From the Director...

Howdy Families and Friends,

We are glad fall is here so we can go outside for longer periods of time. That being said make sure you are applying bug spray in the morning and we will reapply for the afternoon.

Butterflies, Bumblebees, Ladybugs, Blue Jays, Robins, and Hummingbirds Families

What is Daily Note?

Daily Note is COR Advantage’s companion app that enables teachers to send electronic daily sheets to parents using a mobile device.

Used extensively in Infant and Toddler classrooms, Daily Note eliminates reams of paper and countless hours spent writing notes by hand. Parents receive a beautiful email message delivered directly to their inbox with a log of their child’s daily activities.

Seals, Whales, Seahorses, Dolphins, Jaguars, and Tigers Families

The preschool teachers are working on planning and recall with the children. This month we will cover planning time and next month we will cover the recall process. Planning time occurs before work time and recall occurs after work time.
Planning encourages:
- Children to make choices and decisions
- Promotes children's self-confidence and sense of control
- Leads to deeper concentration on work or play

When children make plans they:
- Express personal intentions and interest
- Establish a goal
- Imagine and anticipate actions
- Shape intentions into purposeful actions
- Make ongoing changes

Planning time allows teachers to support children as they make intentional decisions about what to do first, next, last, and so on.

As children become more familiar with planning at school, they will start using planning language at home. You may have already heard your child say something like “What’s the plan?” Or “My plan is to...” This language lets family members know that their child is beginning to think more intentionally about his or her actions.

*HighScope Foundation*

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**20th Anniversary Celebration**

If you are coming to the celebration on **October 26** and want your child to attend, please sign-out your child from their classroom and take them to the event. You will be responsible for your child after you sign them out of the classroom. The event will be at the side grassy lot next to the multipurpose building. There will be a tent with a podium, chairs, bistro tables, and finger foods. At 4:00 p.m. we have special guest speakers including Mrs. Becky Gates. The Pre-K children will perform 3 songs at the event. There will be fun fall activities for the children in the grassy area as well as a picture booth.
New Seahorse Lead Teacher

I want to introduce Mrs. Michelle Benson to you, our new Seahorse Lead Teacher. She comes to us with many years of experience and a Bachelors’ Degree in Child Development. She has been in training this week and will be in the classroom starting next week. Please help us in welcoming her to our BGCC family. Stop in and say, “hello,” if you can.

Enrichment Fridays

With Ms. Calee

Ms. Calee has begun her Friday Enrichment Activities. I am including the calendar in this newsletter of what she is doing with each of the classes. Last Friday was her first activity and the children had a blast pantomiming! Our first performance of the season will be the Ballet Folklórico on October 19. Ms. Calee will be attending the 3-Day Workshop Music Together October 12-14. She will learn about children's music development, understand developmentally appropriate practice in music, how to plan lessons and manage a classroom, a new repertoire of songs, rhythmic chants, and musical activities. This workshop is approved by the Certification Board for Music Therapists. We are excited for her to share what she learns and start using it with the children.
# Friday Enrichment Activities

## September-October 2018

<table>
<thead>
<tr>
<th>Date</th>
<th>Theme</th>
<th>Bugs-Birds Songs/Activities</th>
<th>Sea-Rainforest Songs/Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>September 28th</strong></td>
<td>Theatre</td>
<td><strong>Warm Up:</strong> Wake up faces&lt;br&gt;&lt;br&gt;<strong>Activity:</strong> Do what I do (pantomime)&lt;br&gt;&lt;br&gt;<strong>Songs:</strong> If you are Happy and you know it Any way I feel Adios, Mis Amigos!</td>
<td><strong>Warm Up:</strong> Wake up faces and tongue twisters&lt;br&gt;&lt;br&gt;<strong>Activity:</strong> Everyday activities- (pantomime) Drama Freezes&lt;br&gt;&lt;br&gt;<strong>Songs:</strong> Milkshake Adios, Mis Amigos</td>
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<td><strong>October 5th</strong></td>
<td>Storytelling</td>
<td><strong>Warm Up:</strong> Wake up faces&lt;br&gt;&lt;br&gt;<strong>Activity:</strong> Story Telling Basket&lt;br&gt;&lt;br&gt;<strong>Songs:</strong> Pumpkin, Pumpkin Baby Shark Adios, Mis Amigos</td>
<td><strong>Warm Up:</strong> Tongue twisters and I am a seed&lt;br&gt;&lt;br&gt;<strong>Activity:</strong> Acting out a Story Story Stones&lt;br&gt;&lt;br&gt;<strong>Songs:</strong> There’s a Hole in my Bucket Adios, Mis Amigos</td>
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<tr>
<td><strong>October 12th</strong></td>
<td>BGCC Closed for Training</td>
<td>BGCC Closed for Training</td>
<td>BGCC Closed for Training</td>
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<td><strong>October 19th</strong></td>
<td>Ballet Folklorico Performance</td>
<td>Ballet Folklorico Performance @ 3:00 PM</td>
<td>Ballet Folklorico Performance @ 3:30 PM</td>
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<tr>
<td><strong>October 26th</strong></td>
<td>Puppet Theatre</td>
<td><strong>Warm Up:</strong> Wake up faces&lt;br&gt;&lt;br&gt;<strong>Activity:</strong> Five Little Pumpkins Puppet show&lt;br&gt;&lt;br&gt;<strong>Songs:</strong> Can you make a Happy Face Mr. pumpkin? Adios, Mis Amigos</td>
<td><strong>Warm Up:</strong> I am a seed and Wake Up Faces&lt;br&gt;&lt;br&gt;<strong>Activity:</strong> Chocolate Chip Ghost Puppet show&lt;br&gt;&lt;br&gt;<strong>Songs:</strong> Adios, Mis Amigos</td>
</tr>
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</table>
Get Ready to Read

Set your young child up for reading and writing by building knowledge, skills, and habits that create a strong foundation for future literacy.

Knowledge
- Build conversation skills through play with peers
- Introduce new words
- Play letter, number, and counting games
- Go on community outings to stores, museums, and parks

Skills
- Talk about the print you see around you
- Write lists
- Enjoy read-aloud books and talk about the pictures you see

Habits
- Ask your child to tell you about what they draw/write
- Choose screen-time activities that encourage learning new words and letters
- Build reading and writing into everyday routines such as bedtime stories and grocery lists

Start early with babies and toddlers
- Name familiar people, places, and things in photos
- Encourage scribbling to build small hand muscles for writing
- Encourage bilingualism by singing songs and reading stories in your family’s heritage language
Healthy Beverages

DID YOU KNOW

It is important for your children to drink water every day.
- Children need to stay hydrated for good health and learning.
- Water is the best choice when children are thirsty between meals and snacks.

Replacing fruit juice with water will help keep your children healthy.
- Fruit juice offers children a highly concentrated form of sugar and calories that may be consumed quickly.
- Limiting juice will reduce tooth decay.
- Drinks that are called fruit juice drinks, fruit punches, or fruit nectars contain less than 100% fruit juice and have lower nutritional value.

Sugar-sweetened beverages contribute to tooth decay, weight gain and obesity and should be limited.
- Sugar-sweetened beverages are commonly high in calories and low in key nutrients.
  - Examples of sugar-sweetened beverages include:
    - Soda (soft drinks)
    - Sports drinks
    - Energy drinks
    - Flavored milks and waters
    - Fruit juice drinks with added sugars (e.g., punch, juice that is less than 100% real fruit juice).

YOU CAN HELP YOUR CHILDREN DRINK HEALTHY BEVERAGES

- Allow children to drink water whenever they are thirsty.
- Add lemon, lime, or cucumber slices to water to provide some flavor.
- Serve non-fat (skim) and low-fat milk with meals.
- Limit juice to no more than 4- to 6-ounce serving of 100% juice each day for children 1-6 years old.
- Provide juice in a small cup that does not have a lid. Do not use a bottle or sippy cup for juice.

PARENTS AS TEACHER – MODEL HEALTHY BEHAVIORS

- Young children naturally want to do what you do. You can help your children develop healthy eating habits, and being a good role model is where it begins.
- Make water your go-to beverage.
- Limit the amount of sugar-sweetened beverages and juice you drink.
- Remember that children pick up on attitudes and behaviors—including drinking water!

HOW MUCH WATER DO KIDS NEED?

Water is provided by both beverages and moisture in foods. About 80% of people’s total water intake comes from drinking water and other beverages. Children ages 1-3 years should drink about 4 cups a day and children ages 4-8 years about 5 ½ cups a day. Moisture in food makes up the other 20% of water intake.
Recipe: How to Get the Seeds Out of a Pumpkin

Before you can roast and eat its yummy seeds—and before you can turn it into a spooky jack-o’-lantern!—you need to get the inside of your pumpkin out. This is a very fun and kind of weird job. Wear short sleeves and clothes that can get messy!

Kitchen Gear:
- Sharp, heavy knife (adult needed)
- Large bowl
- Large metal spoon
- Colander
- Dish towel

Instructions:
1. Cover your work surface with newspaper to protect it and keep your pumpkin from slipping. Fill the large bowl with water. Ask your adult to use the sharp, heavy knife to cut around the top of the pumpkin, making a lid with the stem in the middle. Pull the lid off.
2. Using the large metal spoon and your hands, scrape and pull all of the seeds and stringy stuff (this is pulp and fiber) out of the pumpkin. Put all the pumpkin seeds and guts into the bowl of water.
3. Using your fingers, separate the seeds from the pulp and fiber, and put the seeds in the colander (the stringy stuff is actually full of nutrients, so it’s okay if a little stays on). When you’ve got all the seeds pulled off, rinse them under cold water, and spread them out evenly on the dish towel to dry a little before you roast them.

Did You Know?
You can roast and eat the seeds of other winter squash, such as butternut and acorn! Just cut the squash in half and separate, clean, and dry the seeds the same way you would for a pumpkin—then roast them.

Source
ChopChop Magazine - Fall Issue (Copyright © 2011)
The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

### OCTOBER
**Get Moving Today!**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Kick off the new month by practicing your kicking skills. Kick—chase—kick again.</td>
<td>Clean up! Spread out a bunch of small items in a room. Grab a walk to each item, turn the item on your tummies, and walk the items on a new space.</td>
<td>Find a smooth spot outdoors and choose different places to count. How many steps it takes to get to each spot? Which is the farthest?</td>
<td>Create a movement sequence (hop, walk, reach) and then put together. Say the word to the child as you do the motions.</td>
<td>Jumping obstacle course. Line up pillows across the floor. Then jump from one to another without touching the floor.</td>
<td>Pretend to be animals. Start out on the floor, pushing yourself up and down on your arms to start your engine. Now stand up, with arms out, fly all over the place.</td>
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<tr>
<td>Use recycled newspapers and crépe paper. Practice throwing the balls in a box, then throw from different distances and angles.</td>
<td>Outdoor dramatic play. Fly like birds—high and low and fast and slow. Pretend to fly south for the winter and return in the spring.</td>
<td>Using the paper balls from yesterday, practice联赛ing and catching. Can you throw to each other?</td>
<td>Turn your favorite music on and make up a dance move. Share then with someone!</td>
<td>Using a pool noodle create a jumping challenge. Place the noodles on the floor and jump over it. Next move the noodle slightly off the floor and jump over it.</td>
<td>Pretend to be a cloud. Float up, make up some new moves. Try to move high, low, big and small.</td>
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<tr>
<td>Leave piles of leaves and jump into them!</td>
<td>Do the Twist Sit or stand on a chair and twist away.</td>
<td>Roll on the ground and use the rocks you find by size or color.</td>
<td>Go on a rock hunt and use the rocks you find by size or color.</td>
<td>Abstract nature-related books and go outside to look for wildlife. Like birds, bugs and spiders. There’s a whole new world outside where you live!</td>
<td>Go back and do your favorite activity and pretend to be animals.</td>
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<tr>
<td>Musical Freeze. Have someone turn the music on and off. When the music is on, you must dance and move, when the music is off, you must stop and be still.</td>
<td>A Musical Freeze. Have someone identify a part of your body and a number—now, run, jump, touch that many times using that body part. Touch enough things with your feet.</td>
<td>Gateway locomotion challenge. Choose a route, start and finish, choose a way to move, walk, run, skip, trot, etc. Choose a pathway—either straight or curvy or zigzag.</td>
<td>Pretend to be a cloud. Float up, make up some new moves. Try to move high, low, big and small.</td>
<td>Turn on some music and make up some new moves. Try to move high, low, big and small.</td>
<td>Turn on some music and make up some new moves. Try to move high, low, big and small.</td>
</tr>
<tr>
<td>Show and Share. How do you identify a part of your body and a number—now, run, jump, touch that many times using that body part. Touch enough things with your feet.</td>
<td>Practice your ball rolling skills. Practice rolling a ball into a box, then turn and throw the ball to knock over obstacles.</td>
<td>Take a break and stretch, reach and bend as you take big breathes.</td>
<td>Look for someone else and try moving together in different ways. How long can you stay connected?</td>
<td>Stretch as big as you can. Curl up as small as you can. Now explode back to being big as you can.</td>
<td>Go back and do your favorite activity and pretend to be animals.</td>
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</table>

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### NOVEMBER
**Get Moving Today!**

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<thead>
<tr>
<th>Sunday</th>
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<th>Wednesday</th>
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<tr>
<td>Make a big circle outside. Practice moving in relationship to the circle. Can you move in and then out of it? Can you run across it?</td>
<td>Move in opposites—fast/slow, up/down, forward, backward, big/small.</td>
<td>Practice rolling your body across the floor. Make your body like a ball or roll. Roll up a towel and put it on the floor. Can you curl up?</td>
<td>Jump over the river. Roll up a ball, jump across it. Can you jump over it? Make the balla just a little bigger—crawling still jump over it? How big can you make it?</td>
<td>Set up a free for your stuffed animals. Roll up a pair of socks. Practice rolling your socks at the animals. Stop at the animal as you throw.</td>
<td>Turn on some music and make up your own movements. Play with a partner, try to move high, low, forward, or any other way.</td>
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<tr>
<td>Out and go for a walk. Look for different colored leaves. Can you find a circle, a square, and a triangle?</td>
<td>Can you try to move for two minutes without stopping? What happens when you stop moving?</td>
<td>Practice rolling your body across the floor. Make your body like a ball or roll. Roll up a towel and put it on the floor. Can you curl up?</td>
<td>Use your body to pretend. Can you move like a spider? How about a ballerina? How about a monster ice cube? Can you think of something?</td>
<td>Get outside and work on your kicking skills. Kick the ball as far as you can, chase it, and kick it again.</td>
<td>Jumping stones! Put a bunch of wash cloths handkerchief on the floor, can you jump from one to the next? Try to cross the room without touching the floor.</td>
<td></td>
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<tr>
<td>Color First and Move. How do you say a number and color, and then your job is to move something is that is the color. Move in all different ways.</td>
<td>Work on your coloring skills, use a soft ball or rolled up socks. Toss up and catch it. Keep your eyes on it as it travels through the air.</td>
<td>Work on moving in relationship to each other. Move side to side. Move front to back. Move under them over.</td>
<td>Go to one space in your home and practice hopping on one foot and then the other. Turn to a new space and hop again.</td>
<td>In the zoo. Move like an animal through the house. Each time you get to a new space, you change a new animal!</td>
<td>Practice your jumping skills. Bend your knees, push off the floor, and reach to the sky. How high can you jump? How far can you jump?</td>
<td></td>
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<tr>
<td>On a shape walk. Answer: a walk, jump, run and then jump. How many different shapes can you find?</td>
<td>Go on a shape walk. Answer: a walk, jump, run and then jump. How many different shapes can you find?</td>
<td>Turn on some music and try to keep moving for as long as you can. Check out what moves do to the way you are breathing.</td>
<td>Play a game of Can you jump on your bottom? Can you jump to the sky? Your turn to create a movement to try.</td>
<td>Practice your jumping skills. Bend your knees, push off the floor, and reach to the sky. How high can you jump? How far can you jump?</td>
<td>Balance beam. Try putting four parts of your body on the ground and balancing yourself. How about other parts? How can you balance on three parts or even five parts.</td>
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<tr>
<td>Make a set of cards that have a number on each card. Ask them in a budget. Draw a card, read the number, and then make that many steps together.</td>
<td>Make a set of cards that have a number on each card. Ask them in a budget. Draw a card, read the number, and then make that many steps together.</td>
<td>Work on more music in your hand. Reach, pull, push and pull!</td>
<td>Use the recycled paper balls and work on your throwing skills. Step and throw across the room. Drop rock to the floor and throw it back.</td>
<td>What were your favorite November Activities? Do them again!</td>
<td>What were your favorite November Activities? Do them again!</td>
<td></td>
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</tbody>
</table>
From the Director...

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