the light  
And the five little pumpkins rolled out of sight.



## SCARECROW

**Sung to: "Teddy Bear, Teddy bear turn around"**

Scarecrow, Scarecrow, turn around.  
Scarecrow, Scarecrow, jump up and down  
Scarecrow, Scarecrow, arms up high  
Scarecrow, Scarecrow, wink one eye  
Scarecrow, Scarecrow, bend your knee  
Scarecrow, Scarecrow, flap in the breeze  
Scarecrow, Scarecrow, climb into bed  
Scarecrow, Scarecrow, rest your head

## PUMPKIN ROLLING

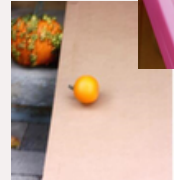
This is a fun activity for all ages.

Gather all sizes of pumpkins and head to the slide. If you don't have a slide one can, easily be made with a piece of cardboard, or wood propped up on a chair or bench.

The kids will love seeing the different speeds the pumpkins go as well as the way in which they roll depending on how round the pumpkin is. Talk about how different sizes and shapes make pumpkins roll faster or slower.

Try rolling the pumpkins on the ground and see how they do on grass, cement or gravel.

You may also like to roll your pumpkins in paint and see the fun designs they make on their way down the ramp.



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## LETTER HARVEST

1. Scatter the alphabet blocks across the grass. (These can be made from wood rounds or cardboard rounds.)
2. Set a cone at each end of the playing area. (Anything that can be used as home base, a t-shirt, or shoe or piece of cardboard)

### HOW TO PLAY

- Each player stands at a construction cone (their home). The adult or another child acts as the farmer. The farmer calls, "letter harvest". The players then run to the field to take a letter. They must make it back to their home before the farmer tags them.
- If the player makes it home before the farmer tags them, they name the letter they harvested. If they are correct, they keep the letter at their home. If they are incorrect, the alphabet letter is returned to the "field".
- If the player is tagged, they must put the letter back into the field.
- Play continues until all the letters have been harvested.





## Imagination Tree

Here is a link to The Imagination Tree, which is a website that is full of information and ideas about autumn activities.



Website: [CLICK HERE](#)

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## CBC Parents

CBC Parents is a website that has some great resources, including some great scavenger hunt ideas. These are a great way to build observational skills and vocabulary while you are exploring the great outdoors.



LINK TO ARTICLE: [CLICK HERE](#)

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## Facts For Kids

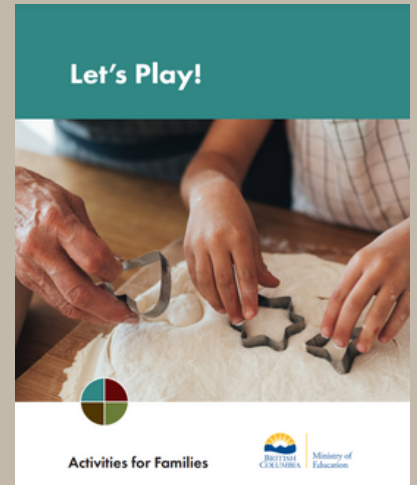
Facts For Kids is a website that provides (you guessed it) all kinds of facts for kids! This website helps children to understand why different weather patterns and seasonal changes occur.

Here is their information about Autumn: [CLICK HERE](#)

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This year we are going to explore two handbooks published by:



**The Ministry of Education and Child Care**

**PLAY TODAY: B.C. HANDBOOK  
AND  
LET'S PLAY! ACTIVITIES FOR FAMILIES**

Every week we will share information about how and why children (and adults) play.

The handbooks available online at:

The BC Ministry of Education. (2019).

**Play Today** -  
[CLICK HERE](#)

The BC Ministry of Education. (2019).

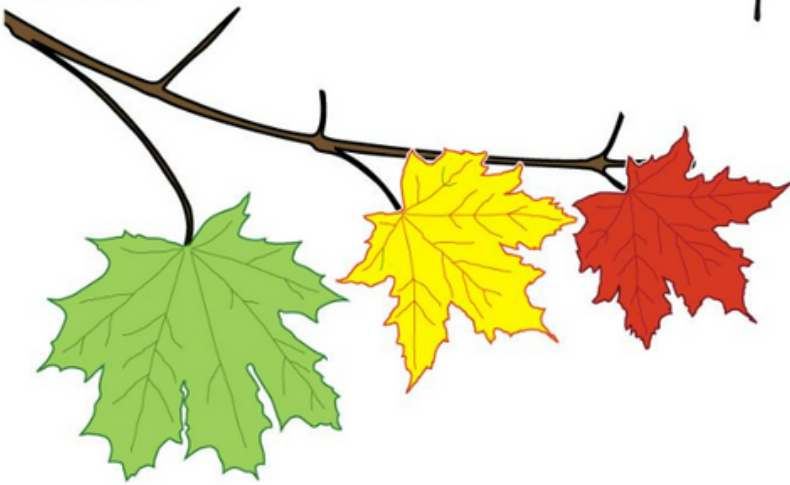
**Let's Play Activities for Families** -  
[CLICK HERE](#)

# What is so great about the GREAT OUTDOORS?

## Changing colors

**Weather plays a minor role in fall foliage. Lack of light is the main reason leaves change. What happens:**

*Example shown is a maple tree:*



- 1. Chlorophyll makes leaves green,** absorbs sunlight and water to feed trees glucose.
- 2. Trees stop producing chlorophyll as days shorten,** exposing yellow and orange pigments.
- 3. Veins connecting leaves to trees start to close,** trapping sugar in some leaves and creating brilliant reds.

**SOURCES:** USDA Forest Service; sciencemadesimple.com; Environmental Information Service; todayifoundout.com

## 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."



**FOR MORE INFORMATION ABOUT BC'S BATS GO TO: [CLICK HERE](#) AND [CLICK HERE](#)**

## CHALLENGE YOUR KNOWLEDGE OF NATURE!

There are 16 species of bats that live in BC and 9 species that are native to the Sunshine Coast. This is a great time of the year to look for bats.

Ayajuthum name: **qeqapawus** (Black Bats) Pronunciation: [CLICK HERE](#) (First Voices, 2022)

Ayajuthem phrases:

**?əyes qeqapawus:** the house of bats

**?oʔtexʷ ta qeqapawus ʔəye:** there is a bat in my house

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