

>>> OCTOBER <<<



STRONGStart DO

Discover Online



THE BEAUTY OF AUTUMN

WELCOME MESSAGE

Autumn may mark the end of summer, but it is also the start of a brand new school year. This 2023/24 school year promises to be as bright, bold, and beautiful as the autumn colours surrounding us.

This year we will continue to host StrongStart at Edgehill, Henderson, Kelly Creek, and Westview with the same talented and friendly facilitators you have come to know. We have rebranded our mobile StrongStart van from ORCA SD47 to StrongStart GO (Getting Outside). Our new name and logo comes with a change to the sites we visit. We have reduced visits to some of our lower attended sites, but increased our visits to remote communities such as Lund and Texada.

StrongStart is a beloved part of qathet School District’s early learning and child care programs. if you wish to learn more about how the district supports children of all ages we encourage you to visit the newly released website at www.sd47.bc.ca.

Raun Rainbow, Principal of Early Learning and Child Care & Danielle, Kate, Kristal, and Paula, the StrongStart Facilitators

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For more information on Early Learning in qathet School District, please visit our website at <https://www.sd47.bc.ca/page/62/early-learning>

PROGRAM INFO

STRONGSTART GO! (FORMERLY SD47 ORCA)

StrongStart GO is an outdoor StrongStart program that takes place in a variety of locations around the qathet Regional District. We are excited about providing opportunities to connect with one another and with nature as we explore and learn together outside.

2023/2024 Program Details and Schedule:

Location	Days Open	Hours of Operation
Texada Elementary	Every Second Monday	8:30 am - 11:30 am
Lund	Every Second Monday	10:00 am - 12:00 pm
Willingdon Beach	Every Second Wednesday	9:30 am - 11:30 am
Music Academy	Every Second Wednesday	9:30 am - 11:30 am
Lang Bay Fish Hatchery	Every Thursday	9:30 am - 11:30 am
Larry Gouthro Park	Every Second Friday	9:30 am - 11:30 am
Sunset Park	Every Second Friday	9:30 am - 11:30 am

*All StrongStart programs follow the school calendar and will be closed on statutory holidays, Winter, Spring, Summer Breaks, SD47 Pro-D Days, and the last Wednesday of every month.

Our big StrongStart GO event for October will be at Tla'amin Nation on October 17th from 9:30 to 11:30

Look for our bigger,
bolder logo on the van!

StrongStart 
Getting Outside with SD47

STRONGSTART CENTRES

StrongStart is a free drop-in program offered to families with children ages zero to five years old. Qualified early childhood educators lead learning activities and share valuable information with parents on child development and education in a safe, friendly, child-centered environment

StrongStart Hours and Locations

Elementary School	Location	Days Open	Hours of Operation
Edgehill Elementary	7312 Abbotsford St.	Tuesday & Friday Wednesday	9:00 am - 12:00 pm 12:00 pm - 3:00 pm
Henderson Elementary	5506 Willow Ave.	Monday Tuesday - Friday	11:45 am - 2:45 pm 8:45 am - 11:45 am
Kelly Creek Elementary	2345 Zilinsky Rd.	Monday - Wednesday, Friday Thursday	8:30 am - 11:30 am 11:30 am - 2:30 pm
Westview Elementary	3900 Selkirk Ave.	Monday, Tuesday, Thursday	8:45 am - 11:45 am
StrongStart GO!	Texada, Lund, Powell River	Monday, Wednesday-Friday & the first Tuesday of every month	Visit our webpage for locations and schedule

*All StrongStart programs follow the school calendar (starting the second week of September) and will be closed on statutory holidays, Winter, Spring, Summer Breaks, SD47 Pro-D Days, and the last Wednesday of every month. The first Tuesday of every month will only have the mobile StrongStart GO program running.

For up to date information on StrongStart schedules, programs, and special events please visit our [website](#)

A TASTE OF AUTUMN

Shared by Paula



HEDGEHOG ROLLS

INGREDIENTS

- 340 g White Bread Flour
- 1 ½ tsp Quick Yeast about half a packet
- 1 tsp Sugar
- Salt pinch of
- 1 Tablespoon vegetable oil
- 220 ml hand hot water
- raisins for decorating the hedgehog face

INSTRUCTIONS

1. Put the dry ingredients into a bowl and mix to combine them.
2. Add in the tablespoon of vegetable oil and then the water.
3. Start to mix, as it becomes sticky get your hands in the bowl and start to knead the dough. If the mixture is a little sticky add some more strong white bread flour and if it's a little dry sprinkle on some water.
4. Once the dough is combined turn out onto a lightly dusted surface and knead the dough – it needs around 5 minutes of kneading
5. Once the dough is kneaded divide into 4 or 5 small rolls and shape into mini hedgehogs.
6. Take some scissors and cut spikes into the dough
7. Add a face to the hedgehog rolls
8. Leave to rise for around about an hour
9. In to the oven for about 25 minutes on 200C – you can check they are done but turning over and tapping the bottom, if they sound hollow then the bread is ready.



APPLE CHIPS

Instructions

- Preheat oven to 225 degrees.
- Peel and core the apples and slice thinly.
- Place sliced apples on parchment lined baking sheets.
- Sprinkle some cinnamon and sugar on the apple slices.
- Bake the apples for 1 hour and then flip the apple slices.
- Sprinkle with some more cinnamon and sugar.
- Return to oven for 1 more hour.
- Turn off oven and keep apples in turned off oven for 1 more hour.
- Remove from oven and enjoy! YUMMMY!!



NATURE'S TOY BOX

By Danielle

Autumn is the perfect time to get outside and engage with the natural world. The blustery winds and changing colours bring about a rich new environment to explore and play in. Pages 9 and 10 of the British Columbia Ministry of Education (2019) handbook, "[Let's Play: Activities for Families](#)", describes the Discovery Toy Basket, an activity that lends itself perfectly to exploring autumn in the great outdoors. There are so many natural materials to find on the ground at this time of year. Remember to encourage children to respect the natural world by taking only what has already fallen from living plants.



DISCOVERY TOY BASKET

This experience is inspired by the idea of "Heuristic Play," a term coined by Child Psychologist, Elinor Goldschmeid. It simply means to discover the properties of objects. This activity is also called "Heuristic Toy Basket."

1 Create the Environment

- Place a variety of found objects such as keys, kitchen utensils or other household items into a basket, and present it to the child without directing their play.
- If you happen to be away from home, try a themed collection of items from your surroundings (for example, natural materials found at a beach or park). Any container (a bowl or a bag) that can hold your collected items can be used instead of a basket.

2 Play!

This child-led play allows endless opportunities for exploration, creativity, and invention! In addition to developing creativity, children learn the fundamentals of science by using their senses to explore what they find in the basket. By asking open-ended questions you are also able to support the development of children's communication and literacy skills.

Visit [thebigtodolist](#) for more ideas on incorporating loose parts into your child's play.





WHAT'S IN A NAME?

FROM SD47 TO QATHET SCHOOL DISTRICT

By Kate

In each publication, the StrongStart team will share a new word to learn in ʔayʔajuθəm (ayajutthem). In October, we want to share the word that is connected to change within our school district.

Earlier this month what was formerly known as the Powell River Board of Education, adopted the name **qathet**, a gifted ʔayʔajuθəm word which signifies “working together”, as the new name for the school district; qathet School District.

The district decided to change the name as a step in their reconciliation efforts. the change reaffirms the district's commitment to advancing the implementation of the UN Declaration of the Rights of Indigenous Peoples and, specifically, their relationship with Tla'amin Nation. Israel Powell was the first superintendent of Indian Affairs in British Columbia and his name represents a colonial structure that oppressed First Nations people in countless ways. Removing the name Powell is a demonstration of respect, understanding, and cultural safety for all our students and particularly Indigenous students and their families.

As a school district we have a responsibility to create the conditions that will provide the best quality of education for every student to succeed in school and life. A new name signals that we value all students and are committed to building strong relationships moving forward.

>>> DID YOU KNOW?

By Danielle

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.”

There are several species of frog that are native to the qathet Regional District and the south coast of BC, while you are outside exploring, see if you can spot one.

ʔayʔajuθəm name:: walθ (First Voices, 2022)

To hear the ʔayʔajuθəm word click the picture.



FirstVoices

FirstVoices is a suite of web-based tools and services designed to support Indigenous people engaged in language archiving, language teaching and culture revitalization. www.firstvoices.com

Click [here](#) for more information about how to tell the difference between native species of frogs and invasive ones.

SEASONAL SONGS



Shared by Kate

▶▶▶ ALL THE LEAVES ARE FALLING DOWN

Tune: "London Bridges Falling Down"

All the leaves are falling down, falling down, falling down
(Imitate leaves falling down)

All the leaves are falling down, it is fall.

Take the rake and rake them up, rake them up, rake them up
(Imitate raking leaves)

Take the rake and rake them up, it is fall.

Make a pile and jump right in, jump right in, jump right in,
(Children jump forward)

Make a pile and jump right in, it is fall.

Diane Chancy

▶▶▶ SCARECROW, SCARECROW

*Alternative version of Teddybear, Teddybear.

Scarecrow, scarecrow turn around (Turn around)

Scarecrow, scarecrow touch the ground (Bend over and touch the ground)

Scarecrow, scarecrow reach up high (Reach up)

Scarecrow, scarecrow touch the sky (Tap hands at the sky)

Scarecrow, scarecrow bend down low (Bend down)

Scarecrow, scarecrow touch your toes (Touch your toes)

▶▶▶ FIVE LITTLE PUMPKINS

Five little pumpkins (Hold up all 5 fingers)

Sitting on a gate

The first one said,

"Oh, my, it's getting late!" (Point to wrist like checking the time)

The second one said,

"There are witches in the air!" (Point up and across, like pointing to the witches flying)

The third one said,

"But we don't care!" (Shake head like saying "no")

The fourth one said,

"Let's run and run and run!" (Move arms like you're running)

The fifth one said,

"I'm ready for some fun!" (A big smile)

OOOOOOOH, went the wind

And OUT went the light (Clap on "out")

And the five little pumpkins (Hold up five fingers again)

Rolled out of sight. (Roll hands, one over the other)

FIVE LITTLE ACORNS

Five little acorns sitting in a tree
Along came Mr. Squirrel as hungry as could be!

Then the fall winds blew

And rustled all the leaves

Down came an acorn

And Mr. Squirrel was pleased!

**Repeat and keep counting down until there are no acorns left.*

FIVE LITTLE LEAVES

Five little leaves so bright and gay (Hold up five fingers)

Were dancing about on a tree one day.

(Wiggle fingers on one hand)

The wind came blowing through the town.

(Cup hand around mouth and make wind noises)

Ooooooooo...Oooooooooooooooooo...

One little leaf came tumbling down.

(Bend down one finger)

Four little leaves so bright and gay

(Hold up four fingers)

Were dancing about on a tree one day.

(Wiggle four fingers)

The wind came blowing through the town,

(Cup hand around mouth and make wind noises)

Ooooooooo.....Oooooooooooooooooo.....

One little leaf came tumbling down

(Bend down another finger)

Three little leaves so bright and gay...etc.

Two little leaves so bright and gay...etc.

One little leaf so bright and gay...etc.

Author Unknown

PUMPKIN PUMPKIN

Pumpkin, pumpkin,

Round and fat;

Turn into a Jack-O-Lantern

Just (clap)

Like (clap)

That! (clap, clap)



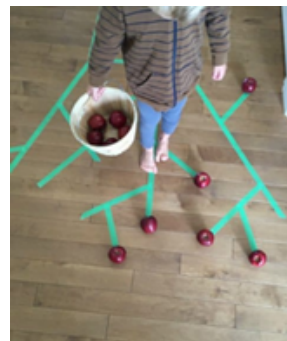
GROSS MOTOR

GAMES AND ACTIVITIES

Shared by Paula

▶▶▶ APPLE TREE GAME

- Tape off a tree trunk using painters' tape in a spacious area of our house that would allow for a variety of movement.
- Extend the tree by taping off branches in a variety of directions.
- On each end of the branches, place apples to be picked.
- If you wish you could use a basket to pick all the apples off the branches.
- The idea is to walk and balance along the tape when picking the apples.
- Maybe add a few extra movements to make picking the apples a bit more challenging.
- Like jumping on one foot or two feet, walking backwards, or sideways crisscrossing one foot over the other. Another fun move would be jumping back and forth from each branch making sure to stay on the tape.
- If you do not have apples handy you can also use leaves you gather from outside.



▶▶▶ RAKING LEAVES

Raking leaves with kids is a fun fall activity that encourages Coordination, motor control, strength, proprioception, and endurance.

Most of all it can be a lot of fun!

Rake leaves in a big pile to jump or fall into.

Gather them up and throw them high in the air.

You can also gather them in baskets or a wheelbarrow or a wagon and move to different places in the yard.

Enjoy moving and laughing together!

BOOKS TO BE COZY WITH

Shared by Kate

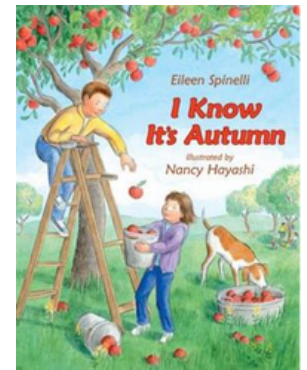
Check out one of these great books for the local library or listen to the book online. Just click a book to listen to the story on Youtube.



Fall Leaves by Loretta Holland



The Biggest Apple Ever by Steven Kroll



I Know It's Autumn by Eileen Spinelli



Pumpkin Jack by Will Hubbell



Pumpkins by Chelsea Donaldson



The Very Last Leaf by Stef Wade



SALMON AND WATER SAFETY



Shared by Kristal

➤➤➤ 2023 SALMON EDUCATION EXPO

Mark your Calendars!

The Salmon Education Expo is in its 3rd year! School Classes will be going to the Alex Dobler Salmon Centre during the week, and the program is expanding on their Community Salmon and Open House Day on **October 21st!** There will be lots to take in at the event rain or shine, so we hope you can make it out!

For more information visit their [webpage](#).

➤➤➤ WATER SAFETY FOR TODDLERS

Playing in and around water is fun and soothing for toddlers, but they need very close supervision to keep them safe.

Visit [Water Safety for Toddlers](#) for important tips on keeping your child safe around water.

➤➤➤ GO FISH!

A cinematic spectacle on three screens that is directed and produced by Scott Smith and Nettie Wild **Sept 9 to Oct 7, 2023 MON, TUES, WED & SAT 10AM – 2PM** at [qathet Art Centre](#)

GO FISH takes viewers inside the annual herring migration – when hundreds of millions of herring return to the Salish Sea. Their spawn paints a milky turquoise collar along its shores. For a few chaotic days, the Salish Sea is transformed. The spawn attracts a formidable web of offish, sea lions, birds and the fishing fleet that follows. GO FISH captures the patterns of this mayhem as the herring “set the table” and we discover the extraordinary cast of wildlife and humans who come to dinner.

A video triptych with immersive sound, GO FISH envelops viewers in the natural wonder of this annual spectacle. There are no interviews and no narration. Filmed underwater, topside and from the air, GO FISH plays across three screens – the story becoming a kaleidoscope of images and sound, framing the familiar with an unfamiliar frame.



ENGAGING WITH OTHERS, MATERIALS AND THE WORLD

Shared by Kristal



Outside the season is changing. Bears are filling their bellies and leaving signs of their presence behind. The pink salmon [ᑭᗪᑦᑭᑦᑕᑦᑕᑦᑕᑦ](#) are making their way up stream. Maple leaves [ᑭᑦᑕᑦᑕᑦᑕᑦ](#), alder [ᑭᑦᑕᑦᑕᑦᑕᑦ](#), and cedar branches [ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ](#) are sprinkled on the ground. The beauty is undeniable, but the trash found in these places cannot be ignored.

Together we can make an impact here is how:

- * Contact [lets talk trash](#) and do a community debris clean up with other families and work together to make a difference in gathet Regional District.
- *Think about the materials and how you can upcycle them to create community awareness
For example, Rosa Quintana an Artist who uses waste within her art, see [Here](#) how she upcycles discarded lost marine rope.
- *Contact the [Public Library](#) or [gathet Art Studio](#) to create an installation

Both adults and children can reflect, investigate, and be provoked to deepen understandings (British Columbia Early Learning Framework (2019), p.75).

Garbage Safety

SAFETY TIPS! Safety first! Review the safety tips below and take the necessary precautions during your community cleanup.

- Wear personal protective equipment.
- Be mindful of unstable or slippery ground.
- Consider wearing a safety vest or brightly colored clothing if collecting litter along a roadway.
- Do not pick up dangerous materials such as glass, barbed wire, syringes/ needles, medical waste, pipes, chemicals and debris with sharp or rusted edges. Instead note down the item and the location, and after your cleanup contact your local waste management department to make them aware.
 - Be careful of wild animals, insects, hives and nests, and noxious weeds
 - Report suspicious items to the local police department

SWEATER WEATHER

TIPS FOR DRESSING FOR THE WEATHER

By Danielle

The fall weather has arrived bringing some much-needed rain to the qathet Regional District. While we know about the importance of outdoor pay for children's development, sometimes all of the gear that is required to be outdoors here on the wet coast can feel overwhelming. It can be helpful to plan ahead for transitions into and out of inclement weather. Having a waterproof tote with a dry change of clothes and for stashing wet gear, a collapsible drying rack by the door, some hooks on the wall of the shower/bathtub for hanging wet jackets and muddy buddies, a boot tray for muddy boots... are all ways that can make clean up after rainy day outdoor play easier.

Here are a couple more ideas to help:

>>> CREATE A DRYING STATION

Setting up a drying station near the door helps children get into routines and keep wet gear from getting ruined.

>>> DRESSING IN LAYERS



What to Wear for Outdoor Teaching and Learning

