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:


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!
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!
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
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-
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 What’sCooking.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.
Eating foods 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/
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Get Moving Today!</strong></td>
<td>Practice rolling your body like a ball and roll.</td>
<td>Play a game of Can you make the right turn?</td>
<td><strong>Indoor Zoo:</strong> Move like an animal through your home. Each new space change to a new animal.</td>
<td><strong>Try to make your jumping skills better.</strong></td>
</tr>
<tr>
<td>Make a big circle outside. Practice moving in relationship to each other.</td>
<td>Try sitting on some plates around the room, or around your hands on the floor.</td>
<td>Practice your jumping skills.</td>
<td>Practice your jumping skills.</td>
<td></td>
</tr>
<tr>
<td>Can you try to move for two minutes without stopping?</td>
<td>Work on your catching skills. Use a soft ball and side plates around the room.</td>
<td>Throw the ball in the air and catch it. Keep your eyes on it as it travels through the air.</td>
<td>How high can you jump?</td>
<td></td>
</tr>
<tr>
<td>Can you try to move in and then move in a different way?</td>
<td><em>Try to make your body into that shape.</em> Keep your body still as you move.</td>
<td><em>Try to make your body into that shape.</em> Keep your body still as you move.</td>
<td>How far can you jump?</td>
<td></td>
</tr>
<tr>
<td><strong>Get Moving Today!</strong></td>
<td>Practice your jumping skills.</td>
<td>Practice your jumping skills.</td>
<td><strong>Try to make your jumping skills better.</strong></td>
<td></td>
</tr>
<tr>
<td>Make a big circle outside. Practice moving in relationship to each other.</td>
<td>Try sitting on some plates around the room, or around your hands on the floor.</td>
<td>Practice your jumping skills.</td>
<td>Practice your jumping skills.</td>
<td></td>
</tr>
<tr>
<td>Can you try to move for two minutes without stopping?</td>
<td>Work on your catching skills. Use a soft ball and side plates around the room.</td>
<td>Throw the ball in the air and catch it. Keep your eyes on it as it travels through the air.</td>
<td>How high can you jump?</td>
<td></td>
</tr>
<tr>
<td>Can you try to move in and then move in a different way?</td>
<td><em>Try to make your body into that shape.</em> Keep your body still as you move.</td>
<td><em>Try to make your body into that shape.</em> Keep your body still as you move.</td>
<td>How far can you jump?</td>
<td></td>
</tr>
</tbody>
</table>

Administrative Staff

Director
Erica Ritter
eritter@bgcc.tamu.edu

Assistant Director
Debbie Almand
dalmand@bgcc.tamu.edu

Instructional Coach
Flora Harmon
fharmon@bgcc.tamu.edu

Administrative Coordinator
Krista Van De Flier
kvandeflier@bgcc.tamu.edu

Children’s Center Cook
Edwinna Ferguson
eferguson@bgcc.tamu.edu

Educational Staff

Caraline Benbow
cbenbow@bgcc.tamu.edu
Michelle Benson
mbenson@bgcc.tamu.edu
Carolina Bratlien
cbratlien@bgcc.tamu.edu
Sam Eagen
seagen@bgcc.tamu.edu
Rebecca Evans
revans@bgcc.tamu.edu
Zuleika Rodriguez-Favila
zfavila@bgcc.tamu.edu
Jamie Garcia
jamieg@bgcc.tamu.edu
Martey Heard
mheard@bgcc.tamu.edu
Monica Hernandez
mhermanedz@bgcc.tamu.edu
Sarah Hutchinson
shutchinson@bgc.tamu.edu
Elaine Moore
emoore@bgcc.tamu.edu
Mable Mulenga
mmulenga@bgcc.tamu.edu
Kay Myers
jmyers@bgcc.tamu.edu
Andrea Powers
apowers@bgcc.tamu.edu
Amy Price
aprice@bgcc.tamu.edu
Gloria Ramos
gramos@bgcc.tamu.edu
Gwen Wesley
gwesley@bgcc.tamu.edu
Breanna Nelson
bnelson@bgcc.tamu.edu