



JANUARY 2019

From the Director...

HOWDY FAMILIES AND FRIENDS

Welcome to 2019! We are confident we are going to have another positive, great year at the Becky Gates Children's Center.



Erica Ritter, Director

This is going to be a super busy semester, therefore, I highly encourage you to look at our calendar of events and closing dates located within this newsletter. In addition, we have created a BGCC Exchange Calendar that we hope meets your needs. Please click on the link below to view our calendar.



<https://exchange.tamu.edu/owa/calendar/e81bc354de764168abe992d5ef-c7483b@bgcc.tamu.edu/849e2bbdee5f4403aa9a8c7a27e236f910133744836652885935/calendar.html>

In this newsletter, you will find an article on how to support your child's math development with materials in your home. According to HighScope, children need math skills to succeed in school and life. Math is way more than reciting the 1, 2, 3s (HighScope, 2016). Children learn best by having hands-on experiences with real materials. For instance, children learn what numbers are and how they work-not by saying their 1, 2, 3s but by counting real things, such as the number of blocks in the tower they are building (HighScope, 2016).

Epstein, Ann S., PhD. (2016). *Numbers Plus: Helping Your Young Child Learn About Mathematics*. Ypsilanti: HighScope Press.



Many of you will remember we received a grant last year through the Texas Department of Agriculture. We are still active in the grant period and you will start to notice new things. We have received new dinnerware for our family style dining. We have new compartmental plates with a wide lip making it easier for children to carry. We have new pitchers so the children can pour their own milk. We also have new serving dishes so the children can serve themselves and pass the bowl around the table. We will begin a new gardening curriculum this spring through the Junior Master Gardener program. We will have raised garden beds, new tools, and tricycles for the children to enjoy a working garden outdoors.

FAMILY HANDBOOK UPDATE

There has been an update to the Family Handbook. Please read the policy below – the updated section is highlighted in yellow.

Accidents and Incidents

If your child is injured or involved in an incident while at the Becky Gates Children's Center an Incident Report Form will be filled out and a parent/guardian will sign upon pick-up or your earliest convenience. The parent/guardian will receive a phone call regarding moderate to severe injuries or incidents, **including any injury above the child's shoulders.**

CLINICAL LEARNING EXPERIENCES AGREEMENT WITH TEXAS A&M COLLEGE OF NURSING



We are excited to have nursing students join us this semester. Every Thursday and Friday we will have two nursing students, including their professors, spending the day with us. Starting January 24 when you see people wearing scrubs in our building you know they are nursing students. The nursing students will be performing the daily health checks and helping the teacher with meals as well as interacting with the children. We hope to provide students with quality experiences to help them with their future careers!



Spring 2019 Events

Thursday, February 14, 2019	Friendship Classroom Celebrations
February 18-22, 2019	Engineering Week
February 26-28, 2019	Individual, Group and Graduate Pictures
Friday, March 1, 2019	Read Across America Day
Saturday, March 2, 2019	All Staff Professional Development
Thursday, March 7 & Wednesday, March 20, 2019	Pictures Available for Purchase Beginning at 4 p.m.
March 18-April 5, 2019	Family Conferences
April 8-12, 2019	Week of the Young Child (Family Workshop) Student Employment Week
April 12-19, 2019	Scholastic Book Fair Spring Classroom Celebrations
April 22-27, 2019	Staff Appreciation Week
Friday, May 3, 2019	Pre-K Graduation
Tuesday, May 7, 2019	Teacher Appreciation Day
Saturday, May 18, 2019	Family Picnic at Tanglewood Park
Friday, May 24, 2019	Pancakes with Parents
TBA	Aggie Spirit Bus Day

Spring 2019 Closing Dates

Monday, January 21, 2019	In Observance of Martin Luther King Jr. Day
Friday, March 15, 2019	Spring Break
Monday, May 27, 2019	In Observance of Memorial Day

CHOP CHOP



FAMILY

ANY-BEAN DIP

Move over, mayo! This dip can be made with any kind of bean (kidney, black, white, and chickpeas are our favorites). It's a great addition to turkey or cheese sandwiches. Or fill a sandwich with vegetables and bean dip, the way you'd use hummus. Of course, it's also good scooped up with carrots and celery, or whole-grain tortilla chips.



HANDS-ON TIME: 15 MINUTES

TOTAL TIME: 15 MINUTES

MAKES 6 SERVINGS

KITCHEN GEAR

Food processor (adult needed) or potato masher or fork

Can opener

Strainer or colander

Measuring cup

Measuring spoons

Medium-sized bowl (if you're mashing by hand)

INGREDIENTS

1 (15-ounce) can beans, drained and rinsed with cold water

1 garlic clove, peeled and finely minced

1/4 cup olive or vegetable oil

3 tablespoons fresh lemon juice (about 1 lemon) or apple cider vinegar

1/2 teaspoon kosher salt

INSTRUCTIONS

1. Carefully, with the help of your adult, put the steel blade in the food processor. Put all the ingredients in the food processor and process until completely smooth. If you are adding optional ingredients (see [Fancy That!](#)), add them now, and pulse to combine.

OR

Put all the ingredients in the bowl and mash the beans with the potato masher or fork until they're as smooth as you want them (or have the patience for).

2. Taste the dip. Does it need a squeeze of lemon or a pinch more salt? If so, add it and taste again.
3. Use right away or spoon into a lidded container, cover, and refrigerate up to 2 days.

Fancy That!







Add any of the following:

- Grated zest of 1 lemon or lime
- 1/2 cup chopped fresh basil, parsley, or cilantro leaves
- 1/4 cup Spinach Pesto or chopped olives
- 2 tablespoons chopped chili peppers, chives, onions, or shallots

JANUARY

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start the New Year off with a family walk. As you walk, share the ways that your family can stay healthy this year. 	Get outside again and work on the concept of big and small. Can you take big steps and small steps? Big jumps and small jumps?	Cut out paper snowflakes and make a trail through your home. Walk, run, and hop along the trail.	Practice rolling your body into different shapes and then moving across the floor. Can you be straight like a pencil and small like a marble?	Make a hopscotch pattern on the floor using paper plates, and work on your hopping/jumping skills while you help your body get fit.	Recycle the paper plates from yesterday and set up targets on the floor - close and far. Using rolled up socks practice your underhand tossing skills. Remember to follow through by pointing at the target.	Rainbow Game - find as many things in your home that are different colors of the rainbow. When you get to each item, jog in place and count to 10.
Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast.	Shut off the lights and have fun with a flashlight dance. When the flashlight is shined onto a body part, move it in different ways - wiggle, reach, bend and stretch.	Move across the room acting like something. When you get to the other side someone has to guess what you were and then they have to copy your movements.	Go for a winter wilderness walk. As you walk, take deep breaths. 	Make a big pile of clean socks. Move quickly as you match the pairs and run them to a different part of your home.	Twist, turn, bounce, bend. Try doing each of these movements with different parts of your body. Can you think of other ways to move?	Using a make believe paintbrush, paint your house. Stretch high, reach low, paint fast and paint slow.
Find a bunch of pillows and set up an obstacle course. Use the pillows as rocks to step on as you cross the river. Don't get wet!	Read a book with your family - act out the movements in the book. 	Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.	Build your muscles today by acting like a crab, a bear and a seal.	Play "add-on". Take turns doing one simple movement, such as bending your elbow. As you do a new movement, repeat the movements that have already been done.	Go ice skating inside! Put two paper plates on the floor and use them to skate around. Try taking big steps or small steps; try going in a straight line or a curvy line.	Make a tunnel using chairs and a blanket. Have fun crawling through it and running around it. 
Roll up some socks, put them on a big beach towel, hold one end of the towel and fling the socks into the air.	Play follow-the-leader in your house. Take turns moving to a different room and then do a fun movement in each room.	Copy me. Toss a mitten in the air, do a trick and catch the mitten. Can someone copy you? Now you copy them!	Sit on a t-shirt and move around the floor using only your arms to pull and push.	Practice your galloping today. Try to use your hands to do other things while your legs are galloping - such as waving, clapping, or snapping.	Go on an imaginary walking trip. Pretend to walk through the sand, over a bridge, into the mud, or under a tree.	Today you are going to be "rain". Can you act out a mist, or a drizzle, or a downpour? What about a windy rain, a cold rain, or a heavy rain?
It "rained" yesterday so there are lots of puddles today. Pretend to run through the puddles, jump over the puddles, crawl around the puddles, and splash in the puddles.	Find two different songs - one fast and one slow. Do a fast dance and then do a relaxing slow stretch.	Practice your rhyming skills while moving. Say any movement word you can think of - like runs. Then think of words that rhyme with it. Act out your words. Have fun, as you run, under the sun!	Practice your kicking skills. Roll up a big pair of socks and kick them across the room into a laundry basket turned onto its side. 	Play "Movement Emotional Charades". Use your entire body to act out different emotions and see if someone can guess what you are feeling.	Let's go silly walking! Walk all around your home acting out different emotions. Can you walk happy, sad, shy and angry?	Reach through each day again and repeat your favorite January activity. Enjoy! 

© Head Start Body Start, 2012. Reprinted with permission. www.headstartbodystart.org






ACTIVITY CALENDAR

GET MOVING TODAY!

FEBRUARY

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate Heart Healthy this month! Everything we do this month will help your heart be healthy. Put your hand on your heart after every physical activity.	Start today with jumping jacks. Is your heart beating faster? 	Silly walking around the house - walk all around your house acting out different emotions - can you walk happy, sad, shy, angry?	Ask others in your family to pretend to be in a parade with you. Each of you can imagine that you are playing a different instrument as you march in a line.	Play the "Mirror Game". Face your parent/caregiver and copy what they do with their bodies as if you were looking into a mirror.	Explore Speed - move fast, then really slow, and now in between. Which one makes your heart go faster?	Time to get outside and take a Nature Walk around your house or neighborhood. Make sure to go with a grown up.
Turn on some music and try to run in place for one song. Feel your heart when the song is over. Now lay down for one song. Feel your heart again.	Act out the foods that make your heart healthy. Be a tiny blueberry, a curvy banana, and a swimming fish.	Move like things around the house. Can you be a blender? Now be the washing machine. How about a vacuum? What does this do to your heart?	Read a book with someone and act out the words. 	Pretend you are floating through the air like a bubble. Your job is to move all through your house without being popped. Try to get really close to things without touching them.	Ask someone to help you make paper airplanes and then work on your throwing skills. Remember to step with the opposite foot.	Make a circle on the floor with a string and practice moving into, out of, around, over and beside. Make a different shape with your string.
Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast.	Twist, turn, bounce, and bend - try doing each of these movements with different parts of your body. Can you think of other ways to move?	Give away five hugs to make your heart happy and healthy today!	Be a clean machine! Dust - reach high, low, over and under as you work your muscles.	Visit every doorway in your home and when you get there try to do a different balance. Balance on one hand and two feet, or one knee and two hands. How long can you hold each one?	Run like a bear with your hands on paper plates and your feet on the ground. Push the plates through different pathways.	Spread out wash cloths and move across the floor stepping only on the wash cloths. Try not to touch the floor.
Visit every window in your home, and when you get there try to jump as high as you can as you reach and stretch. 	Yoga Zoo Animals - put your body into different animal shapes. Stretch and reach and hold the shape as you remember to breathe.	Make your heart healthy today! Lie down and feel your heart then get up and run in place and feel your heart. What happened?	Get outside and work on your jumping skills. Find a rope and lay it on the ground - practice jumping back and forth over it as you sing your favorite song.	Body Ball Roll - using a ball, such as a beach ball, work on rolling the ball around your body. Stand up, sit down, level or lay down. Go around the whole body and different body parts. 	Place a sheet of newspaper on your tummy - try to run without it falling off.	Wad up balls of newspaper and see how far you can throw them. Remember to step with the opposite foot as you throw. What does this do to your heart?
Using the newspaper balls from yesterday - hold them between your knees and take them to the other end of the room.	Play Add-On. Take turns doing one simple movement, such as bending your head forward and backwards. As you do a new movement, repeat the movements that have already been done.	Play catch with someone with a rolled up t-shirt. Can you toss it up and catch it on different body parts?	Sweep the floor, working your reaching and pulling and pushing motions. 	Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.	Get outside and work on the idea of BIG and small. Can you take big steps and small steps, big jumps and small jumps?	Read through each day again and repeat your favorite February activity. Enjoy!

© Head Start Body Start, 2012. Reprinted with permission. www.headstartbodystart.org



Support Math with Materials in Your Home

[HomeOur Work](#) / [For Families](#) / [Articles for Families on Math](#) / [Support Math with Materials in Your Home](#)

By: Carrie Cutler

Recent research shows that children who are ready to learn math are likely to do better in school. Here are six activities that support your child's math readiness - with simple materials you may have at home.

1. Shoelace Shapes: Supports learning about geometry and exploring shapes. Children learn words used in math and begin to notice the features of different shapes as they outline the shapes with string.

Materials: Paper & markers, 20-inch shoelace or string

Instructions: Draw a large shape on a sheet of paper. It can be a geometric shape such as a triangle or oval or an irregular shape like a squiggly circle. Demonstrate for your child how to place the lace or string along the shape's outline. Then, encourage your child to do the same. Talk about curvy and straight lines. Draw a new shape and invite your child to do the activity again. Discuss how the shapes are similar and how they are different.

2. Circles and Cans: Supports learning about geometry and matching similar shapes.

Materials: Paper & markers, food cans of different sizes

Instructions: Take out a few cans of food of different sizes from the cupboard. Talk about the shape of the whole can (they are cylinders) and the shape of the top and bottom of the cans (circles). Together with your child, trace each can on a piece of paper. Shuffle the papers and help your child match the cans to the traced circles.

3. Snowball Hunt: Supports counting. Learning to count in order (1, 2, 3, and so on) is a basic math skill.

Materials: 12 cotton balls, 1 egg carton

Instructions: Number the cups of the egg carton from 1 to 12. Hide cotton ball "snowballs" around the room. Give your child the empty numbered egg carton. Ask your child to look for the hidden "snowballs" and fill the egg carton cups in order from 1 to 12. Then let your child hide the snowballs for you to find.

4. Muffin Tin Counting: Supports learning to: count, make sets, and use one-to-one correspondence. To find the total number of items in a set, your child must recognize that the last number in the counting sequence tells "how many." This is called cardinality.

Materials: Muffin pan, paper liners, and some small objects like buttons, pebbles, or acorns

Instructions: With your child, number the paper liners from 1 to 12. Place each liner in a muffin cup while counting out loud, "1, 2, 3 . . . 12"). Ask your child to place in the cup as many buttons as needed to match the number of the cup.

5. Nesting Instinct: Supports learning about measurement and putting items in order by size seriation. When children order objects by size, they build their comparison skills and use math words such as larger and smaller.

Materials: Empty food boxes such as cereal, macaroni, or rice

Instructions: Have your child experiment to find out which boxes fit inside one another. Model and encourage the use of correct measurement vocabulary such as longer, shorter, wide, narrow, taller, and shorter. Ask questions like: Can that one (pointing to the smaller one) fit inside that one (pointing to the bigger one)? How do you know?

6. Shoe Comparisons: Supports learning about measurement and comparing the lengths of items. Comparing how long things are helps prepare children understand why we use standard units of measurement.

Materials: Child's shoe

Instructions: Have your child use the shoe as a measurement tool. Say, "Can you find four things in the room that are shorter than your shoe?" Use math vocabulary such as measure, compare, length, shorter, and longer to discuss the objects your child finds. Next, ask your child to find four objects that are longer than the shoe.

These activities encourage children to build strong foundations in early childhood mathematics. With a little creativity, simple household items can become powerful tools for learning math. Open your kitchen cupboards and open your child's mind to thinking and learning about math!

Cutler, Carrie. (n.d.). Support Math with Materials in Your Home. Retrieved January 4, 2019 from <https://www.naeyc.org/our-work/families/support-math-materials-your-home>



Administrative Staff



Director

Erica Ritter

eritter@bgcc.tamu.edu

Assistant Director

Debbie Almand

dalmand@bgcc.tamu.edu

Administrative Coordinator

Krista Van De Flier

kvandeflier@bgcc.tamu.edu

Children's Center Cook

Edwinna Ferguson

eferguson@bgcc.tamu.edu



Educational Staff

Carolina Bratlien

cbratlien@bgcc.tamu.edu

Caraline Benbow

cbenbow@bgcc.tamu.edu

Rebecca Evans

revans@bgcc.tamu.edu

Sam Eagen

seagen@bgcc.tamu.edu

Zuleika Rodriguez-Favila

zfavila@bgcc.tamu.edu

Jamie Garcia

jamieg@bgcc.tamu.edu

Martey Heard

mheard@bgcc.tamu.edu

Michelle Benson

mbenson@bgcc.tamu.edu

Evelyn Magby

emagby@bgcc.tamu.edu

Elaine Moore

emoore@bgcc.tamu.edu

Mable Mulenga

mmulenga@bgcc.tamu.edu

Kay Myers

jmyers@bgcc.tamu.edu

Andrea Powers

apowers@bgcc.tamu.edu

Amy Price

aprice@bgcc.tamu.edu

Gloria Ramos

gramos@bgcc.tamu.edu

Gwen Wesley

gwesley@bgcc.tamu.edu

Charlene Woodard

cwoodard@bgcc.tamu.edu

Sarah Hutchinson

shutchinson@bgcc.tamu.edu