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:

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/](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!

We want the 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.
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/th3a72typech29d8. **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.
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 Routt Blvd.
College Station, Texas 77840

Parking
University Center Garage
600 Throckmorton St.
Or
Cain Garage
500 Gene Stallings Blvd.
(Parking fees will apply)
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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<td><strong>APRIL</strong></td>
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<td>How fun on April Fool’s Day. Act out an activity that someone can guess what you are thinking.</td>
<td>Pretend you have a hair. Act out the different things you would do, like a horse-galloping, a pig riding in the mud, and a farmer picking apples high in a tree.</td>
<td>Get down on the floor and roll around on a towel, roll in a tiny ball, roll across the room.</td>
<td>Say something real fun and touch something with your fingers. Say something yellow and touch something yellow.</td>
<td>Using an empty paper towel roll, a balloon, work on rolling and spinning the balloon rolling across the room.</td>
<td>Jump 10 times — hip 10 times — reach up high 10 times</td>
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<td>Can you do a jumping jack? Give it a try!</td>
<td>Work on your bending, twisting, shaking, reaching, reacting, and reflecting. Can you think of other ways to move while sitting in one spot?</td>
<td>Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing?</td>
<td>Practice your walking today — ever so slowly, arm and hands behind your back.</td>
<td>Help keep the kitchen — sweep the floor and wipe down the cabinets. Use great big movements to work all of your muscles.</td>
<td>With a ball that bounces work on bouncing and catching skills. Drop the ball and catch it after it bounces.</td>
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<td>Get outside and run, gallop, and jump all over. Feel your heart when you are done — what is it doing?</td>
<td>Find a sidewalk or driveway and jump over them. Remember to land softly on two feet!</td>
<td>Have fun rolling around your home. Work on rolling in a straight line and a curvy line.</td>
<td>Pretend to be a seed that is planted in the ground and then grows into a strong, strong tree.</td>
<td>Find a ball and practice rolling it. How high can you make it go?</td>
<td>Turn on some music and practice tossing and catching with you! Make sure you catch the ball as you move your body to the ball.</td>
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<td>On a t-shirt roll up another t-shirt and hold it in one end as someone else holds up the other end and pulls you around the room. Your turn to pull them.</td>
<td>Pretend to be a seed that is planted in the ground and then grows into a strong, strong tree.</td>
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<td>Find four pillows that are different sizes. Can you balance on each one without falling off?</td>
<td>Ask someone to practice tossing and catching with you! Make sure you catch the ball as you move your body to the ball.</td>
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<td>Put a paper plate on your head and walk across the room without it falling off. Can you bend down and get back up without it falling off?</td>
<td>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?</td>
<td>Go on a walk through your home. How many steps does it take to get from one space to another?</td>
<td>Go on a walk through your home. How many steps does it take to get from one space to another?</td>
<td>Find a ball and practice rolling it. How high can you make it go?</td>
<td>Ask someone in your family to come out with you.</td>
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<td>Take a walk. Every time you take a step think of spring do 10 jumps for joy.</td>
<td>Memories of the Weather: Use your body to pretend to be different types of weather. Rain, wind, thunder, arrow, creative.</td>
<td>Pretend to play with 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 &quot;opposite&quot; foot.</td>
<td>Rainbow Run: Talk about the colors of the rainbow and as you move you can use a color run and practice your colors.</td>
<td>Log Roll — Find a safe space in your house and practice rolling in a straight line, strong line. Use those roll outs.</td>
<td>Pretend to play your favorite instrument and go on a parade around the yard.</td>
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<td>Can you look? Pretend that your house is full of puzzles and you can only see half of them. Don’t get lost!</td>
<td>Find an extra shirt that will help you become a better singer. Wear clothes to work on throwing skills. Sweeping the floor to work on strength.</td>
<td>Turn on some music and talk about the movement you see. Use your &quot;opposite&quot; foot.</td>
<td>Stature Game: Pretend to be a kid in a classroom and hold your body in a shape that shows you are counting out your body.</td>
<td>Say the ABC’s by putting your body into the shape of each letter.</td>
<td>Can you skip? Give it a try — hop, hop, hop!</td>
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<td>Cut out a bunch of different shapes, put the shapes in a pile and then try getting your body into these role shapes.</td>
<td>Ask different kinds of stories in your house. Pretend to move as if you were wearing each kind of role. Store in your notebook, picture in your slipper, slide in your stories.</td>
<td>Get silly today and make up a new sound word or sound and then make a new action to go along with that word or sound.</td>
<td>Get outside and pick up trash. Use different forms of movement to work on new pieces of garbage.</td>
<td>What animals do you see in the spring? Act them out.</td>
<td>Pick up your rope! Each time you pick something up do five jumps before you put it away.</td>
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<td>Ask someone to help you as you make a hopscotch pattern with paper plates. Practice hopping and jumping.</td>
<td>Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it, back up one step.</td>
<td>Nature Status Game: Sometimes you would see in nature then put your body into that shape.</td>
<td>Become a cloud. Watch the clouds today and change your body into all of the shapes that the clouds make.</td>
<td>Draw some lines outside the sidewalk using chalk. Practice jumping over them. Work on bending your knees and using your arms to jump high, flat and slow.</td>
<td>Pretend to play your favorite instrument and go on a parade around the yard.</td>
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<td><strong>Important!</strong> First try the activity, then experiment and change it. If it doesn’t work on the floor, stand it on your foot, then slide it on your leg and move it on. Tell it again — more again. How small can you make the big idea?</td>
<td>Take five minutes — go to every space in your home and do a funny dance that makes you practice your caregiver laugh. Make them do the dance with you.</td>
<td>Read your favorite nursery rhyme and put actions to it so you can say it with your body.</td>
<td>Pretend the weather with your eyes and hands. How does the ball move?</td>
<td>Make yourself ready to pretend to be different forms of weather. Wind, thunder, snow, get creative!</td>
<td>Make your own birdhouse and put into a tree.</td>
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P A G E 6
45 Minutes Outside Isn't Enough - Five Tips to Lengthen Nature Time

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 under- wear, 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

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."

12 ways to protect Children
From Accidental Poisonings With Medications

- Keep Medications out of reach
- Dispose safely
- Secure purses
- Vitamins? Too much iron is poisonous to children, too
- Call the Poison Center right away. 1-800-222-1222
- 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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