



StrongStart DO

StrongStart Discover Online
Virtual Inspiration for Families at Home

CELEBRATING THE STRONGSTART COMMUNITY

The School District 47 Early Learning team has an exciting year planned for families with children 0-5 years.

We are able to offer in-class programming at 4 schools this year: Henderson, Edgehill, Westview and Kelly Creek. We are offering an Outdoor StrongStart Outreach Program with the ORCA Bus.

We will continue to offer virtual inspiration through 7 publications and weekly Instagram posts.

We will offer an Outdoor Program, once per month, at either the SD47 Outdoor Learning Centre or in parks around the community.

In order to offer both virtual inspiration and our outdoor program 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](#)

**From: Kate, Paula,
Danielle, Kristal
and Rita**

OCTOBER, 2021 | PUB. #1, 21/22

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THIS MONTH'S THEME IS: THE STRONGSTART COMMUNITY

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send email to
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EARLY LEARNING INFORMATION

MEET OUR 2021/2022 EARLY LEARNING TEAM

Early Learning Coordinator



Rita

PROGRAM LOCATIONS AND FACILITATORS

Henderson StrongStart
Kate Boyd

Kelly Creek StrongStart
Paula Vandevent

Edgehill StrongStart
Danielle Cazes

Westview StrongStart
Kristal Gordon

StrongStart Outreach
with the ORCA Bus
Kristal Gordon- M/Th
Danielle Cazes- W/F

SD47 StrongStart Facilitators



Kate



Paula



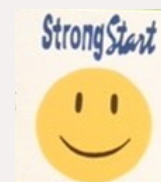
Kristal



Danielle

REMINDERS:

- All adults attending StrongStart programs are required to wear a mask at all times (both indoor and outdoor).
- The Kelly Creek StrongStart classroom has been moved to the Kelly Creek Community Church (across the road from the school).
- StrongStart programs are designed and funded for children 0-5 years who are not enrolled in school. We are not able to provide programming for school age children including those who are homeschooled.



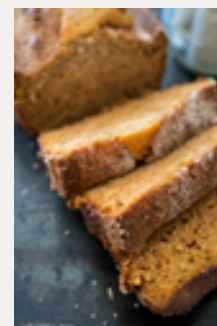
Last year we placed a "StrongStart Smile" around Powell River, and posted the location on Instagram. This year we will put a picture of the StrongStart smile in our publications, for families to find.

Find the SMILE in this publication

AMISH FRIENDSHIP STARTER AND BREAD

This Friendship Bread is a fun recipe to make and share with your friends and family.

The starter is “fed” and kept for ten days, then divided into four portions, three of which you can gift to friends and one you use to bake the most heavenly cinnamon sugared bread! Your friends can pass along the Amish Friendship Bread recipe to their friends and so on and so on...



STARTER

INGREDIENTS:

- 1 packet dry yeast
- ¼ cup warm water
- 1 cup all-purpose flour
- 1 cup sugar
- 1 cup milk

DIRECTIONS:

- Dissolve yeast in warm water and let it sit 10 minutes.
- Combine flour and sugar and mix well.
- Add milk, then yeast mixture and allow to sit until bubbly.
- Add starter to a plastic gallon bag. If it helps You can also use a permanent marker to write the instructions on the bag for easy reference. You will squeeze the bag daily days 2-4, feed it day 5, squeeze again days 6-9.
- On day 10 feed it, divide it, and make your delicious bread!

TIPS FOR BEST RESULTS:

- Always use nonmetal bowls and utensils for the sourdough starter, it is acidic and can breakdown the metal
- You can gift these in plastic bags with the instructions written on them or in mason jars with the instructions. Just remember to not let your starter touch metal.

FRIENDSHIP BREAD

INGREDIENTS:

- 1 cup starter
- ½ cup sugar + 1.5teaspoons ground cinnamon for dusting the pan
- 3 large eggs
- 2 teaspoons cinnamon
- ½ teaspoon salt
- 1 cup vegetable oil
- ½ teaspoon vanilla extract
- 2 cups flour
- ½ cup milk
- 1 ½ teaspoons baking powder
- 1 large box instant vanilla pudding mix
- 1 cup sugar
- ½ teaspoon baking soda

DIRECTIONS:

- add chocolate chips, chopped nuts, dried cranberries, raisins, etc
- bake as muffins by reducing the baking time to 25-35 minutes
- omit pudding mix for a slightly different flavor

NO BAKE MONSTER COOKIE ENERGY BARS

- ½ cup Peanut Butter
- 1 ½ cups Large Flake Oats
- ⅓ cup Honey
- ¼ cup Mini M&M's
- ¼ cup Mini Chocolate Chips
- ½ tsp Vanilla



Add all ingredients to a bowl and mix together. Roll into balls and refrigerate for 20 min. This is a perfect recipe for kids to do on their own, and when they are done, share with friends.

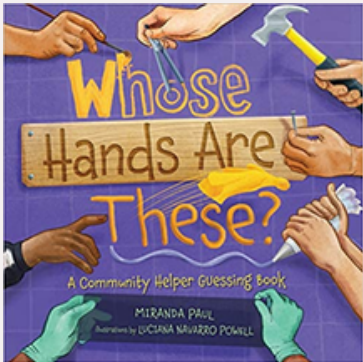
CREATING ART IN OUR OUTSIDE SPACE TOGETHER



The sandbox a place filled with endless encounters with odds and ends materials. On this day the sand box was dull, wet, and covered with a big piece of canvas. Sometimes it just takes getting outside to find out the possibilities that await.

With a bucket that had collected rainwater, together we splash it into the sandbox, the sandbox slurps it all away leaving only the bubbles. Together we quickly jump into the sandbox making a big splash. Looking curiously down at the markings, markings of sand, splashed on the canvas. Curiosity builds and special attention is paid to the stain of the sand on the canvas. This provokes the question can sand be used to paint? We excitedly gather our paintbrushes to test out our idea of painting with sand.

Sand is explored with a paint brush and bucket as we concoct the perfect mixture of sand, mud and water. "I made black can you make black?" "How can we can make other colors?" "What other colors can we make?" "With what?" These questions are explored. Taking time to talk back and forth about the possibilities and listen to each other's ideas. "We need red", How do we get red? Is red in nature?" We are curious but need to learn more asking "what plants are safe to make paint with and what plants are not?" These questions create curiosity to learn together about our outside environment.



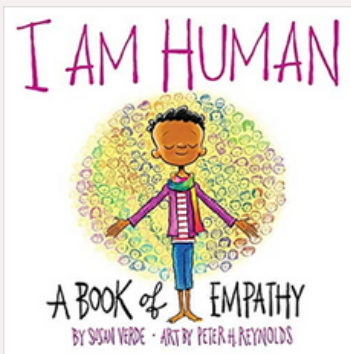
HEAR STORY

[CLICK HERE](#)



HEAR STORY

[CLICK HERE](#)



HEAR STORY

[CLICK HERE](#)



HEAR STORY

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HEAR STORY

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I'M A FIREFIGHTER

Tune: "I'm a Little Teapot"

I'm a firefighter
Dressed in red,
With my fire hat
On my head.
I can drive the fire truck,
Fight fires, too,
And help to make things
Safe for you.

I'M A POLICE OFFICER

Tune: "I'm a Little Teapot"

I'm a police officer
With my star,
I help people
Near and far.
If you have a problem,
Call on me,
And I will be there
One, two, three!

IF I WERE

If I were a baker (pretend to put on a hat and apron)
What would I do?
Bake lots of cookies (make a circle with thumb and forefinger)
For me and you. (point to self and a friend)

If I were a secretary, (pretend to type and write on a notepad)
What would I do?
Answer the phone, (hold pretend phone to ear)
"How do you do?"

If I were a veterinarian, (pretend to put a stethoscope in ears)
What would I do?
Care for your pet (pretend to examine a cat or dog)
It's special to you.

If I were a dentist, (look in mouth of friend)
What would I do?
Check those teeth (pretend to drill or x-ray friend's teeth)
That's good for you!

If I were a hairdresser (pretend to comb a friend's hair)
What would I do?
Wash and trim your hair (pretend to wash & cut a friend's hair)
"Oh, pretty!" for you!

PIZZA PROJECT

"Pat a cake, pat a cake ,Pizza Man.
Make me a pizza as fast as you can!
Roll it and toss it and sprinkle it with cheese.
And don't forget 5 pepperonis ,please !!"......

WHAT IS MY JOB

Tune: "Are You Sleeping?"

What is my job?
What is my job?
Can you guess?
Can you guess?
[.....]
Ex. I help people get well.
[.....]
Ex. I help people get well.
Who am I?
Who am I?

OTHER VERSES:

- I can fix the water pipes.
- I deliver letters.
- I make tasty meals for you.
- I keep your pets healthy.
- I can teach you new things.
- I can help if you get lost.

DID YOU EVER SEE?

Tune: "Did You Ever See a Lassie?"

Did you ever see a builder, a builder , a builder
Did you ever see a builder saw this way and that?
Saw this way and that way, saw this way and that way
Did you ever see a builder saw this way and that

Did you ever see a painter A painter A painter
Did you ever see a painter brush this way and that
Brush this way and that way brush this way and that way
Did you ever see a painter brush this way and that

Did you ever see a farmer a farmer a farmer
Did you ever see a farmer Plow this way and that
Plow this way and that way plow this way and that way
Did you ever see a farmer plow this way and that

Did you ever see a miner a miner a miner
Did you ever see a miner dig this way and that
Dig this way and that way dig this way and that way
Did you ever see a miner dig this way and that

Did you ever see a teacher a teacher a teacher
Did you ever see a teacher write this way and that
Write this way and that way write this way and that way
Did you ever see a teacher write this way and that

Did you ever see a baker a baker a baker
Did you ever see a baker toss pizza like that
Toss this way and that way toss this way and that way
Did you ever see a baker toss pizza like that

MR. GROCER HAD A STORE

Tune: "Old McDonald Had A Farm"

Mr. Grocer had a store, yum, yum, yum, yum, yum.
And in his store he had some milk, yum, yum, yum, yum, yum.
With a gulp-gulp here and a gulp-gulp there
Here a gulp, there a gulp, everywhere a gulp-gulp.
Mr. Grocer had a store, yum, yum, yum, yum, yum.

Apples - crunch, crunch, crunch.
Popcorn - pop, pop, pop.
Carrots - munch, munch, munch.

THE COMMUNITY WORKER SONG

Tune: "The Farmer In The Dell"

The firemen are brave.

The firemen are brave.

Heigh-ho what do you know,

The firefighters are brave.

Other possible versus:

-Barbers cut our hair.

-Doctors keep us well.

-Dentists check our teeth.

- Bakers bake our bread.

-Policeman stop the traffic.

HIDE AND SEEK

OBJECT OF THE GAME

The object of Hide and Seek is for the person who is "it" to find the other players who are hiding.

WHAT TO DO FIRST

Choose who will be "it".

HOW TO PLAY HIDE AND SEEK

"It" closes or covers their eyes and counts to 50. While "it" is counting the other players scatter and find places to hide. "It" then goes looking for the other players. When he finds one they are out. The last player to be found becomes the new "it".



This is a classic game that can include all ages of kids as well as any number of children from 2-20. It can be done outside or inside. And is a great way to get some exercise as well as having a lot of fun.

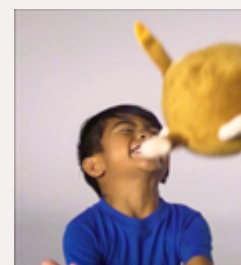
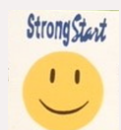
TOSS

Such a simple game yet is perfect for everyone. Toss is an easy game to play while socially distanced.

Have kids stand apart and throw each other a ball. Kids can throw straight across rows, or in a circle to each other. Standing or sitting.

Change up the way kids play toss by using different types and textures of balls. You can even change up the type of object they throw to each other.

Balloons, hoola hoops, stuffed animal etc.



LEARNING PROGRAMS FOR YOUNG CHILDREN - PROVINCE OF BRITISH COLUMBIA

Family Resource Program (FRP): Delivered through a Family Place, Neighbourhood House, Friendship Centre, or Boys & Girls Club, this program offers great opportunities for parents and children through programs like Parent-Child Mother Goose and Nobody's Perfect Parenting. Find a Family Resource Program; StrongStart BC: These programs provide rich learning environments. [CLICK HERE](#)

COMMUNITIES PROGRAM | HEALTHY FAMILIES BC

Imagine if your community had more places to play. More places to grow and find fresh food. More ways to get from here to there by walking, cycling or using public transportation. [CLICK HERE](#)



myCommunity BC is a tool for people to share and celebrate the gifts and assets in their community with the goal of building more connected and inclusive communities for all. [CLICK HERE](#)



BUILDING AN INTENTIONAL COMMUNITY FOR YOU AND YOUR CHILD

Learn how to build a circle of support for yourself, your family and your child. [CLICK HERE](#)

What Kinds of Places are in my Neighbourhood?

LANGUAGE ARTS: vocabulary skills

GRADES: 1 to 3; 4 to 8

REFERENCE: CityPlan '91 – KIDSPLAN TORONTO

My neighbourhood is called: _____

The following words could be used to describe things or places in your neighbourhood. Beside each word write down the things or places in your neighbourhood that you think match these words. Write your answers in the boxes. Add any others of your own.

wet	mysterious
city	beautiful
friendly	FUN
unfriendly	exciting
traffic	helpful
dangerous	clean
safe	healthy
lonely	COLOURFUL
peaceful	crowded
DARK	hectic
OLD	

From:

Canadian Institute of Planners -

Institut canadien des urbanistes.

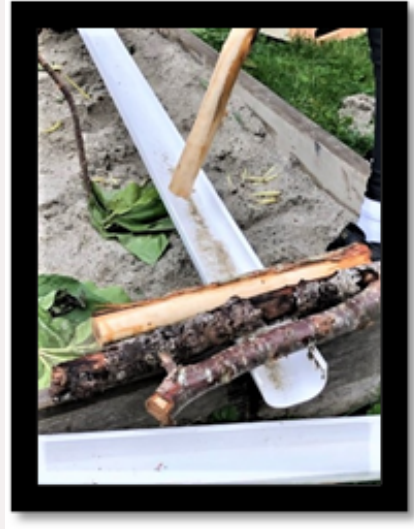
(n.d.). A kid's guide to building

great communities: a manual for

planners and educators.

[CLICK HERE](#)

LET'S PLAY TOGETHER



Recyclable materials like plastic tubes, and buckets along with sticks and leaves can provide endless opportunities to play outdoors. On this particular day Interest was sparked as a child noticed that rainwater had collected in the gutter. Tilting the gutter to create a slope, the water trickles down. "Did you see that?" The other child looks and cannot find where the water went. "We need something to catch the water!" a bucket is found, and we work together to tilt the gutter. As the gutter tilts, the water spills into the bucket. "What are you making?", "we are making a river". "We need more water!" The children and adults together explore where they can find water. An adventure to look and find. Noticing water can be found on leaves, grass, puddles and buckets. Together they excitedly place a row of leaves and buckets out to catch the next rain fall. This play continues as each day the children and adults create a ritual of looking to see if the leaves and buckets captured water. Talking about the about the weather and the changes they notice outside to the leaves and the buckets.

The Ministry of Education (2019) **Let's Play! Activities for Families** shares to play by "Encourag[ing] your child to lead the play, based on their interests and/ or their questions" (p.1).

- "There isn't a right or wrong way to explore the activities;"
- "Asking your child questions, give them enough time to process and respond;"
- "Describ[ing] with words what your child is doing as they play"

[CLICK HERE](#) to access more information.



What is so great about the GREAT OUTDOORS?



LOOSE PARTS

Share Tree Climbing Toolkit. Risk benefit. Consider your risk tolerance. What to Say Instead of Be Careful. July/Aug 2021 Commonly Asked Tree Climbing Questions in Exchange. Animal architects—build like the animals—podcast episode. Loose Parts Learning in K-3 Classrooms

We want to encourage children's curiosity and explorations in nature and their use of loose parts; however, it is important to model an awareness and respect for the environment and the creatures that live there.

If you like to listen to podcasts, here is a link to a podcast about loose parts: [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 outside, identify Thuja plicata, **WESTER REDCEDAR.**

For more information about western redcedar and other conifers go to: [CLICK HERE](#)

