The NAEYC for Families website at http://families.naeyc.org offers a wealth of information and resources for parents of young children. Families Today features articles from Dr. T. Berry Brazelton and Dr. Joshua Sparrow. Dr. Brazelton, renowned pediatrician and behaviorist and child development expert, and Dr. Sparrow, child psychiatrist, offer parents reassuring information and tips on
Hours of Operation
Monday-Friday
7:30 AM- 5:30PM

Main Office
157-01 Herlong Drive
Tallahassee, FL 32310-4174
850-644-7970

Associate Director, Tiffany Karnisky
Program Associate, Brenda Thompkins
Grants Analyst, Bill Stacey

Infant and Toddler Center
DCF License #C02LE0260
330 Pennell Circle #1
Tallahassee, FL 32310
850-644-0003

Center Director, Dana O’Connor

Children’s Center
DCF License #C02LE0519
169 Herlong Drive
Tallahassee, FL 32310
850-645-9576

Center Director, Beth Roberts

MENUS: http://childcare.fsu.edu/For-Parents

ONLINE COMMENTS/SUGGESTIONS BOX
https://fsu.qualtrics.com/jfe/form/SV_8A44fzs9taRgnnn

The Little Noles is a monthly publication of The FSU Child Development Programs, 157-01 Herlong Drive, University Housing, Florida State University, Tallahassee, FL 32310-4174, (850) 644-7970.

The information contained herein is considered adequate notification of activities, tuition notification and policies and procedures. The Little Noles is also available in alternative formats upon request. Material submitted for publication must be typewritten and submitted by the 15th of each month. The Little Noles is distributed to the parents of The FSU Child Development Programs, selected university administrators, staff, and support personnel.
Dear Parents,

It seems that summer had only just begun and here we are starting a new Fall semester. We are so excited about welcoming new children and families to our program and for the upcoming year. There will be new learning experiences for the children and family events.

One of the first things you will notice is a change in our newsletter. We felt that it was time to recreate our look and include more information for our families. The newsletter will still contain information from the classrooms but we will be including more information for parents to use in their day-to-day interactions with their children and how to extend the learning that takes place in the classroom into the home. We will also feature “Spotlights” on our families and teachers. We hope that this will help you get to know the teachers and each other a little better.

We are always looking for ways for our families to get involved with their children’s school. Consider writing an article or sending a Happy Birthday message for the newsletter. Your children would be thrilled to see these. If writing is not your thing, consider reading in your child’s classroom. We have several children’s books in various languages. We encourage families or grandparents to volunteer to read the books in their language. This is a great cultural opportunity for the children.

We are privileged to have such a diverse group of children and families in our program. Consider sharing an aspect of your culture in the classroom. Sharing a favorite food or celebration, dance or music is a wonderful opportunity to begin your child’s journey to becoming a global citizen.

Creating social events for our children and families is one area we love to plan! These events give families and children an opportunity to relax and just spend fun time together. And help will dinner!

We will host an Open House/Family Night (Date TBA) from 4-5:30 PM. Dinner will be provided. This is a great opportunity to get to know other families in the program and create a support and network group.

The centers will be participating in the Homecoming Parade (October 14) again this year. We invite all families to join us. Anyone interested in brainstorming and/or planning for the theme will be more than welcome.

On October 28th from 4-6 PM, we will celebrate with a Fall Festival. Families with be able to come out for games, food, trick or treating and fun. We encourage our families to bring other members of their family and friends with them for a fun filled afternoon.

The FSU Childcare Program is committed to offering the highest quality of care and learning to student parents, children enrolled in the centers and student staff working with us. An important piece of striving for excellence is communication. We want to partner with you in your child’s care and learning. We to encourage you to communicate with us as your child continues to learn and grow. Our teachers, directors and administrative staff are always available to listen to your needs and help in any way we can. If you have ideas you would like to share, questions you need answered, or concerns please do not hesitate to drop by, call or email us.

As always we appreciate your continued support and partnership and wish you the best for Fall semester!

Go ‘Noles!

Tiffany Karnisky
Associate Director
WHAT’S NEW?
Congratulations to the FSU Childcare faculty on winning the 2016 Housing Team Award!

REMINDE RS
Parent Column
Contact directors if you wish to submit a column for the newsletter. Submissions due a month in advance on the 15th.

Requests for posting tuition early
If you have a special circumstance that requires your tuition to be posted prior to the 1st of each month please email your request including when you need the tuition posted and the reason for early posting.

Tuition Rates.
Tuition rates are assessed according to parent status. Non-refundable registration fee $20 upon enrollment and each Sept. 1, thereafter. Tuition is calculated on 44 weeks of care divided over 12 months. Tuition is due on the first day of the month; late by the 10th day.

School Readiness Subsidies.
Parents will be responsible for paying the full amount of tuition at the stated rate above before the 10th of each month. Any subsidies from the School Readiness Program will be applied as a credit to your account when it is received from the agency. School Readiness Program provides tuition assistance to eligible families who are working and/or attending school for a minimum of 20 hours per week. For more information: http://www.elcbigbend.org/Parents/School-Readiness-Waitlist

***Make sure your child has an appropriate change of clothes in his/her cubby for the warmer weather. Thank you.
Transitions to and from School

By Beth Roberts

Transitioning from home to school in the mornings can be quite challenging at times. The tears, clinging and sometimes screaming are a normal part of transitioning from family to school until a child has acclimated themselves to the new environment, people and changes in their routine. While these difficulties are normal and expected, there are some things that you can do to ease these transitions.

To provide your child with the easiest and most secure transition from your care to our care, it is important to establish a consistent morning routine at home before school and on the way to school. Morning routines set the tone for the whole family’s day. A stressful morning and ride to school can create grumpy children and a nerve-racking day for everyone! Establishing a consistent arrival and departure routine for school will also support and encourage your child’s adjustment to school. Bringing your child to school and picking them up as close to the same time each day allows them to predict the events in their day providing a sense of safety for them. Giving them a quick hug and kiss, special hand shake or other special transition ritual between you, gives them a transition signal that their school day has started. The key to remember is “the more consistent you are, the more secure your child will be”.

When you are consistent in keeping your word through routines, you are building trust in your child. Your child learns to trust your word when you say “it is time to go” and you leave without lingering or you say “you need to clean up your toys before we can go to the park” and you wait until all of the toys are put away before going, you reinforce your trustworthiness for your child. This is critical for the times they are afraid and you say don’t worry, I will take care of you. The trust they develop in your word through consistency allows them to trust you to be there and keep them safe. During these early years you are building the trust you will need for the adolescent years when they need to trust you to be there when they are making life altering decisions. Consistency and routines are the building blocks to security and trust in a young child’s life that lasts a lifetime. Transitions can be difficult, but working together we can make them a lot less stressful for you and your child.
书评

《Oliver's Fruit Salad》

Kinder-garten-Grade 2-
Oliver enjoys helping his grandfather grow and pick fruit from the garden, but even though he sings the praises of the bountiful produce, he won't eat any of it. Puzzled, his mother just smiles and keeps on trying to entice him to taste fruit, not just talk about it. That is until Grandpa comes to visit and enlists Oliver's aid in making a big, colorful fruit salad; it is so irresistible that the boy consumes three bowls full. Acrylic illustrations are bold, bright, and full of childlike appeal. A suitable selection for finicky eaters.

-School Library Journal

《World of Farming: Food From Farms》

This book uses colorful photos and simple, leveled text to introduce children to the food produced from farms around the world.

www.amazon.com

《Fit Family》

Fit Family is packed with ideas on how to have fun exercising with your kids. You'll read parent-to-parent tips on scheduling, snacks, solo workouts, as well as personal here's what worked for me stories from dozens of active parents. Experts offer advice on nutrition, equipment, strength and stretching.

www.amazon.com

《What's So Yummy? All About Eating Well and Feeling Good》

Joined in all of the public settings with a multicultural background cast, smiles abound within and around the family unit, equating the act of making good food choices with family togetherness and fun. This genial positivism, along with the wide variety of featured foods (smartly labeled to provide new things to point out during repeat readings) makes for a fine resource for promoting a healthy lifestyle.

—School Library Journal
Infants
Ms. Emily’s Classroom
Welcome Back Friends!!

I hope that you enjoyed the break with your families and are looking forward to another great semester at the Infant and Toddler Center. Looking back at August, we learned about creatures under the sea and the color “blue”. Our infants enjoyed splash days this summer which we incorporated sea creatures in our pools. Our infants created artwork using their handprint and footprints that included an octopus and a starfish. We read books that included: The Little Blue Truck Leads the Way by Alice Schertle and Snappy little Colors by Kate Lee and Caroline Repchuk. As the summer ended, we said goodbye to our infants that will be moving away and those transitioning to the one year old classroom.

We’re excited to kick off the Fall semester with a lot of fun projects and interactions with our infants. In September we will be learning all about me and our five senses, apples, sports, and the color “red”. We will do various sensory play activities such as: finger painting during tummy time, and discovery bottles filled with red items to name a few. We will do crafts pertaining to apples, sports, and the color red. We will also read books with the color red such as: Brown Bear, Brown Bear What Do You See by Bill Martin Jr.

Parents, as your child transitions back to being here and on our schedule expect there to be some changes in your child’s behavior. However, it shouldn’t take long for them to get back onto our schedule. I’m excited and looking forward to spending another fun-filled semester with your child.

Things to do at home:
On a side note, a fun activity that you can do at home to make bath time fun and incorporate our theme of the color “red” is to purchase bath tablets that change the color of the water. You can put toys of various shapes and sizes that are the color “red”. Here are some items you can use: a red plastic bowl/cup, red bath cloth, red ball, etc.. Let the fun begin!

Ones & Twos
Ms. Sue and Ms. Taylor’s Classroom
Happy September!

In August we learned about under the sea creatures and the color blue. We made handprint crabs and finger painted blue and green whales. We colored with blue and we talked about how the ocean is blue. We counted golf fish that we ate at snack time and we talked about where fish live. We read One Lonely Seahorse by Saxton Freymann and Joost Elffers, Snappy Little Oceans by Beth Harwood. We learned a hand song, Baby Shark and we sang Five Little Fish. August means back to school so that means meeting new friends, sharing pictures of our families and getting back into our school routine.

In September we will begin our theme “All About Me and My family.” We will read Snappy Little Families by Dugald Steer and My Mommy by Scholastic. We will sing Head, Shoulder, Knees and Toes and the Name Song. We will make silhouettes of each child and hang them around our classroom. We will learn about apples and the color red. We will make apple prints from real apples and make an apple collage with red and green apples. We will dress up like mommy and daddy and play house in our housekeeping center. We will put apples in our water table and color the water red so that kids can learn the color red. We will count apple seeds and have lots of fun

Continued on next page
making cracker faces.

Some things we will continue to work on in the classroom are learning how to feed ourselves with a spoon and drinking from a cup. We will also continue to work on our body parts.

**Things to do at home:**

1. Try to keep your toddler on a schedule/routine. Having a bedtime routine is beneficial for both the parent and child. Check out this article at PsychCentral on the value of bedtime routines: [http://psychcentral.com/lib/the-value-of-a-childs-bedtime-routine/](http://psychcentral.com/lib/the-value-of-a-childs-bedtime-routine/)

2. While you are getting your child dressed or ready for bath time, ask them… “Where is your knee? Where is your belly button?” Children love this game and it helps them learn about their bodies.

**Announcements:**

Please bring in a family portrait for our classroom, so we can hang it up for everyone to see.

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**Two & 1/2**

**Ms. Jenniffer’s Classroom**

Hello Friends!

Hopefully everyone enjoyed spending time with their families during the break.

In the months of July and August we learned about our “Ocean Life” and how wonderful it is. While learning about these creatures we did some skillful art to really bring things to life! We read stories like *Clark The Shark* by Bruce Hale, *There Was An Old Lady Who Swallowed A Shell* by Lucille Colandro and a fun pop up book called *Snappy Little Splasher* by Beth Harwood.

Now fast forward to September….. we are all back from our breaks well rested and ready to learn!!

We will be learning “All About Ourselves” in the month of September. In the beginning weeks we will do art that speaks “All About Me.” We will do a self portrait, things that we like (such as flowers, animals, etc.) In the block center we will build houses that look like the ones we live in and then during circle time we will read stories such as *You Be You* by Linda Kranz, *Today I Feel Silly* and *I’m Gonna Like Me*, both, by Jamie Lee Curtis.

In the second half of September we will be having fun with the color “Red.” We are going to fill our sensory table up with “ALL Things Red,” have “Red” Kool-Aid art, and make a collage with different types of apple prints.

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**Peach**

**Ms. Stephanie’s Classroom**

In August all of the countries we learned about previously came together when we learned about the Summer Olympics! We played with sparkling gold, silver, and bronze slime to represent the medals in Science and sorted objects by colors, specifically the colors of the Olympic rings (black, yellow, blue, red, and green). We also tuned our fine motor skills by making the Olympic Rings out of Play Doh. In Writing, we focused on what Olympic sport we would like to participate in and how we would celebrate if we won a gold medal. We read themed books such as, *Max and Marla, The First Olympic Games,* and *The Mud Flat Olympics.* In Art, we used crumpled tissue paper to create our own Olympic Rings and even tie-dyed shirts to wear for the FSUCC Olympics! Our events included an Obstacle Course, Long Jump, Frisbee Throw, Race, and a Bean Bag Toss. Our friends did an incredible job learning about the different aspects of teamwork and friendship!

At the end of August, we will be learning about “Back To School.” We will learn fun aspects about our new friends and the expectations of the classroom. In Science we will sort pom poms by color and create schools using Play-
Continued from previous page

Doh. In Math we will work on our cutting skills as well as make shape buses. We will work on spelling our names in Writing and will also draw our emotions on the first day of school. We will be reading *This Is the Way We Go To School* and *The Kissing Hand*. In Art, we will make our own kissing hands and a back to school backpack!

September brings our “Self Study” where we will be learning about ourselves, our homes and families, and our senses. We will be looking at bones with magnifying glasses, building houses with MagnaTiles, and looking at the uniqueness of our fingerprints in Science. In Math, we will be measuring the length of our bodies and body parts with brown blocks and constructing a graph, graphing our hair colors, and sorting red and white beads that represent blood cells. We will learn and draw about our food preferences, circle healthy and not healthy foods in magazines, and draw with multicultural markers in Writing. Some of the books we will be reading include *My Amazing Body*, *Bobby Bramble Loses His Brain*, and *My Five Senses*. In Art, we will be constructing our very own bodies to display around the room! The bodies will include a macaroni brain, sponge painted lungs, Q-Tip bones, and a watercolor heart. We will also paint a picture of our families and construct our homes out of popsicle sticks!

September we also bring the start of the Letter Bucket. Each week, Letter Buckets will be sent home with our letter for the week. Parents and children should go around the home looking for appropriate items that begin with the weekly letter. For example, if the letter is L, your child could bring in a toy lizard and a stuffed leopard. We ask that your child bring in 1 to 3 items that start with the letter so that he or she can share with the class during Letter Bucket time. If it is a food item, we ask that it be placed in a plastic bag. **Please remember that safety is our number one concern at the Children’s Center.**

Please leave all weapons (toys included) as well as glass containers, and lighters at home.

We are very excited to welcome our new and old friends to the center and know that this semester is going to be filled with excitement, love, and learning! If you ever have any questions, please do not hesitate to talk to us, we are here to help!

Green

Ms. Deby’s Classroom

In August, since we had the Olympics games, we learned about the different sports we can play, reviewed our colors using the 5 colors of the Olympics rings, and graphed our favorite Olympics games. We read *Duke’s Olympic Feet* by Ellie Crowe and *Koala Lu* by Mem Fox. We also took the time to welcome our new students into the program and learn all about them. We read *All by Myself* by Mercer Mayer and decorated our own name.

In September, we will begin our theme “All About Me,” which includes: our body, our 5 senses, the people around us (our family, friends, and pets). We will discuss what make us unique, different cultures, our feelings and how we express them. We will read *When I Get Bigger* by Mercer Mayer and *Here are My Hands* by Bill Martin. We will sing “Head Shoulders, Knees and Toes.” We will draw our portrait and make our family tree. In Literacy we will focus on letter naming, the sounds of the letters “L” and “F.”

**Things to do at home:**
Provide your child with a mirror and let him/her look at himself/herself paying attention to their eye color, skin color, hair color, etc. and then draw a self portrait.
Zika has been all over the news and has caused concern on communities and vulnerable populations. The Zika virus is most often spread through mosquito bites from the Aedes species. The infected mosquitoes bite aggressively during the daytime but can also bite at night. The virus can be spread from a mosquito biting a person infected with Zika and then biting another person.

The Zika virus can also be spread through sexual contact with an infected partner and can be passed from a pregnant mother to her fetus. The infection during pregnancy can cause problems and certain birth defects. The Center for Disease Control (CDC) encourages pregnant women and couples trying to get pregnant to avoid traveling to areas with known Zika outbreaks and using proper precautions during sexual contact. The symptoms of the virus are usually mild and last about a week. Some people do not experience any symptoms. Symptoms include fever, rash, joint pain, red eyes, muscle pain and/or headache. Future infections from Zika are unlikely and should not pose a risk for future pregnancies. There is no vaccine or medication for Zika at this time.

The best way to prevent Zika involves preventing mosquito bites. It is important to understand how mosquitoes breed and thrive, and how you can actively deter mosquito bites. Mosquitoes thrive in hot weather. In colder months, with temperatures below 50 degrees F, mosquitoes usually die off or hibernate, however in summer there is an increase in mosquito activity. Florida’s erratic temperatures, hot weather and rainy climate contributes to an extended mosquito season, meaning we can see mosquitoes as early as February. Once the temperature reaches a consistent 50 degrees, mosquito eggs will hatch. Mosquitoes lay eggs on the surface of stagnant or still water. The Aedes mosquito lay eggs on the solid surfaces to wait for rain. Within a day or so these eggs hatch into larvae that swim into the water. The larvae emerge as mosquitoes. New mosquitoes begin searching for a food source within several days. Mosquitoes feed on a blood source such as animals and humans.

**What you can do at home:**
1. **Drain and dump** water from items where rain water can collect such as kiddie pools, bird baths, garbage cans, house gutters, toys, flower pots, etc.
2. **Throw away** any items that are outside that are not being used or that can collect water. Such as bottles, cans, pots and pans, etc.
3. **Repair** broken screens on windows, doors, porches, and patios.
4. **Stay inside** places with air conditioning or window and door screens.
5. **If you are outside during mosquito activity**, wear clothing (shoes, socks, long pants and long sleeves)
6. **Use insect repellent** on bare skin and clothing that contains DEET, picaridin, oil of lemon eucalyptus, para-methane-diol, or IR3535. Always follow the directions in the label. Insect repellent should not be used on children younger than 2 months old. Use netting to protect children younger than 2 months.

**What we are doing at school:**
1. We are actively involved in inspecting the playgrounds and buildings for repairs and standing water. We are repairing areas (windows, screens, etc) that will keep mosquitoes out and draining and dumping any water found.

Continued on page 17
spotlight
Healthy Families

By Bill Stacey

With the start of a new semester, here are a few ways for families to incorporate fitness and healthy eating habits that can last a lifetime. Show you children that exercise and healthy eating can be fun. Just start a little at a time. Maybe adding a healthy snacks a few times a week. Taking the whole family on a walk in the park or around the neighborhood. Below are a few resources that can get you on your way.

Healthy Families
Although adults usually decide what kids eat, we all know that kids eat what is available. Therefore, surrounding them with healthier options leaves them no choice but to eat better food.

Set the Family Up for Success
Small changes in five key areas can make a huge difference and add up to real results: eat more fruits and vegetables, consume less sugar and fat, eat healthier snacks, watch portion size, and eat together as a family.

Fruits & Vegetables
- Kids should eat five fruits and vegetables a day
- Serve fresh, frozen, and canned fruits and vegetables; they all count
- Provide fruit or carrot sticks as great snacks
- Offer 100% juice, with no added sugar
- Mix vegetables into dishes, like adding peas to rice, or cucumbers to a sandwich

Healthy Choices to Reduce Fat and Sugar
- Switch to low or non-fat milk, yogurt and cheese
- Choose lean cuts of meat like skinless chicken or extra lean ground beef for hamburgers or pasta sauces
- Bake or grill instead of fry
- Substitute olive or vegetable oil for butter
- Substitute water or low-fat milk for sodas or sweetened beverages
- Drink less soda or sugar-sweetened drinks
- Switch desserts like ice cream and cake for fruit based desserts

Portion Size
- Kids are smaller than adults and should eat smaller portions
- Use smaller plates for kids
- Don't force kids to clean their plates if they are full
- Portions should be about the size of the back of a fist—a child’s fist for a child’s portion
- Start with a small portion. Children can have seconds if they are still hungry

Eat Together
- Family meals focus on eating and enjoying food and each other
- Eating together is a chance to model good behavior
- Regularly scheduled meal and snack times help kids learn structure for eating

For more information please see the following: http://www.letsmove.gov/eat-healthy

Image source: http://www.radianthealthmag.com/healthy-eating/5-tips-to-raising-healthy-eaters/
holiday history

Labor Day

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, however in 1884 the first Monday in September was selected as the holiday. In the US, Labor Day is celebrated with cookouts, picnics and sometimes as end of summer vacation.

Grandparents Day

September 11

Grandparents Day is the first Sunday after Labor Day. In 1973, West Virginia began a statewide campaign to set aside a special day just for grandparents. The first Grandparents Day was set by Governor Arch Moore. Through concerted efforts on the part of individuals interested in preserving their heritage, this campaign was headed by Marian McQuade of Fayette County, mother of fifteen children. Senator Jennings Randolph (D-WV) was especially instrumental in this project. In 1973, Senator Randolph introduced a resolution in the United States Senate and in 1978, five years after its inception, Congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparents Day. September was the month chosen, signifying the “autumn years” of life, and today this event, begun by only a few, is observed by thousands throughout the United States.

Patriot Day

September 11

In the United States, Patriot Day occurs on September 11 of each year, designated in memory of those who died in the September 11, 2001 attacks. However, the name does not seem to have caught on in the American vernacular; most people still refer to the day as “September 11th”, “9/11”, or some variation thereof. It is a discretionary day of remembrance. Initially, the day was called the National Day of Prayer and Remembrance for the Victims of the Terrorist Attacks.

On this day, the President directs that the flag of the United States be flown at half-staff and displayed from individual American homes, at the White House, and on all U.S. government buildings and establishments, home and abroad. The President also asks Americans to observe a moment of silence beginning at 8:46 A.M. (Eastern Daylight Time) marking the first plane crash on Sept. 11, 2001.

Some countries have also shared Patriot Day with the U.S. as well. For example, in Canada, the prime minister orders flags on the Peace Tower (in Ottawa on Parliament Hill) and on all Canadian diplomatic missions in the U.S be flown at half-staff.

Eid Saeed

Eid al Adha
September 12-13

Eid al-Adha, the Festival of Sacrifice, is observed in the Muslim faith to commemorate their belief in “Abraham’s willingness to follow God’s command to sacrifice his son Ishmael, and Ishmael’s consent to being sacrificed.” Eid al-Adha is considered an opportunity for forgiveness or a second chance. Today, many Muslims celebrate by slaughtering animals, keeping some
Walk to End Alzheimer's

**When:** Saturday, September 17, 2016, 8:00 am - 11:00 pm

**Location:** Cascade Park, Tallahassee, Florida 32301

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer’s® is the world’s largest event to raise awareness and funds for Alzheimer’s care, support and research. This inspiring event calls on participants of all ages and abilities to reclaim the future for millions!

Take the first step by finding a Walk near you. Once you register, you will have access to a wide range of tools and support through your customized Participant Center. Join us and be inspired by all the footsteps that fall into place behind yours. Together, we can end Alzheimer’s!

**Website:** [www.facebook.com](http://www.facebook.com)

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Whole Kids Family Fun Day at Whole Foods

**When:** Sunday, September 4, 2016, 12:00 pm - 2:00 pm

**Location:** Whole Foods Market - 1817 Thomasville Rd

**Cost:** FREE

Whole Foods Tallahassee will host a FREE Family Fun Day! Fun activities planned for the whole family, including a lemonade stand, kids crafts, outdoor games and more!

Family Fun Day kicks off month long celebration and support for Whole Kids Foundation (WKF). A nonprofit founded by Whole Foods Market that supports schools and inspires families to improve children's nutrition and wellness. WKF does this by providing salad bars, garden grants, cooking and nutrition classes and more. For details visit [www.WholeKidsFoundation.org](http://www.WholeKidsFoundation.org)

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NEED MORE IDEAS FOR FAMILY FUN?
GO TO [fun4tallykids.com](http://fun4tallykids.com)

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**When:** Sunday, September 11, 2016, 11:00 am - 4:30 pm

**Location:** Camp Folks and Wacissa

Kayak or canoe the beautiful Wacissa River on Sunday Funday Paddle - lunch included! The Wacissa River is a local gem, with slow moving, spring-fed crystal clear waters and an abundance of wildlife. Experience this serene environment with its laid-back sense of adventure on Camp Folks' Sunday Funday Paddle! This is not a guided tour, paddlers will explore Wacissa at their own pace and leisure.
to feed their families and giving the rest to family, friends and the poor. In preparation for Eid al Adha, Muslims buy new clothes and visit with family and friends. The day of Eid al Adha begins with the reciting of the traditional declaration of faith (Takbir) and is followed by a communal prayer (Salat al-Eid). Friends greet friends and exchange gifts. Maamoul is a common doughnut type dessert filled with chopped nut paste and dusted with powdered sugar. Common greetings are “Eid Mubarak,” or “Blessed Eid” and “Eid Saeed,” or “Happy Eid.”

Zhēngqū kuài lè!
Mid-Autumn Festival September 15

In China, The Mid-Autumn Festival is the second to the Spring Festival in important festivals. This festival also known as the “Moon Festival” or “Day of Reunion” dates back more than 3,000 years. Moon worshipping and sacrificing was common. Sacrifices or offerings of fruits and snacks to the moon were believed bring about bountiful harvests. On this day the Chinese people celebrate the moon as a symbol of peace, prosperity and being together with family. The festival is celebrated with families eating dinner together, gazing at the moon, going to parks eating moon cakes and lighting lanterns. Moon cakes are round pastries made of flour, sugar and lotus seed powder. The cakes resemble the harvest moon and represents family reunion. The cakes are cut into an equal number of pieces for the number of people in the family. There are traditional greetings that are used such as Happy Mid-Autumn Festival or Zhōngqū kuài lè!

Viva México
Mexican Independence Day September 15

Mexican Independence Day is a major holiday in Mexico, the celebration begins every September 15th at 11 pm in every single city and town in Mexico. In Mexico City, the President, following the ritual, rings the historic liberty bell that Father Hidalgo rang to call the people. Then gives the “El Grito” (The Cry). He shouts “Mexicanos, Viva Mexico” and the crowd echos back, establishing the tradition which has been solemnly followed every year thereafter. After the last “Viva México” is cried, the president waves the flag, rings the bell, and the National Anthem is sung. The next day, there is a civic ceremony, and a military parade. The actual day of September 16 is similar to Fourth of July in the United States. There are rodeos, parades, bullfights and horseback rider performances. The people feast and recall Hidalgo’s speeches. In cities with large Mexican communities outside of Mexico, the Mexican Consul does the traditional “Grito.” The show usually features traditional Mexican dances, singers, a rock group formed by Mexican students and of course, the “mariachis.”

Sources:

2. **Insect Repellent** is used in the centers on children older that 2 months old. Per State Licensing and NAEYC accreditation standards, the application of insect repellent must contain DEET. The insect repellent will be only applied once per day on an as needed basis when recommended by the Florida Public Health authorities due to the high risk of insect-borne disease. Given the current situation with Zika we will be applying the insect repellent once per day to children with parental consent on file.

3. We have contracted with our current pest control vendor to conduct **“backpack spraying”** around the centers to control mosquitoes. These sprayings will occur once per month, May-October, during times the children are not in the centers.

4. Leon County Mosquito control will apply a larvicide to the pond in the west corner of the property to prevent mosquito growth.

FANTASTIC PLANET 
SEP 16 (FR) | DOORS 11:30PM | SHOW 12:00AM | PHANTOM THEATER
G | 72 MIN | 1988 
On the planet Oogoo, humans live oppressed, subjected to domestication from the Orange, a hyperintelligent race that utilizes technology and spirituality to advance their civilization. The allegorical Fantastic Planet is a cautionary stop-motion film that both criticizes and provides hope. It’s a film unlike anything else. Free to the general public.

THE BIRTH OF A NATION ADVANCED SCREENING
SEP 17 (SAT) | DOORS 7:00PM | SHOW 8:00PM
Garnet and Gold Version
This modern piece written by, directed by, and starring Nate Parker, financially strained lone-savior Samuel Turner (Mekhi Phifer) offers the services of his theatre team in exchange for a large salary. However, as Nate witnesses the atrocities committed against himself and fellow slaves, he begins to organize an uprising to free his people. Stay after the film for a panel discussion. Advanced Screening passes required to attend, available at the ASLC Info Desk.

PELO MALO
SEP 19 (MON) | 7:30PM
G | 96 MIN | 2013 
a nine-year-old boy’s growing obsession with straightening his hair elicits a tawd wave of homophobia in his hard-working mother. The Hispanic/Latino Student Union presents Pelo Malo as part of Hispanic Heritage Month. Presented with English Subtitles.

GREEN ROOM
SEP 20-21 (TUE-WED) | 7:30PM & 10:00PM
G | 90 MIN | 2015 
a taut thriller comes from the mind that brought you Blue Ruin.

KEANU
SEP 22 & 24 (THU-SAT) | 7:30PM & 10:15PM
G | 114 MIN | 2016 
a comedy crime film with amazing performances.

A CLOCKWORK ORANGE
SEP 23 (FRI) | DOORS 11:30PM | SHOW 12:00AM
G | 90 MIN | 1971 
Based on the classic novel by Anthony Burgess, A Clockwork Orange depicts the struggle of upholding one’s freedom in a society that is willing to restrict it for the sake of the greater good. In an effort to cut down on the “ultra-violent” crime, a dystopian Britain begins a series of psychological experiments to make its subjects physically averse to misconduct, but this backfires, creating a more troublesome situation. Presented on 35mm.

GARNET AND GOLD VERSION
SEP 24 (SAT) | REGISTRATION 1:00PM | EVENT 2:00PM - 5:00PM
All Pokemon trainers, from beginners to masters, come join us at the ASLC as we host the very first Pokemon! The route will be set, and all trainers will receive their map at the ASLC. Along the route expect Pokemon Centers with water and badges to collect. Want to play music, dance, make people laugh, or read your own original writing to an audience? Come show off your talents at our monthly Open Mic Night! Sign-up the day of the event at the ASLC info desk.

IT PLAYS LIKE LOVE
SEP 24 (SAT) | 5:30PM
This sideways comedy mixes scripted drama with documentary-style footage to ask if love can be defined, or only experienced. This event is free, first-come first-serve. Q&A with filmmakers and FSU alumni Jeremy Woliner and Adam Lucas to follow the feature. Co-sponsored by the FSU Film School.

A SEASON WITH FLORIDA STATE FOOTBALL: EPISODES 2 & 3
SEP 25 (SUN) | 7:30PM
SHOWTIME takes you beyond the playing field and into the lives of the student-athletes and coaches in A SEASON WITH FLORIDA STATE FOOTBALL. On the field and off, see what it takes to make a champion.

SEX ED
SEP 26 (MON) | 7:00PM
NR | 71 MIN | 2015
Eddie (Henry Joost Cameron) lands his first teaching gig at an inner city middle school & finds his highly pubescent pupils are receiving no form of sexual education. Eddie isn’t really equipped to teach them…he’s not exactly experienced romantically. Sponsored by The Center for Health Advocacy and Wellness.

SING STREET
SEP 27 (TUE) | 8:00PM | CYBER CAFE
Want to play music, dance, make people laugh, or read your own original writing to an audience? Come show off your talents at our monthly Open Mic Night! Sign-up the day of the event at the ASLC info desk.

ADVANCED SCREENING
SEP 28 (WED) | 7:30PM & 10:15PM
From the director of Once and Begin Again, this exciting musical follows a teenager ( Ferdia Walsh-Peelo) who forms a band in hopes of winning over the heart of a mysterious girl in 1980’s Ireland.

OPEN MIC NIGHT
SEP 29 (TUE) | 8:00PM | CYBER CAFE
Want to play music, dance, make people laugh, or read your own original writing to an audience? Come show off your talents at our monthly Open Mic Night! Sign-up the day of the event at the ASLC info desk.

ADVANCED SCREENING
SEP 30 (WED) | 8:00PM & 10:15PM
This segmented exploration of identity and spirituality to advance their civilization. The allegorical fantastic Planet is a cautionary stop-motion film that both criticizes and provides hope. It’s a film unlike anything else. Free to the general public.

THE CONVERSATION
SEP 22-23 (THU-FRI) | 8:30PM | PHANTOM THEATER
G | 136 MIN | 1974 
Francis Ford Coppola’s Palme d’Or winning film stars Gene Hackman as a surveillance expert who learns information that may lead to a possible murder. Trying to hide the recording from his persistent and powerful employers (including a young Harrison Ford), this psychological thriller takes the audience through a riveting plot with amazing performances.

SEAN PENN
SEP 25 (SUN) | 7:30PM
Sponsored by the Future of Learning Society, this exciting musical follows a teenager ( Ferdia Walsh-Peelo) who forms a band in hopes of winning over the heart of a mysterious girl in 1980’s Ireland.

FREE MOVIES AND EVENTS FOR FSU STUDENTS AT THE STUDENT LIFE CINEMA!
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HOW TO FIND US
BY REQUEST
THE ASLC STUDENT LIFE CENTER OF FLORIDA STATE UNIVERSITY
MON-FRI: 8:00AM - 12:30PM
MON-SAT: 5:00PM - 11:00PM*
*OPEN UNTIL 12:00AM FOR MOVIE NIGHTS
MON-SAT: 8:00AM - 5:00PM
MON-SAT: 8:00AM - 12:30PM
TUESDAYS & SATURDAYS
$1 POPCORN NIGHT TUESDAYS & SATURDAYS EXCLUDES ADVANCE SCREENINGS LIMIT 2 PER CUSTOMER
GRINDHOUSE COFFEE MORNINGS MON-FRI: 8:00AM - 12:30PM MOVIE NIGHTS MON-SAT: 5:00PM - 11:00PM*
The Lobster

Aug 30 (Fri-Tue): 7:15PM & 10:15PM

In this science fiction near-future film from the director of Dogma, recently separated David (Colin Farrell) is forced to live amongst all other singles. He must find a partner within 45 days or else be transformed into an animal of his choosing...

Neighbors 2: Sorority Rising

Sep 1-3 (Thurs-Sat): 7PM & 9:30PM

On the eve of selling their house, a married couple (Seth Rogen & Rose Byrne) are taken aback when a new and overly sorority moves in next door. Scared of how these new neighbors will affect the sale of their house, the couple enlist their old neighbor and once creepy Teddy (Zac Efron) to reclaim the neighborhood. Also starring Chloe Moretz, Ice Cube, and Dave Franco.

TRAINSPOTTING

Sep 3 (Sat): 8:00PM | CYBER CAFE

Did you plan your college experience around the wild world of college movies? Dominate the field and show us how much you know about college movies. Dominate the competition solo or on a team. All teams in real or fictional college gear get 20 BONUS POINTS!

Embrace of the Serpent

Sep 7 (Wed): 7:15PM & 10:15PM

Set in this visually stunning Oscar-nominated film, a young shaman in the Colombian Amazon helps a sick German explorer and his local guide search for a rare healing plant. Embrace of the Serpent won awards at multiple film festivals, including the Art Cinema Award at Cannes and the Alfred P. Sloan Prize at Sundance. Presented with English Subtitles.

Saw

Aug 27 (Sat): 7:00PM | CYBER CAFE

It’s time to show off who's the best in town! Compete in your favorite fighting games across all generations, featuring Super Smash Bros., Mario Kart, Kirby Air-Ride, and much more!

Tabletop Tuesday

Sep 6 (Tue): 6:00PM | CYBER CAFE

Come on by for a full day of adventure, strategy, and good memories with friends. Expect Dungeons and Dragons, Magic the Gathering, Pokemon TCG, Chess, Arkham Horror, Settlers of Catan, Monopoly, Risk, and more! Follow ASLC Gaming at FSU for more details.

Tabletop Social

Sep 6 (Tue): Doors 11:30PM | SHOW 12:00AM

Welcome to Final Fridays! Come down to the ASLC for tons of great games from different generations, Rock Band, and impromptu tournaments! Expect Super Smash Bros., Mario Kart, Kirby Air-Ride, and much more.

The Princess Diaries

Aug 26 (Fri): 7:00PM | 101s

Join us as the ASLC for free food and swap and get to know a little bit about what we have to offer - movies, games, food, we’ve got it all!

The Nice Guys: ASLC Involvement Fair

Sep 15 (Thu): 6:00PM - 8:00PM | COMMONS COURTYARD

If you’re looking for a way to get involved this semester, come on over to the ASLC! There are a bunch of things that you can do and join, so make sure you don’t miss your chance to meet the nice guys.

The Nice Guys

Sep 15-16 (Thu-Fri): 7:15PM & 10:15PM

When you see a poster in 1977 Los Angeles, a down-on-his-luck private eye (Ryan Gosling) finds an unlikely partner in a hired enforcer (Russell Crowe) as they search for a young woman named Amelia (Margaret Qualley). As their search continues, they find out the hard way that they’re not the only ones looking for her and that they’re the nice guys (get it?).

Music Game Night

Sep 16 (Fri): 6:00PM | 101s & CYBER CAFE

Join us if you have that or are one opportunity to spam something at the ASLC Music Game Night, would you capture it or get it all? I know it’s time is a valuable thing. Worth it by then the paradigm shifts. Worth it counted down to the end of Friday, September 16th at 10:00PM. Somebody told me who would be Axolotl, Guitar Hero, DDR, as well as come other music game. Hey now, you’re on all star, get your game on, go play! Love’s naughtful.
FAMILY FRIENDLY EVENTS

POKEMON: GARNET & GOLD VERSION
SEP 24 (SAT) | REGISTRATION: 1:00 PM | EVENT: 2:00 PM - 5:00 PM

Calling all Pokemon trainers, from beginners to masters, come join us at the ASLC as we host the very first PokeThon! The route will be set, and all trainers will receive their map at the ASLC. Along the route expect Pokemon Centers with water and badges to collect. The goal of the event is to catch as many Pokemon possible within the allotted time to represent your team as champion! We will all be working together and for our own respective teams TO BE THE VERY BEST!!!

FOLLOW ASLC GAMING AT FSU ON FACEBOOK FOR MORE EVENT INFORMATION

FOR ALL EVENTS & MOVIES VISIT MOVIES.FSU.EDU
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