

Hello Strong start families,

I have missed you all very much. I hope you are enjoying the beautiful fall weather. I am so excited to connect with you all soon.

We are working hard to ensure that before we open our doors, the appropriate health and safety protocols are set in place. As usual, StrongStart will still provide rich, playful learning opportunities for all families, but our program will be operating differently than the past.

Please stay tuned for more details in the coming weeks as we prepare for re-opening. While programs may not be running in person, we will be starting an online Circle Time via Zoom.

If you are interested in staying in touch online, please contact me to add you to our distribution list.

My email is ccarlson@sd43.bc.ca



Sing along with Ms Cindy
And then listen to

[Brown bear, Brown bear story](#)

Go on a leaf hunt

- How many different colours can you find?
- Look for leaves with pointed edges.
- Look for big, medium & small leaves.
- Look for the 'vains' in the leaves
- What else do you notice when you look closely at the leaves?
- Take home and press between newspaper, put under heavy book and let dry for 2 days.
- Parent: Spray with hairspray and let dry.
- Hang them in your window for Thanksgiving decoration.

Make applesauce with your preschooler

What you need:

Apples
Plastic picnic knife -for preschooler
Cinnamon & water
Electric fry pan or pot with lid.

- Peel apples and cut in 4 pieces.
- Have preschoolers cut the pieces into smaller pieces as possible with plastic serrated edge.
- pieces to pot with water, simmer & stir until apples are very soft.
- Mash apples and add cinnamon to taste.
- Let cool, and then savour the flavour. YUM 😊

Quote of the week

We do not stop playing because we grow old;

We grow old, because we stop playing.

Unknown