

StrongStart Program

Conrad has a StrongStart Program which provides high quality early learning for children, aged birth to five, accompanied by an adult or caregiver. Qualified early childhood educators lead learning activities where children find opportunities to make friends and interact with others of similar ages. This program promotes the physical health and well-being, social and emotional development, language and cognitive development and the communication skills of preschool-aged children. Learning opportunities and experience with Indigenous knowledge are interwoven into the program. StrongStart provides opportunities for parents/caregivers to continue the bond between parent/caregiver and child and school. StrongStart encourages connections and the opportunity to observe and practice activities that support early learning. At no cost to families, this early learning drop-in program helps prepare children for success in Kindergarten.

StrongStart includes the following activities:

- Organized activities such as story time in the library, music, puzzles;
- Access to books, art materials and puzzles;
- Play activities and areas that promote creativity and exploration, including individual and group activities;
- Movement and large muscle play activities on the playground or gymnasium;
- Healthy snacks (includes a baking day) that model healthy eating in keeping with the Guidelines for Food and Beverage Sales in BC schools

The StrongStart hours at Conrad are: Monday to Friday 1:00-3:30 p.m. Please contact the StrongStart coordinator at the school for more information.

Raeanne Knutson (in for Candace Sampson) at Lax Kxeen (250) 624-8147 and at Conrad (250) 627-5303.

Anne- Marie Helin at Pineridge (250) 627-5801 and Rupert Square Outreach (604) 551-2880.