



APRIL



# STRONG Start

Discover Online



## WELCOME MESSAGE

Are you ready to hop, skip, and jump into the colorful world of spring? It's time to shake off those winter blues and embrace the season of blooming flowers, bumbling bees, and sunny skies!

In this edition of our newsletter, we've got a basket full of exciting goodies just for you. From yummy recipes, exciting reads, and awesome outdoor activities, there's something for every budding adventurer.

For our outdoor adventure this month we will be at Lindsay Park on Tuesday, May 7th. We invite everyone to come join us and enjoy the sweet smells and lush greenery of spring. Our big outdoor adventures are always a great time with smiles galore.

Spring also means that the buzz of Kindergarten is in the air. "Welcome to Kindergarten" events will be sent out to all families registered in schools in the qathet region. Keep your eyes peeled for news of those days and times. We look forward to seeing you at a centre or a centre.

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 next district events will be May 7th at Lindsay Park, 7179 Cranberry St.

**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](#)

# SPLENDERS OF SPRING

Shared by Paula

## ➤➤➤ FUN FRUIT PIZZA

### INGREDIENTS

- 1 WHOLE WHEAT TORTILLA (8 INCHES)
- 2 TABLESPOONS NUTELLA
- 3 TO 4 FRESH STRAWBERRIES, SLICED
- 1/2 MEDIUM FIRM BANANA, PEELED AND SLICED
- 1/2 MEDIUM KIWIFRUIT, PEELED AND SLICED

### DIRECTIONS

**SPREAD TORTILLA WITH NUTELLA. ARRANGE FRUITS OVER THE TOP. CUT INTO 4 WEDGES. SERVE IMMEDIATELY. YUMMY!!**



## ➤➤➤ KID FRENDRY ENERGY BALLS



### INGREDIENTS

- 6-8 PITTED MEDJOOOL DATES (APPROX 1 CUP)
- 1 CUP ROLLED OATS
- 1/2 CUP PEPITAS
- 1/4 CUP HEMP SEEDS
- 1/4 CUP GROUND FLAX
- 1/2 CUP PEANUT BUTTER
- 2-4 TBSP MILK (DAIRY OR NON-DAIRY) OR WATER
- CHOCOLATE CHIPS

### INSTRUCTIONS

PLACE DATES, OATS, PEPITAS, HEMP AND FLAX IN A FOOD PROCESSOR AND PROCESS UNTIL WELL CHOPPED.  
 ADD PEANUT BUTTER AND MIX WELL  
 ADD 2 TBPS MILK OR WATER UNTIL THE MIXTURE STARTS TO CLUMP INTO A GIANT BALL. ADD MORE LIQUID 1 TBSP AT A TIME AS NEEDED.  
 ADD CHOCOLATE CHIPS, THEN SCOOP OR ROLL INTO BALLS.  
 STORE IN THE FREEZER!

**NOTES**  
 SUB ANOTHER NUT BUTTER OR SUNFLOWER SEED BUTTER FOR PEANUT BUTTER IF DESIRED. YOU CAN EAT THESE DIRECTLY OUT OF THE FREEZER.



By Danielle

## Heartbeats and Drumbeats

“Clang Clang Rattle Bing Bang, Gonna make my noise all day!”

-Robert Munsch, *Mortimer*



Pages 25 and 26 of the BC Early Learning Framework share an activity entitled “The Heartbeat of Mother Earth” that connects heartbeats and drumbeats. This can be a noisy activity and warmer spring weather is perfect for drumming outside. Using the song “Mother Earth Has a Forest” (see insert below) is a beautiful way to learn about animals and plants.

There are many ideas for building drums and percussion instruments of all sizes with children. Here are some ideas to help get you started. <https://prekandksharing.blogspot.com/2012/01/take-music-outside-and-play.html>

For more information about the many benefits of drumming click [HERE](#).

The [Let’s Play: Activities for Families](#) handbook is available online in:

- [English \(PDF\)](#)
- [French \(Français\) \(PDF\)](#)
- [Arabic \(العربية\) \(PDF\)](#)
- [Chinese \(Simplified Chinese – 简体中文\) \(PDF\)](#)
- [German \(Deutsch\) \(PDF\)](#)
- [Korean \(한국어\) \(PDF\)](#)
- [Persian \(فارسی\) \(PDF\)](#)
- [Punjabi \(ਪੰਜਾਬੀ\) \(PDF\)](#)
- [Spanish \(Español\) \(PDF\)](#)
- [Tagalog \(PDF\)](#)
- [Vietnamese \(Tiếng Việt\) \(PDF\)](#)

**[FIND IT BY CLICKING HERE](#)**



### Heart Beat of Mother Earth



#### What

This activity engages parents and children in a musical and cultural experience. Children are interested in rhythm, dancing, or moving to music. This activity supports their interest in music through drumming. They do not care if you think you are a terrible singer or musician, they just care that you sing and play along with them.

#### 1 Create the Environment

- Introduce a range of objects of various size and materials that will make a collection of sounds when they are banged on or hit. Together, look for unique objects around your home for drumming. During the hunt, talk about which objects might be good for drumming and why.
- Be curious about objects you collect. Together, wonder aloud about the sounds they will make and what objects might sound like when used at the same time.

#### 2 Drumming

- Encourage your child to drum with objects found around your home such as pots and pans, bowls or containers, and wooden or metal spoons. Let your child explore the objects freely, and remember to have fun!
- Talk about the beat of your heart with your child. Notice how your heart beats slow or fast when you are doing different activities. Some Indigenous people refer to the drum as the heartbeat of Mother Earth.
- Listen to music with different drumbeats. Try different drumbeat speeds and sounds –slow, fast, hard, and soft.

#### 3 Singing

- Try this fun song that one Métis mother/educator uses with children. Pick any animal you like and have fun with the sounds they make.

Song:

Mother Earth Has a Forest – to the tune of “Old MacDonald Had a Farm.”

Mother Earth Has a forest – Hey yah hey yah hey!  
 And in that forest, she has a Bear – Hey yah hey yah hey!  
 With a Grr...grr...here, and a grr...grr...there.  
 Here a grr...there a grr...everywhere a grr...grr...  
 Mother Earth Has a Forest – Hey yah hey yah hey!  
 Repeat with other forest animals and sounds such as: Wolf (Awoooo),  
 Snake (Ssssss), Frog (Ribbet), Robin (Tweeet).



#### Why

Through this experience, children will

- Develop communication and literacy skills
- Develop motor skills, strength and control and hand-eye coordination
- Express emotions, self-regulate, focus, and attend to one activity
- Communicate thoughts and experiences creatively using many different forms of expression
- Develop diverse language abilities, rhythm, and the capacity to communicate with others in many ways
- Engage in sound and word play
- Experience the stories and symbols of their own and other cultures

#### How

Find a variety of materials inside and outside for your child to drum, bang, and make music. Drum along with your child. Copy your child and encourage your child to copy you. Explore different spaces for drumming. How do your movements sound inside and outside? How do they sound in the bathroom (as compared to a larger space)? Choose a song to sing or nursery rhyme to sing together while you drum, or take turns drumming and singing. This is a fun activity and it can happen as soon as your child is sitting up or grasping things and moving them intentionally. All children love to bang objects!

Read a book with your child about drumming or other ideas that connect with this theme. Here are suggestions:

- Drum Cry, by Lisa Guillone
- The Drum Calls Softly, by Dave Bouchard

#### Where

This activity can occur both indoors and outdoors at any time during the day.

#### When

Drumming can be introduced to children at a very early age. They may sit on their own or on your lap and hold an object to bang it. Drumming or singing can also be a calming activity and may be a way to help your child change focus after an exciting activity or a disappointment.

#### Reference

[ Androssoff, Mélis Parent, Advocate and Early Childhood Specialist (song).





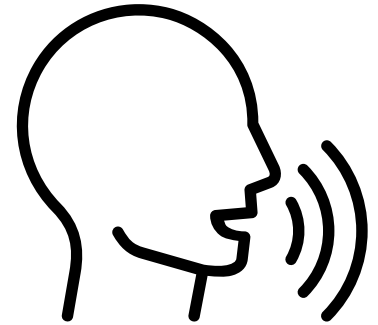
# WORD OF THE MONTH

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 April, we want to share:

## ʔiʔčos

## Spring



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.”

Challenge your knowledge of nature!

### Spring: In My Backyard



Click on the image

Dr. Jeanne Paul, a naturopathic physician from Tla’amin Nation, has collaborated with the qathet School District’s Indigenous Education Department to publish *Spring: In My Backyard* (n.d.). This is a beautiful tool to use as you explore the great outdoors.

You can hear many of the names of plants spoken in ʔayʔajuθəm by going to [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](http://www.firstvoices.com)

# SPRING

Shared by Kate

## »»» LADYBUGS FLY

Sung to: "Three Blind Mice"

Fly, fly, fly.  
 Ladybugs fly  
 Fly over here.  
 Fly over there.  
 They fly up high and they fly down  
 low.  
 Around and around and around they  
 go.  
 They fly fast, and they fly-fly slow.  
 Oh, ladybugs fly.



## LITTLE DUCKS SONG <<<

Sung to: "London Bridge"

*Little ducks go quack, quack, quack  
 Quack, quack, quack,  
 Quack, quack, quack –  
 Little ducks go quack quack quack  
 In the springtime.*



## BLUEBIRD <<<

Bluebird Nest Finger Play with actions

Here is a nest for a bluebird (Make a nest with hands)

Cheep cheep, cheep cheep! (pinch finger and thumbs like bird beaks)

And here is a hive for some bees (clench both fists and join knuckles)

Here is a hole for a bunny (make a 'hole' by joining finger and thumbs to make a circle – then mimic pretend bunny ears with first two fingers of each hand on your head)

And here is a house for me! (make a roof with your hands over your head and close your eyes to 'go to sleep')



## RAIN ON THE ROOFTOP <<<

Rain on the green grass. (flutter hands down to the ground)

Rain on the tree. (arms up like branches)

Rain on the rooftop (fingers together over head to make peak of roof)

But NOT on me! (brush shoulders with fingers)

## »»» I'LL PLANT A LITTLE SEED

Sung to: "I'm A Little Teapot"

I'll plant a little seed in the dark, dark ground.

Out comes the yellow sun, big and round.

Down comes the cool rain, soft and slow.

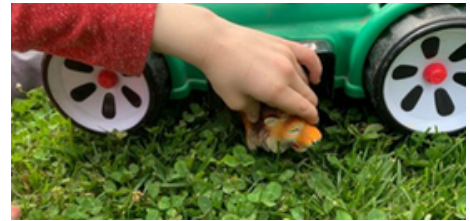
Up comes the little seed, grow, grow, grow!



# GAMES AND ACTIVITIES

Shared by Paula

## TOY HIDE AND SEEK



Collect up some of your child's favorite toys or stuffed animals and hide them around the room or outside for them to find. For younger toddlers, make them quite obvious and easy to spot. As they get older you can make it more difficult and give them clues by saying, warmer, colder

For something a bit different Hide items of different colors around the room. Then place a piece of paper of each color on the table. The aim is to find all the objects and place them on the correct color paper.

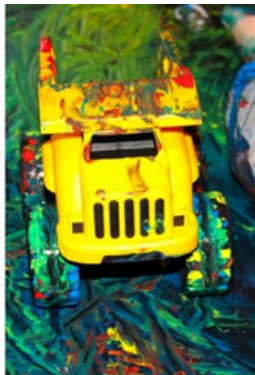


## PAINTING FUN

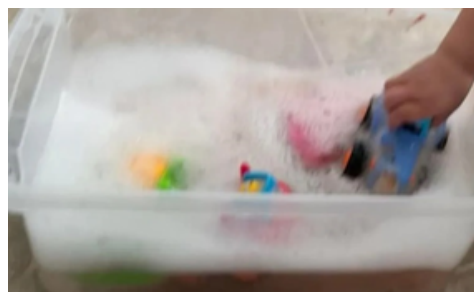


Painting with toy cars or toys is a fun sensory experience for kids. The car tires make interesting patterns in the paint and kids can learn about color mixing as the cars move from one color to another. Use large construction vehicles, balls or even their bike, and see what fun tracks they make.

Lay down large pieces of cardboard and watch the fun.

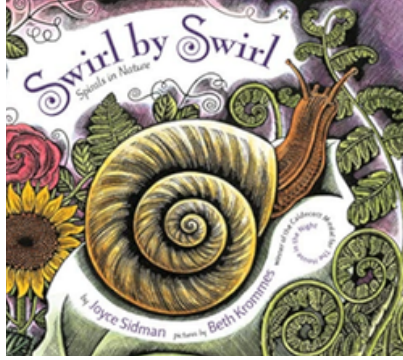


For even more fun complete the activity by turning a large bowl of soapy water into a pretend car wash.



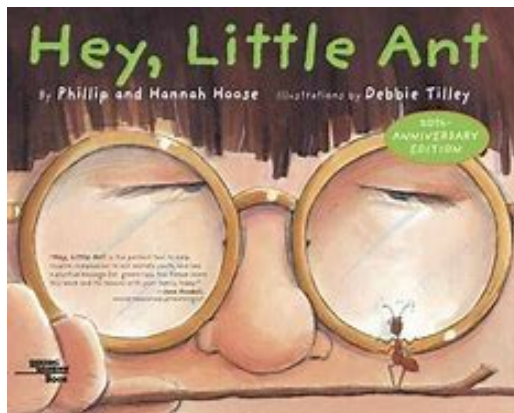
# SNUGGLE UP AND READ

Shared by Kate

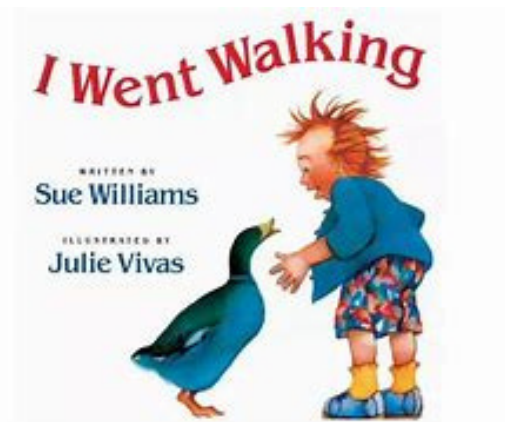


Swirl by Swirl

Check out one of these great books!  
Ask for them at the library or just click  
to listen to the story on Youtube.



Hey, Little Ant



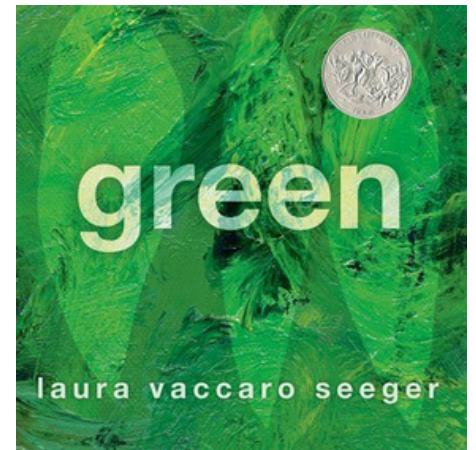
I Went Walking



Run Wild



The Hike



Green



# MATH

Did you know qathet school district has a numeracy coordinator click this link to find out more [Click here](#)



## Subitizing

The ability to “see” a small amount of objects and know how many there are without counting



## Subitizing on a walk

MILLER, J. L. (2020, MARCH 19). SUBITIZING IN NATURE. MEDIAHUB. <https://mediahub.unl.edu/media/12394#:~:text=description,activity%20by%20giving%20the%20prompt.>



## Subitizing with Dice

**Subitizing Dice game! AGES 3+**  
This game is great for practicing counting, one to one correspondence and subitizing. Materials: Dice, Piece of paper, Marker, 30 Bottle Tops, Ruler, FREE Activity Printable Here is a video of Kysen doing the...  
\* Learn As You Play / Sep 21, 2018

ACEVEDO, S. (2020, SEPTEMBER 8). SUBITIZING DICE GAME! AGES 3+. LEARN AS YOU PLAY. <https://learnasyouplay.net/2018/09/21/subtilizing-dice-game-ages-3/>

## Math in Nature

Enjoy a mosey in nature and discover different spirals in your local area. Take a camera with you, learn together about the different changes you see when moving the lens in and out to capture different frames.

Find a beautiful tall cedar tree to rest under. Use your design and thinking skills to create your own spirals using materials from nature. Take photos and try to recreate this design at home.

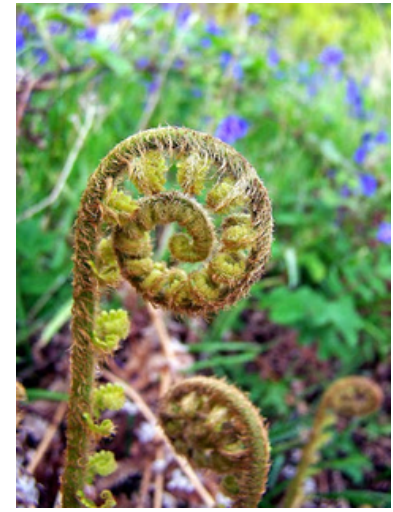


Photo Credit: Sam Woolfe Woolfe, S. (2021, March 16). Why do spirals exist everywhere in nature?. Sam Woolfe. <https://www.samwoolfe.com/2014/05/spirals-everywhere.html>

## What Are We Discovering?

Designers, architects and inventors often look to nature for inspiration and sometimes even mimic some of these features in their designs. National Inventors Hall of Fame® Inductee Roger Angel uses ideas from nature to help solve problems. He designs and builds optics for astronomical research and more economical solar energy. He is best known for creating very large and lightweight primary mirrors for astronomical telescopes.

These mirrors have honeycomb structures, demonstrating Angel’s nature-based inspiration!

To learn more about Angel, check out this video!



ANGEL, R. (2016, MAY 9). FREEDOM TO EXPLORE: THE ROGER ANGEL STORY. YOUTUBE. [HTTPS://WWW.YOUTUBE.COM/WATCH?V=6SJ7WZPFDVS](https://www.youtube.com/watch?v=6SJ7WZPFDVS)



# Spring has sprung and it's time to get outside

By Danielle

»»» We've "sprung ahead" and are certainly noticing that extra daylight in the late afternoon and evening. Spring is the perfect time to get back outside and enjoy the unstructured outdoor play is so beneficial to children's development. Using loose parts is a wonderful way for children to engage in open ended play. If you haven't heard about loose parts click [HERE](#).

## LoOSE pARTs Play

Ribbons & FEaThERs *EGG cartons and ACorns*  
 SHELLS and leaVES *wool & string MILK CRATES AND BASINS*  
 POTS & PaNs *Baking trays & MUD Sand & SToneS*  
 Kitchen utensils – spOOons, potatO masher, SIEVES  
 Hammer and nails *Sticks and stones twigs & felt*  
 Silk and tin foil *Tarpaulin & DRiftWOOD*  
 Velero ROLLERS and Sponges *Brushes AND PAINT*  
 Dried pasta and PULSES *Cuttering and TYRES Cardboard*  
 PLAsTIC bottles and TOPs *DOLLY pegs and CURTAIN rings*  
 FuNNels and WAteR *Plant POTs and wood Pallets*  
 Rope, Wool and RiBBon *STRAW bales and wood*  
 KeYs and cove moulding *Bamboo and baskets*  
 SheeTs and ChALK *Hessian and buckets*

## PrOMoTe cUrloSity aNd IMagiNaTions ThRough pLaY

 [www.playscotland.org](http://www.playscotland.org) 

### 5 Key Findings on Unstructured Play & Mental Health

**1** 

**Promotes positive feelings**

When children engage in unstructured play, they report feeling joy, thrill and competence. When they don't, they report feeling bored, sad and angry.

**2** 

**Builds resilience**

When children experience the uncertainty of challenging or risky play, they can develop emotional reactions, physical capabilities and coping skills that expand their capacity to manage adversity. These skills are important for resilience and good mental health in childhood and into adolescence.

**3** 

**Improves concentration**

Unstructured play is associated with improved attention span, especially in children who have trouble focusing for long periods of time.

**4** 

**Helps develop & maintain healthy relationships**

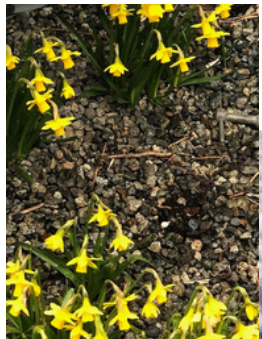
Evidence indicates that unstructured play can provide the opportunity to improve social competence. This means that children can improve their problem-solving skills, emotional intelligence, and ability to empathize. Children can become more self-aware and are better able to compromise and cooperate.

**5** 

**Improves undesirable behaviours**

Studies with schools report fewer problems with undesirable behaviours like bullying when unstructured play is increased. When children lead their own play, they can engage in social and emotional learning, such as the ability to control aggression and regulate feelings of anger and frustration.

In Canada, between 1996 and 2010, the use of health services for youth mental illness increased by 43.8% among ten to fourteen year olds and 34.5% among five to nine year olds. Evidence shows that play enables factors that support good mental health and is important to children's overall wellbeing. Further research is needed to confirm these findings. This project is funded with the generous support of the Lawson Foundation.



Spring can be a funny weather time of the year in the qathet Regional District. It seems like we have seen all of the seasons recently and sometimes on the same day. In March, we had fun painting the snow at the Music Academy and then found daffodils at Sunset Park. Wear your layers and come out and play! Click [HERE](#) for more information.

**OUR NEXT STRONGSTART GETTIN' OUTSIDE DAY IS AT THE OLC ON TUESDAY, APRIL 2nd.  
SIGN UP AT ANY STRONGSTART LOCATION.**