HOWDY FAMILIES AND FRIENDS!

It is sad our summer is coming to an end. The children enjoyed their splash days and visiting the playground at the Garden Apartments! We detest having to say goodbye to all the children moving on to kindergarten, but we know they are going to do so well! They have developed a love of learning, and the foundation for a lifetime of learning. We want to thank all the kindergarten families for trusting and allowing us to help your child learn and grow, and to be a part of your family. Summer contracts end August 16 and fall contracts begin August 19. To celebrate the end of summer, we are having an End of Summer Bash on Tuesday, August 13, with Kona Ice.

Family Workshop

Please join us on Friday, August 9, from 12-1 p.m., in the Multipurpose Building where we will be hosting a family workshop about art. Feel free to bring your lunch. We hope you are able to make it!

The outcomes of the workshop are:

1. Learn the difference between process- and product-orientated art experiences.
2. Discuss ways to offer support to children as they do art.
3. Generate ideas for doing art at home.

Playground Update

Many families have asked for updates on the new playground design. It is now in the hands of a Landscape Architect firm to complete the construction documents. We started the project with undergraduate students and then it progressed to graduate students. We are grateful so many people have been involved in this project. Once the documents are complete, hopefully in 3 months, we will begin to raise money for the project. As soon as we have the final drawings we will share them with you. We are excited to provide the children with more opportunities in outdoor nature play.

Thank you for your patience during the construction process and road closures. We were glad we were able to prepare everyone in advance of all changes. At this time, work involving road closures has come to an end.
End of Summer Bash

Please join us for our End of Summer Bash on Tuesday, August 13. Kona Ice will be here from 3:00-4:30 PM.

3:00-3:45 PM Butterflies, Bumblebees, Ladybugs, Blue Jays, Hummingbirds, and Robins

3:45– 4:30 PM Seals, Whales, Seahorses, Dolphins, Jaguars, and Tigers

Parents: To enjoy a Kona Ice with your child, you will have the opportunity to purchase a snow cone at the time of the event.

**A flyer was sent out on July 30 with more information.**

Meet the Teacher Night

Meet the teacher night is Friday, August 16, from 4-5 p.m. Feel free to come anytime between 4-5 p.m. to meet your new teacher and ask your burning questions. You may also bring supplies to drop off instead of bringing them on Monday morning. Starting a new classroom can be challenging for many children and families. It is hard to move on from the relationships built over the last year. Talk to your child about the change coming up. Be excited when talking about their new classroom and teacher(s), this will help you child feel more comfortable. Plan a routine for drop-offs and be consistent with your routine. Explain to your child during Meet the Teacher, that this will be their new classroom and have your child introduce themselves to the teachers, and introduce themselves to new friends. Teachers will keep you informed of how the children are doing, especially during those first few weeks.

Free Parent Webinars

The Military Child Education Coalition (MCEC) provides free webinars to parents on such topics as “Staying Connected During Deployment” (July 10), “Reintegration After Deployment” (July 17), and “LIVE from the MCEC National Training Seminar” (July 24–25). Visit https://www.militarychild.org/webinars?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term= to find a topic that fits your needs. Registration is required either to participate in an upcoming webinar or to receive a link to view the webinar after it has been held.

Upcoming Events

♦ Family Workshop on Friday, August 9 from 12-1 PM (Multipurpose Building) about Art!

♦ Meet the Teacher / Open House on Friday, August 16 from 4-5 PM

Closing Dates

♦ Thursday, August 15 at noon, NO LUNCH SERVED

♦ Friday, August 16

Our first family event this fall will be Grandparents/Special Person Breakfast on Friday, September 6, from 7:30-9:00 a.m. in the Multipurpose Building. More information will come out soon!
Like us on Facebook

If you have not checked us out our Facebook, go to https://www.facebook.com/TAMUCHildrensCenter to stay “in the loop”. We post photographs and updates regularly.

BGCC Calendar

If you currently don’t have access to the Becky Gates Children’s Center’s outlook calendar please email me at eritter@bgcc.tamu.edu and I will email you access.

In this newsletter

♦ Since many of you travel during the summer months, there is an article that talks about food safety when we are away from home. The U.S. Department of Agriculture reminds everyone that some simple, common-sense food safety rules can save a vacation from disaster. Tips for camping, boating, when at the beach, and vacation home/RV are included. Recipes for flavored water and vegetarian purple power bean wraps are in this newsletter. They are fun, healthy choices for the family, and children can even help prepare them!

♦ You will find an article from the Kratt Brothers of WILD KRATTS, titled, “What If We Let Kids Get Bored?” This article explains the benefits of allowing children to become bored. “Boredom leads kids to flex their creative muscles. It give them time to think a little bit, to breathe, explore, and figure out their own interests.”

♦ A poster from Zero to Three, titled, “Positive Parenting and the Seven Essential Life Skills for Children!” is a great resource intersecting parenting with child development. Tip: print the poster and hang on your refrigerator to remind you of what a great job you are doing as a parent!
Pure Purple Power Bean Wrap

Servings: 6
Prep Time: 20 minutes

Ingredients:
1 tsp lemon zest (make zest from juiced lemon)
2 tablespoons fresh lemon, juiced
2 cups canned low-sodium great northern beans, drained, rinsed
1/2 cup fresh avocado, peeled, pitted, pureed
1 tbsp. fresh garlic, minced
2 1/4 tsp extra virgin olive oil
1/3 tsp chili powder
1/2 tsp salt
1 1/2 cups fresh purple cabbage, finely shredded
6 whole-wheat tortillas, 10”
3 cups fresh romaine lettuce, shredded

Instructions:
1. Grate lemon rind on hand-held grater or citrus zester to make zest. Juice lemons. Set aside.
2. Puree beans in a food processor or a blender until smooth. Put into a large mixing bowl and set aside.
4. You may cover and refrigerate at 40 degrees Fahrenheit for no more than 2 hours to avoid browning of avocado.
5. For each wrap, place 1/3 cup of bean filling on the bottom half of tortilla. Top with 1/2 cup of lettuce. Roll in the form of a burrito. Cut diagonally. Serve immediately.
Recipe of the Month

Flavored Water Recipe

Servings: 8
Prep Time: 10 minutes

Ingredients:
1 cup watermelon
1 lime
5 mint leaves (optional)

Instructions:
1. Wash all produce.
2. Collect, slice*, and measure all ingredients before starting to prepare the recipe.
3. Add all ingredients plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
4. After you drink the water, you can eat the fruit or blend it into a smoothie!

Notes:
Try these refreshing flavor combinations, or create your own!

Cucumber Lemon (or Lime): 1/2 cucumber, 1 lemon (or lime)
Pineapple Grape: 1 cup canned diced pineapple, Pineapple juice from can, 1 cup grapes
Berry Kiwi (or Orange): 10 strawberries or blackberries, 1 kiwi (or 1 orange)

Tips for releasing flavors of the produce:

Watermelon: Cut into small pieces (1 to 2 inches)
Citrus fruit (oranges, lemons, limes): Remove rinds and slice into thin pieces.
Cucumbers: Slice into thin pieces.
Mint: Tear leaves
Grapes: Slice in half
Berries: Remove top (strawberries only). Slice into small pieces.
Kiwi: Remove peel and slice into thin pieces
Handling Food Safely on the Road

V-A-C-A-T-I-O-N! Oh, how we long for that eight letter word every summer, when millions of us eagerly get away from school and work. We take to the road in cars or recreational vehicles; live on boats; relax in beach or mountain vacation homes; and camp.

No matter where we go or what we do, there is a common denominator that runs through all of our summer travels and relaxation — it's called F-O-O-D!

The "road" to food safety, however, can either be a bumpy one or smooth — depending on what precautions are taken handling meals as we travel during the summer.

The U.S. Department of Agriculture's nationwide, toll-free Meat and Poultry Hotline reminds everyone that some simple, common-sense food safety rules can save a vacation from disaster. Following this advice could make the difference between a vacation to remember and one that is remembered because people got sick from improperly handled food.

Here are some general rules for keeping food safe when traveling:

**Plan Ahead...**

If you are traveling with perishable food, place it in a cooler with ice or freezer packs. When carrying drinks, consider packing them in a separate cooler so the food cooler is not opened frequently. Have plenty of ice or frozen gel-packs on hand before starting to pack food. If you take perishable foods along (for example, meat, poultry, eggs, and salads) for eating on the road or to cook at your vacation spot, plan to keep everything on ice in your cooler.

**Pack Safely...**

Pack perishable foods directly from the refrigerator or freezer into the cooler. Meat and poultry may be packed while it is still frozen; in that way it stays colder longer. Also, a full cooler will maintain its cold temperatures longer than one that is partially filled. Be sure to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw such as fruits.

If the cooler is only partially filled, pack the remaining space with more ice. For long trips to the shore or the mountains, take along two coolers — one for the day's immediate food needs, such as lunch, drinks or snacks, and the other for perishable foods to be used later in the vacation. Limit the times the cooler is opened. Open and close the lid quickly.
Now, follow these food safety tips:

**When Camping...**

Remember to keep the cooler in a shady spot. Keep it covered with a blanket, tarp or poncho, preferably one that is light in color to reflect heat. Bring along bottled water or other canned or bottled drinks. Always assume that streams and rivers are not safe for drinking. If camping in a remote area, bring along water purification tablets or equipment. These are available at camping supply stores. Keep hands and all utensils clean when preparing food. Use disposable moist towelettes to clean hands. When planning meals, think about buying and using shelf-stable food to ensure food safety.

**When Boating...**

If boating on vacation, or out for the day, make sure the all-important cooler is along. Don't let perishable food sit out while swimming or fishing. Remember, food sitting out for more than 2 hours is not safe. The time frame is reduced to just 1 hour if the outside temperature is above 90 °F. Now, about that "catch" of fish — assuming the big one did not get away. For fin fish: scale, gut and clean the fish as soon as they are caught. Wrap both whole and cleaned fish in water-tight plastic and store on ice. Keep 3-4 inches of ice on the bottom of the cooler. Alternate layers of fish and ice. Cook the fish in 1-2 days, or freeze. After cooking, eat within 3-4 days. Make sure the raw fish stays separate from cooked foods. Crabs, lobsters and other shellfish must be kept alive until cooked. Store in a bushel or laundry basket under wet burlap. Crabs and lobsters are best eaten the day they are caught. Live oysters can keep 7-10 days; mussels and clams, 4-5 days. Caution: Be aware of the potential dangers of eating raw shellfish. This is especially true for persons with liver disorders or weakened immune systems. However, no one should eat raw shellfish.

**When at the Beach...**

Plan ahead. Take along only the amount of food that can be eaten to avoid having leftovers. If grilling, make sure local ordinances allow it. Bring the cooler! Partially bury it in the sand, cover it with blankets, and shade it with a beach umbrella. Bring along disposable moist towelettes for cleaning hands. 2/3 If dining along the boardwalk, make sure the food stands frequented look clean, and that hot foods are served hot and cold foods cold. Don't eat anything that has been sitting out in the hot sun for more than 2 hours (1 hour when the temperature is above 90 °F) — a real invitation for foodborne illness and a spoiled vacation.

**When in the Vacation Home or the Recreation Vehicle...**

If a vacation home or a recreational vehicle has not been used for a while, check leftover canned food from last year. The Meat and Poultry Hotline recommends that canned foods which may have been exposed to freezing and thawing temperatures over the winter be discarded. Also, check the refrigerator. If unplugged from last year, thoroughly clean it before using. Make sure the refrigerator, food preparation areas, and utensils in the vacation home or in the recreational vehicle are thoroughly cleaned with hot soapy water.

What If We Let Kids Get Bored?

Hey! It’s us, the Kratt Brothers! If you’ve seen our show, WILD KRATTS, you know that we are always creature-adventuring around the globe. Together we take kids on exciting journeys to explore some of the world’s most interesting creatures. We begin each one by asking kids, “what if?!?” to ignite their innate sense of curiosity and exploration.

Parents often ask us how they can teach their kids about science and the outdoors. And as dads ourselves, we have an answer: What if you did less? What if you let your kids get bored? What if you let kids teach you, rather than the other way around?

We grew up in the wilds of New Jersey. We had a lot of free time as kids, and spent much of it exploring our backyard. In the summer, there was no exotic travel or fancy destinations. Our parents would take us camping in Vermont and park our pop-up trailer the middle of a giant field. There was nothing to do but go out and have our own adventures. Rather than getting bored, the opportunity to explore on our own is what inspired us to study zoology and biology, and launched our careers as creature adventurers.

While our own kids get to travel around the world with us now, we still make sure they have plenty of time to get bored. Boredom leads kids to flex their creative muscles. It gives them time to think a little bit, to breathe, explore, and figure out their own interests. It may be difficult at first, but if you give kids space to get bored, you’ll be amazed by the creative ways they’ll fill their time.

We are animal experts, but we also know how powerful it can be when we let kids teach us. In our day-to-day job, that means we pay very careful attention to what gets our audiences excited, and we’re always taking (really good!) suggestions for new shows from kids we meet. Many of the animals we’ve featured in recent seasons, like king cobras, tigers, and penguins, were requested by fans.

As much as we like to teach kids about animals from around the world, we also love empowering kids with facts about the creatures in their own backyard. One of our favorite things to hear is when kids tell us they’ve been teaching their parents about the animals they encounter in their daily lives.

Whether it’s sharing facts about praying mantises or explaining that earthworms breathe through their skin, by letting kids be the experts, parents and teachers can give their kids a tremendous gift – the gift of mastery and confidence in their own knowledge and expertise. Explaining something to someone else is one of the most satisfying and effective ways to absorb new information (we should know, since that’s basically been our whole career!)

So, if you want to inspire your kids, what if you did less? Let them get bored. See what they can teach you.
Keep on creature-adventuring! We’ll see you on the creature trail!

Chris and Martin Kratt
https://www.pbs.org/parents/thrive/what-if-we-let-kids-get-bored
Making the Link Between Positive Parenting and the Seven Essential Life Skills for Children. How does parenting and child development intersect? The way we parent can nurture the very skills that children need—not just for success in the short-term—but across their entire lives.

Positive Parenting and the Seven Essential Life Skills for Children!

When Parents... Children Develop Essential Life Skills...

- Provide age-appropriate guidelines and limits for child behavior. Focus and Self Control
- Recognize and regulate their own feelings and behaviors before they respond to their children.
- Work to understand or imagine the child’s point of view. Perspective Taking
- Respond with sensitivity to their children’s cues. Effective Communication
- Delight in moments of connection with their children. Making Connections
- Act as a role model by seeking help, support or additional information about parenting when needed. Critical Thinking
- Balance both parental needs and child needs. Recognize and celebrate their child’s strengths, abilities and capacity to learn and develop. Taking on Challenges
- Recognize that parenting is process of learning, and, at times, it can be stressful. Missteps are a natural part of child-rearing. Self-Directed, Engaged Learning

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Becky Gates
Children’s Center
DIVISION OF STUDENT AFFAIRS
### JULY

**Get Moving Today!**

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<th>Sunday</th>
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<tr>
<td>Have fun in the water today – really try to use all of your muscles.</td>
<td>Run in the pathway of each letter of your name. Make each letter big and then small.</td>
<td>Practice your throwing skills. Step at your target and follow through toward your target.</td>
<td>Get your body wet and then lay down on the driveway. When you get up you will see an impression of your body. Practice jumping over yourself.</td>
<td>Play catch with a water balloon. Make a nice soft home for the balloon with your hands, and “give” with your body as you catch it.</td>
<td>Pretend to sweat a fit. Use a foam noodle to run around your yard to sweetening flies.</td>
<td>Set up an obstacle course using things to jump over, go around, and even move under. See how fast you can do it.</td>
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<tr>
<td>Do the course you did yesterday but go through it the other direction.</td>
<td>Pretend to go on a trip today – drive your car, fly in an airplane, ride a motorcycle, and paddle a boat. Really use your muscles.</td>
<td>Find a bouncy ball and practice bouncing and catching. Bounce it off the ground or off the side of a building.</td>
<td>Play throwing golf! Take turns throwing a ball toward a big target. How many throws does it take to get there? Pick a new target.</td>
<td>Draw different shapes with sidewalk chalk and practice moving over, around, and into them.</td>
<td>As soon as you get up today – do 10 jumps. 10 reaches, 10 twists, 10 and 10 crazy moves.</td>
<td>Throw into a target. Find different sized boxes and practice throwing into each of them. Try it near and far.</td>
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<tr>
<td>Before you go to bed tonight, lie on the floor and as you breathe, try to make every muscle tight and then every muscle relaxed.</td>
<td>Make a musical instrument and have your own parade.</td>
<td>Find three different things that you can jump over that are each a different height.</td>
<td>Make up a new game today using an empty plastic bottle and a ball.</td>
<td>As soon as you get up today – do 10 jumps. 10 reaches, 10 twists, 10 and 10 crazy moves.</td>
<td>On the 12th you were asked to plan a family fitness day; have you?</td>
<td>Find time to laugh and move with your family. Either go for a walk, swim, or hike.</td>
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<tr>
<td>Find something to climb – make sure you ask your parent/caregiver first.</td>
<td>Dig a hole in the sand. Use your muscles.</td>
<td>Set up a variety of targets – bottles, cans, buckets. Then work on throwing at them from different distances.</td>
<td>Set up those same targets and then have your partner move with you and kick them from different distances.</td>
<td>Toss, kick and catch! Have fun with a beach ball.</td>
<td>Blow bubbles and chase them around the yard.</td>
<td>Practice your locomotor movements. Walk, run, gallop, jump, hop, slide, skip and leap. Which one is your favorite?</td>
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<tr>
<td>Turn on some fast, fun music and take turns making up new moves. Your job is to try to keep moving until the song is over.</td>
<td>Play Add On Movement Fun! Do one movement, then your partner repeats it but adds one on. Then you do your first movement, your partner adds one and then add on.</td>
<td>Set up a sprinkler and have fun running through it. Try running around the house after every trip through the sprinkler.</td>
<td>Ask someone to take you to a park. Play on every piece of equipment.</td>
<td>Get your feet wet and make tracks on the sidewalk. Try taking big steps and then small steps.</td>
<td>Get your feet wet and make tracks on the sidewalk. Try taking big steps and then small steps.</td>
<td>Find your favorite activity from this month and do it again!</td>
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### AUGUST

**Get Moving Today!**

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<td>Walk or run in a big circle after the first jump into the sky. Jump up five times.</td>
<td>Using rolled up socks, put them on your tummy as you crab walk them across the house.</td>
<td>Draw a big circle using sidewalk chalk. Toss a sock or a bean bag into the circle. How far can you get and still toss into the circle?</td>
<td>What are your favorite animals? Can you move like them and see if someone can guess what you are?</td>
<td>Hit a balloon high into the sky and chase it as it floats all over the place. Hit it again before it touches the ground.</td>
<td>Ask someone to pitch you some soft balls as you try to hit the balls with a soft bat.</td>
<td>Play ride and seek with a friend or family member.</td>
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<td>Find a hill to run up and roll down. Go up in a different way and come down in a different way.</td>
<td>Get your feet wet and make tracks on the sidewalk. Try taking big steps and then small steps.</td>
<td>Practice your toss and catch skills. Can you catch before you clap?</td>
<td>Reach with your front foot and push off of your back foot. Pretend to leap over puddles.</td>
<td>Play catch with someone. Follow the ball with your eyes and then move your hands to meet the ball.</td>
<td>How far can you kick a ball? Kick it hard, chase it, run back and kick it again.</td>
<td>Set up a truck in your yard. How many steps does it take to run the entire track?</td>
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<td>Pretend to be a butterfly that is flying around your yard from flower to flower.</td>
<td>Make up a new game. Give it a name and have fun playing it.</td>
<td>How many different ways can you move your body? How about shiver, stumble, and waddle?</td>
<td>Make up a movement pattern – try jump, jump, wiggle, jump, wiggle. Your turn!</td>
<td>Go on a color walk. Find every color of the rainbow. Do five big jumps for every color.</td>
<td>Take two minutes before going to bed tonight to stretch and relax as a family.</td>
<td>Pretend to move like different foods – melt like a popsicle or pop like popcorn.</td>
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<td>Work on spelling your name or other words – but use your body to make each letter.</td>
<td>Practice bouncing a ball. Can you bounce really high? Can you bounce really low? Can you bounce it in a room behind you?</td>
<td>Practice your hopping skills. Take off and land on the same foot. How many times can you hop in a row? Can you hop with both feet?</td>
<td>A day to stretch your body in all different shapes and directions. Try to hold each stretch until you count to five.</td>
<td>Make up a new pose for your favorite animals. Do each pose in a way that relax and breathe.</td>
<td>Using paper plates try to see how far you can make it fly. What is the best way to toss it to make it go far?</td>
<td>Use your fine motor skills today – clean some vegetables and enjoy a treat.</td>
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<td>Plan an afternoon of physical activity. Let everyone decide one thing that they would like to do with the rest of the family.</td>
<td>Spread out a beach towel, move around it, over it, beside it, on it, and under it.</td>
<td>Use your fine motor skills today – clean some vegetables and enjoy a treat.</td>
<td>Play “Kick Golf!” Kick a target, take turns kicking until you hit the target and then pick a new goal.</td>
<td>Put a water hose on a plastic tarp – have fun slipping, sliding and jumping in the puddles.</td>
<td>Using “toff” from around the house create a tunnel – have fun moving through it in different ways.</td>
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