



Beginning Visions

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Dear Parents,

Festive Fall has arrived! And we are excited to spend this colorful Autumn with your children. As many of you know, Halloween is quickly approaching. The outdoors, various sweet treats (not too much of course), and most importantly the family fun creates long lasting memories for both you and your children. Here at Beginning Visions, we'd like to supplement those fantastic memories by focusing our classroom activities on the fall season. We will partake in arts and crafts, science experiments, and numerous other fun-filled ventures! Please ask your children how their day was and what they did. Not only does it give you insight on your child's school day, but also may give you ideas for future family activities that you and your children will enjoy!

Classes are now in full swing and students are adjusting well to the school day. Library visits have started for our 3's & 4's classes. The children have a great time listening to stories and completing activities afterwards.

In October, our classrooms have a special trick or treat activity and will have Fall parties. Look for details posted in their classroom and be sure to come join in on the classroom fun if your schedule allows. We will also talk about the fall colors, study leaves, acorns, cool weather, foods we harvest and eat during fall, farms, and farm animals. Look for beautiful or one-of-a-kind leaves at your home and please share with the class!

Pictures were taken September 16th. Proofs should be back the 1st or 2nd week of October. Look for them in your children's cubbies.

Upcoming Events

The Month of October is

Eat Better, Eat Together Month

October 13

The 3's and 4's visit the local library

October 31

Classroom Fall Parties

Community Suggestion

Be sure to check the Burlington and Gibsonville Calendars. Often times, their community events are free and fun-filled for families! Both links are referenced on our website for your convenience.

Beginning Visions Re-Welcomes...

Mrs. Angie Clark

She worked with us for 5 years in the past in all the classrooms. Your children will love her. She is married and has 3 children of her own along with many chickens, pigeons, ducks, cats, and dogs! We are excited to have her back!!

Mrs. Robin's Kitchen

School Morning Breakfast Burritos

- ✓ Eggs and ham pack lots of healthy protein
- ✓ Whole-wheat tortillas for a whole grain
- ✓ Spinach, avocado, and mushrooms = lots of tasty veggies
- ✓ Mozzarella for a lower-fat, calcium, and protein-filled dairy
- ✓ ...And ready in less than 10 minutes!

Servings: 6

Ingredients:

- 1 cooking spray
- 6 – whole wheat tortillas
- 16 ounces – ham
- 4 cups – spinach
- 2 cups – mushrooms
- ½ teaspoon – garlic powder
- 10 large – eggs
- 1 cup – mozzarella cheese, shredded
- 2 medium – avocados
- Salt and pepper to taste

Directions:

1. Spray a large skillet with your choice of cooking spray and place over medium high heat. Add ham, spinach, and mushrooms. Sauté until spinach is wilted and mushrooms are soft. Scoop everything out into a dish to save for later.
2. Re-apply cooking spray and pour in whisked egg mixture. Cook until eggs are no longer runny and season with salt and pepper to taste.
3. Lay out six tortillas and divide the ham-mushroom mixture evenly among them, then do the same with the eggs.
4. Top each tortilla stack with a small handful of mozzarella cheese and some slices of avocado.
5. Fold up tortillas and serve warm with salsa or hot sauce or freeze in tin foil and warm up in a paper towel (take off the tin foil) in the microwave for a quick and easy before school breakfast!

Recipe Link: <http://www.superhealthykids.com/school-morning-breakfast-burrito-recipe/>



Reminders

- If you happen to donate any goodies, please remember we are a peanut/peanut butter-free facility.
- Parents of schoolagers, please remember to call by 2:00pm if your child is not riding the BV buses that day in order to avoid our drivers becoming anxious looking for your child.
- Please remember to sign your children into and out of their classes every day. In order to have an accurate record of who is present in case of an emergency.

Community Events

- Oct. 1st Gibsonville Library Free Family Movie Viewing: Cloudy with a Chance of Meatballs
- Oct. 8th Gibsonville Fall Festival & Burlington Fall Family Night
- Oct. 22nd Elon Football vs. Richmond Homecoming Game