

StrongStart DO

StrongStart Discover Online
Virtual Inspiration for Families at Home



CONNECTIONS

We are so excited to be opening up our programs for a new school year! There are so many exciting things happening in the SD47 Early Learning department.

We are officially launching our SD47 ORCA Neighbourhood StrongStart program. See page 2-A and B for information.

We are opening two preschool programs at the end of September. Information on page 2-A

We look forward to connecting/reconnecting with all of you! We hope the content of this publication will inspire you and your family.

From: Kate, Paula, Danielle, Kristal and Rita

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



SEPTEMBER 2022 | PUB. #1, 22/23

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THIS MONTH'S FOCUS IS: COMMUNITY

**STRONGSTART PROGRAMS
OPEN STARTING
SEPTEMBER 12, 2022**

To contact SD47 Early Learning:
send email to
rita.john@sd47.bc.ca

EARLY LEARNING INFORMATION

JUST B4 PRESCHOOL

School District 47 is excited to offer preschool for children entering kindergarten in September 2023.

If you are interested in preschool for your child email: rita.john@sd47.bc.ca

Programs are offered at Henderson and Westview Elementary Schools starting September 26, 2022.

Information: [CLICK HERE](#)



SD47 ORCA

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

We are excited to introduce our new LOGO. You will see this logo on the sandwich board wherever we are in the community. This logo will also be seen on the side of the van we will drive to bring supplies with us.

SD47 ORCA SCHEDULE:

SEPTEMBER 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
September 12 10:00am-12:00pm LUND (NORTHSIDE COM. REC. CENTRE) (9656 Larson Bay Road)	September 13 NO PROGRAM	September 14 9:30am-11:30am WILLINGDON BEACH (4835 Marine Ave)	September 15 9:30am-11:30am Alex Dobler Salmon Centre LANG BAY FISH HATCHERY (10556 Sunshine Coast Hwy)	September 16 9:30am-11:30am LARRY GOUTHRO PARK (4726 Manson Ave)
September 19 11:30am-2:00pm TEXADA SCHOOL (2007 Waterman, VanAnda)	September 20 NO PROGRAM	September 21 9:30am-11:30am MUSIC ACADEMY (7280 Kemano St)	September 22 NO PROGRAM	September 23 PRO-D DAY NO PROGRAM
September 26 9:30am-11:30am SUNSET PARK (WILDWOOD) (2611 Lois Ave)	September 27 NO PROGRAM	September 28 NO PROGRAM	September 29 9:30am-11:30am Alex Dobler Salmon Centre LANG BAY FISH HATCHERY	September 30 NATIONAL DAY OF TRUTH AND RECONCILIATION NO PROGRAM

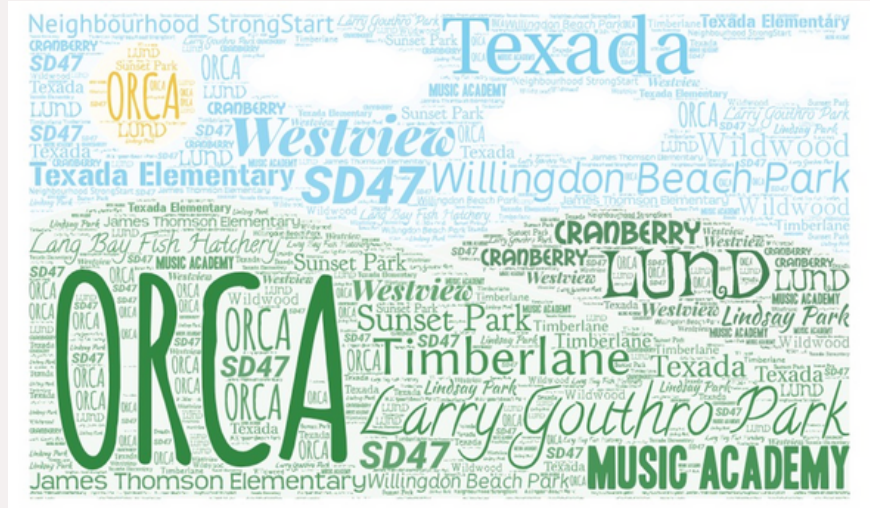
ADULTS SET THE TONE FOR CHILDREN'S OUTDOOR EXPERIENCE

When adults are dressed for and enjoy the outdoors, children are more likely to look forward to spending time outside.

SD47 ORCA HIGHLIGHTS:

Where did you play when you were a child? Do you remember a favourite tree that you climbed, a place where you looked for frogs? The smells and sounds of playing in the rain? In the snow? In the twilight? Did you have a clubhouse or a tree fort? Was there a place that you remember that belonged to you?

My childhood home had a back alley and it belonged to the neighborhood children. We knew every inch of it: every tree, every blackberry vine, the mean dog that barked if you got too close to its yard, the trees whose branches hung at just the right angle over the fences so that we could pick their fruit. We had a system to alert one another that a car was coming and another one to signal that we were heading home. Our alley belonged to us and we belonged to it.



As adults, we remember the connections that we had to these kinds of places and the sense of belonging to them that we still have. These relationships foster deep connections and a sense of commitment to people and places. This year in our SD47 ORCA Neighborhood StrongStart program we are excited to provide opportunities to develop these relationships and memories for children. Some of these outdoor places may be familiar to you, some of you might have your own connections and memories to them. Some may be unfamiliar outdoor spaces, that will give you a chance to build new connections and memories.

Welcome! We hope that you come and join us!

Community is represented by who and what may occupy a space or place, forming over time at a particular location. For SD47 ORCA Neighborhood StrongStart the ritual of coming together in this space builds community. Building community, is like weaving a tapestry continually evolving through each in and out motion. What the tapestry becomes cannot be seen in the beginning. It is the daily tending and caring for that slowly forms the memories of a given time and place. SD47 ORCA Neighborhood StrongStart is dependent on the who and what occupies a particular location at a particular time. It is through showing up that we begin to build community. A space to co-construct what possibilities lie ahead. This is not an individual endeavor; it requires collaboration, a community committed to coming together and learning through observing, listening to one another, asking questions, and reflecting on both past and present. This is an invitation to join us in building community in our neighborhood by gathering outdoors to share what can happen in the abundance of year-round possibilities our outdoor environment offers us. Through rain, snow, wind, and sun; we laugh, we create, we learn, and we connect.





Cooking with kids teaches them so many skills. Jump in the kitchen with your kids and make some awesome memories with them.



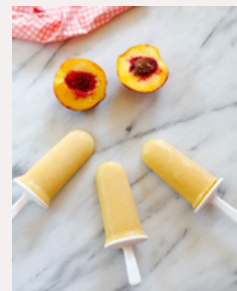
PEACH POPSICLES

Ingredients:

- 3 c frozen or fresh peaches
- 1 c plain Greek yogurt
- 1/2 c raw sugar, honey or maple syrup

Directions:

1. Cut peaches into small chunks and throw in blender.
2. Add remaining ingredients and process in the blender until smooth.
3. Pour into molds and freeze for at least 4 hours.



qathet cooks TOGETHER

Planet-Friendly Recipes

Treating our land with respect as it nourishes our body, mind and soul.



Think global, eat local !

Creating healthy forests, clean oceans and regenerating viable soil can be achieved by supporting local food producers and the consumption of healthy food to restore our global food system.

Elena Martin and qathet Climate Alliance

Banana Bread

Submitted by: Elena Martin

Ingredients

- 1 ¾ cups flour (whole wheat, unbleached all-purpose, or gluten free blend)
- ½ cup organic pure cane sugar
- 1 ½ tsps baking powder
- ½ tsp baking soda
- pinch of mineral salt
- ½ cup neutral flavoured oil
- 1 tsp vanilla extract
- 4 small or 3 large overripe bananas, mashed
- ¼ cup oat milk, use only if needed
- Optional tasty add-ins: ½ – ¾ cup chopped walnuts, 1 teaspoon cinnamon



Preparation

In a medium/large bowl, combine flour, sugar, baking powder, baking soda and salt then set aside. In a medium bowl, mash the bananas. Add the oil, vanilla and bananas to the dry ingredients and mix until combined, but do not overmix. If the mixture seems too thick, add the almond milk (especially if using heavier flours such as whole wheat or whole spelt where you're more inclined to need it).

Pour batter into a greased loaf pan and bake for about 50 min at 350 F. Test the centre of the loaf with a toothpick; if it comes out clean it should be ready. Remove the loaf from oven and let it cool for 10 minutes before slicing.

Keep it covered on the counter for up to 3 days or in the refrigerator up to 1 week. You can keep it in the freezer for up to 2 months. Thaw the wrapped loaves overnight in the refrigerator and reheat in the microwave or toaster oven.

Recipe Inspiration: <https://simple-veganista.com/vegan-banana-tea-bread/#tasty-recipes-8616-jump-target>

MAPPING A CONNECTION TO OUR COMMUNITY

Mapping is a way to create a connection to places in our community. Mapping can build community by building social connections and creating a vision for what we “collectively care about”. [CLICK HERE](#) for website. 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. This resource was share in a previous StrongStart DO publication- October 2021 [CLICK HERE](#)

To start a mapping project at home draw a picture of the place they call home with your child. From there ask your child to draw a line to a place they feel connected to in the community. If it is hard for your child to communicate this place, it is time for an adventure to the driveway or neighbor's house or to the neighborhood park. Point out or take a picture of what you see, ask your child what they see.

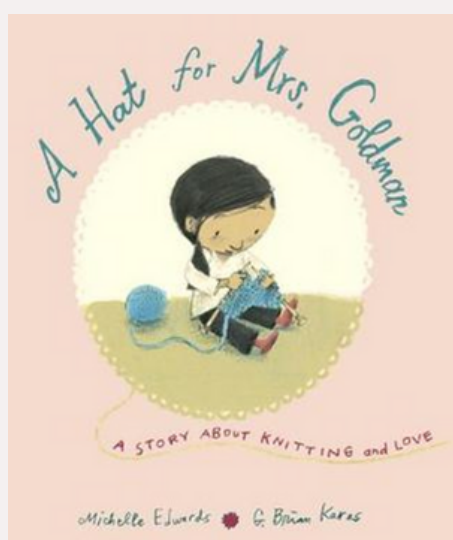


Go back to the map and reflect on the adventure, pull up pictures to generate conversation- “do you remember the airplane we saw at the park”? If your child cannot yet communicate, pay attention to hand gestures and noises and create dialogue around what you think your child may remember from the adventure. Draw it on the map! This map can stay out to revisit and regenerate memories both past and present. Add the library, museum, neighborhood school, grocery store, farmers market, or local business. Remember, a place can be anywhere from a flower spotted on the grass outside your home to a building you visit regularly.



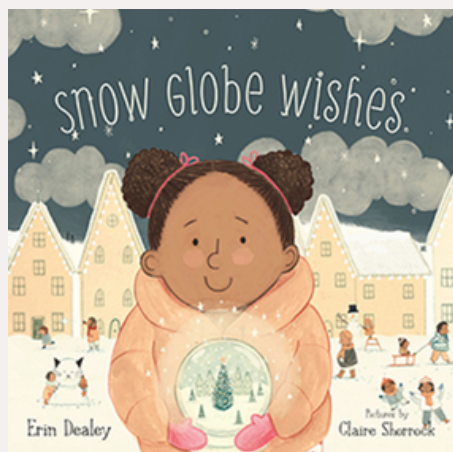
HEAR STORY
[CLICK HERE](#)

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THE PEOPLE IN OUR TOWN

Tune: The Wheels on the Bus

The librarian in the town says "Read a book, Read a book, Read a book"
The librarian in the town says "read a book" all day long

Other verses:

The firefighter says stop drop roll.
The teacher says let's learn something.
The carpenter builds lots of things.
The mail carrier brings the mail.
The doctor makes you well.
The dentist says open up.



PIZZA MAN

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!!

HICKETY, TICKETY BUMBLEBEE

Hickety tickety bumblebee,
Can you say your name for me?
(Student) My name is "—"
(Class echo) Your name is "—"



WORKERS AT THE AIRPORT

Tune: Skip to My Lou

Workers at the airport, Whom will we see?
Workers at the airport, Whom will we see?
Workers at the airport, Whom will we see?
Ticket agents giving tickets to me,

Substitute the phrases with these endings:

Luggage carriers taking bags for me
Pilots flying the plane for me
Attendants bringing food for me
Controllers watching planes for me.

WORKIN' ON THE RAILROAD

I've been working' on the railroad
All the livelong day.
I've been working' on the railroad
Just to pass the time away.
Don't you hear the whistle blowing?
Rise up so early in the morn.
Don't you hear the Captain shouting:
"Dinah, blow your horn."



WHAT IS MY JOB?

Tune: Are you sleeping?

What is my job? What is my job?
Can you guess? Can you guess?
I help people get well.
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.

HAMMER, HAMMER

Johnny works with one hammer, (one hand)
One hammer, one hammer,
Johnny works with one hammer,
All day long.

Other Verses:

Two...Three...Four...Five hammers
(other hand, one foot, other foot, head)

Johnny is getting tired now.... (slow down and fall asleep)

Johnny is waking up again....

HERE WE ARE TOGETHER

Tune: Have You Ever Seen a Lassie?

Here we are together,
together, together,
Here we are together,
together again.

Here's <child's name> and <child's name>,
and <child's name> and <child's name>.

Yes, here we are together,
together again.

RED LIGHT, GREEN LIGHT

- To play, one toddler is the "stoplight," and the others are bikes or cars. Let the kids decide.
- Next, the "stoplight" says "green light," and all the bikes come running towards the light.
- When the light calls out "red light," they all must stop. If they fail to stop, they return to the beginning and start over.
- The first one to the "light" wins and gets to be the next "stoplight."



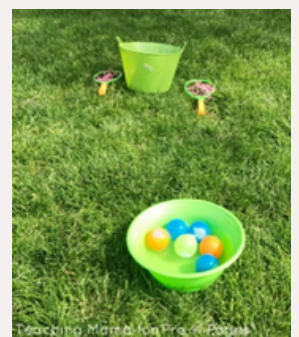
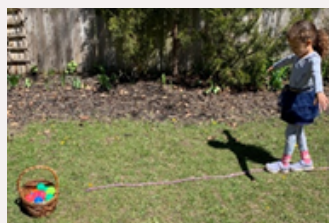
TEAMWORK OBSTACLE COURSE

Set up simple obstacle course, keeping in mind that two kids will be doing the course together. Using a scarf, tie your kids together at their ankles, or blind fold one and have the other lead them through the obstacle course.



IDEAS FOR SETTING UP AN OBSTACLE COURSE:

- Hula hoops for hopping through
- Tunnel for crawling through (cardboard box or blanket over chairs)
- String for balancing
- Balls to toss into buckets
- Chairs to run around
- Use your imagination for many more ideas



Why Community Connections Are Good For Children

Children who are connected to extended family and family friends, and people in their neighbourhood and community have:

- a sense of belonging to a place and community
- opportunities to learn about getting along with others
- people to go to when they need help
- a network they can use to learn about different jobs, skills and so on.



Strong social connections can also boost your child's confidence and lead to new friendships.

To read the full article: [CLICK HERE](#)

Raising Children Network Australia (2022)

Raising Children Network is supported by the Australian Government. Member organizations are the Parenting Research Centre and the Murdoch Children's Research Institute with The Royal Children's Hospital Centre for Community Child Health.

Website: [CLICK HERE](#)



Sierra Club BC

Raising Kids in Nature-Focused Communities

This article was written in January 2019 (Island Parent Magazine) by Kirsten Dallimore (Sierra Club BC Environmental Educator) . The article discusses the role of communities in promoting the value of protecting nature for the future generations.

LINK TO ARTICLE: [CLICK HERE](#)

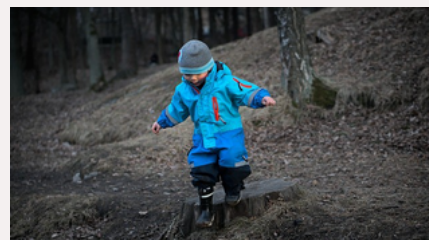


Nature Mentor

7 Tips for Connecting Children to Nature

The context for connecting children with nature simply means providing a good space for children to play outside. If all you do is give space for children to play outside then learning will happen naturally.

LINK TO WEBSITE: [CLICK HERE](#)



MAPPING A CONNECTION TO OUR COMMUNITY



Take a picture of the community map your family created or take your community map out of the house to see if you can “find” the places or “recall” the places drawn on the map. (see Art-Mapping a connection to OUR community). Share the excitement together when you locate these places in the community that are special to your family. Visit them regularly, creating a ritual of going to these places together.

What is so great about the GREAT OUTDOORS?



CANADIAN PARKS COUNCIL

For the full article, **Connecting Canadians With Nature:** An Investment in the Well-being of Our Citizens, from the Canadian Parks Council, please go to: [**CLICK HERE**](#)

Fostering happy and productive relationships with friends, family, and neighbours is critical for building trust and a broader sense of community. In a world where dissociation from nature tends to nurture self-centeredness and can contribute to social breakdown, nature acts as a connecting force. Nature plays a pivotal role in nurturing relationships by bringing people together. Many studies have demonstrated that nature makes us happy and more generous. It improves our mood and elicits feelings of pleasure. The 'feel-good' factor facilitated by nature influences our relationships with others. Urban residents living near natural environments tend to know more of their neighbours, feel a stronger sense of belonging to the community, and have a more positive view of their neighbourhood (Canadian Parks Council, 2014).

SIERRA CLUB BC

Raising Kids in Nature-Focused Communities

Excerpt from an article written by Kirsten Dallimore, Sierra Club BC Environmental Educator: Something I've noticed just about everywhere I visit is that people in the community have something in common: they're all looking to find ways to interact and feel a sense of belonging in their own community and connect with nature.

Continue reading this article: [**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!

British Columbia's provincial bird is the Steller's Jay, **Cyanocitta stelleri**.
Ayajuthum name: **kwiš kwiš** Pronunciation: [**CLICK HERE**](#) (First Voices, 2022)

How many of these BC native species of birds can you spot this month?



INFORMATION ABOUT STELLAR JAYS **gohiking.ca and BCLiving**

Easily identified and common all along the Pacific Coast, the Steller's Jay will add colour and personality to your yard. Voted most popular bird in a provincial contest, the Steller's Jay became BC's official bird on December 17, 1987 (BCLiving website)

LINK TO TWO INFORMATION SITES ABOUT STELLAR JAYS:
[**GOHIKING.CA**](#) and [**BCLIVING**](#)
