



NASA Goddard Child Development Center's

# The Lunchbox Press

NOV | 2022

## Upcoming Events

- Federal Holiday—GCDC Closed  
Nov 11
- Parent Advisory Committee  
(PAC) Meeting  
Nov 10
- Community Helper  
Presentations  
Nov 7 – 16
- Collection of Items for  
Gratitude Baskets  
Nov 7
- Thanksgiving Plays  
Nov 17
- Professional Development—  
GCDC Closed  
Nov 18
- Curriculum Break  
Nov 21-25
- Thanksgiving Holiday—GCDC  
Closed  
Nov 24-25
- Delivery Community Helper  
Gratitude Baskets  
Dec. 2
- Parent Facebook Culture Videos  
Due (Stars & Constellations)  
Dec 5
- Sign Up for Parent Teacher  
Conferences  
Dec 5
- Comets Culture Celebration  
Dec. 12
- Little Dippers Culture  
Celebration  
Dec 13
- Milky Way's Culture  
Celebration  
Dec 14
- Constellations & Shooting Stars  
Culture Celebrations  
Dec 15
- Curriculum Break  
Dec 17-21
- Winter Break—GCDC Closed  
Dec 24-Jan 1

## Tips For Picky Eaters

By: United States Department of Agriculture

Picky eating is typical for many preschoolers. It's merely another step in the process of growing up and becoming independent. As long as your preschooler is healthy, growing normally, and has plenty of energy, he or she is most likely getting the nutrients he or she needs.

### Typical picky eating behaviors

Many children will show one or more of the following responses during the preschool years. In most cases, these will go away with time.

- Your child may refuse a food based on a particular color or texture. For example, he or she could resist foods that are red or green, contain seeds, or are squishy.
- For a period, your preschooler may only eat a specific type of food. Your child may choose 1 or 2 foods he or she likes and refuse to eat anything else.
- Your child may be unwilling to try new foods. It is normal for your preschooler to prefer familiar foods and be afraid to try new things.

### How to cope with picky eating

- Your child's picky eating is temporary. If you don't make it a big deal, it will usually end before school age. Try the following tips to help you deal with your child's picky eating behavior positively.
- Let your kids be "produce pickers." Let them pick out fruits and veggies at the store.
- Have your child help you prepare meals. Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir.
- Offer choices. Rather than ask, "Do you want broccoli for dinner?" ask "Which would you like for dinner, broccoli or cauliflower?"
- Enjoy each other while eating family meals together. Talk about fun and happy things. If meals are times for family arguments, your child may learn unhealthy attitudes toward food.
- Offer the same foods for the whole family. Serve the same meal to adults and kids. Let them see you enjoy healthy foods. Talk about the colors, shapes, and textures on the plate.

### Trying new foods

Your child may not want to try new foods. It is normal for children to reject foods they have never tried before. Here are some tips to get your child to try new foods:

- Small portions, big benefits. Let your kids try small portions of new foods that you enjoy. Give them a small taste at first and be patient with them. When they develop a taste for more types of foods, it's easier to plan family meals.
- Offer only one new food at a time. Serve something that you know your child likes along with the new food. Offering more new foods all at once could be too much for your child.
- Be a good role model. Try new foods yourself. Describe their taste, texture, and smell to your child.
- Offer new foods first. Your child is most hungry at the start of a meal.
- Sometimes, new foods take time. Kids don't always take to new foods right away. Offer new foods many times. It may take up to a dozen tries for a child to accept a new food.

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**This Month's Meeting**  
November 17th  
12:00-1:00  
GSFC-CR-B26-R140  
GCDC Family's That Have  
Questions or Concerns About  
Our Program May email the  
President to join in the first 10  
minutes at Any Time Meetings  
Are in Session.

**board  
meeting**

## GCDC's Culture Celebrations

**December 3:30 p.m.**

As a way to celebrate customs and traditions, each class will have a family culture celebration. Families are asked to bring a prepared dish that is reflective of their culture/family traditions. Food items may be homemade or store-bought; however, fast foods are not allowed.

**Volunteer credit will not be awarded for this activity.  
Parents will enjoy this meal in their classroom with their children.**

More information on how to sign up coming soon!

Because the celebration includes homemade food, families must make their child's plate. For your child's safety, the Teachers will not do this. If you are unable to attend, please identify a parent to stand in for you during meal service.

Before the meal, the children will share a brief performance. The performances will begin promptly at 3:30 and usually last less than 10 minutes. If you do not want to miss the performance, your prompt attendance is required.

### All Celebrations Begin At 3:30 p.m.

Dec 12th: Comets

Dec 13th: Little Dippers

Dec 14th: Milky Way's

Dec 15th: Constellations & Shooting Stars



# What's Happening

Community Events

What will GCDC do next? We will be putting on our first performance of the school year. Every year, we host a semi formal luncheon with the children in each classroom. As a cooking experience, each class cooks a side dish to be shared with one other classroom.

This is a day you can send a "light lunch".

The children work to create center pieces, and other table settings for one another.

We will review manners, and talk about the joy of friendship and family.

The highlight is before they have lunch together, they put on a short play for their partner class. The goal is to provide children with an opportunity to tap into their performing artist. We do not invite parents to this event, but we do record it and post it in the private Facebook groups. Children are more likely to perform at this stage in the school year for peers over parents.

Don't worry, we are getting them ready for family performances later in the school year.

For more details check your class weekly note.

## Children's Literature Recommendations



***The Picky Eater*** by Betsy Parkinson

***You are Healthy*** by Todd Snow

***Monsters Don't Eat Broccoli*** by Barbara Jean Hicks

***Tales for Very Picky Eaters*** by Josh Schneider

***D.W. the Picky Eater*** by Marc Brown

***You are What You Eat and The Mealtime Hazards*** by Serge Bloch

***Picky Eater*** by Michael Gordon

***Too Picky*** by Jean Reidy

***I Will Never Not Eat a Tomato*** by Lauren Child

***Lulu's Lunch*** by Camilla Reid

***Good Enough to Eat*** by Lizzy Rockwell

***Little Pea*** by Amy Rosenthal

## Parent Advisory Committee (PAC) Meeting

November 10th: 12:00-1:30  
POC: Martha Wawro  
martha.wawro@gmail.com

Topic: Quick Start Guide to Happier Parenting: Three Tools You Can Use Today!

*Are your kids stressing you out? Are you struggling to get your children to listen, cooperate, and do what you ask? If so, spend an hour with PEP learning about three tools you can use TODAY to change the dynamic, improve behavior, and build your relationship with your child.*

**Presented by Pascale Brady from Parent Encouragement Program, Inc**

# Won't You be my Neighbor

Every year GCDC does an in-depth unit study of community helpers. Various departments here at GSFC come and present for the children on the very important work they do and how it impacts all the work here at GSFC.



(Health unit, Mail room, Fire Department, Protective Services, Facilities, GEWA, Education Department)

This has proven to be a favorite topic of study for the children. As a part of this study, we work on respect and gratitude. At the end of the Unit study, we present our local Community Helpers with a gratitude basket.

Please check your classes weekly note for more Details to come.

## Newsletter Editor

Leona Adams Program Director

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## Character Trait of The Month

The character trait of the month is Respect. Through studying this character trait, we want children to understand that people of character: Treat others with respect; follow the Golden Rule; Are tolerant and accepting of differences; Use good manners, not bad language. Are considerate of the feelings of others, don't threaten, hit, or hurt anyone. Deal peacefully with anger, insults, and disagreements.



# October Reflections



**Preschool 2: Little Dippers**  
Learning about Fall



**Preschool 2: Little Dippers**  
Practicing Yoga



## QUESTION OF THE MONTH

Each month we will announce the question of the month. These questions are designed to help our students think about the information they may need in an emergency. The question for November is, "What your address?" Preschool 2 students will need to say the state, Preschool 3, City and State and All Others should state their full address.

If students come to the office and answer this question by November 30th, they will be given a prize from the mystery box.

# October Reflections



**Preschool 3: Milky Way**  
Visit from Author – Echo the Bat



**Preschool 3: Milky Way**  
Learning About Fire Fighters



**Preschool 3's-4's: Shooting Stars**  
Learning to Write my Name



**Preschool 3's-4's: Shooting Stars**  
Learning to make Letters in my Name

**Transition Tip:** Will your child transition from NASA GCDC to a new school next school year? If so, it is never too early to begin learning about your child's new school. Now is excellent time to start following potential schools on social media. This is a good way to learn more about the school setting and to ensure you do not miss any important dates (e.g., open house, registration, visit days, testing, etc.) over the next few months.



# October Reflections



**Pre-K: Constellations**  
Exploring Science Chemistry



**Pre-K: Constellations**  
Engineers building with peers



**Pre-K: Constellations**  
Letter Sound Sort



**Pre-K: Constellations**  
Physics