

BECKY'S BULLETIN

The Newsletter of the Becky Gates Children's Center
November 2019



Erica Ritter, Director

HOWDY FAMILIES AND FRIENDS!

October was a busy month! We had our book fair, fall family fun night, classroom celebrations, and a visit from Mrs. Becky Gates! In November we will begin our family conferences. Be on the lookout for when your child's teacher sends out the sign-up sheet. If you are unable to attend conferences on the day given, please let your child's teacher know, and we will do our best to arrange another time for you to meet.

Veterans Day Celebration

Monday, November 11, we will be celebrating veterans! Each classroom will make cards to give to the Veterans Resource Center, and they will distribute the cards to military families for us.



Classroom Wish Lists

Classroom Amazon Wish Lists are back! To access wish lists please click on the link below:

<https://bgcc.tamu.edu/wp-content/uploads/2019/10/Classroom-Amazon-Wishlists.pdf>

We will be CLOSED on November 28th and 29th for the Thanksgiving Holiday.

Playground Announcement

As many of you know, we have been working on a playground redesign. It all began with a group of students in LAND211 (fall 2018) under the leadership of Dr. Kenneth Hurst and Professor Mike Teal. From there, we had MLAs take elements from the student designs to create cohesive design. Once that process was complete, we put in a work order with the SSC, and they found a landscape architecture firm to complete final design drawings. That brings us to where we are today. The design drawings are almost complete, from there, the landscape architecture firm will work on construction documents. We are working with the foundation to secure funding for the project. Once the plans are complete, we will host an informational session, to show you the designs and answer any questions you may have. The session date and time are TBA.

Book Fair Raffle

Thank you all for your participation in last week's fun activities! If you are a winner of one of the Scholastic books from the raffle or the guessing game, we will be in contact with you soon! The guessing game magic number was...

1,328 SNOWBALLS!



Becky Gates
Children's Center
DIVISION OF STUDENT AFFAIRS

Family Celebration Lunch

On **Thursday, November 21**, we will be having our annual **Family Celebration Lunch**. We will serve turkey (a vegetarian option will be available), gravy, sweet potatoes, green beans, and a roll. We will do a similar format to last year. **Please read your child's classroom information below for details on where to go and what time.** Not all classrooms will go out to the Multipurpose (MP) Building. **You (or your child's special guest) may need to pick up your child from their classroom prior to going out to the MP Building.**



Bumblebees, Butterflies, Ladybugs, and Blue Jays:

Parents or special guests, **take your child** and eat in the Multipurpose Building. **Children without someone special to eat lunch with will remain in the classroom with their teachers.** Lunch will be served at 11:00 a.m. Lunch will end at 11:45 a.m. in the Multipurpose Building to give us time to set up for the next group of children.

Robins and Hummingbirds:

The **entire classroom** will go to the MP Building to eat at 11:00 a.m. Lunch will end at 11:45 a.m. in the MP Building to give us time to set up for the next group of children.

Seals:

The Seals will **remain in the Seals and Whales classrooms**, and a buffet will be set up in the pod! Lunch will be served at 12:00 p.m.

Whales:

The **entire class will go to the Multipurpose Building** to eat at 12:00 p.m.

Seahorses:

The Seahorses will **remain in the Seahorses and Dolphins classrooms**, and a buffet will be set up in the pod! Lunch will be served at 12:00 p.m.

Panthers:

The **entire class will go to the Multipurpose Building** to eat at 12:00 p.m.

Jaguars:

The Jaguars will **remain in the Jaguars and Tigers classrooms**, and a buffet will be set up in the classroom! Lunch will be served at 12:00 p.m.

Tigers:

The **entire class will go to the Multipurpose Building** to eat at 12:00 p.m.

Due to limited parking please do not show up early for the 12:00 p.m. lunch. Thanks!

We look forward to seeing you all!



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CLASSIC BEEF CHILI

Here's a Tex-Mex classic: a hearty stew from the American Southwest that uses a delicious mix of Mexican spices. This recipe makes lots and lots so be sure to invite some friends to dinner.

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Large pot with lid
Wooden spoon/heatproof spatula
Measuring spoons
Can opener
Colander/strainer
Pot holders

INGREDIENTS

1 tbsp. olive oil
1 large onion, peeled & minced
3 garlic cloves, peeled & minced
2 red bell peppers, cored, seeded & diced
2 tsp. ground cumin
2 tsp. chili powder
2 tsp. dried oregano
1 tsp. ground cinnamon
1 tsp. red pepper flakes (optional)
1 lb. ground beef
4 (14 oz.) cans dark red kidney beans, drained & rinsed
2 (28 oz.) cans diced tomatoes, including the liquid



INSTRUCTIONS

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

1. Put the pot on the stove and turn the heat to medium. When hot, add the oil. Add the onion and garlic and cook, stirring frequently until just golden and tender (about 15 minutes).
2. Add the peppers, cumin, chili powder, oregano, cinnamon, and red pepper flakes (if using), and cook for 5 minutes.
3. Push the vegetables to the side of the pot, and add the beef in 4 batches, stirring with each addition until browned (about 5 minutes).
4. Add kidney beans and tomatoes, and stir well.
5. Cook (covered) for 30 minutes. Remove the lid and cook for 1 hour, stirring occasionally. Serve right away!

For variation, garnish the chili with sliced scallions, sliced black olives, corn kernels (fresh, canned, or thawed frozen), chopped fresh tomatoes, plain yogurt or sour cream, shredded cheddar cheese, or diced avocado.



<https://www.chopchopfamily.org/recipe/classic-beef-chili>



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Read Together to Support Early Literacy

Children who have lots of experiences with books absorb the rhythms and patterns of language and, at surprisingly early ages, begin to imitate the language and gestures their parents and caregivers use while sharing stories, sometimes turning pages and murmuring as they “read” the pictures.

While we can’t expect infants and toddlers to learn to read and write yet, they are nevertheless developing skills that provide a foundation for later literacy. When you share books with your very young child you support emerging literacy as you:

- help your child learn that pictures and words are symbols that can be interpreted;
- expose your child to new words, thereby increasing her vocabulary; and
- familiarize your child with the conventions of print.

Understanding pictures and print as symbols

Within their first 18 months, most infants who have explored and shared books with adults show an understanding that pictures symbolize things in the real world, an understanding that is uniquely human (Barton & Brophy-Herb 2006). For example, at around 12 months, an infant seems to understand that the cup in a picture on the page represents a cup like the one she drinks from every day. She may tell you about the connection she is making by looking at the picture and pointing to a nearby cup. Another child, age 17 months, enjoying the book *Goodnight Moon* with his dad, may murmur, “Hush,” when his dad turns to the page about a quiet old lady who was whispering, “Hush” (Schickedanz 1999). Understanding that pictures are symbols of real things is a first step toward understanding that print also represents ideas of items in the real world.

Children may begin to notice print in addition to pictures between 15 and 20 months, and by 32 months a child may move a finger or her whole hand across a line of print and verbalize her memory of what the text says (Schickedanz 1999). Although we might find constantly answering the question, “What say?” exhausting, children’s recognition that pictures and print convey meaning is an important step in emerging literacy that we need to support by responding to their inquiries (Neuman, Copple, & Bredekamp 2000).

Increasing vocabulary

Sharing books will expand your very young child’s growing vocabulary. Storybooks often use words in ways that are different from how we use those same words in everyday conversation. Books also use words that are generally absent from day-to-day speech. *The Napping House*, for example, contains many descriptive words related to napping, such as *slumbering*, *snoozing*, and *dozing*, which adults may rarely use in a conversation with a child. By hearing new words in the context of a story and having them explained by an adult, children’s word comprehension will grow, and they will eventually incorporate new words into their spoken vocabularies.

Learning the conventions of print

Through early exposure to books, children begin to learn about the conventions of reading in their own language. For example, very young children using books in English learn that they are read from front to back, from the left of the page to the right, and from the top of the page to the bottom. Books in some other languages have different print conventions. Children learn that books have names (or “titles”) and that they are written by “authors.” Some older toddlers might be interested in books whose layouts break the rules; for example, books that are read from back to front, from right to left, or up and down the page in vertical

For more information:

<https://www.naeyc.org/our-work/families/read->





10 tips
Nutrition
Education Series



Based on the
Dietary
Guidelines
for Americans

Make celebrations fun, healthy, and active

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to have when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1 Make healthy habits part of your celebrations

Although food and beverages are a part of many events, they do not have to be the center of the occasion. Focus on activities that get people moving and allow people to enjoy each other's company.

2 Make foods look festive

Add a few eye-catching vegetables to a favorite dish or a new recipe. Add a sprinkle of herbs or spices to make the dish pop. Cut foods into interesting shapes.

3 Offer thirst quenchers that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting.

4 Savor the flavor

Take time to pay attention to the taste of each bite of food. Make small, healthy changes to your recipes or try dishes from another culture to liven things up.

5 Let MyPlate be your guide

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole-grain pasta or brown rice and veggies to make a savory, healthy salad.

6 Make physical activity part of every event

Being physically active makes everyone feel good. Dancing, moving, and playing active games add fun to any gathering.

7 Try out some healthier recipes

Find ways to cut back on added sugars, salt, and saturated fat as you prepare your favorite recipes. Try out some of the recipes on WhatsCooking.fns.usda.gov.

8 Keep it simple

Have others participate by contributing a healthy prepared dish, helping with the cleanup, or keeping the kids active.

9 Shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10 Be a cheerleader for healthy habits

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.





10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Eating foods away from home

Full-service and fast-food restaurants, convenience stores, and grocery stores offer a variety of meal options. Typically, these meals are higher in calories, saturated fat, sodium, and added sugars than the food you prepare at home. Think about ways to make healthier choices when eating food away from home.

1 Consider your drink

Choose water, unsweetened tea, and other drinks without added sugars to complement your meal. If you drink alcohol, choose drinks lower in added sugars and be aware of the alcohol content of your beverage. Keep in mind that many coffee drinks may be high in saturated fat and added sugar.

2 Savor a salad

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.



3 Share a dish

Share a dish with a friend or family member. Or, ask the server to pack up half of your entree before it comes to the table to control the amount you eat.

4 Customize your meal

Order a side dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.

5 Pack your snack

Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.



6 Fill your plate with vegetables and fruit

Stir-fries, kabobs, or vegetarian menu items usually have more vegetables. Select fruits as a side dish or dessert.

7 Compare the calories, fat, and sodium

Many menus now include nutrition information. Look for items that are lower in calories, saturated fat, and sodium. Check with your server if you don't see them on the menu. For more information, check www.FDA.gov.

8 Pass on the buffet

Have an item from the menu and avoid the "all-you-can-eat" buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.

9 Get your whole grains

Request 100% whole-wheat breads, rolls, and pasta when choosing sandwiches, burgers, or main dishes.



10 Quit the "clean your plate club"

You don't have to eat everything on your plate. Take leftovers home and refrigerate within 2 hours. Leftovers in the refrigerator are safe to eat for about 3 to 4 days.



Fall Summer Activities

The hot and humid days will soon pass allowing the crisp fall weather to blow in and surround our homes with beautiful fall colors. Enjoy these family activities and attractions while staying well this fall. Click the link below for more information:

<https://wellnessworks.tamu.edu/interpersonal/family-activities/>



Division of Human Resources &
Organizational Effectiveness



Becky Gates
Children's Center
DIVISION OF STUDENT AFFAIRS

NOVEMBER

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Make a big circle outside. Practice moving in relationship to the circle. Can you move around it? Can you move in and then out of it? Can you run across it?</p>	<p>Move in opposites - fast/slow, up/down, near/far, big/small.</p>  <p>Can you try to move for two minutes without stopping? What happens to your heart when you do this?</p>	<p>Practice rolling your body across the floor. Make your body like a pencil and roll, then make your body like a ball and roll.</p>	<p>Jump over the river. Roll up a towel and put it on the floor. Can you jump over it? Make the towel just a little bit bigger - can you still jump over? How big can you make it?</p>	<p>Set up a few of your stuffed animals. Roll up a pair of socks. Practice throwing the sock ball at the animal. Step at the animal as you throw.</p>	<p>Turn on some music and take turns making up a movement. Play copy cat boogie, by following what each other does.</p>  <p>Get outside and work on your kicking skills. Kick the ball as far as you can, chase it, and kick it again.</p>	<p>Jumping stones: Put a bunch of wash clothes or handkerchiefs on the floor. Can you jump from one to the next? Try to cross the room without touching the floor.</p> <p>Play I spy. One person says "I spy _____". And when the other person sees it you both run to it. Next time try skipping or galloping.</p> <p>How many parts of your body can you bend? Give it a try!</p>  <p>Toss a t-shirt in the air, let it land on your head. Toss it again, let it land on your shoulder, your elbow, your tummy or your foot.</p> <p>What were your favorite November Activities? Do them again!</p>	
<p>Get outside and go for a walk. Look for different shapes. Can you find a circle, a square, and a triangle?</p>	<p>Try skating on some paper plates. Put your feet on the plates and slide around the room, or put your hands on the plates and push them around the room.</p>	<p>Use your body to pretend. Can you move like spaghetti? How about applesauce? How about a melting ice cube? Can you think of something?</p>	<p>Get a laundry basket and practice throwing things into it - try tossing far away and try tossing when you are really close.</p>  <p>Walking with style. Go on a backwards walk. Now try a sideways walk. How about a spinning walk.</p>	<p>Go to each space in your home and practice hopping on one foot and then the other. Run to a new space and hop again.</p>	<p>Indoor Zoo: Move like an animal through your home. Each time you get to a new space change to a new animal.</p>	<p>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?</p> <p>Balance fun. Try putting four parts of your body on the ground and balancing. How about four other parts? Now try balancing on three parts or even five parts.</p>	
<p>Color Find and Move. Have someone name a color, and then your job is to move to something that is that color. Move in all different ways.</p>	<p>Work on your catching skills. Use a soft ball or rolled up socks. Toss it up and catch it. Keep your eye on it as it travels through the air.</p>	<p>Draw a shape on a piece of paper and then try to put your body into that shape. Keep your body still as you hold the shape.</p>	<p>Work on those muscles in your hand, crush up recycled paper into tiny balls. Do it with your right hand and your left hand. Keep these balls for tomorrow.</p>	<p>Play a game of Can You? Can you spin on your bottom? Can you jump to the sky? Your turn to create a movement to try!</p>	<p>Use the recycled paper balls and work on your throwing skills. Step and throw across the room. Crab walk to the balls and throw them back.</p>	<p>Work on some music and try to keep moving for an entire song. Check out what it does to the way you are breathing.</p>	<p>Do some outdoor chores as a family. Reach, pull, push and bend.</p> 
<p>Go on a shape walk. As you walk, pump your arms and get that heart beating. How many different shapes can you find?</p>	<p>Walk, jog, run - start out by walking one lap around your home. Now jog one lap and then finally run one lap. Which one was harder?</p>	<p>Work on those muscles in your hand, crush up recycled paper into tiny balls. Do it with your right hand and your left hand. Keep these balls for tomorrow.</p>	<p>Work on those muscles in your hand, crush up recycled paper into tiny balls. Do it with your right hand and your left hand. Keep these balls for tomorrow.</p>	<p>Use the recycled paper balls and work on your throwing skills. Step and throw across the room. Crab walk to the balls and throw them back.</p>	<p>Use the recycled paper balls and work on your throwing skills. Step and throw across the room. Crab walk to the balls and throw them back.</p>	<p>Work on those muscles in your hand, crush up recycled paper into tiny balls. Do it with your right hand and your left hand. Keep these balls for tomorrow.</p>	
<p>Make a set of cards that have a number on each card. Put the cards in a bucket. Draw a card, read the number, then take that many steps together.</p>	<p>Work on walking tall and proud. Can you balance a paper plate on your head as you walk around your home?</p>	<p>Work on those muscles in your hand, crush up recycled paper into tiny balls. Do it with your right hand and your left hand. Keep these balls for tomorrow.</p>	<p>Work on those muscles in your hand, crush up recycled paper into tiny balls. Do it with your right hand and your left hand. Keep these balls for tomorrow.</p>	<p>Use the recycled paper balls and work on your throwing skills. Step and throw across the room. Crab walk to the balls and throw them back.</p>	<p>Use the recycled paper balls and work on your throwing skills. Step and throw across the room. Crab walk to the balls and throw them back.</p>	<p>Work on those muscles in your hand, crush up recycled paper into tiny balls. Do it with your right hand and your left hand. Keep these balls for tomorrow.</p>	



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