



Welcome to Bethel's Family Christian Academy! We are so excited that you have chosen BFCA as the place for your child to grow and learn. Our program offers a wide variety of academic experiences and works to instill a love for Jesus Christ in the hearts of our scholars.

We hope this will answer many of your questions. Our mission is to provide excellent childcare for our little scholars, community, and surrounding areas by exceeding the Texas State Minimum Standards guidelines set forth by the Texas Department of Health and Human Services. As a 4-STAR Texas Rising Star provider (**Texas Rising Star is a quality rating and improvement system for Texas early childhood programs**) we want to continue to maintain a positive, stimulating atmosphere for our scholars.

2022-2023 Registration is now OPEN.

- Meet the teacher will be on Monday, August 8, 2022, from am 8:00 am – 3:30 pm
- The first day of school is August 9, 2022
- **School starts at 8:00 am (Please have your child at school before 7:30 so they can eat breakfast). Breakfast ends at 7:45 am; no exceptions as we have more kids to accommodate and get to class on time. Please ensure that the children have already eaten if they arrive after 7:45 am.**
- Please review the supply list provided. We are asking for you to bring the supplies to Meet the Teacher with all of the items labeled.
- Please provide any diapers, pull-ups, change of clothes, and a leak proof water bottle. **(Please label all items)**

IMPORTANT INFORMATION:

- Your child's age group or placement is based on your child's age as of September 1, 2022 and availability.
- Our registration fee is NON-REFUNDABLE. The registration fee is \$150.00 per student and Tuition is \$150.00 per week, per student. Please see visit Brightwheel to setup billing www.mybrightwheel.com.
- Children in 3 and 4-year old classes must be FULLY POTTY TRAINED by the start of school to be placed in with the appropriate age group.
Expectations for children who are fully potty trained include: the ability to communicate their needs, be independent in the bathroom, pulling up and down their own clothing, and ability to clean themselves and wash their hands. We understand that accidents may occur, and we will help the children to change quickly so that they may continue their day. Please ensure that an extra change of clothing is sent to school in your child's backpack. However, if we find that your child is having frequent accidents during the first month of school, we reserve the right to remove the child and place him/her at the top of the "waiting list" until your child is completely trained.

If you have questions about our program or would like additional, please schedule a meeting with the school prior to registering your child. (We want this to be the right fit for your child and family as well as for the school).

We are super excited that you chose us to care for your child(ren)!

Sis. Jaime Holman, Director



Bethel's Family Christian Academy | 2022-2023 CALENDAR

AUGUST '22						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

WELCOME BACK BFCA SCHOLARS

WILD ABOUT BFCA

August 8th Meet the Teacher

August 9th First day of school (Students)

14 Valentine's Day Parties 3 pm

17 Parent/Teacher Conference Day (No Students)

23 Black History Chapel

24 Go Texan Day

26 Black History Sunday

FEBRUARY '23						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

SEPTEMBER '22						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

05 Labor Day BFCA closed

09 Grandparents Day from BFCA

11 BFCA Sunday /Grandparents Day

13 BFCA Open House at 6pm

1-3 Read Across America

10 Petting Zoo Day

13 - 17 Spring Break BFCA Closed

28 Spring Open House and Early Registration for 2023-2024 School Year

MARCH '23						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

OCTOBER '22						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

06 Picture Day (BFCA Chapel Uniform)

10 Parent/Teacher Conference (No students)

14 Pink Friday

28 Fall Parties 3pm

01 Easter Egg Fundraiser

03 Autism Awareness wear blue

06 Easter Parties 3 pm

07 Good Friday BFCA Closed

09 Easter Sunday

14 Spring/Graduation Pictures

26 Administrative Professionals Day

28 BFCA Spelling BEE Challenge

APRIL '23						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

NOVEMBER '22						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

10 Veterans Day Chapel

11 Veterans Day Dress in Camo

22 Thanksgiving Luncheon

23-25 Thanksgiving Break (BFCA Closed)

1-5 Teacher Appreciation Week

04 National Day of Prayer

12 Moms & Muffins

14 Mother's Day

25 BFCA Spring Show & Graduation 3pm

26 BFCA Closed (No students)

29 Memorial Day BFCA closed

MAY '23						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

DECEMBER '22						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

15 Christmas Program

16 Christmas Parties at 3 pm

22 Early Dismissal at 3 pm

23 BFCA Closed (Christmas)

26 BFCA Closed (Christmas)

30 Early Dismissal 3pm

02 BFCA Field Day

12 Summer Camp

16 Dads & Donuts

18 Father's Day

19 Juneteenth BFCA Closed

JUNE '23						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY '23						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

02 New Year's Holiday (BFCA closed)

06 100th day of school celebration

13 BFCA MLK Parade

16 M.L. King Day (BFCA Closed)

04 Independence Day (BFCA closed)

21 Last Day of school BFCA & Summer Camp (Early Dismissal 3 pm)

2023-2024 School Year
August 7th Meet the Teacher
August 8th First Day of School

JULY '23						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

*Info subject to change

BFCA DAILY CLASSROOM SCHEDULE

6:30- 8:00 Arrival/Breakfast

8:00 - 8:15 Devotion/Prayer (Morning Engagement)

8:15 - 8:30 Restroom Break

8:30 - 9:45 Circle Time/Skill Development

9:45 - 10:00 Restroom

10:00 - 10:30 STEM/Skill Development (weekly class rotation)

10:30 - 11:00 Indoor/Outdoor Play

10:30 - 1:45 Lunch/Restroom/Naptime (restroom as needed)

1:45 - 2:00 Restroom

2:00 - 3:00 Snack

3:00 - 6:00 Extended Day (Afternoon Activities)

(Outside Play, Arts & Crafts, Music & Movement, Soccer,
Music Theory Class, Ballet, Fearless Warriors, Golf, Stem
Lab,

Tuesdays and Thursdays 9:30 a.m. Chapel Days

(Tuesdays & Thursday formal BCA attire which includes
BOYS button down dress shirt & necktie and GIRLS peter
pan shirt with cross bowtie with plaid scooter skirt or plaid
jumper dress)

***Weather Permits**



BETHEL'S FAMILY CHRISTIAN ACADEMY

School Code: BFCAXTX



GIRLS UNIFORMS

Girls, grade: PRE-K1-1ST: POLO - FEM FIT



Available Sizes:
Toddler: 2T-4T
Youth: XS-XL

Yellow S/S Polo w/ BFCAXTX Eagle Logo
Royal Blue S/S Polo w/ BFCAXTX Eagle Logo

Girls, grade: PRE-K1-1ST: PETER PAN



Available Sizes:
Toddler: 2-4
Youth: 5-20

FORMAL WEAR

LONG SLEEVE AVAILABLE

White S/S Oxford w/ BFCAXTX Eagle Logo
Light Blue S/S Oxford BFCAXTX Eagle Logo

Girls, grades: PRE-K1-1ST CARDIGAN



Available Sizes:
Toddler: 2T-4T
Youth: XS-XL

Navy Acrylic Cardigan w/ BFCAXTX Eagle Logo

Girls, grades: PRE-K1-1ST SPIRIT SHIRT



Available Sizes:
Toddler: 2T-4T
Youth: XS-XL

Yellow S/S Polo w/ BFCAXTX Eagle Logo
Royal Blue S/S Polo w/ BFCAXTX Eagle Logo

Girls, grades: PRE-K1-1ST JUMPER



Available Sizes:
Youth: 2-18

FORMAL WEAR

Plaid (92) Kick Pleat Plaid Jumper w/ BFCAXTX Eagle Logo

Girls, grades: PRE-K1-1ST SCOOTER



Available Sizes:
Toddler: 2T-4T
Youth: 4-16

Navy Pull-on Twill Scooter w/ built-in knit shorts

Girls, grades: PRE-K1 - 1ST: PLAID TIE



Available Sizes:
One Size Fits All

FORMAL WEAR

Plaid (92) Criss-Cross Tie

Girls, grades: PRE-K1 - 1ST SOLID JUMPER



Navy Twill Princess Seam Jumper w/ BFCAXTX Eagle Logo
Khaki Twill Princess Seam Jumper w/ FCA Eagle Logo



BETHEL'S FAMILY CHRISTIAN ACADEMY

School Code: BFCAXTX



BOYS UNIFORMS

Boys, grade: PRE-K1-1ST: POLO



Available Sizes:
Toddler: 2T-4T
Youth: XS-XL

LONG SLEEVE AVAILABLE

Yellow S/S Polo w/ BFCAXTX Eagle Logo
Royal Blue S/S Polo w/ BFCAXTX Eagle Logo

Boys, grade: PRE-K1-1ST: OXFORD



Available Sizes:
Toddler: 2-4
Youth: 5-20

FORMAL WEAR

LONG SLEEVE AVAILABLE

White S/S Oxford w/ BFCAXTX Eagle Logo
Light Blue S/S Oxford BFCAXTX Eagle Logo

Boys, grade: PRE-K1-1ST CARDIGAN



Available Sizes:
Toddler: 2T-4T
Youth: XS-XL

Navy Acrylic Cardigan w/ BFCAXTX Eagle Logo

Boys, grade: PRE-K1-1ST SPIRIT SHIRT



Available Sizes:
Toddler: 2T-4T
Youth: XS-XL

Yellow S/S Polo w/ BFCAXTX Eagle Logo
Royal Blue S/S Polo w/ BFCAXTX Eagle Logo

Boys, grade PRE-K1-1ST PANTS



Available Sizes:
Toddler: 2T-4T
Youth: 4-16

Unisex Navy Pull-on Twill Pants
Unisex Khaki Pull-on Twill Pants

Boys, grade: PRE-K1-1ST SHORTS



Available Sizes:
Toddler: 2T-4T
Youth: 4-16

Unisex Navy Pull-on Twill Shorts
Unisex Khaki Pull-on Twill Shorts

Boys, grade: PRE-K1-1ST PLAID TIE



Available Sizes:
One Size Fits All

FORMAL WEAR

Plaid (92) Breakaway Pre-tied Tie



14442 Fonmeadow Drive, Houston, Texas 77035
713.729.5672 phone - 713.729.1692 fax



BFCA SUPPLY LIST 18 MONTHS – PRE-K 4

*Parents **please label** your child’s backpack, blanket and change of clothing...etc.

Fall/Spring**

Small or Medium Sized Backpack

Blanket for naptime & travel size pillow (pillow is optional)

Put a change of clothes in a zip-lock bag to leave at school. Please label and have an additional backup set of clothes in backpack

Uniforms can be purchased online or at

Kaleidoscope Uniforms

9898 Bissonnet St. Unit 620

Houston, TX 77036

(281)317-0307

Uniforms online

Please go to www.kaleidoscopeuniforms.com

Bethel's Family Christian Academy

School Code: BFC AHTX

(You will be able to purchase school t-shirts from BFCA) at \$13 each

Closed toe shoes/Rubber soles (For the safety and protection of the student’s feet, we ask that they wear sturdy shoes). No light up shoes.

SUPPLIES

**2 Boxes of Tissue – 100 ct.

**2 Bottles Hand Sanitizer (12 oz. to 24 oz.)

**2 refillable bottles of liquid hand soap

**3 Packs of Refillable Wipes (Unscented or Sensitive) or Water Wipes (preferred), 60 ct or larger

**2 Clorox Wipes/Sanitizer Wipes (large 75+ count)

1 pack of colorful cardstock 100 ct.	1 pack of jumbo pencils 10 ct.	1 box of jumbo crayons 8 – 10 ct.
1 Pack of Construction Paper 100 ct	2 Boxes of Gallon Zip Lock Bags 100 ct	1 Pair of preschool safety scissors (round tip)
Headphones (3 years & up) over the head no wireless/Bluetooth	1 Coloring Box	3 Glue Sticks – any size

** Items are required for Fall and Spring semesters.



14442 Fonmeadow Drive, Houston, Texas 77035
713.729.5672 phone - 713.729.1692 fax



WHAT YOUR CHILD WILL NEED FOR ELEMENTARY

*Parents **please label** all of your child's items including their backpack and clothing.
Fall/Spring**

Uniforms can be purchased online or at

Kaleidoscope Uniforms

9898 Bissonnet St. Unit 620

Houston, TX 77036

(281)317-0307

Uniforms online

Please go to www.kaleidoscopeuniforms.com

Bethel's Family Christian Academy

School Code: BFC AHTX

Small or Medium Sized Backpack

Put a change of clothes in zip-lock to leave at school. Please label and have an additional backup set of clothes in backpack.

- 1 Over the head earphones (No Wireless or Bluetooth)
- 2 Boxes Tissue – 100 ct.**
- 2 Bottles Hand Sanitizer - 12 – 24 oz
- 2 bottles liquid hand soap - refillable size
- 1 Plastic Supply Box
- 1 Box Crayons - 24 ct.
- 1 Box Washable Markers** - 10 ct.
- 1 Pair Scissors (Round tip)
- 1 Pack Jumbo Pencils** - 10 ct.
- 1 Pack Regular #2 Pencils – 10 ct
- 1 Pack Construction Paper – 100 ct.
- 1 Pack Colorful Cardstock – 100 ct.
- 2 Packs of Gallon Zip Lock Bags** - 100 ct.
- 2 Sanitizer Wipes** - 75 ct. or larger
- 2 Packs Index Cards** - 3 x 5, 100 ct. (1 pk assorted colors/1 pk white)
- 2 Composition Book ¾" Rule, Red Baseline with dotted Midline**
- 5 Glue Sticks (any size)
- 3 Packs of Dry Erase Markers (3 ct – blue, red, black)
- 4 Composition Books Wide Rule – 100 ct.
- 4 Primary Journals Red Line – 9.75 x 7.5 in. Grades K-2

** Items are required for Fall and Spring semesters.

BRIGHTWHEEL

www.mybrightwheel.com or via App on your tablet/phone

Daily updates

Real-time feed of activities throughout the day



Photos - Watch your child's day unfold with snapshots delivered to your mobile device.



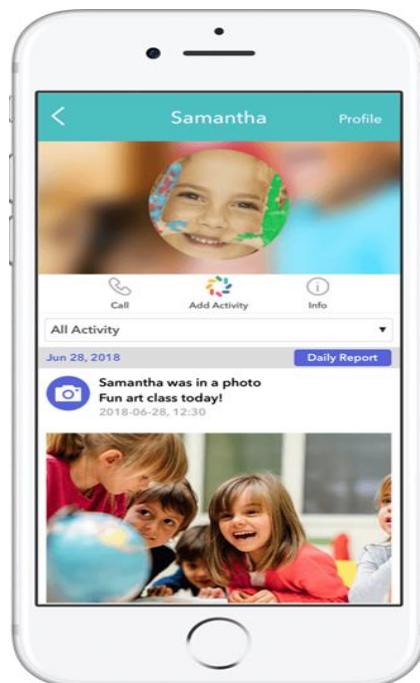
Stay connected - Stay in touch with your teacher and strengthen school learning with activities at home.



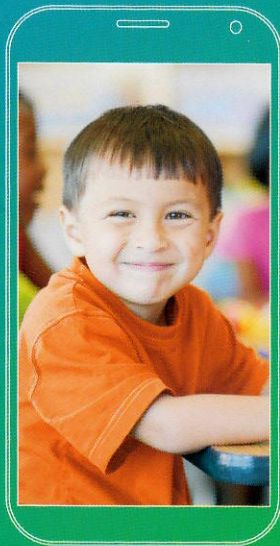
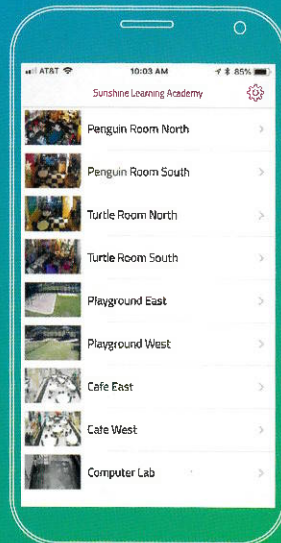
Digital check-in - Easy digital check-in with personal passcodes. Add approved adults to pick up your child, and see when your child is checked in or out.



Your child's community - Invite grandparents, nannies, and friends – with control over what they can do and see on Brightwheel.

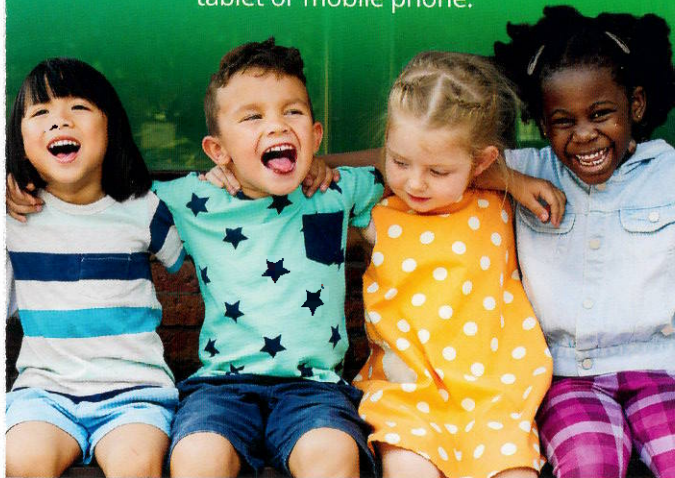


We offer streaming video
so you can stay more connected.



Create a secure account and check in
on your child during the day.

Stream live video from any browser,
tablet or mobile phone.



Provided by Childcare's #1 Streaming Video Service

WatchMeGrow
Anywhere.

“ I love being able to make sure she is safe,
happy and doing what she's supposed to do.

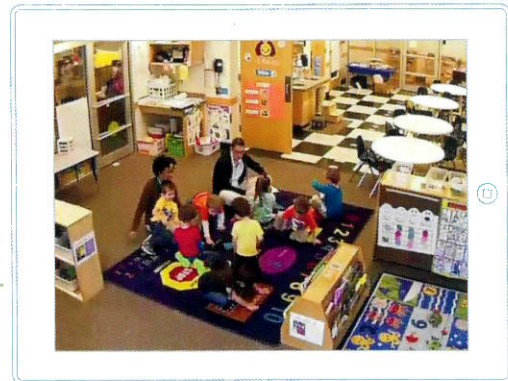
Cam, Parent, Marietta, GA

“ My grandchild is 1,000 miles away -- this is a
way to stay connected and watch him grow.

Melody, Grandparent, Greenfield, IN

“ It's great to be able to peek in on an event
I can't get away from work to attend.

Heather, Parent, Morrisville, NC



SIGNING UP IS EASY:

- 1 Visit watchmegrow.com/signup to set up a secure WatchMeGrow account.
- 2 We authorize your account.
- 3 WatchMeGrow notifies you via email when your account is active.

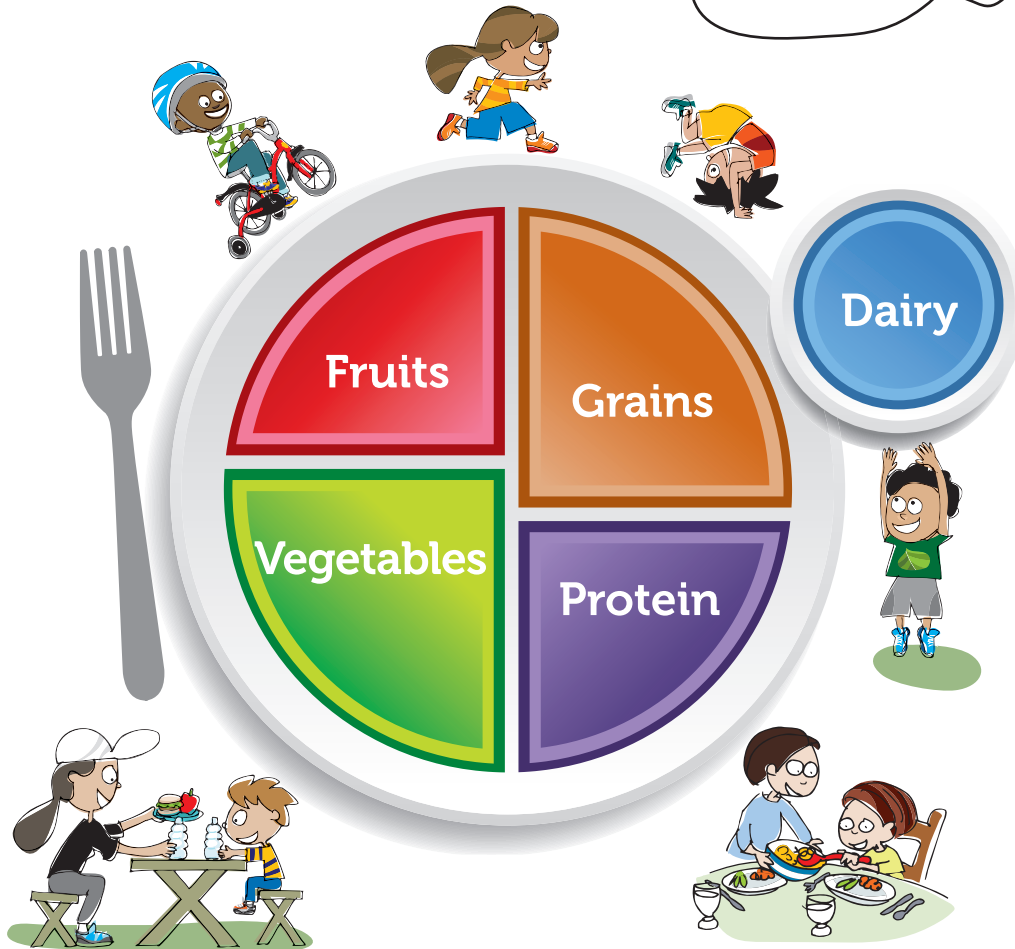
Enjoy watching your child flourish!



WatchMeGrow
Anywhere.



Healthy Eating ^{for} preschoolers



Choose**MyPlate**.gov

Get your child on the path to healthy eating.



Offer a variety of healthy foods.

Choose foods from each MyPlate food group. Pay attention to dairy foods, whole grains, and vegetables to build healthy habits that will last a lifetime.

Be mindful of sweet drinks and other foods.

Offer water instead of sugary drinks like regular soda and fruit drinks. Other foods like hot dogs, burgers, pizza, cookies, cakes, and candy are only occasional treats.

Focus on the meal and each other.

Your child learns by watching you. Let your child choose how much to eat of foods you provide. Children copy your likes, dislikes, and your interest in trying new foods.

Be patient with your child.

Children enjoy food when eating it is their own choice. Some new foods take time. Give a taste at first and wait a bit. Let children serve themselves by taking small amounts. Offer new foods many times.

Cook together.

Eat together.

Talk together.

Make meal time family time.



Healthy Eating

for preschoolers

Daily Food Checklist



Use this Checklist as a general guide.

- This food checklist is based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.
- Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Let your child choose how much to eat. Throughout a day, offer amounts shown below.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits Focus on whole fruits 	1 cup	1 – 1½ cups	1 – 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ small banana 4-5 large strawberries
Vegetables Vary your veggies 	1 cup	1 – 1½ cups	1½ – 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
Grains Make half your grains whole grains 	3 ounces	3 – 5 ounces	4 – 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked oatmeal, rice, or pasta 1 tortilla (6" across)
Protein Foods Vary your protein routine 	2 ounces	2 – 4 ounces	3 – 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
Dairy Choose low-fat or fat-free milk or yogurt 	2 cups	2 – 2½ cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ¾ ounce cheese

Some foods are easy to choke on while eating. Children need to sit when eating. Foods like hot dogs, grapes, and raw carrots need to be cut into small pieces the size of a nickel. Be alert if serving 3- to 5-year-olds foods like popcorn, nuts, seeds, or other hard foods.

There are many ways to divide the Daily Food Checklist into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at www.ChooseMyPlate.gov/preschoolers-meal-and-snack-patterns.

