

Children of Hope Child Development Center

November 2019

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



WE ARE THANKFUL...

- For 13 years of sharing this ministry with Pastor Steve...may God bless his retirement
- For my teachers who make this place a home, full of love and support of one another
- For the Esperanza community who continue to support and pray for our kiddos
- For Eagle Scouts who take on projects for us that keep our campus beautiful
- For our kiddos, who remind us what's truly important
- For unsolicited hugs from a child
- For those Aha moments when a lesson is learned
- For conversations with these kids...they really say some wonderful things
- For witnessed moments of spontaneous kindness between children
- For our preschool parents and the friendships between them that take root here

Happy Birthday!



◆ MRS. PATERSON
November 11

Thankful for so many things this year and glad to share them with all of you! Let the holiday season begin!

~ Mrs. H



SUNDAY SCHOOL
for kids ages 4 - 5th grade

ALL ARE WELCOME!

8:30am Traditional Service

10:30am Contemporary Service

Children are dismissed to Sunday School
after Pastor Steve's Children's Message
during the 10:30am service

Nursery Care is available to children 3
years and under in Room 2

CHAPEL



With Pastor Steve

November 20 & 21
@ 11:10am

Each month we will introduce the
children to a **Fruit of the Spirit**

This month's lesson will focus on
KINDNESS (through the story of
Zacchaeus)

Wear your school shirt

Optional Chapel Offering

Each month the children are welcome to
bring an optional Chapel Offering.

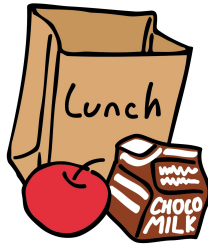
This year we will be donating any cash
offerings to **Feed My Starving Children**.

We will also collect for **Arizona Needy
Newborns and Esperanza's Prayer
Shawl Ministry**. Donations for these
groups can include **skeins of yarn, bars of
Ivory soap, fleece and/or newborn
diapers**.

Zacchaeus



LUNCH BUNCH



Available Daily

Sign up Book is located outside Mrs. H's office

Pick Up at 12:30pm: \$10

Pick Up at 1:30pm: \$15

Pick Up at 2:00pm: \$20

Must be enrolled in 3's or Pre-K.

Not available to our Toddler Class due to diapering/licensing issues.

***NO LUNCH BUNCH ON MONDAY, 11/18, due to STAFF MEETING**

Lunch Bunch offers our students opportunities for additional socialization through mealtime, extended activities and play. We provide a safe, nurturing place where the children can eat lunch with their peers, while learning to manage and clean up their own space, with the bonus of added time to socialize and play with their friends. With the company of our supportive teachers, Lunch Bunch kiddos can acclimate to a longer school day, can make mistakes (such as spills) and be helped to fix them, and can gain confidence and independence. Lunch Time is very fast in elementary school and here at Hope we believe in providing Lunch Bunch as an opportunity for our students to practice the "soft skills" needed for kindergarten success.

HEALTHY LUNCHES FOR PRESCHOOLERS

Per state recommendations we encourage you to **pack 1 item from each of the following categories** in your child's lunch, with MILK or WATER as the drink:

Fruits: bananas, applesauce, cantaloupe, peaches, fruit cocktail, pineapple, strawberries, watermelon, raisins (Grapes **MUST** be cut into small pieces due to choking hazard)

Vegetables (with dips, ranch, hummus, if desired): broccoli, carrot sticks, pumpkin, peppers, tomatoes, beans, potatoes

Grains: bagels, bread, oatmeal, crackers, pasta, rice, cereal, pancakes, muffins, waffles, tortillas

Protein: turkey, chicken, eggs, beans, hamburger, tuna, peanut butter

Dairy: yogurt, cheese, low-fat milk, pudding

Fall into Healthy Eating



Dear Families

Children form lifelong eating habits based on the kind of foods served to them when they are young. Food preferences and attitudes towards food are developed as young as infancy. It is important to introduce foods to your child that are healthy and enjoyable at the same time. Try these best practices to create a healthier lifestyle.

Serve Fruits and vegetables at every meal— fruits and vegetables have important nutrients that help children grow healthy and strong.



Limit pre-fried food— reduce those pre-fried foods that are high in fat, sodium and cholesterol

Serve meals family-style— eat together as a family. Making healthy changes can benefit you as well.

Picky Eaters

Your child doesn't want to eat what you cooked, so what do you do? Children's food preference changes over time. Children may desire food because of color, texture, what they see others eating, foods talked about in school and many others. Try these quick tips to help your child try new foods at home.

- Eat family-style
- Plan the meal together
- Change the taste with different seasonings
- Cook the meal as a family
- Don't give up!



Looking Ahead: December

Cold Weather Fun

With the weather getting colder, sometimes finding fun activities to do with your child can be challenging. Next month will focus on:

- Healthy, cold weather foods
- Indoor activities to get your family moving .

www.healthywaytogrow.org

Eating Foods Away from Home

With a busy schedule, many times it is hard to prepare meals every night. Many times we go to places that we know are quick and will fill our stomachs, but may not always be good for us. But there are some ways you can turn a quick stop into a healthy one.

- 1) Consider your drink— choose water instead of sweetened beverages and juices
- 2) Start your meal with a salad— fill up on veggies that will satisfy your hunger quicker
- 3) Share a meal— split a meal with a family member to reduce the amount of food you eat. Just because the plate is full doesn't mean you have to eat it all.
- 4) Customize your meal— order an appetizer instead of an entrée to eat smaller amounts.
- 5) Get your whole grains— request whole grain or 100% wheat breads, pastas and rolls



Healthier Lunches

Packing your child's lunch can be somewhat challenging. Think about some ways you can create a lunch your child will enjoy eating and is healthier for them.

- Make sandwiches on whole grain or 100% whole wheat bread, muffins or tortilla rolls
- Add a bottle of water
- Include a fruit and vegetable
- Choose 100% juice
- Choose whole-grain chips and crackers

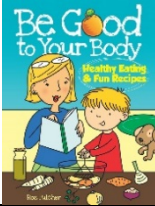
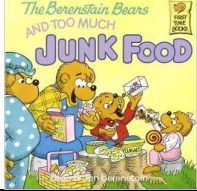




A JOINT PROGRAM OF

Nemours.
Children's Health System

NOVEMBER Healthy Way to Grow Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Make a yummy breakfast parfait with yogurt, fresh fruit and granola.	Create a fun placemat to use at the table during meals.
Pumpkins are a great source of antioxidants. Make yummy pumpkin bread as a family.	Make a family meal together. Have each person choose what they would like to eat, and prepare in the kitchen.	Move in opposites- fast/slow, up/down, near/far, big/small.	Go to your local library and check out, <i>Be Good to Your Body</i> by Roz Fulcher and make a snack from the book. 	Go outside for a walk and look at different shapes. Move your body to create the shapes you see.	Use different household items to make drums. Play the drums and move to the beat. You can even create a fun song to go with it.	Place three different foods on a plate. Ask your child to describe how each food tastes, smells, looks and feels like.
Make a set of cards with numbers on them. Have everyone choose a card and the number they selected is the number of body movements you have to make (stretch to the ceiling, march in place, touch your toes, etc.).	Choose a healthy food that begins with the letter 'N'. Try the food together as a family.	Place plastic or real vegetables in a bag. Close your eyes and reach in the bag to describe and guess the vegetable. Add vegetables of different sizes and textures.	Place a bunch of washcloths across the floor, and try jumping from one to the next without touching the floor.	Use magazines and find fruits and vegetables that are orange and red and create a harvest basket.	Have someone name a color and then create a movement to match that color.	Guess the Fruit! Have one person describe the fruit they choose and everyone try to guess.
Make funny face pizzas using whole grain bread.	Do some outdoor chores as a family. Reach, push, pull and bend.	Go to your local library and check out the book, <i>The Berenstain Bears and Too Much Junk Food</i> , by Stan and Jan Berenstain. 	Add a whole grain food to your snack or meal.	Practice balancing a paper plate on your head and walk across the room. Time yourself to see who is able to reach the other end the quickest.	Sit down and have a family meal together without the TV, phones or computers.	Mindful Minute Close your eyes and take a deep breath and let your body relax.
Practice your jumping skills. Bend your knees and push off the floor. See how high and far can you jump.	Play "I spy" outdoors, the person has to make a guess by running to the object they think it is.	March in place for one minute without stopping. Talk to your family about what happens to your heart.	Create a sorting game, by having your child sort canned fruits or vegetables, by color or size.	Add your favorite fruit to your water and talk about the taste.	Try fresh vegetables with hummus dip.	Choose your favorite physical activity from November and repeat.



**Conscious
Discipline®**

CD Age Focus for the Week: **TODDLERS**

"I am willing to offer my toddler two positive choices this week, which helps them exert their free will while operating within the safe limits we've set."

The formula for two positive choices is:

**"You have a choice. You may ____ or ____.
Which is better for you?"**



 **ConsciousDiscipline®**

**Assertiveness is clear communication
that focuses children's attention
on what we want them to do.**

Passive: (uses a voice that questions)

"Can you start cleaning up?"

Aggressive: (uses a tone that says,
"Do it or else" often through gritted
teeth and yelling)

"Clean up now!"

Assertive: (uses the same clear, calm
tone you would use to say facts like
"The sky is blue. I'm wearing shoes.")

*"Pick up the blocks and put
them in the bucket like this."*

 **ConsciousDiscipline®**

BUTTER BRAIDS



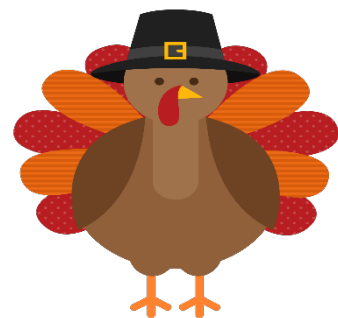
will be delivered on
Tuesday, 11/12 at 11:00am.
Please make a note on your
calendar to pick them up
that day, due to lack of
freezer/storage space here.
Thank you!

THERE IS
always, always,
ALWAYS
something
to be thankful for

Thanksgiving Feasts



Tuesday, 11/26
and
Wednesday, 11/27
11:00am
Fellowship Hall





The pArentZ pod – The Arizona baby and toddler podcast by First Things First – features interesting conversations with early childhood experts and information you can use to be the best parent you can be. Hosted by **K Vilay**, each episode also lets you know where you can find early childhood programs and services in your Arizona community. You can now listen, download and subscribe to FTF’s pArentZ pod on Apple Podcasts or Google Play.



The Birth to Five Helpline is a free service available to all Arizona families with young children, as well as parents-to-be, with questions or concerns about their infants, toddlers and preschoolers. Call to speak with an early childhood specialist, on duty **Monday through Friday from 8:00 a.m. to 8:00 p.m.** You can also leave a voicemail or submit your question online anytime.

The Helpline is staffed by early childhood development specialists, registered nurses, disabilities specialists, early literacy specialists and mental health counselors.

You can ask about anything, including:

- Sleep
- Feeding/Eating
- Fussiness
- Tantrums/Challenging Behaviors
- Potty Training
- Child Development
- Health and Nutrition
- Parenting

The Birth to Five Helpline is operated by Southwest Human Development, Inc., with support from First Things First.

Know someone looking for a preschool home?



Our Toddler and 3-Year Old Classes are FULL, but our Pre-K Classes have some available spots for a friend of yours!

Bring a friend...if that friend enrolls, you get a month's FREE TUITION as our thanks!
Your good word is our best advertisement.

Invite your friend to our Quality First School!

SAVE THE DATES!

- **No School:** Monday, 11/11
- **Butter Braids Delivered:** Tuesday, 11/12
- **No School:** 11/28 and 11/29
- **Amazing Race:** February Date TBD for Adult Couples
- **Trivia Night:** April 18 for Adult Teams of 6

FRIDAY PBL CLASS

For Pre-K Students
with Mrs. Luken & Mrs. A

Run, Run as Fast as You Can...a Deal on Project Based Learning is in our Plan!



November & December

GET 6 FRIDAYS FOR THE PRICE OF 4!

November 1, 8, 15 and 22
December 6 and 13

Only \$100

Have a 4-year old friend from another school who is off on Fridays and would like to join us? Invite them to our Friday classes!

SIGN UP NOW! Classes start 11/01!

HOLIDAY HAPPENINGS!

Children of Hope presents

Breakfast with Santa!



Saturday, December 7th

9:00-11:00am

For only \$8.50 per person you can enjoy some yummy continental breakfast foods and several Christmas crafts while you wait for the arrival of **Mr. & Mrs. Claus!** Don't forget your cameras!

Please RSVP to Mrs. H in the preschool office by Monday, December 2nd

To
Bethlehem!



A Christmas
Performance

by

Children of Hope
Preschool

Tuesday,
December 10th
5:00pm



Please make drop off and pick up times with your child ***Cell Phone Free Zones*** 😊

SMOKE-FREE ENVIRONMENT

We at **Children of Hope Child Development Center** are committed to providing a smoke-free environment for children, staff members, and child care providers. Due to hazards from exposure to second-hand smoke and as a recognized Empower child care facility, it shall be the policy of this child care facility to provide a tobacco-free environment for children, staff members, child care providers, and parents.



find us on

Facebook



Instagram

Like our Facebook Page/Follow us on Insta!

Also, join our Private Group
Children of Hope Preschool/
Child Development Center of Ahwatukee