



The Buena Vista Child Development Center was founded by Chairwoman Rhonda Morningstar Pope and the Buena Vista Rancheria in the spring of 2007 to bring a culturally appropriate preschool experience for Native American children and others from the ages of 2 years to 5 years 9 months. The Center is open Monday – Friday from 7:30 a.m. to 5:30 p.m.



Amber Llacuna-Benavente
Child Development Teacher

Birds of prey visit day care center



A hawk from the California Raptor Center shows off its big wing span to the kids with help from Miss Christie. (below) BVDC kids and staff watch the birds.

By Amber Llacuna-Benavente

Christie, our visitor from the California Raptor Center, came to our center and brought her friends Grasshopper and Spar with her. Grasshopper and Spar are birds of prey from the raptor family. Grasshopper is a Swainson’s Hawk who got his name because he likes eating grasshoppers. He was a very mellow bird and didn’t mind showing off his beautiful wings to all the children. Spar is an American Kestrel which is the smallest falcon. He was the noisiest and smallest of our visitors. If you’d like to learn more about these raptors or would like to adopt them, let our staff know and we will give

you the information. Christie shared a lot of information, pictures, skulls, and feathers with everyone and we cannot wait for them to come back soon! Be sure to check out the Gallery of photos on our web site at www.buenavistacdc.com.



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Gloria Torres
Child Development Director

Pinnocchio Play Field Trip

By Amber Llacuna-Benavente

Our older children were able to go on a field trip to B Street Theater last month! We all saw the play Pinnocchio. The children were amazed at the theater that "was like a movie but real" and couldn't stop laughing at all the silly characters.

Pinnocchio has many good lessons in the story such as:

We should listen to our elders
Children need rules and parents
Strangers cannot always be trusted

There are consequences for bad decisions (such as lying)

There is nothing more important than family and there is nothing more powerful than love

I'd like to invite our parents to read this classic story with your children and relate these themes specifically to their lives. B Street Theater did a wonderful production and we are planning our next trip soon!

MARK THE DATES!

January 18th – Closed for Martin Luther King Jr. Day

February 12th – Join us for our Valentine's Day Party from 11 to Noon

February 15th – Closed for Presidents' Day

Directors Corner

We would like to thank the administration along with our parents for all their outstanding support that they have given us for 2009. Our events could not have been successful without their participation and leadership and guidance.

Highlights for 2010

- We will be working to enhance the inside and outside environments.
- Marty will continue to help us with our Native garden
- We plan to launch our summer garden by March 2010.

We will create intra-centers which are specific areas for math, language, music, culture, etc.

Attention Parents!

If you make a referral for a new student to attend Buena Vista, we will thank you with a gift certificate!

Educational Walkthroughs

Something new that we will be doing for 2010 is having parent meetings every three months and providing parent walkthroughs through the classrooms and educating the parents on the daily activities that the children participate in. This way, our parents can understand the material that is in the classroom and what it is being used for every day. We will make ourselves available to answer any questions for preparing your child for kindergarten as well as conducting workshops for parents to create their own educational activities so children can also have fun jobs to do at home. We feel that parent meetings are very important. You will have the opportunity to provide us with any ideas that you have or that you would like to see in the school or of any problem solving that may be needed with your child.

Buena Vista Child Development Center, with the help of Roselynn Lwenya, Buena Vista Environmental Resource Director as our ambassador, will be partnering with a preschool

in Kenya. We are very excited about this partnership. This means that every three months our center will adopt a preschool in Kenya and provide them with educational material, pictures, activities, and stories of our native children. In return they will do the same. What a beautiful experience our children will be able to have where they can learn

another culture that is totally different from ours. We do share one thing in common, and that is the tradition that we both value. We are very excited about this partnership. I truly believe that this has never been done before especially at the young age of preschoolers. We

will keep you updated and informed as we start this new journey with a preschool from Kenya.

The 2010 calendar will be available for all parents and on the website by January. This calendar will keep you informed of all the activities that are already set for 2010. If you have any questions regarding the calendar of events, please do not hesitate to email or call us. Please note the days that we are open, the days that we are closed, and our minimum days. Please check out our website as well at www.buenavistacdc.com. I would like to thank Pati for an outstanding job.

We would like to thank Marty for his beautiful creativity and work in providing the school with three beautiful hanging stained glass windows. Marty will be continuing to work with us and the children in the garden.

In the month of December the children had fun in participating in a cooking activity of making corn tortillas. We will provide you with the recipe. We are excited about our guests that will be sharing cooking, art, and cultural activities for the year of 2010 so that the children can continue to grow in their development.

We wish everyone a very safe and Happy New Year!!!

"...our center will adopt a preschool in Kenya and provide them with educational material, pictures, activities, and stories of our native children."



From the Chairwoman . . .

As we look back on 2009 and reflect on all of the exciting things that occurred, I am even more excited to welcome 2010. In 2009 we featured a number of different California tribes, learned traditions, language and songs. We had many wonderful visitors who shared their tribal customs with our children.

We ended our 2009 year with a great Christmas performance at our 6th annual Christmas party, where our little ones performed. Singing “Feliz Navidad”, our children shined like the stars they will grow up to be someday. Thanks to Ms. Amber and Gloria for getting our children ready for their performance. Another big thanks to Jesse Ortiz for visiting the center and teaching our children a song during the month of December. It is the dedication from these individuals who take time out of their day to come and share with our children, which makes our school such a special one.

In November 2009 our school was featured on KCRA Channel 3. A big thank you to Alexandra Creehan, for visiting and giving our school recognition within our community.

As we celebrate the coming of 2010, I know that this year is going to be even greater than the last. A special thanks you to all of you who have supported our school and our families.

Rhonda Morningstar Pope,
Tribal Chairwoman

The Buena Vista CDC children performed for tribal events, went on field trips and culturally developed before our very eyes. Ms. Gloria, Amber and Sonia have been such an inspiration for our school. The educational values these three individuals have instilled in our young ones are truly priceless. They have such a passion for our school and children. It is so very important to have leaders who truly care; and Buena Vista CDC is truly blessed!

2010

Buena Vista Child Development Center

1412 20th Street, Sacramento, CA 95811

(916) 446-1200 www.buenavistatribe.com



JANUARY

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Friday, January 1st
New Year's Day (closed)

Monday, January 18th
Martin Luther King Jr. Day (closed)

FEBRUARY

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Friday, February 12th
Valentine's Day Party

Monday, February 15th
Presidents' Day (closed)

February 22nd - 26th
Student Assessments & Parent Conferences

MARCH

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Saturday, March 20th
First Day of Spring

Wednesday, March 31st
Cesar Chavez Day (closed)

APRIL

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Thursday, April 22nd
Earth Day

Saturday, April 10th
Open House Celebration

MAY

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Monday, May 24th
Memorial Day (closed) -
Memorial Day Comeback
@ Buena Vista Rancheria

JUNE

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Friday, June 11th
Parents' Night Out
@ 5:30 pm

Monday, June 21st -
First Day of Summer

Center Closed
Day of Event

Center Open: Monday - Friday, 7:30 a.m. - 5:30 p.m.

Environmental tips to use water efficiently

By Dr. Roselynn Lwenya,
Environmental Resource Director

Efficiency measures can save the homeowner money on their water and energy bills. The following list of measures is not meant to be comprehensive, but rather a starting point.

Make it a full load! Run your dishwasher only when it's full. Don't pre-rinse dishes - tests show pre-rinsing doesn't improve dishwasher cleaning, and you'll save as much as 20 gallons of water per load. When you buy a new dishwasher, look for one that saves water. Water-efficient models use only about 4 gallons per wash. Replacing a leaky washer saves money and thousands of gallons of water each year.

Be sensible! The Earth might seem like it has abundant water, but in fact only one percent of all water on the planet is available for humans. Buy fixtures and products that are water efficient - you can use less water to get the same job done just as well.

Shower power! A full bathtub requires about 70 gallons of water, but taking a five-minute shower saves water by using 10 to 25 gallons. Put a little timer or clock near your shower so you can see how fast you are. Save even more water, and money on your water bill, by installing a water-efficient showerhead, or ask your landlord to install one if you rent. Turn off water while soaping or shampooing.

Don't be a drip - fix that leak! Leaky faucets can waste thousands of gallons of water each year, like money down the drain. Repair or replace old or damaged fixtures. If you're not sure you

have a leak, check the water meter before and after a two-hour period when no water is being used. If the meter does not read exactly the same, you probably have a leak.

Make it a full load! The average washing machine uses 40.9 gallons of water per load. If you buy a new washer, shop for a high-efficiency washer that needs less than 28 gallons of water per load. To achieve even greater savings, wash only full loads of laundry or be sure to choose the appropriate load size on the washing machine.

Close tap! Do not let the water run while shaving or brushing teeth

Cold drinking water! Keep drinking water in the refrigerator instead of letting the faucet run until the water is cool.

Smart in the kitchen!

Wash fruits and vegetables in a basin. Use a vegetable brush
Do not use water to defrost frozen foods; thaw in the refrigerator overnight

Scrape, rather than rinse, dishes before loading into the dishwasher; wash only

Water the lawn/ garden during the coolest part of the day (early morning or late evening is best)

Sweep it! Sweep driveways, sidewalks and steps rather than hosing off

Egg water! Every time you boil an egg save the cooled water for your houseplants. They'll benefit from the nutrients released from the shell.

Alphabet Rubbings

Make a Textured Alphabet Picture

*Sonia's Art
Activity*

This activity is not only fun but it also helps with letter recognition. Try making other rubbings in the background of your picture using other objects. For younger kids you can do all the tracing templates and cutting; older kids can do this for themselves.

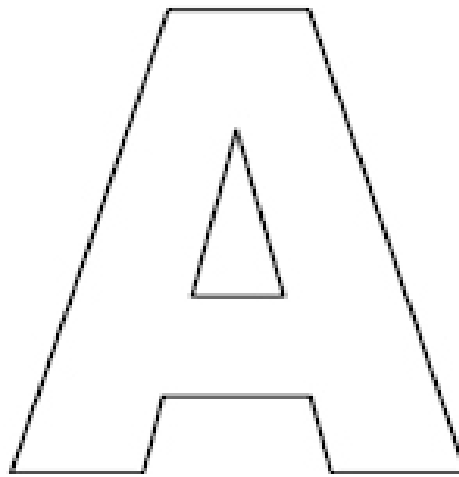
Age Guideline: 3 Years and Up

Time Required: 20 minutes *(Does not include drying time)*

The above age and time guidelines are estimates. This project can be modified to suit other ages and may take more or less time depending on your circumstances.

Materials Needed:

Course Sandpaper
Plain Paper
Old Crayon Pieces Without Labels
Scissors



Instructions:

Cut large letters out of the sandpaper. If you want some printable letters, check out <http://familycrafts.about.com/od/alphabetactivities/a/alphacoloring.htm>. Cut out the letter and trace them onto the back of the sandpaper. Cut out the sandpaper letters.

Place the letters, rough side up, on your work surface, then place the plain white paper over them. Now make a crayon rubbing of each letter by gently rubbing the side of the crayon on the paper

that is over the sandpaper letters. You should be able to see the letters show up with a nice texture design on your paper.

If you want a challenge, why not try writing your name or spelling out other words.

RECIPE CORNER



A baked apple on a cold winter's night can warm the heart. Baked apples make a delicious and heart-healthy dessert. There are several varieties of apples that are best for baking which include Rome, Golden Delicious, Jonagold and Granny Smith. Apples are rich in fiber, vitamin C, and low in calories. Enjoy making these baked apples with your child!

Baked Apples

Ingredients: 4 large baking apples washed (do not peel)

- 1/4 cup brown sugar
- 1/4 cup dried cranberries or raisins
- 1/4 cup chopped walnuts or your favorite nut
- 1 teaspoon ground cinnamon
- 1 cup of apple juice

Core each apple and place in baking dish. In a small bowl combine sugar, cranberries, raisins, nuts, and cinnamon. Spoon mixture into each apple. Pour apple juice over apples. Bake in a 350 degree oven for about 1 hour or until apples are soft. Serve warm. For an extra treat, serve with warm vanilla ice cream on the side or top with a dollop of whipped cream. Serves 4.

Welcome Annette and Thahoo to BVCDC!



Masterpiece of the Month - January 2010



Tasi Benavente



2-year-old Tasi is our featured artist of the month. Tasi enjoys playing with puzzles, stomping in puddles, going for walks, and playing with animals, cars, and trains. He loves to color and paint. Tasi's favorite movie is Horton Hears a Who. He has two brothers and likes to wrestle and ride bikes with them. "Tasi" means "ocean" in Chamorro (Native people from Guam). Thanks for the painting Tasi!!!



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Buena Vista
Child Development Center
Sacramento, Ca



Buena Vista office staff surprised BVDC with a little Christmas party: (kids from left) Cena, Love, Bella, helper Ollin, Trinity, Diego, Nick, Sisario, Agacio and Julian; (top row, from left) Teacher Amber, Chairwoman Rhonda, helper Jordan, Director Gloria, and helper Tommy.