



MAY



# STRONG Start

Discover Online



## WELCOME MESSAGE

Step into the vibrant embrace of our latest newsletter as we bask in the zest of sunshine! As spring blooms around us, there's an undeniable energy in the air. In this edition, we invite you to join us on a journey illuminated by the golden glow of the sun, where we explore the rejuvenating power, endless inspiration, and boundless joy it brings to our lives. Let's dive into the warmth and embrace the radiance together

For our outdoor adventure this month we will be at Lindsay Park on Tuesday, May 7th. We invite everyone to come join us outside whether it be sun, showers, or rain. Our big outdoor adventures create smiles that shine bright.

Keep your eyes o“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 school.

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](#)

# SUNSHINE

Shared by Paula

## >>> LEMON SMOOTHIE ( SUNSHINE IN A BOTTLE )

### INGREDIENTS

- 1 cup low fat French vanilla yogurt
- 1 cup ice cubes
- 2 tablespoons fresh lemon juice (be sure to zest the lemon first!)
- 2 tablespoons honey
- 1 tablespoon grated fresh ginger
- 2 teaspoons grated lemon zest
- 1/8 teaspoon ground turmeric

### INSTRUCTIONS

In blender, combine all ingredients; blend until smooth. Serve immediately.



FOXESLOVELEMONS.COM/LEMON-SMOOTHIE/

## >>> SUNNY FRUIT SALAD



IFOODREAL.COM/HEALTHY-FRUIT-SALAD/

### INGREDIENTS

- 1 lb fresh strawberries hulled and sliced
- 1/2 fresh pineapple peeled, cored and cubed (2 1/2 cups)
- 1 mango peeled and diced
- 3 kiwis peeled and sliced
- 2 cups grapes halved
- 4 mandarins peeled and segmented
- 2 cups blueberries
- 1 cup raspberries
- Honey Lemon Dressing
- 1 lemon zest of
- 2 tbsp fresh lemon juice from one small lemon
- 2 tbsp honey

### INSTRUCTIONS

1. Wash and drain well strawberries, grapes, blueberries, raspberries and lemon. Then peel the pineapple, kiwi, mango and mandarins. Slice all the fruit into bite-sized pieces and place in a large mixing bowl.
2. In a small bowl, whisk together lemon zest, lemon juice and honey.
3. Drizzle the honey lemon dressing on top of the fruit salad, gently toss everything together, and enjoy!



By Danielle

# Picture Book Scavenger Hunt



## Picture Book Scavenger Hunt

**What**  
This is an interactive way of exploring reading and literacy while incorporating physical activity. Use picture books as the basis for a scavenger hunt.

**1 Create the Environment**

- Pick a favorite picture book (preferably one with human characters and familiar locations). After you read it through once or twice, ask your child if they would like to try and find things they see in the book!

**2 Play Scavenger Hunt!**

- With your child, identify the things that you see in the book and that you will hunt for (e.g., dog, table, car, etc.). Then take your book outside or to a new room and try to find things from the real world that match what is in the book.

**Why**

Through this experience, children will:

- Make connections between reading materials and the real world
- Develop receptive (heard/read) and expressive (spoken/signed) language
- Identify printed language in different settings
- Make connections between ideas and objects
- Develop an awareness of printed language
- Enhance communication and literacy skills

**How**

You might start inside your house with toys or items that are familiar to your child. Try choosing a board book with one object on each page, then go find the object together. Hold the object close to the picture and label it twice. For example, if you are reading a book about children's toys, and you see a teddy bear, go together to find one and say "bear" while pointing at the picture, and then "bear" while pointing at the object.

By moving beyond looking for simple objects by looking for **types or categories** of things. For example, if you see an apple in the book, ask your child to find another fruit, or another healthy food or item in the grocery store. You could also look for colours or shapes based on the images you see. If you see squares in the book, ask your child if they can find a square near you. Try looking for numbers or letters as well.



Let's Play Activities for Families | Set 2 33

You could try collecting objects found in books ahead of time and put them inside a bag. Have your child close their eyes, reach in and pull one out. Then try to find the object inside the bag!

For children who are beginning to read, you could ask them to look for objects in the book out in the real world. You might try looking for **concepts or qualities**. If something in the book is up high, try to find something else that is up high. If a character is wet, try to find something else that is wet. To make this more challenging, you could try finding opposites.

If the activity is too challenging, or your child gets distracted, try again with a different book. Try gathering objects ahead of time and hide the objects in your home. Make it a race to find them!

You may find that this activity is rewarding enough in itself, or you may choose to use it as a reward for a certain number of found items.

Read a book with your child about searching for or matching things, or other ideas that connect with this theme. Here are suggestions:

- *Circle City* by Alison Farrell
- *Where's the Fun?* by Britta Teckentrup

Check out BC public libraries for books and much more!  
<https://www2.gov.bc.ca/gov/content/sports-culture/arts-culture/public-libraries>

**Where**  
This activity can occur anywhere you are. You can do this activity at home, out and about while you go about your day, or during a walk and exploring. By taking the activity outside and searching for items, not only will you be supporting your child's literacy, you will be promoting physical activity at the same time.

**When**  
This activity can occur any time. It is best for a single child, or a small group of children, though it could also take place within a larger group.

**Reference**  
Lambert, T., Cobb, J.B. (2002). Routines that Build Emergent Literacy Skills in Infants, Toddlers, and Preschoolers. *Childhood Education Journal*, 29(2), 113-118.



Let's Play Activities for Families | Set 2 34

BC Ministry of Education. (2019). *Let's play activities for families*. From <https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf>

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 \(Tiếng Việt\) \(PDF\)](#)

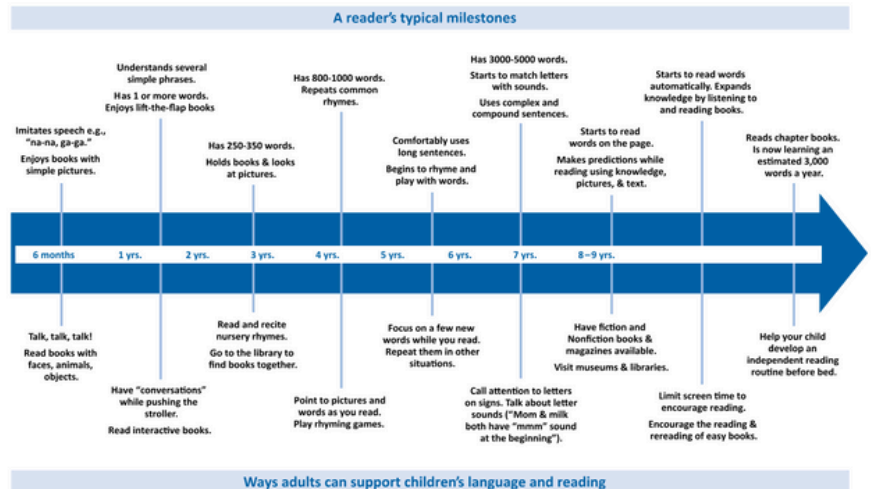
**FIND IT BY CLICKING HERE**



Pages 33 and 34 of the BC Early Learning Framework share a "Picture Book Scavenger Hunt" activity that helps bring books to life and expands children's thinking beyond story.

For more ideas about building early literacy skills click [HERE](#) and [HERE](#).

## A Developing Reader's Journey to Third Grade



Boston Children's Museum. (n.d.) *Take a hike building literacy skills*. (<https://bostonchildrensmuseum.org/sites/default/files/images/2021/storywalk/Take-a-Hike-Building-Literacy-Skills.pdf>)



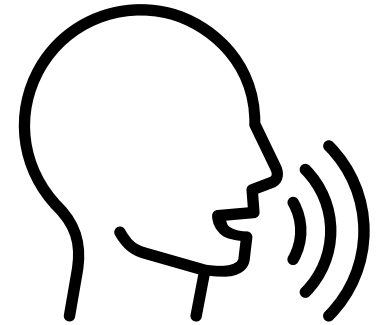
# WORD OF THE MONTH

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:

ʔəgəm

Sun



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.”

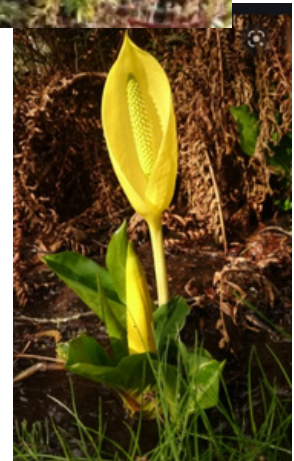
**ʔayʔajuθəm name for “flower”: qʷasəm**  
(First Voices, 2024).

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)

For more information about BC wildflowers click on the link:

<https://gohiking.ca/plants/coastal-plants/wildflowers/>



# SUNSHINE

Shared by Kate



## CAN YOU BE A SUNBEAM? <<<<

tune: *Mary Had a Little Lamb*

*Can you be a sunbeam, a sunbeam, a sunbeam?  
Can you be a sunbeam? Then show me what you'd do.  
I can be a sunbeam, a sunbeam, a sunbeam,  
I can be a sunbeam, and I'll shine down on you!*

## >>>> GO IN AND OUT THE WINDOW

Go in and out the window,  
Go in and out the window,  
Go in and out the window,  
As we have done before

Let's clap our hands together,  
Let's clap our hands together,  
Let's clap our hands together,  
As we have done before

Let's reach up to the ceiling...  
Let's walk around the circle...  
Now go back to our places.

*Can you be a raindrop, a raindrop, a raindrop?  
Can you be a raindrop? Then show me what you'd do.  
I can be a raindrop, a raindrop, a raindrop.  
I can be a raindrop, so here's some rain for you!*

*Can you be a flower, a flower, a flower?  
Can you be a flower? Then show me what you'd do.  
I can be a flower, a flower, a flower.  
I can be a flower, growing just for you!*

*Can you be a buzzing bee, a buzzing bee, a buzzing bee?  
Can you be a buzzing bee? Then show me what you'd do.  
I can be a buzzing bee, buzzing bee, buzzing be.  
I can be a buzzing bee, with honey sweet for you!*

## THE ANTS GO MARCHING <<<<

The ants go marching one by one.

Hoorah! Hoorah!

The ants go marching one by one.

Hoorah! Hoorah!

The ants go marching one by one,

The little one stops to suck his thumb,

And they all go marching down underground

To get out of the rain.

Boom, boom, boom...



The ants go marching two by two.

Hoorah! Hoorah!

The ants go marching two by two.

Hoorah! Hoorah!

The ants go marching two by two,

The little one stops to tie his shoe,

And they all go marching down underground To get out of the rain.

Boom, boom, boom...

\*Continue with: three/stops to climb a tree,  
four/shut the door, five/take a dive

## BRIGHT SUN <<<<

tune: *Row, Row, Row Your Boat*

Bright sun shining down,  
Shining on the ground.  
What a lovely face you have,  
Yellow, big and round.



## >>>> BANANAS UNITE

Bananas of the world unite!  
B banana, b b banana!  
Peel banana, peel, peel banana  
Chop banana, chop, chop banana  
Mash banana, mash, mash banana  
Eat banana, eat, eat banana  
Go bananas!





# GROSS MOTOR GAMES AND ACTIVITIES

Shared by Paula

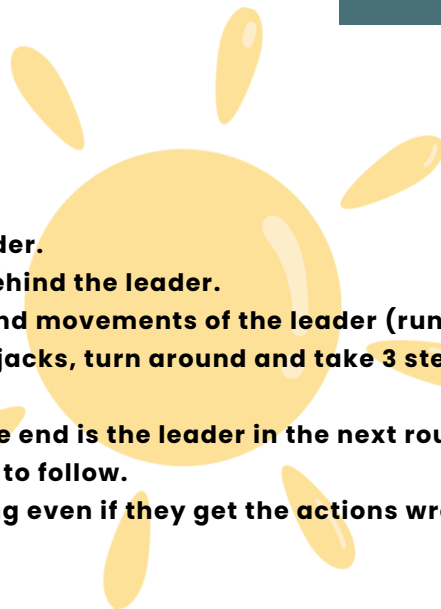
## ➤➤➤ FOLLOW THE LEADER

### HOW TO PLAY FOLLOW THE LEADER



EMPOWEREDPARENTS.CO/FOLLOW-THE-LEADER-GAME

- One child is chosen to be the leader.
- The rest of the children line up behind the leader.
- They must copy all the actions and movements of the leader (run when the leader runs, do jumping jacks, turn around and take 3 steps forward, etc.)
- The last child still following at the end is the leader in the next round.
- Use simple actions that are easy to follow.
- Allow toddlers to continue playing even if they get the actions wrong



### BENEFITS OF FOLLOW THE LEADER GAME

, it teaches children to follow directions – in this case, visual directions.

- Children have to pay attention to what is happening in front of them, or risk being “out”. This builds their concentration span.
- Copying the various movements develops gross motor skills as kids are using the large muscles of their bodies. They develop speed, balance, agility, directionality and other skills.
- Follow the Leader is an active game that gets the blood pumping. Exercise/movement is healthy for children’s bodies and minds.
- By playing the “leader” kids learn to think creatively as they have to perform a series of actions for their followers.

## ➤➤➤ FUN THINGS TO DO WITH A BED SHEET



### FORTS

MAKE A FORT WITH YOUR BED SHEET. USE A COUPLE OF CHAIRS OR A CLOTHE LINE TO MAKE A PERFECT LITTLE HIDE A WAY.

### HAMMOCK OR SWING

SHEETS MAKE THE PERFECT HAMMOCK OR SWING. TIE THE ENDS AROUND A TABLE FOR A HAMMOCK OR HAVE AN ADULT HANG ON THE THE ENDS AND USE IT AS A SWING (*GREAT WORK OUT FOR MOM AND DAD*)



### PARACHUTE (PARASHEET)

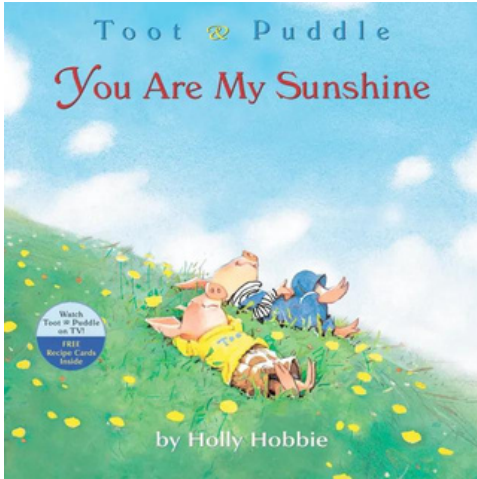
WAVES – EVERYONE HOLDS ON TO A SIDE OF THE SHEET AND FLAPS THEIR ARMS UP AND DOWN TO MAKE WAVES. ONCE Y’ALL SYNC UP YOU CAN MAKE SOME SERIOUS TSUNAMIS. WATCH OUT!  
SHEET ROCK – EVERYONE HOLDS ONTO THE SHEET WITH ONE HAND AND RUNS IN A CIRCLE WHILE MUSIC PLAYS. WHEN THE MUSIC STOPS, EVERYONE CHANGES DIRECTION. DON’T FALL OVER!  
POPCORN – PLACE A BALL ON THE SHEET AND BOUNCE IT AROUND WITHOUT LETTING IT FALL TO THE GROUND.



# SNUGGLE UP AND READ

Shared by Kate

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



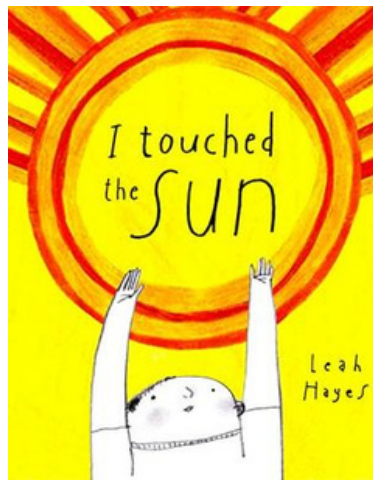
You Are My Sunshine



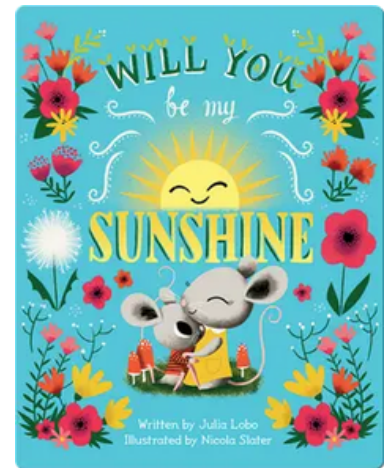
The Sun is Kind of a Big Deal



If I Was the Sunshine



I Touched the Sun



Will You Be My Sunshine

Did you know qathet school district has a Sustainability Coordinator [Click here](#) to find out more

Committed to Sustainability

Sustainability at qathet School District involves taking a systems-based approach to reducing our District's overall environmental impact. This encompasses leadership, operations, and education, that consistently...

sd47.bc.ca



**Bike & Skate Skills Park**  
[et\_pb\_section fb\_built="1" \_builder\_version="4.7.7" \_module\_preset="b84d60a4-b02d-4172-9d09-39491a2c3b62"...  
Qathet Regional Cycling Association /

**Gear Attic**  
Buy. Sell. Consign.



Meet the new minivan: How a family of four does it all on a cargo bike

Like many young families priced out of Vancouver, our family of four set our sights on sunnier—and hillier—pastures when we moved to Gibsons in August 2022. Being car-free in the city was easy with abundant transi...

The Peak / Nov 2, 2023

WE NOW ACCEPT BIKES AND BIKE RACKS—ADULTS, KIDS, MTBS, ROAD BIKES, GRAVEL BIKES, AND EVEN UNICYCLES! THE KEY POINTS ARE “BRAKES MUST BRAKE, AND GEARS MUST SHIFT.” FOR REMINDER, FOR ALL ITEMS SOLD FOR OVER \$200, THE CONSIGNOR GETS 80% OF THE FINAL SALES. SPREAD THE WORD! WE ARE READY!

**BC SAFE ROUTES NOW**

FREE MEMBERSHIP

**BikeSense**  
with Peter Leber of THE BC CYCLING COALITION

BC CYCLING COALITION  
YOUR VOICE FOR BETTER CYCLING IN BRITISH COLUMBIA. OUR VISION — SAFE AND ACCESSIBLE CYCLING FOR EVERYONE IN BC.

WELCOME TO KIDS ON WHEELS BALANCE BIKE CAMPS!  
ARE YOU READY TO GIVE YOUR CHILD THE GIFT OF BALANCE AND CONFIDENCE? LOOK NO FURTHER! KIDS ON WHEELS BALANCE BIKE CAMPS ARE THE ULTIMATE ACTIVITY FOR CHILDREN AGED 2 TO 6 YEARS OLD TO LEARN THE FUNDAMENTALS OF RIDING A BALANCE BIKE.

OUR VISION IS THAT EVERY CHILD IN BRITISH COLUMBIA WILL KNOW HOW TO RIDE A BIKE BY AGE 5, IN ORDER TO ENCOURAGE CYCLING AS AN INTEGRAL PART OF THEIR LIVES TO SUPPORT COMMUNITY HEALTH, WELLNESS, AND THE ENVIRONMENT.

EXPAND THE JOY OF KIDS ON WHEELS TO YOUR COMMUNITY: GET MORE INFORMATION ABOUT OUR LICENSE PARTNERSHIP!

COMMUNITIES: ARE YOU PASSIONATE ABOUT BRINGING THE JOY OF BALANCE BIKE CAMPS TO YOUR COMMUNITY? OUR LICENSE PARTNERSHIP IS YOUR GOLDEN TICKET TO MAKE IT HAPPEN. WE OFFER A COMPREHENSIVE PACKAGE THAT INCLUDES EVERYTHING YOU NEED TO RUN YOUR VERY OWN BALANCE BIKE CAMP, ANYWHERE ACROSS B.C!



**Kids on Wheels**  
Are you ready to give your child the gift of balance and confidence? Look no further! Kids on Wheels Balance Bike Camps are the ultimate activity for children aged 2 to 6 years old to learn the fundamentals of riding a...

BC Cycling Coalition



**Rebates make new e-bike purchases more affordable**  
In time for GoByBike Week, the Province is offering rebates on the purchase of eligible new e-bikes for people who want to add some power to their pedal and start commuting by bike.

BCGovNews

**My First Bicycle | Supporting Canadian Youth**  
We support economically challenged children in Canada by providing a bicycle, helmet and lock. We are striving to provide every child with this opportunity  
myfirstbicycle.ca

<https://www.healthlinkbc.ca/pregnancy-parenting/keeping-your-child-safe/child-safety-bicycles-and-tricycles>

<https://bcebikerebates.ca>



# MAKING MUSIC WITH RECYCLED MATERIALS- THE POSSIBILITIES ARE ENDLESS



Need a little inspiration? check out these videos

What you need:

- your recycling
- see how much recycling you collect in a week
- experiment- what sounds can you make together with the collected recycling
- share the fun with other families and get together for an evening of recycled music and a good collection of your favorite songs
- for a little added fun come up with a name for your band and costumes!



### Rethink the way you recycle

There are a number of things we can all do to ensure as much material as possible is recycled. When recycling, keep the following tips in mind!

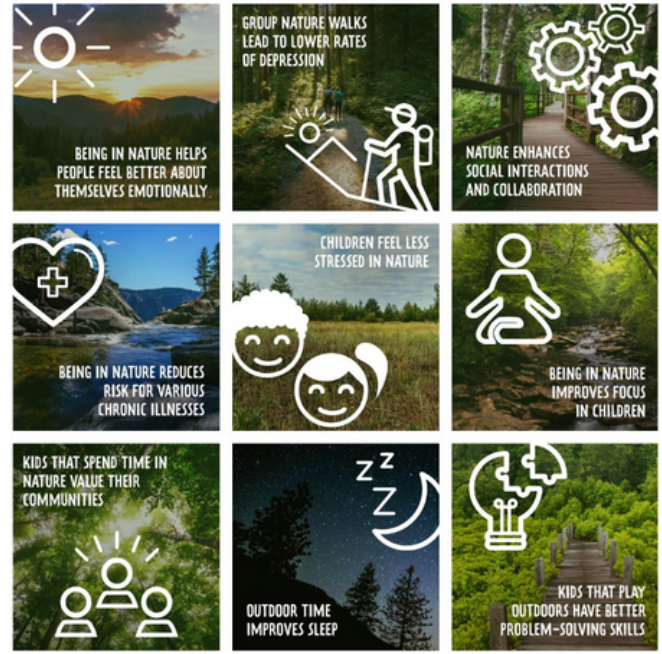
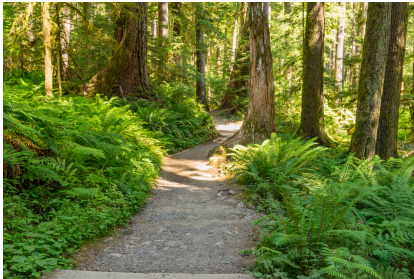
Recycle BC / May 10, 2017



# Happy Trails!

By Danielle

>>> We are so fortunate to have access to a vast network of local trails that make exploring in the great outdoors easy. Spring sunny days are perfect for checking out some of the local trails. Click [HERE](#) for more information about the many benefits of trail walks.



Be bear aware: Here is an article from the April 2023 online edition of the PEAK about bear safety.

<https://www.prpeak.com/highlights/sunshine-coast-bears-how-to-keep-us-and-them-safe-6885931>

Click on the links below for information about some of qathet Regional District's many trails.

## TRAILS MORE TRAILS



Frosty morning and sunny afternoons have brought in Spring in the qathet Regional District. Seeing the frost on the edges of leaves and blades of grass gave us a chance to look at ice crystals under a magnifying glass. Once the frost melted, a Dark-eyed Junco joined us, being especially interested in snack-time.

[kʷaʔəmɛt](#) in ʔayʔaʃuʃ θəm means “(bird) sitting on a branch” (First Voices, 2024). Click on the word to hear it pronounced.

Click [HERE](#) for more information about StrongStart GO.

**OUR NEXT STRONGSTART GETTIN' OUTSIDE DAY IS ON TUESDAY, May 7th at LINDSAY PARK (on the back side of Cranberry Lake), FROM 9:30 until 11:30 am.**

