



»»» THE BUZZ OF SPRING «««



# STRONGStart DO

Online Newsletter



## WELCOME MESSAGE

Spring has arrived, and things are buzzing with excitement here at StrongStart! Just like busy bees, our little learners are hard at work exploring, growing, and discovering new things every day. As flowers bloom and the world awakens, we're filling our days with hands-on activities, joyful play, and meaningful learning experiences. This season is all about curiosity and connection, and we can't wait to share all the buzz-worthy moments happening in our community this spring!

Getting outside and enjoying the smells, sights, and sound of spring is important, so we have three adventures that we are inviting everyone to join us at. All StrongStart facilitators will be at Lindsay Park on May 6th and then at the Outdoor Learning Centre on June 11th. We also have a special qathet Play and Connect day on May 13 at Klah Ah Men Lund Gazebo Park where StrongStart GO and other early childhood professionals will be.

This is a wonderful time of growth and warmth and we look forward to spending some time together whether it is jumping in mud puddles or soaking up some sun.

The StrongStart Team: Raun, Paula, Kate, Kristal & Danielle

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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>

## STRONGSTART GO!

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.

Location	Days Open	Hours of Operation
Texada @ Elementary School - 2007 Waterman Ave.	Mondays - every second week	10:00 AM to 2:00 PM
Lund Community Centre - 9656 Larson Rd.	Mondays - every second week	10:00 AM to 12:00 PM
Edgehill Elementary Outdoor Class - 7312 Abbotsford St.	Tuesday - every second week	9:30 to 11:30 AM
Lindsay Park - 7179 Cranberry St.	Tuesday - every second week	9:30 to 11:30 AM
Sunset Park - 6211 Lois St.	Wednesday - every second week	9:30 to 11:30 AM
Willingdon Beach Park - 6911 Abbotsford St.	Wednesday - every second week	9:30 to 11:30 AM
Lang Bay @ Fish Hatchery - 10556 Sunshine Coast Hwy	Thursday - every second week	9:30 to 11:30 AM
Grief Point Park - Hernando Ave.	Thursday - every second week	9:30 to 11:30 AM
Larry Gouthro Park - 4726 Manson Ave.	Fridays - every second week	9:30 to 11:30 AM

### Our large events will be:

- May 6th - All StrongStart Centres at Lindsay Park
- May 13th - qathet Play and Connect at Klah Ah Men Lund Gazebo Park in Lund
- June 11th - All StrongStart Centres at The OLC



## 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

Elementary School	Location	Days Open	Hours of Operation
Edgehill Elementary	7312 Abbotsford St.	Closed for Construction	
Henderson Elementary	5506 Willow Ave.	Monday	2:30 pm - 5:30 pm
		Tuesday - Friday	8:45 am - 11:45 am
Kelly Creek Elementary	2345 Zilinsky Rd.	Monday - Wednesday, Friday	8:30 am - 11:30 am
		Thursday	11:30 am - 2:30 pm
Westview Elementary	3900 Selkirk Ave.	Monday - Friday	8:45 am - 11:45 am
StrongStart GO!	Texada, Lund, Powell River	Monday-Friday	Visit our webpage for locations and schedule

Please note that the StrongStart centres follow the qathet School District calendar and will be closed during all school closures.

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

## ➤➤➤ FLOWER GARDEN GRAHAM CRACKERS

### INGREDIENTS

- Graham crackers
- Softened cream cheese
- Chocolate cookie crumbs
- Pretzel sticks
- Fresh fruit, dried fruit, nuts, seeds, etc...

### INSTRUCTIONS

1. Spread each graham cracker with the softened cream cheese.
2. Next, sprinkle some of the chocolate cookie crumbs on the bottom of the cracker to look like dirt.
3. Place a pretzel stick just above the cookie crumbs and then start decorating your Flower Garden Graham Crackers!



You can make them as simple or as creative as you like!

## ➤➤➤ SUNSHINE SALAD



### INGREDIENTS

- 1 fresh pineapple, cored and cut into chunks
- 1 can (15 oz) of Mandarin oranges in light syrup
- 2 bananas, peeled and sliced
- 1 box (4 serving size) Jell-O sugar-free vanilla instant pudding

### INSTRUCTIONS

1. Keep the Mandarin oranges in their syrup; do not drain.
2. Chop the pineapple and bananas into chunks.
3. In a large bowl, combine all the fruit.
4. Evenly sprinkle the dry vanilla pudding mix over the fruit (do not mix with milk).
5. Stir the mixture thoroughly.
6. Cover and refrigerate for at least one hour before serving. Each serving is approximately one cup.

# Gardening with Kids

➤➤➤ Pages 51 and 52 of the BC Early Learning Framework share a Gardening with Kids activity that can help children learn how their actions - through gardening- can affect nature and the planet. Find the link [HERE](#).

For more ideas about planting seeds click [HERE](#) and [HERE](#)

For more information about the benefits of gardening for children click [HERE](#).

Try the online

[Let's Play: Activities for Families](#) handbook. Available in many different languages.



## ➤➤➤ GARDENING ACTIVITY

“Getting young children involved with gardening is a great way to connect with nature, learn about food, and how food grows. In the garden, children also get to use all of their senses (touch, taste, see, hear, and smell). Children are often more keen to try something they have helped grow or prepare. Early spring is a great time to start seeds indoors and talk to children about our growing season” (Government of BC, 2019, p.51).

Some children might require guidance or assistance with this activity. Do the activities with your child by guiding their movements with your own, such as hand over hand so that the child has the experience of doing the actions.

**Find this activity and more on the Government of BC online resource:**

[Let's Play! Activities for Families](#)

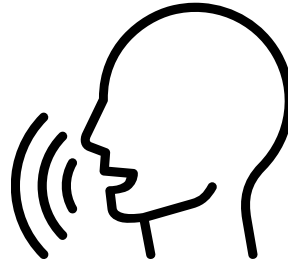


# WORD OF THE MONTH

➤➤➤ In each publication, the StrongStart team will share a new word to learn in ʔayʔaǰuθəm (ayajuthem). Ayajuthem is the language of the Tla-amin Nation.

This month, we want to share:

q<sup>w</sup>asəm  
(flower)



[Click to hear pronunciation](#)

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. Increasing our knowledge of ʔayʔaǰuθəm (ayajuthem) is one way for us to show how we value all students and are committed to building strong relationships moving forward.

## ➤➤➤ DID YOU KNOW?

By Danielle

*According to Discover the Forest, "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."*



Salmonberry bushes are blossoming and the new shoots of the plants are coming up, promising delicious summer berries.

**Look for salmonberry plants the next time that you are exploring the great outdoors!**

### Salmonberry

Listen to ʔayʔaǰuθəm name: ʔɛnɛk<sup>w</sup>

(First Voices, 2023)

**FirstVoices** is an internationally recognized online platform for Indigenous communities to share and promote their languages, oral cultures and linguistic histories. To learn more visit

<https://www.firstvoices.com/tlaamin/kids>

# SPRING

## SPRING SONG

Tune of "The Farmer in the Dell"

The sun is shining bright,  
The sun is shining bright,  
Oh, how I love the warmth,  
The sun is shining bright.  
The rain is falling down,  
The rain is falling down,  
Oh, how I love the sound,  
The rain is falling down.  
The flowers start to bloom,  
The flowers start to bloom,  
Oh, how I love the sight,  
The flowers start to bloom.



## SPRING!

Put up your umbrella  
When the rain comes down.  
Wear a happy smile  
And wipe away a frown.  
Splash in all the puddles  
And do a little dance.  
Rain is just the thing we  
need  
For new spring plants.

## PLANTS

Tune of: "The Farmer In The Dell"

The farmer plants the seeds  
The farmer plants the seeds  
Hi, Ho and Cherry O  
The farmer plants the seeds  
The rain begins to fall  
The sun begins to shine  
The plants begin to grow  
The buds all open up  
The flowers smile at me



## TIME OF YEAR

Tune of: "The Mulberry Bush"

What a lovely time of year,  
Time of year, time of year.  
What a lovely time of year  
In our springtime garden.

See the flowers swing and sway,  
Swing and sway, swing and sway.  
See the flowers swing and sway  
In our springtime garden.

## A SONG OF FLOWERS

Tune of "Sing a Song of Sixpence"

Sing a song of flowers, flowers all around.  
Flowers that are growing, growing in the ground  
Flowers of each color make a pretty view.  
Red and orange and yellow.  
And blue and purple, too.

# GAMES AND ACTIVITIES

## >>> HOPSCOTCH



Hopscotch is a great game for children to play where a lot of brainwork and physical work is happening at the same time!

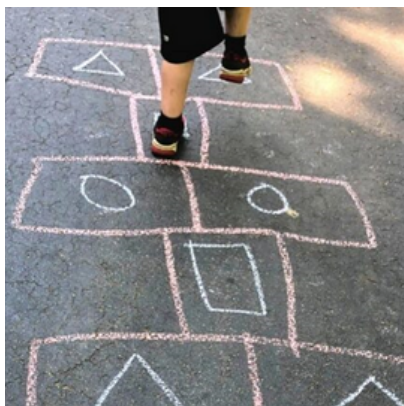
Some examples of thought processes that go into a game of Hopscotch are:

- Learning where to throw the object
- How to jump through the squares
- Which foot should land in which square
- Whether to land on one foot or two
- How to turn around at the top of the court
- How to pick up the object on the way back and skip over that square

During Hopscotch, children learn to coordinate the two sides of their body as they hop on one leg, and also on two legs together. This is quite an advanced skill for young children to master.

In order to place an object in the right square, not touch the line and be able to retrieve it again later, children need strong hand-eye coordination.

There are many variations to the game of hopscotch, for example using numbers 1-5 or 1-10, or using colors or shapes. We suggest adjusting the game to align with your child's age and ability. With a little creativity hopscotch can be fun and challenging at the same time!



# SNUGGLE UP AND READ

Check out one of these great books!

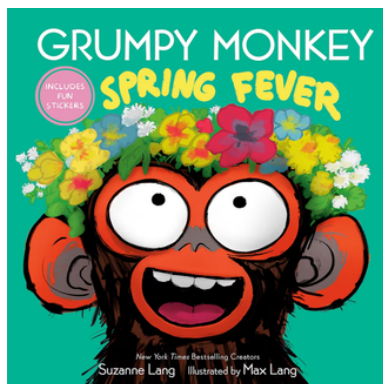
Ask for them at the library or just click to listen to the story on Youtube.



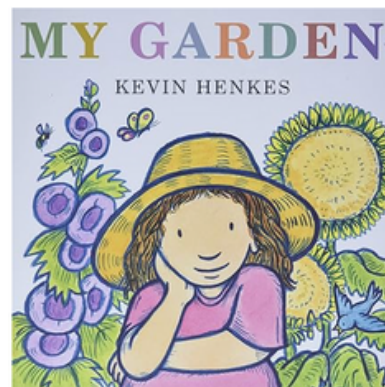
The Flower Thief



The Thing About Spring



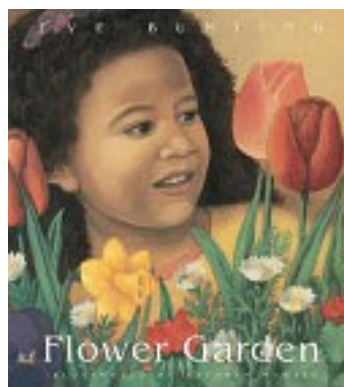
Grumpy Monkey Spring Fever



My Garden



Arctic Spring



Flower Garden



Fletcher and the  
Springtime Blossoms

# ONLINE RESOURCES

- The qathet School District Indigenous Education Department's publication, "Spring: In My Backyard", is a great way to begin to recognize and learn the names of many of the plants that grow in the qathet Regional District. Here is a link:

## SPRING: In My Backyard



- Here are some more resources to help you dig into spring:

[Signs of Spring: Facts for kids!](#)

[65 Spring Facts for Kids](#)

[Look, Listen Learn: Where Does the Rain Go?](#)

[Wind and Rain and Toddlers](#)



## >>> EXPERIMENTAL ART USING THE JAR TEST TO OBSERVE SOIL TEXTURE

Have you ever noticed your child's fascination with dirt? This fascination makes it possible for children to engage their senses in the calming sensory experience of encountering natural elements. This is a science experiment that can encourage observation and focus. To try this experiment at home you will need a clear container with a tight fitting lid, shovel, dish soap and water. Remember take time to dwell in the sensory experience, painting with fingers, and toes before digging up the soil sample.

1. Take time to find a spot together you would like to test the texture of your soil (great for learning about what soil type you have for planting a garden)
2. Dig deep, about the height of your shovel
3. Fill the container with  $\frac{1}{3}$  cup of soil
4. Squirt in a bit of dish soap
5. Add water and secure the lid tightly (very tightly!)
6. Now shake, shake, shake the container (this can be fun to add a little dance or even music!)
7. Now watch and wait, make a ritual of going and checking on the container observing or taking photographs of the changes.
8. In 2 days layers should have formed.
9. Do not drink or eat contents in the jar!



WHAT IS THE JAR METHOD FOR SOIL TESTING?

# FAMILY FUN WITH ACTIVE PLAY

## >>> WHY ACTIVE PLAY?

Why is it important to engage in active play together? How do we begin a ritual of being active together? Why is active play important? Click [here](#) to find out more.

## >>> TIPS TO ENJOY ACTIVE PLAY TOGETHER

- **Begin a Ritual:** Start by picking a predictable time that you can each look forward to getting active. Morning is a great time to get up and get going!
- **Observe and Engage:** Watch what your child is doing. Are they climbing, running, jumping or rolling over? How can you take part in this with them? try rolling with your infant, looking at one another and laughing. Try climbing on the park playground with your child following their lead. Run with your child taking turns to lead in a playful game of stop, and go!
- **Language Development:** Talk about the different activities you can do to be active such as running, jumping ect. Talk about how your breath changes when you are active and then experiment with going fast and slow observing the changes. Feel the change in your heart beat talking about its changes feeling its beat with your hand on your chest.



# qathet Play and Connect in Lund

May 13: 10:00am-11:30am at  
Klah Ah Men Lund Gazebo Park  
9840 Finn Bay Road

- ✓ Games
- ✓ Giveaways
- ✓ Snacks
- ✓ Resources

***\*For families with children ages 0 - 5***

Come meet our community's incredible team of  
Early Years experts, facilitators and supports,  
while your young children (0-5 years) have fun on  
the ORCA BUS and with StrongStart GO.



Hosted in  
partnership  
with:

