

STRONGStart DO

Discover Online



THE JOYS OF RAIN

WELCOME MESSAGE

Autumn on the west coast means colder weather, shorter days, and overcast skies. The change in season naturally lends itself to us nestling inside and being cozy, but we don't have to give up going outside just yet. There are still plenty of smiles to be had if one bundles up and braves the elements.

The StrongStart GO gathering on October 17th at the beach in ʔiṣosəm was the perfect reminder of how much joy can be found in the rain. The weather was particularly damp and yet the children showed up with sunny smiles and an eagerness to play. The brightness of their spirits was enough to warm the coldest of hearts and made being outside well worth it. The children reminded me just how much beauty there is to be found even in the darkest and drippiest of days.

The StrongStart GO event for November 7th will be at the OLC in Haywire Bay. While we are hoping for sunshine, we know that we will have a good time, should it rain, because our attitudes are more reliable than the weather forecast.

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 November will be at The Outdoor Learning Centre on Nov. 7th. Register Today!

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](#)

RAINY DAY RECIPES

Shared by Paula



BANANA PANCAKE BITES

18 tablespoons all-purpose flour (1 cup + 2 tablespoons)
 ¼ cup granulated sugar
 1 teaspoon baking powder
 ½ teaspoon salt
 ¼ teaspoon baking soda
 4 tablespoons unsalted butter melted and cooled slightly
 1 ¼ cups buttermilk at room temperature
 1 large egg at room temperature
 1 ½ teaspoons pure vanilla extract
 5 large bananas peeled and cut into ½-inch thick slices
Coconut oil or butter (for greasing the pan)



INSTRUCTIONS

Whisk together the flour, sugar, baking powder, salt, and baking soda in a medium bowl. Add the butter, buttermilk, egg, and vanilla to the dry ingredients. Whisk just to combine, being careful not to over-mix. The batter will be thick. For the fluffiest pancakes, let the batter rest for 10 minutes. Slice the bananas while the batter rests. Preheat a large nonstick skillet over medium heat. Once hot, brush the bottom of the skillet with a little coconut oil or butter. Dip each banana slice in the batter, let the excess drip off, and place the battered banana slices into the hot greased skillet, leaving an inch or two between them. Turn the heat down slightly to medium-low. Let them cook on the first side without flipping until they're golden on the bottom, about 2 to 3 minutes. Use a thin metal spatula to flip the pancake bites and let them cook on the second side until light golden brown (about 2 minutes). Repeat this process until all the banana slices are battered and cooked.



CORNSTARCH SLIME

Making slime with cornstarch is super easy, simply mix cornstarch with glue. If you want your slime colored, you can add some food coloring to your glue first and then mix it well with the cornstarch. The key with this recipe is to really knead and work it all together. This will eventually reduce the stickiness until you end up with your slime.

If you add a tablespoon of glycerin to the glue and coloring it will create a much stretchier cornstarch slime. For this recipe use 1/4 cup of glue colored with some food coloring, a tablespoon of glycerin. Mix this all together and start adding cornstarch 1/4 at a time, with lots of mixing in between, use 3/4 cup of cornstarch. Have tons of fun!



NATURE'S TOY BOX

By Danielle



MIZZLE, DRIZZLE, DOWNPOUR, SHOWER, CASCADE, DELUGE, RAINSTORM, PRECIPITATION, TORRENT, MIST, SPRINKLE, CLOUDBURST, STREAM, LIQUID SUNSHINE, INUNDATION, SPLATTER, WASHOUT, CATS AND DOGS WEATHER

Pages 15 and 16 of the British Columbia Ministry of Education (2019) handbook, "Let's Play: Activities for Families", describes an activity that encourages children to manipulate objects and materials to discover the properties of sizes and shapes and how they fit into one another.

Finding natural materials on the ground is easy at this time of the year. Autumn wind and rain bring down so many loose parts from trees: acorns, leaves, branches, nuts and so many cones. This activity lends itself beautifully to using these materials to discover whether different sizes and shapes fit together and how gravity works when tubes are inclined or horizontal. You can extend this activity by using a puddle or a bucket of water to investigate which objects sink or float.

For more ideas check out [floating and sinking activities](#) and [math ideas](#).

Mystery Tube



What

Try this experience if your child is showing interest in manipulating objects, hiding smaller objects in larger objects, or is curious about the different components of toys or objects.

This experience involves experimenting and predicting what might happen when your child rolls balls of different sizes through a tube (poster tube, or piping for construction often works well).

1 Create the Environment

- You can find poster tubes that people have received in the mail. Often they will give them to you for free. You can use tennis balls or other balls you may already have.

2 Play!

Start with one ball that fits through the tube. Put it in on one side and lift that side so the ball comes out the other way. Talk to your child about what you're doing. "Let's put the ball in here. Is it going to fit? Yes! What will happen if I lift the tube? Wow! It came out the other side!"

Look through the tube at the child on the other end. Let the child try it and comment on what is happening. Try making different faces for your child to copy or label.

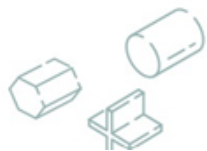
Once the child has had an opportunity to explore the tube and ball, you can add other balls of different sizes. Some will fit, some won't. Try reflective talking with your child by speaking about what your child is doing. "You put the ball in the tube!"

Have fun experimenting together and talk about what is happening to enrich the child's understanding and vocabulary. Use words like "big, bigger, biggest, small, smaller, smallest, fits, doesn't fit." Ask the child what they think will happen (making predictions).

Why

Through this experience, children learn to

- Explore two objects and how they interact with each other in a new way
- Predict what might happen (the foundation of many scientific experiments)
- Explore new vocabulary as well as numerical concepts, such as counting the amount of balls you are sending through the tube, and talking about the colours and sizes of the balls



How

You can start to explore the tube and the ball separately. Play peekaboo through the tube, and roll the ball back and forth. Once the child is familiar with both objects, you can combine them.

Roll the ball through the tube, and then, give your child some time to explore and try it. Comment on what's happening. You can ask your child to predict what is going to happen like, "What happens when you put the ball in and you don't lift the tube?" You can also introduce different sized balls. Some will fit, and some won't. Try asking questions like, "What happens when you put in a smaller ball or a larger ball?" Your child can try to predict what will happen.

Try asking your child, "What else can you do with the materials?" They may want to build a structure that includes ramps or different types of tracks. Encourage them to experiment and explore with different types of materials, balls, and objects, and predict what is going to happen.

Read a story with your child about exploring or other ideas that connect with the activity. Here is a suggestion:

- Not a Stick* by Antoinette Portis

Where

This activity can be played indoors or outdoors.

When

As with all activities, it's best to play when your child isn't sleepy or hungry but feels alert and ready to explore.

Reference

Community Action Program for Children (CAPC). Retrieved from <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/programs-initiatives/community-action-program-children-capc.html>



WORD OF THE MONTH

By Kate

In each publication, the StrongStart team will share a new word to learn in ʔayʔajuθəm (ayajuthem). Ayajuthem is the language of the Tla-amin Nation. In November, we want to share a word that is often found here on the coast - rain.

rain
čłʔ



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 ʔayʔajuθəm (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, 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.”

The Arbutus tree is the only broadleaf evergreen that is native to Canada. The extraordinary red bark of these magnificent trees is evident at this time of the year, as are the Arbutus berries.

Arbutus
ʔayʔajuθəm name: kʷumkʷumay
(First Voices, 2022)

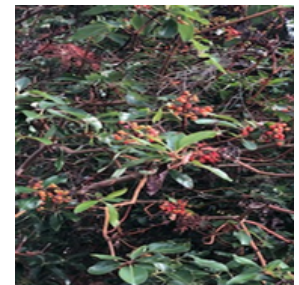
To hear the ʔayʔajuθəm word [click here](#).

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

For more information about Arbutus trees [go to:](#)

<https://staff.royalbcmuseum.bc.ca/2016/11/24/arbutus/>



SEASONAL SONGS

Shared by Kate

▶▶▶ RAIN ON THE ROOFTOP

Rain On The Rooftop
 Rain on the green grass
 (wiggle fingers down to floor and out wide)
 And rain on the trees
 (wiggle fingers up and over head)
 Rain on the rooftop,
 (Make an upside-down "V" with hands)
 But NOT on me.
 (arms over head to make an umbrella)

▶▶▶ PUDDLES

One puddle, two puddles made by the rain.
 Three puddles, four puddles, down in the lane.
 Five puddles, six puddles we can wade through.
 Seven puddles, eight puddles quite muddy, too!
 Nine puddles, ten puddles covering tiny roots
 Eleven puddles, twelve puddles - we all need our boots!

▶▶▶ WHAT'S THE WEATHER?

Tune: Oh, My Darling Clementine
 What's the weather?
 What's the weather?
 What's the weather like today?
 (Students name), can you tell me?
 What's the weather like today?
 Is it sunny? Is it cloudy?
 Is it rainy out today?
 Is it snowy?
 Is it windy?
 What's the weather like today?

RAINBOW

TUNE: HUSH LITTLE BABY
 RAINBOW PURPLE, RAINBOW BLUE
 RAINBOW GREEN AND YELLOW, TOO
 RAINBOW ORANGE, RAINBOW RED
 RAINBOW SMILING OVERHEAD.

ITS RAINING <<<

Tune: Where is Thumbkin?
 It is raining, it is raining,
 On my head, on my head.
 Pitter, patter raindrops,
 Pitter, patter raindrops,
 I'm all wet, I'm all wet!
 eft.

RAIN, RAIN GO AWAY <<<

Rain, Rain, Go Away
 Rain, rain - go away,
 Come again another day.
 DADDY wants to play.
 Rain, rain go away

Rain, rain - go away,
 Come again another day.
 MOMMY wants to play
 Rain, rain, go away.

Rain, rain - go away,
 Come again another day.
 BROTHER wants to play.
 Rain, rain - go away.

Rain, rain - go away,
 Come again another day.
 SISTER wants to play.
 Rain, rain - go away.

Rain, rain, go away,
 Come again another day.
 BABY wants to play
 Rain, rain - go away.

Rain, Rain - go away,
 Come again another day.
 ALL THE FAMILY wants to play.
 Rain, rain - go away.



GAMES AND ACTIVITIES

Shared by Paula

▶▶▶ PLAYING IN THE RAIN

The number one thing to do with kids on rainy days is to put on your wellies and rain gear and head outside for a walk. Splashing in puddles and walking with an umbrella as the rain falls all around is an amazing experience for kids.

“When life throws you a rainy day, play in the puddles.” ~ Winnie the Pooh.



▶▶▶ FAMILY DANCE PARTY

There is no age limit for enjoying music.

Kids love to dance especially when mom and dad, grama and grampa and other family members join in.

Making your living room into a dance floor by moving furniture out of the way, clearing the floor of stray toys, maybe even stringing up some lights. Making sure you have lots of room to spin and move and get a little crazy together.

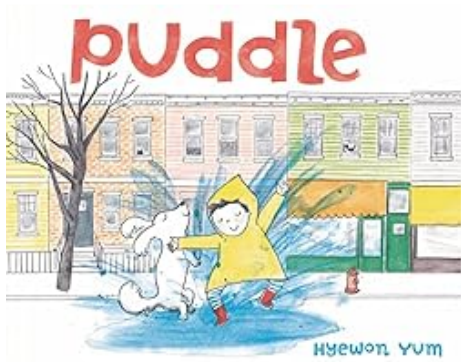
There are many streaming services to help you find the kid friendly music you will want to make your family dance magical and a time to remember.



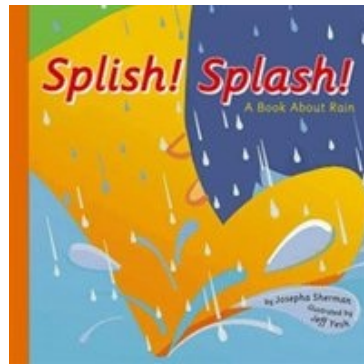
READING IN THE RAIN

Shared by Kate

Check out one of these great books!. Just click a book to listen to the story on Youtube.



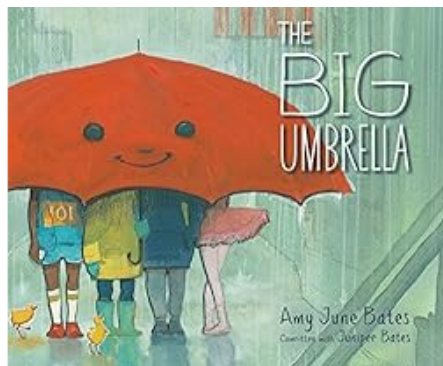
Puddle by Hyewon Yum



Splish! Splash! A Book About Rain by Josepha Sherman



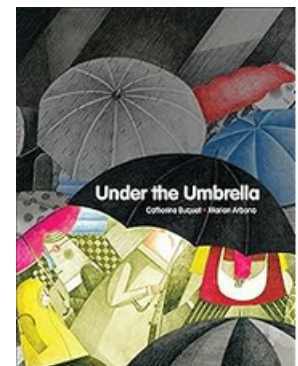
Rain! by Linda Ashman



The Big Umbrella by Amy June Bates



Ivy and the Lonely Rain Cloud by Katie Harnett



Under the Umbrella by Catherine Buquet



READING RESOURCES

Shared by Kristal

➤➤➤ **Reading books to babies and infants, birth to one year and beyond**



➤➤➤ **VCH- eyes, speech, dental and more**



Parenting resources | Vancouver Coastal Health

Pregnancy, childbirth and new parenthood bring physical and emotional changes. Knowing where you can get information and support can make these

➤➤➤ **THE LITTLE GREEN BOOKSHELF**

The Little Green Bookshelf is an initiative of Success By 6 Powell River and First Credit Union to foster the love of reading and to ensure books are easily accessible to children and families.

Children can read these books on site or even to take them home with them to read there. Later families can return the reading materials to any Little Green Bookshelf location and pick up another book.

Locations: First Credit Union, Family Place, PRCYFSS Library, and the Rec Complex

CALL 604 485 2132 FOR MORE INFO



➤➤➤ **Preschool Storytime at the Public Library**



Sonia Zagwyn offers a lively fare of puppetry, finger plays, action rhymes, singalong songs and the best-of-the-best-of book-tales Wednesday and Thursday mornings, 10:30-11:00 am in the Anne Woznow Children's Reading Room.

Toddlers and preschoolers and family members come discover the energy of words and pictures. This is a drop-in program and no registration is required.



ENGAGING WITH OTHERS, MATERIALS AND THE WORLD

Shared by Kristal

How can we engage with materials in ways that are meaningful?



»»» How can the materials be presented?

»» Choose a place

on a table, on the floor, standing up, sitting down, inside, outside

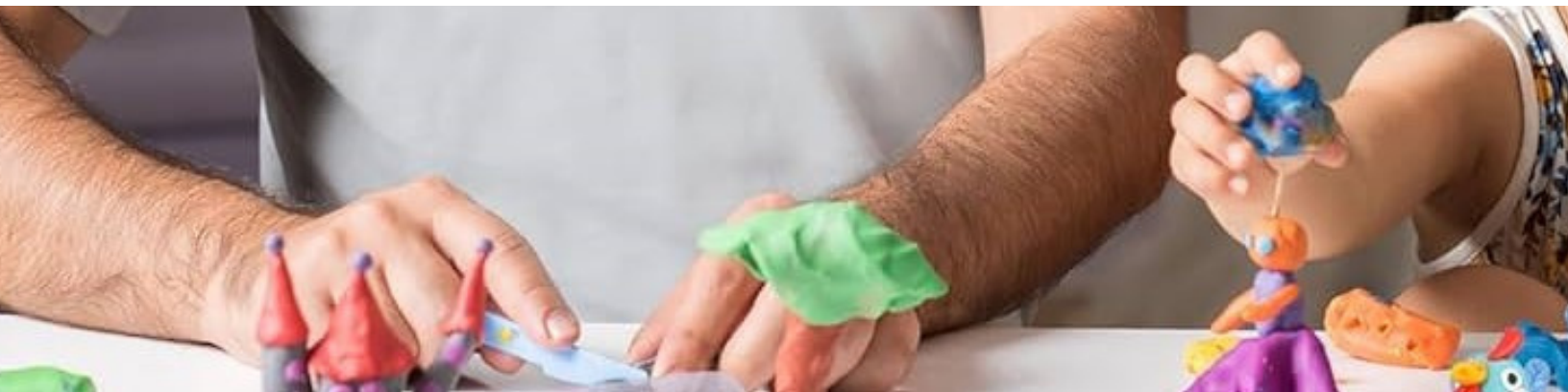
»» Choose a material

non-toxic polymer clay

»» Engage

Squish, smell, pinch, slide, roll, splat, stretch, press, long, tall, up, down, shadow, sun.
There are many different ways to engage

»» Try to set this up in a place where you can have fun and be playful together



GETTIN' OUTSIDE, RAIN OR SHINE

By Danielle

➤➤➤ GOT OLD RAINGEAR? HERE'S HOW TO RESTORE IT

The rainy weather officially arrived mid-October and many of you may have been digging through your bins of fall outer wear and rain gear. If you have coats that have lost their waterproofing properties, there is a way to restore them. Check out this ["how to guide"](#).

➤➤➤ SCREEN TIME VS. GREEN TIME



Screen Time vs Green Time

Excessive screen time is becoming a public health issue. We have seen a dramatic shift in the way Canadian kids and teens are spending their time, with less time playing outside, and...

 Nature Canada

Children who spend time in nature are more likely to:

- Be more creative and confident;
- Value nature as part of their identity;
- Become stewards and champions for nature;
- Grow up to respect and protect the natural world;
- Recognize the benefits of nature as they become the next generation of scientists, policy makers, environmentalists, teachers, physicians, artists, urban planners and parents.



The rain and low lying cloud left the most beautiful mist at Larry Gouthro Park during StrongStart GO. We are outside four days a week rain or shine. Bring your muddybuddies and come splash in the rain with us!

