

Theme: World Oceans Day

Date: June 8, 2021

Hello StrongStart friends,

Today's email is put together by Ms. Linda (from Grenfell).



Did you know that **World Oceans Day is June 8**? Did you also know that oceans feed us, regulate our climate and generate most of the oxygen we breathe? Despite their importance, oceans are facing unprecedented threats because of human activities.

The three purposes of this day are to inform the public of the impact of human actions on the ocean, develop a worldwide movement of citizens for the ocean and mobilize and unite the everyone towards sustainable management of the world's oceans (source: <https://worldoceansday.org/>).

How can we be **ocean wise**? Here are some things you can do!

(source: <https://www.cuddlynest.com/blog/7-ways-celebrate-world-oceans-day/>)



**Eat sustainable seafood** - Eat fish or shellfish caught or farmed in a manner that can be sustained long-term without compromising the health of the marine ecosystems. For example, cod fish is a sustainable fish. Check out this document for more information about sustainable seafood - <https://oceanwatch.ca/bccoast/wp-content/uploads/sites/4/2018/10/OceanWatch-BC-Coast-sustainable-seafood.pdf>



**Reduce plastics** - Plastics are the biggest threats to the oceans! There are over 50 trillion pieces of plastic in the ocean. Marine animals either consume or get entangled in them and eventually, they die. Recycle and reduce the amount of single-use plastics in your household.



**Reduce your carbon footprint and energy consumption** - Ride your bike, take public transportation, walk or carpool to school/work! Use energy efficient appliances and make sure to turn it off when you are done.

**Use eco-friendly products** - For example, use sunscreens with organic and all-natural ingredients that are coral safe when you head to the beach this year.



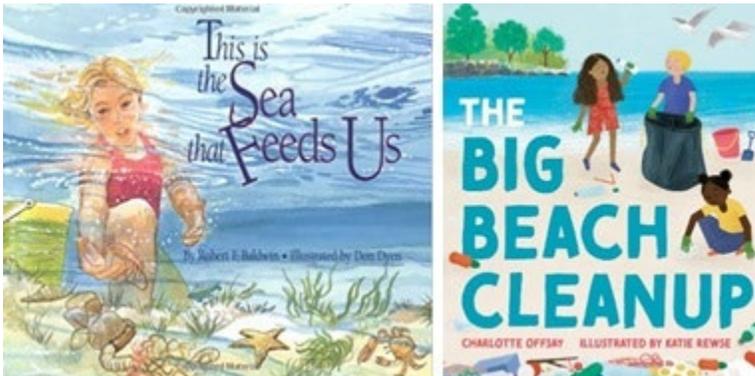
**Support marine protection foundations and organizations** - These include but not limited to Oceana and the Vancouver Aquarium Marine Mammal Rescue Center (<https://rescue.ocean.org/>). When my son, Antonio, was younger, he volunteered at the aquarium to help mammals recovering from boat accidents. These organizations help many

other animals live Levi, a stranded porpoise suffering a lung infection. Watch Levi's story here - <https://youtu.be/fqZJoa-FjKY>



**Participate in a beach clean-up** (source: <https://shorelinecleanup.ca/>) - Next time you head to the beach, bring a couple of reusable bags to pick up some garbage.

Here are some books about ocean conservation you can read at home:



- This is the Sea that Feeds Us by Robert Baldwin - <https://youtu.be/tHZeyiSHOw>
- The Big Beach Clean Up by Charlotte Offsay

To finish this email, let's sing a song about all our marine animal friends in the ocean. It's called **Fish in the Sea** (to the tune of Wheels on the Bus)

*The fish in the sea go swim, swim, swim.*

*Swim, swim, swim. Swim, swim, swim.*

*The fish in the sea go swim, swim, swim.*

*All through the waves!*

*Repeat with lobsters go pinch, octopus go wiggle, crabs go click and any other animals you can think of!*

**Vancouver Public Library** has Facebook Live Storytimes, Babytime and Toddlertime on Zoom and Virtual Storytime on YouTube.

- Toddlertime on  
Zoom: <https://vpl.bibliocommons.com/events/search/q=Toddler%20Storytime%20on%20Zoom>
- Facebook: <https://www.facebook.com/groups/VPLKidsGroup/permalink/305851480553261/>
- YouTube: [www.youtube.com/user/vancouverlibrary](http://www.youtube.com/user/vancouverlibrary)

