

SD64 Early Learning Newsletter

We are energized to see so many returning and new families enjoying StrongStart across the district. The following are some ideas on how to get the most from your StrongStart visit:

- If you are newly attending, fill out a registration form on the first day and bring proof of identification for your child, such as a care card, birth certificate, permanent resident card etc.
- Allow your child opportunity to observe before asking them to try a new activity or group experience
- Ask your child open-ended questions about their experiences
- Children learn through doing, where possible offer assistance to them after they have experienced an activity in their own way
- Engage in play with the children
- Families are invited to assist and share in circle time, arts and crafts and snack times

BC Healthy Kids Program

The BC Healthy Kids Program helps low income families with the costs of basic dental care, prescription eyewear, and hearing assistance for their children.

The program covers:

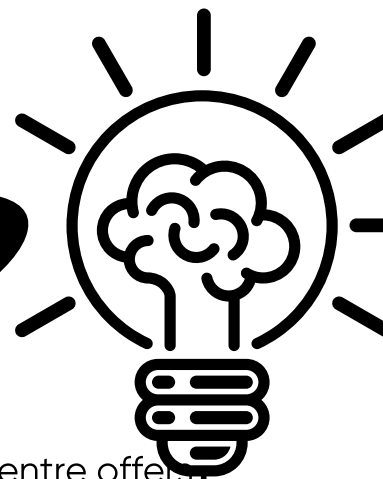
- up to \$2000 of basic dental services every two years
- prescription eyeglasses once per year
- coverage for hearing instruments such as hearing aids and cochlear implants

For more information and to learn how to apply,

[CLICK HERE](#)



DID YOU KNOW?



Kelty Mental Health Resource Centre offers mental health and substance use information, resources, and peer support to families across BC.

They offer no charge access to: articles, podcasts, peer support, options for navigating mental health supports, educational events and webinars for parents and caregivers.

[CLICK HERE](#)



INTERESTING FACT

Active for Life - Fall Ideas

With leaves falling and mud puddles forming this can be a great time to get outside and enjoy the fall weather!

Try one or try all of the 25 activities on this printable. Try one a day, go for a BINGO or cut them out and place them in a jar to pick out randomly. [Click here](#) to see more Active for Life activities.

Enjoy!

Fall Activities Scavenger Hunt

| | | | | |
|--|--|--|---|---|
|  run around a tree |  dance with your shadow |  roll like a pumpkin |  jump into a pile of leaves |  pick a favourite stick |
|  pretend to be a snail |  draw in the mud |  hang from a tree |  hop like a rabbit |  stomp on dry leaves |
|  gather four acorns |  splash in a puddle |  stand like a scarecrow |  play simon says |  Run through a field |
|  find a tickly feather |  spin in the wind |  skitter like a mouse |  follow animal tracks |  balance on one leg like a tree |
|  find three colourful leaves |  toss leaves in the air |  search for a spider web |  flap like a bird |  crawl like a bear |

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ACTIVE FOR LIFE

Monthly Math Moment: Sorting by Size

Children love to sort and classify objects, and when they do, they're practicing a wide range of important foundational skills, including:

- **visual discrimination:** how are these the same? how are they different? how do they compare in size/colour/shape/texture?
- **spatial awareness:** as they compare sizes, children begin to grasp the concepts of space and proportion
- **foundational math skills:** measurement/comparison/relative size, more/less

Try it!



Source: Montessorifromtheheart.com

- First, help your child collect leaves in various sizes. Decide on the size of big, medium, and small leaves, and help your child choose an example for each category.
- Encourage your child to pick up a leaf and compare it to the leaves in each category. Encourage your child to talk about how they're deciding where the leaf should go. You can model by saying, "When I hold up this leaf, it's almost the same size of the leaf in the small column, so I will put it there!"
- Your child may need to lay a leaf on top of one of the 'example' leaves to help them compare sizes.



What other items do you have in your home that your child may enjoy sorting?

Try classifying things by colour, texture, use, or other properties...ask your child for their input!