

BECKY'S BULLETIN

The Newsletter of the Becky Gates Children's Center

April 2019

From the Director...

HOWDY FAMILIES AND FRIENDS!

We are embarking on a busy time of the year. If you haven't already, I encourage you to download our calendar by clicking the link below:



Becky Gates
Children's Center Ca



Erica Ritter, Director

We hope you enjoyed our daily Facebook activities for Child and Adult Care Food Program (CACFP) Week! Like us on Facebook. <https://m.facebook.com/TAMUChildrensCenter/>



Check out our French Carrot Salad recipe. This is a great time of year to eat carrots and many of the children are learning about and growing carrots in the classroom!

Thank You!

We want to thank students from the College of Pharmacy for teaching our PreK children about poison control and prevention. Please read the Poison Prevention Poster in this newsletter.



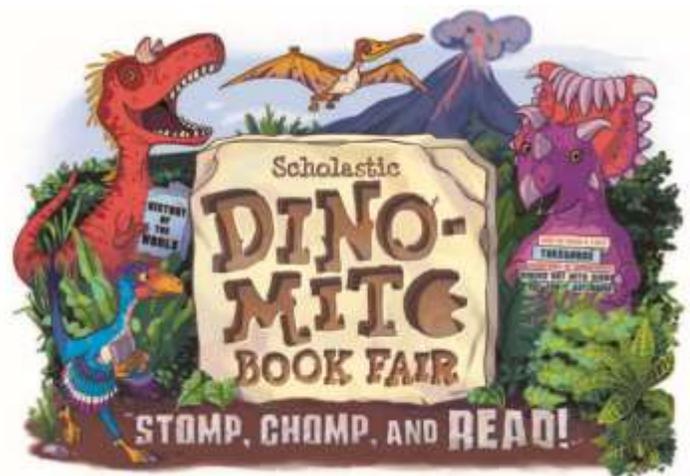
Becky Gates
Children's Center
DIVISION OF STUDENT AFFAIRS



April 8-12 is Week of the Young Child! As you may, or may not know the Week of the Young Child™ is an annual celebration hosted by NAEYC to spotlight early learning, young children, their teachers, families, and communities. Check out our calendar

(insert). We hope you are available to attend the music class with your child (Erica Ritter sent out email earlier in the week about this opportunity) Ask your child's teacher if you have any questions.

Book Fair will open on Friday, April 12 and will remain open through Thursday, April 18. It will be in the Multipurpose Building and will be open from 4-5:30pm. If you cannot make this time please stop by the front desk and we will open the book fair for you. As always, we are in need of volunteer to run the book fair. We will need 3 people each afternoon. If you are interested please sign up via doodle poll: <https://doodle.com/poll/th3a72tvpech29d8>. **Classroom wish lists will be available for those interested in donating a book.



Family Picnic will be at Tanglewood Park on Saturday, May 18! Sign-ups will come out at the beginning of May.



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TEXAS A&M
UNIVERSITY.

You are cordially invited to the

**Becky Gates Children's Center
Class of 2019
Preschool Graduation**

May 3, 2019 at 7:00 PM

**Robert M. Gates Ballroom
Memorial Student Center (MSC 2400)
201 Joe Rouff Blvd.
College Station, Texas 77840**

Parking

University Center Garage
600 Throckmorton St.

Or

Cain Garage
500 Gene Stallings Blvd.
(Parking fees will apply)

CLASS OF 2019



Becky Gates
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Week of the Young Child

April 8-12

MUSIC MONDAY

Jazzy Piano tunes 10:15-11:15AM

TASTY TUESDAY

Try new fresh herbs at lunchtime!

WORK-TOGETHER WEDNESDAY

A visit from the Aggie Spirit Bus!
10AM-12PM

ARTSY THURSDAY

Art Stations with Dr. McCallum
PM- Each class will have a turn

FAMILY FRIDAY

Family music class with Ms. Calee
4:30 PM



Recipe of the Month



FRENCH CARROT SALAD

Shredded vegetable salads are standard fare in most restaurants and homes in France. And this bright, crunchy carrot salad will make even a carrot hater a fan! Eat it as a side salad or as a topping on a sandwich. You can use a box grater or if you have a food processor, use the disc that cuts ingredients into shreds.



HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 20 MINUTES | MAKES 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Box grater
Medium-sized mixing bowl
Measuring spoons
Measuring cup

INGREDIENTS

1 pound carrots, scrubbed well and grated or shredded
2 tablespoons olive oil
2 tablespoons fresh lemon juice
1 teaspoon dijon mustard
¼ teaspoon salt
¼ teaspoon black pepper
¼ cup chopped fresh parsley leaves

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Put all the ingredients in the bowl and mix well. Now taste the salad. Does it need more lemon juice, mustard, salt, pepper, or parsley? If so, add it and taste again.
2. Serve right away, or cover and refrigerate up to overnight.

<https://www.chopchopfamily.org/recipe/french-carrot-salad>



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Monthly Activity Calendars

APRIL Get Moving Today!

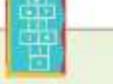
ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Have fun on April Fool's Day. Act out an emotion and see if someone can guess what you are feeling.	Pretend you have a farm. Act out the different things you would see, like a horse galloping, a pig rolling in the mud, and a farmer picking apples high in a tree.	Get down on the floor and roll around – roll in a straight line, roll in a tiny ball, roll across the room.	I spy something red! Run and touch something red. I spy something yellow! Gallop and touch something yellow.	Using an empty paper towel roll and a balloon, work on volleying the balloon so it does not touch the floor.	Work those muscles by crawling, bear walking, crab-walking, and slithering like a snake across the room.	Jump 13 times – hop 13 steps – reach up high 13 times.
 Can you do a jumping jack? Give it a try!	Work on your bending, twisting, shaking, reaching and crunching. Can you think of other ways to move while staying in one spot?	Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing?	 Practice your walking today – swing your arms, keep your head up, shoulders back. Do this outside!	Pretend that your home is full of mud puddles and your job is to jump over them without getting wet and dirty.	Help out in the kitchen – sweep the floor and wipe down the counters. Use great big movements to work all your muscles.	With a ball that bounces work on bouncing and catching skills. Drop the ball and catch it after it bounces.
Get outside and run, gallop, and jump all over. Feel your heart when you are done – what is it doing?	Find lines on the sidewalk or driveway and jump over them. Remember to land softly on two feet.	Have fun rolling around your home. Work on rolling in a straight line and a curvy line.	Try to wiggle and shake every part of your body, one by one. Then wiggle or shake your entire body.	Roll a t-shirt into a lasso and move it in circles above your head, in front and behind and to the side. Do it with the other hand too.	Practice your hopping. Remember to take off and land on the same foot. Hop near and far, high and low.	Turn some music on and move to the beat. This is more fun if someone does it with you.
Sit on a t-shirt, roll up another t-shirt and hold on to one end as someone else holds on to the other end and pulls you around the room. Your turn to pull them.	 Running is a great way to make your heart healthy. Try to run for 2 minutes without stopping.	Pretend to be a seed that is planted in the ground and then grows into a big, strong tree.	Find a ball and practice kicking. How far can you make the ball go? How high can you make it go?	Find four pillows that are different sizes. Can you balance on each one without falling off?	Ask someone to practice tossing and catching with you. Keep your eye on the ball as you move your body to the ball.	Wad up a tissue. Lie down on the floor like a snake and blow the tissue across the floor.
Put a paper plate on your head and walk around the room without it falling off. Can you bend down and get back up without it falling off?	Transport me! Put one small item on a paper plate and carry the plate on your palm to the other side of the room. Can you carry two items? How about three?	Go on a walk through your home. How many steps does it take to get from one space to another?	Time to stretch and reach. Turn your body into different shapes and hold each shape, as you squeeze your muscles. 	Using kitchen tongs, practice picking up wash cloths and carrying them to the other side of the room, run back and do it again.	Time to get outside and move. Ask someone in your family to come out with you.	What was your favorite? Go back and repeat your favorite April activity.

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MAY Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take a walk. Each time you see a sign of spring do 10 jumps for joy. 	Motions of the Weather. Use your body to pretend to be different types of weather. Rain, wind, thunder, snow – get creative.	Practice your throwing skills. Find a big target and throw as hard as you can at it. Work on stepping right at the target with your "opposite" foot.	Rainbow Run. Talk about the colors of the rainbow and as you name a color run and touch three things that are that color.	Log rolls – find a safe space in your house and practice rolling in a straight, strong line. Use those muscles.	Silly Run. Get outside and run. Try running on a straight line, a curvy line, and then a zigzag line. 	Pretend that your elbow or your foot is a great big crayon, and move all around your home coloring the most beautiful picture.
Can you leap? Pretend that your house is full of puddles and your job is to leap over all of them. Don't get wet! 	Find an extra chore that will help you become a better mover. Sort clothes to work on throwing skills. Sweeping the floor to work on strength!	Turn on some music and make your parent/caregiver dance with you. Tell them they have to dance for at least two whole songs.	Statues Game. Put your body into a balanced position and hold it while you count to 10. Try a more challenging position.	Say the ABC's by putting your body into the shape of each letter.	Go for a walk – breath in the air as you swing your arms and hold your head high.	Can you skip? Give it a try – step, hop, step, hop.
Cut out a bunch of different shapes, put the shapes in a pile and then try putting your body into these odd shapes. 	Find different kinds of shoes in your house. Pretend to move as if you were wearing each kind of shoe. Stomp in your boots, prance in your slippers, slide in your skates.	Get silly today and make up a new sound or word and then make up a new action to go along with that word or sound.	Get outside and pick up trash. Use different forms of movement to travel to each new piece of garbage. 	What animals do you see in the spring? Act them out.	Go outside and explore speed – try moving really fast. Now move very slowly. Practice changing from fast to slow.	Pick up your room! Each time you pick something up do five jumps before you put it away.
Ask someone to help you make a hopscotch pattern with paper plates. Practice hopping and jumping.	Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it, back up one step.	Nature Statues Game. Name something that you would see in nature then put your body into that shape. Try to hold that shape while you count to 10. 	Become a cloud! Watch the clouds today and change your body into all of the shapes that the clouds make – then float through space going high, low, fast and slow.	Draw some lines outside on the sidewalk using chalk. Practice jumping over them. Work on bending your knees and using your arms to get high and far. Also remember to land softly.	Do the Opposite! Work on doing opposite movements, such as run fast and slow, reach high and low, march soft and hard.	Pretend to play your favorite instrument and go on a parade around the yard.
All Aboard! Find a big towel or blanket and spread it out on the floor. Stand on it, move on it, then fold it up a little. Can you still stand and move on it? Fold it again – move again. How small can you make the towel?	Take five minutes – go to every space in your home and do a funny dance that makes your parent/caregiver laugh. Make them do the dance with you.	Get outside and play catch. Follow the ball with your eyes and move to where the ball is going.	Read your favorite Nursery Rhyme and put actions to it so you can say it with your body.	Motions of the Weather. Use your bodies to pretend to be different types of weather. Rain, wind, thunder, snow – get creative!	Make yourself really small and on the count of three spring up into the air, reaching and stretching to make yourself really big. 	Go back and repeat the activities that you really enjoyed this month!

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45 Minutes Outside Isn't Enough - Five Tips to Lengthen Nature Time

Parenting Today



Since time outside provides multi-faceted physical, social, mental, emotional, relational, and developmental benefits we are intentional about scheduling nature time into our week. Research shows time and again that we need quality nature time and we need lots of it! We risk shortchanging our children if we don't allow enough space in our calendars for them to move their bodies outside on a regular basis. People often ask how are we able to spend these extended periods of time outside with our kids. Many have commented that they just can't make it that long. Spending large chunks of time outside will fill childhood up with



movement and with memories! Here are five tips to help lengthen your outside play.

1) Start with a hike.

When you are in the middle of a hike you are stuck in nature. There's no getting around it. You have to finish and so starting with a hike is our top tip! Take your hike before playground time or hitting the beach. If you choose a hike that is along a river or has some other changes of scenery it will better capture your children's attention and help lengthen your time outside.

2) Be child-directed.

Kids are notoriously slow. They are soaking life in. Follow their lead. If they want to try and capture butterflies don't rush it. If they want to spend an hour throwing stones in a river or building a wall out of sticks let it be. If they want to lay on the ground and watch the ants work don't push them to move on.

3) Pack extra food, water, and clothing.

Nothing will end your outing quicker than running out of these three things. I always pack what I think is enough and then leave just one extra water bottle and one extra box of some sort of snack in the car. I keep one extra full outfit, including socks and underwear, in the car at all times (and occasionally some cheap flip-flops). Having a towel or two on hand can be helpful as well!



4) Consider the season.

One major deterrent to time outside is discomfort. This is a legitimate concern so plan accordingly. Save hiking for cooler days. If it's going to be a hot and humid outside head to a place that has a water option. Avoid marshy areas when the bugs are at their worst. Wear rain boots in the spring. We are constantly adjusting our activities to fit the weather because when children are grumpy we tend to cut our nature time short.

5) Take your inside activities outside.

Life is busy. Whenever possible, try and take your inside activities outside. Can you sit outside to eat your dinner? Could you put your son's homework on a clipboard and send him outside? How about a game of Candy Land at a nearby park or a hand of Euchre in the backyard? Even scheduling in some family exercise time can be helpful. We recently found a school track about a half mile from our house. We've resolved to head there on the nights when the weather is nice so we can all get in some extra steps. The older kids ride their no-pedal bikes and my husband and I walk and push the baby in the stroller.



Child-Resistant is NOT Child-Proof



<https://shelby.com/photos/1/16-prescription-bottle-medicine-12890347>

Poison Prevention Packaging Act

"The packaging required must be designed or constructed to be significantly difficult for children under five years of age to open within a reasonable time, and not difficult for normal adults to use properly."



<https://shelby.com/photos/1/16/child-resistant-medical-bottle-202968/>

12 ways to protect Children

From Accidental
Poisonings
With
Medications

Keep
Medications
out of reach



Avoid taking
medications
in front of
children.

Dispose
safely



Secure
purses



Vitamins?
Too much Iron
is poisonous to
children, too

Buy medicines and
vitamins with
child resistant caps
or packaging

Call the Poison Center right away.

1-800-222-1222

Candy
Watch for
repeat
poisonings



Never call medicine candy

Never leave the medicine
on the counter.

Alert babysitters.

Teach children.
Unless an adult gives
it to them,
Never take
a medicine



Don't panic! If you find your child has gotten into a medicine or household product

Get the right answer, right away by contacting your local poison center.

Call **1-800-222-1222** right away.

Doctors, nurses, or pharmacists will tell you what to do
24/7 available, free, and confidential



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