

JUNE 22, 2020

STRONGSTART

SD47 EARLY LEARNING SUMMER NEWSLETTER



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STRONGSTART SUMMER STUFF

FROM KATE, PAULA AND RITA

This newsletter is our last newsletter for the 2019-2020 school year.

The focus of this newsletter is
Summer Fun.

We have included two pages per subject area to inspire great summer adventures. We hope you enjoy the activities we have collected for you!

RECIPES FOR SUMMER

FROZEN BANANAS

Ingredients:

- 3 bananas peeled and cut in half
- 3/4 cup vanilla yogurt or flavour of your choice
- sprinkles or toppings of your choice
- popsicle sticks

Instructions:

1. Halve and peel each banana. Insert a popsicle stick into each banana half.
2. Dip bananas into yogurt, using a spoon to coat each banana evenly. Let excess yogurt drip off.
3. Add sprinkles or topping of your choice.
4. Place bananas on a plate covered in wax or parchment paper. Freeze until the yogurt has hardened, about 2 hours. (Allow for more time if you would like the banana to be frozen through).



FROZEN PINAPPLE

Ingredients:

- pineapple slices in juice
- Cake pop or lolly sticks

Optional extras:

- 100 g dark chocolate
- 200 g coconut yogurt

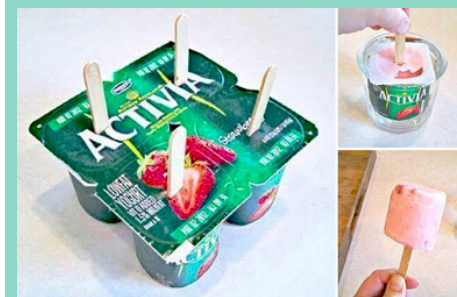
Instructions :

1. Line a small baking tray with parchment paper. Drain the pineapple slices, reserving the juice for other recipes (it's great to pop in a smoothie!)
2. Place the pineapple rings on the lined baking tray, with a small space in between each one. Carefully push a cake pop or lolly stick into each pineapple ring, going all the way through to the other side (this will help it stay put on the stick).
3. Place the tray in the freezer for a couple of hours or overnight until the rings are frozen through.
4. Once the pineapple rings are frozen try dipping them in melted dark chocolate or yogurt. Put back into freezer until frozen.



SIMPLE QUICK FROZEN YOGURT

(see image at right)



RECIPES FOR SUMMER

PAGE 2- ACTIVITIES

MAKE YOUR OWN BUBBLES

Materials:

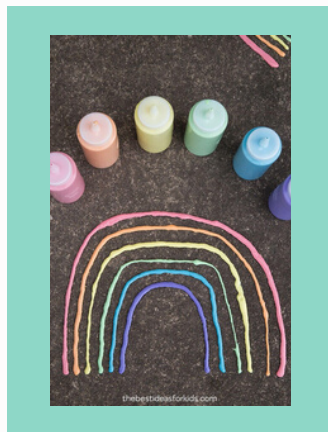
- 2 quarts of water
- 1 1/2 cups Dawn dish detergent (blue)
- 1/4 cup of cornstarch

Tools:

- 3 quart bucket or larger
- Stick or large spoon to stir

Instructions:

1. Fill the bucket with water.
2. Slowly pour in the dish detergent. Stir gently and slowly (you don't want bubbles to form).
3. Add in cornstarch and gently stir until dissolved.
4. Let the mixture sit for about 10 minutes before using.



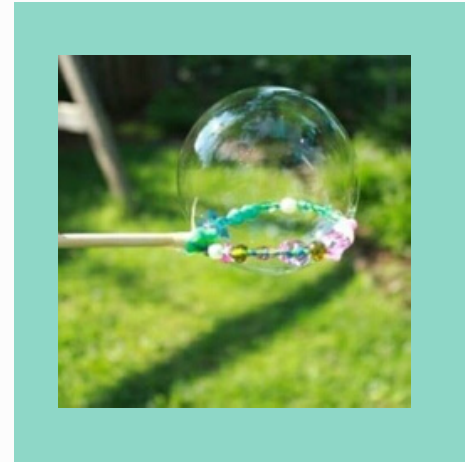
MAKE YOUR OWN BUBBLE WANDS

Materials:

- pipe cleaners
- wooden dowels
- assorted beads
- hot glue gun (optional)

Instructions:

- String your beads to your pipe cleaners and then make the shape you would like.
- Twist them onto your dowel.
- You may wish to add a bit of hot glue to secure the dowel.



PUFFY SIDEWALK PAINT

Ingredients

- 1 cup flour
- 1 cup water
- 1 TBSP dish soap
- 1 piece sidewalk chalk
- 1 plastic squeeze bottle

Instructions

1. Mix flour with water
2. Add dish soap and mix until clumps are gone
3. Using a cheese grater (finest setting), grate the sidewalk chalk. Mix well to combine the colour.
4. Fill solution into a squeeze bottle.

To make a few different colours mix up a larger batch and then separate before adding the coloured chalk.



SUMMER CRAFT ACTIVITIES

PAGE 1

BEADED WIND CHIME

Materials:

- 6 painted popsicle sticks
- Beads
- Fishing line or thin wire.
- Hot glue gun

Directions:

1. Paint popsicle stick, glue two triangles together and then glue those two triangles into a star shape.
2. Make four beaded strings starting and ending with a large bead. The fourth string of beads will be longer as it will pass through the centre of the star.
3. Place three strings of beads through the three corners of the star, like seen in picture.
4. Pass the longer string of bead through the centre, join all four strings with one bead and tie in place.

Have fun watching the sun make your beads sparkle.



PAPER PLATE ART IDEAS

Paper plates are lots of fun! Here are a few creative ideas using paper plates.

I bet you can come up with many more fun ideas.



PINWHEEL CRAFT

1. Cut a square piece of paper 8 1/2 inches X 8 1/2 inches. You can decorate this paper with stickers, use colourful markers or paint a wonderful design.
2. Make a diagonal line from corner to corner and cut from the four corners to about 1 inch from centre.
3. Place a toothpick into the centre and bring each corner up to the toothpick and join the corners together.
4. Join the corners with a paper faster or push pin and a straw or pencil to make your summer pinwheel.



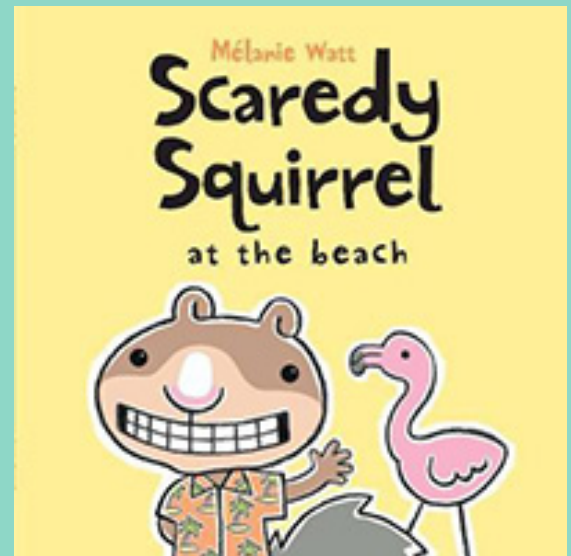
COLOURED SAND ART

1. Fill cups with sand
2. Add a few drops of food colouring into sand and mix together (Kids love this part!).
3. Spread onto plates or tray to dry
4. Once dry, have fun making beautiful pictures or layering into a glass jar.





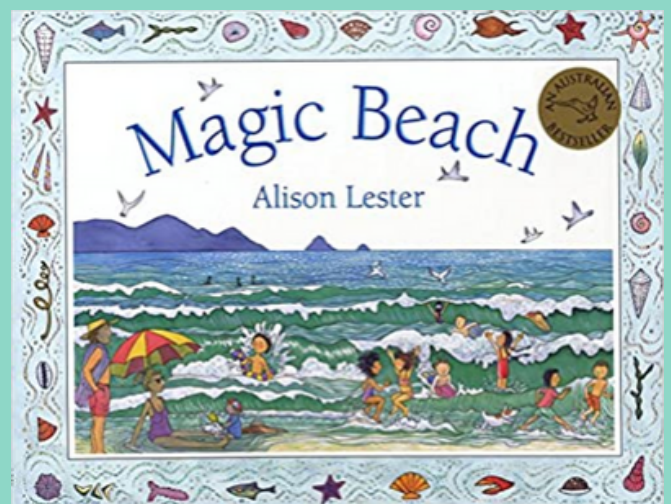
SPLISH, SPLASH SPLAT
BY ROB SCOTTON
[WATCH AND LISTEN ON YOUTUBE](#)



SCAREDY SQUIRREL
AT THE BEACH
BY MELANIE WATT
[WATCH AND LISTEN ON YOUTUBE](#)



THE NIGHT BEFORE SUMMER
VACATION
BY NATASHA WING;
ILLUS. JULIE DURRELL
[WATCH AND LISTEN ON YOUTUBE](#)



MAGIC BEACH
BY ALISON LESTER
[WATCH AND LISTEN ON YOUTUBE](#)

CLICK ON THE URL
TO HEAR THE BOOK READ ALOUD

BOOKS/SONGS/RHYMES

SEE THE SUNFLOWERS

(Sung to: Down by the Station)

Out in the garden, early in the springtime,
See the little sunflowers standing in a row.
See the happy farmer giving them some water,
Slurp, slurp, slurp, slurp, weed and hoe!
Out in the garden, later in the summer,
See the giant sunflowers standing in a row.
See the happy farmer giving them some water,
Slurp, slurp, slurp, slurp, watch them grow!

HERE IS THE BEEHIVE

Here is the beehive, (make a fist)
Where are the bees?
Hiding inside where nobody sees.
Watch them come creeping out of the hive,
One, two, three, four, five. (release
one finger at a time from the fist/hive)
BUZZ-ZZZ (wiggle fingers all around)

RAIN

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

FIVE LITTLE SPECKLED FROGS

Five green and speckled frogs, (hold up five fingers)
Sat on a speckled log,
Eating the most delicious bugs,
Yum, yum! (rub tummy with other hand)
One jumped into the pool, (tuck one finger down)
Where it was nice and cool,
Then there were four green speckled frogs,
Glub, glub!
Four green and speckled frogs”!

(Continue until there are no speckled frogs on the log)





FREEZING TOYS

Find fun toys that you would like to try freezing and fill a cake pan or plastic yogourt container with the toys then add water. Place in freezer until frozen.

It is so much fun chipping away and getting your toys free from the ice. It is also fun watching the ice melt.

- Where did the ice melt first?
- Which toy were you able to free first?
- What happens when you pour water on the ice?

MEASURING/POURING STATION

- Gather up some measuring cups, spoons, funnels, jars or anything that is fun to pour and mix with. Eye-dropper and squeeze bottles are also a fun addition.

- Fill some of the bottles, jars or cups with water (coloured water adds fun, because they love to mix the colours) and let the fun begin!!



OUTSIDE/GROSS MOTOR

MUD PLAY

Mud play is a lot of fun and so easy to do.

PLUS- it has many benefits in helping kids grow and develop:

- Sensory Skills - adding water and stones. (make sure they are large enough)
 - Creativity Skills
 - Immune Systems (some say children who play in dirt are less likely to get ill)
 - A Bond to the Earth. Mud can make us happier!! (It is said that playing in mud causes serotonin release. This endorphin calms and relaxes us.)
 - Imaginative Play
 - Fine and Gross Motor skills
 - Problem Solving
 - Communication and Social Skills
- After you can have more fun washing!!



MAKING AN ACTIVITY JAR

This is a project that will lead to many others!

Try making different coloured sticks or paper for different activities.

For example:

- Red-helping
- Blue- outdoor activities
- Green- Indoor activities
- Orange- Family





<http://www.crafts-for-preschool-kids.com/art-recipes.html>



**25+ Amazing Educational Virtual Field Trips—
Spring 2020**

<https://www.weareteachers.com/best-virtual-field-trips/>



100 Fun Things for Kids to Do at Home This Summer (with Printable Checklist)

<https://happyhooligans.ca/fun-things-kids-do-at-home-this-summer/>

☰ MENU Taste of Home RECIPES DINNER BAKING WIN COOKWARE VIDEOS

30 Easy Recipes Your Kids Can Make All By Themselves

<https://www.tasteofhome.com/collection/easy-recipes-for-kids-to-make-by-themselves/>

INFORMATION

STRONGSTART IN A NEW WAY

We are interested in your input into how we can best serve StrongStart families in September 2020. Please provide input at:

[StrongStart in a New Way 2020 Online Form](#)

If the above link doesn't work visit the "StrongStart at Home" website for access the survey.

SUMMER BREAK

Even though StrongStart programs take a break over the summer we will continue to post M/W/F on **Instagram**:sd47strongstart.

All plans for September 2020 will be posted on Instagram and on the "**StrongStart at Home**": website:

<https://www.sd47.bc.ca/Programs/earlylearning/Pages/covid19earlylearning.aspx#/=>

INFORMATION

Toddler Development Instrument

Is your child 12-24 months?



**Are you a parent or caregiver of a toddler?
We want to hear from you!**

tdi.ubc.ca

Please take 15 minutes to share your thoughts in this survey and you'll be entered to win a \$50 grocery gift card: tdi.ubc.ca

Children's early experiences have been shown to affect lifelong health and well-being. So, we're working with UBC to increase our understanding of the early experiences, needs, and barriers faced by families with young children living in Powell River. By completing this survey, you'll help us collect data that will contribute to building family and community resources, which, in turn, will better support the well-being of children, families, and communities.

**VIDEO
LINK:**

[CLICK HERE:](#)

Watch the TDI video:

Find out what the **Toddler Development Instrument (TDI)** is and why capturing such information is so important.

If you have a toddler, we want to hear from you!

If you are not interested in receiving newsletters, let us know by replying through the email you received this newsletter, and ask to be taken off the distribution list. If you know of anyone who is not receiving newsletters from us, please encourage them to contact the school district at rita.john@sd47.bc.ca.