

Dearest **StrongStart** families,

I hope this newsletter finds you healthy and well. I miss you all. Thank you for those who kept in touch. Like everyone else, my family and I are doing the best we can to accept the reality of the pandemic. Aside from homeschooling and working, we try to keep ourselves busy by walking, watching movies together, learning to bake and eating tons of healthy homemade meals.

I know homeschooling your children and working can be challenging. I understand your challenges. But, stay strong and we will all get through this together.

Here's my email address, [jorose@sd43.bc.ca](mailto:jorose@sd43.bc.ca)

Please contact me if you're requiring resources or activity ideas for your child. Visit

<https://safeYouTube.net/w/9qZA> for **STORY TIME WITH MS. JO**

Hugs,

Ms. Jo

## CENTRAL STRONGSTART CHILDREN KEEPING BUSY WHILE AT HOME

Sebie is excited to show his artwork. Sebie will be 4 this beginning of May. **HAPPY HAPPY BIRTHDAY SEBIE!**



4 years old Sophia helping grandma and mom bake.



## QUICK AND EASY BREAKFAST OR SNACK RECIPE

**Please try to get your child to participate.**

- 1 ¼ cup oats
- 2 mashed ripe bananas
- 1tsp baking powder
- 1 tsp vanilla
- ½ cup blueberries
- 1 egg (optional)

In a medium bowl get your child to mash the bananas. Mix all the ingredients together. Use muffin pan or cake pan and bake at 425 degrees F 5 minutes then turn down to 375 degrees for 15 minutes. Enjoy!



**“Do all the good you can, for all the people you can, in all the ways you can, as long as you can.” – Hillary Clinton**