

Children of Hope Child Development Center

March 2021

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



How Lucky are we...

Fingers crossed everyone...it was this month last year that we went on what we thought would be a two-week mandated closure, to the most unexpected time in our country.

But in this month that celebrates the luck of the Irish, I am mindful of how many ways we are lucky here at Children of Hope.

We are lucky to be with your child each day. I really, really mean that.

We are lucky to come to work with co-workers who genuinely care about each other and the children and families in their care.

We are lucky to be housed on a lovely campus with the support of the Esperanza staff and community.

We are lucky that Covid has not forced us to close.

We are lucky that our staff was able to get vaccinated so we can remain in person.

We are lucky to do work that we truly love, the work of early childhood. At no other time in a child's life does the brain grow more and the work that happens in these early years really matters.

Feeling lucky,



Mrs. H

"For we are God's handiwork, created in Christ Jesus to do good works." Ephesians 2:10

Happy Birthday!



No March
Staff Birthdays



Welcome Pastor Annemarie!



Check out Pastor Annemarie's sermons virtually, until in-person services resume

[Worship - Esperanza Lutheran Church \(myesperanza.org\)](http://myesperanza.org)

SUNDAY SCHOOL



Until we meet in person, Deacon Connie is posting Sunday School lessons that you can enjoy as a family.

She also hosts Confirmation Zoom meetings so if you have a middle schooler who would like to join in, let her know!

<https://myesperanza.org/education/sunday-school/>

CHAPEL



March 24 & 25

**Songs:
Ho, Ho, Hosanna!
My God is So Big**

**Fruit of the Spirit: Gentleness
Story of the Washing of the Feet**

John 13:14

“So if I, the Master and Teacher, washed your feet, you must now wash each other's feet.”

We are recording 1 Chapel session each month, until parents can attend, and posting it on Bloomz. Check it out!

Each month we introduce the students to a **Fruit of the Spirit**, (these being love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) and illustrate how Jesus and other characters from the Bible personified these traits, and how we can, too!

Wear your school shirt for Chapel!

We continue to collect **boxes of cereal** for Kyrene Resource Center.



WHY LUNCH BUNCH?



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.

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 Wednesday, March 17th**



FIRST THINGS FIRST

Ready for School. Set for Life.

Why Early Childhood Matters

90% of a child's brain develops before they start kindergarten. And research shows that the quality of a child's experiences in their first five years helps shape how their brain develops.

Kids with positive, stable relationships with parents and caregivers, as well as quality child care and preschool experiences, go on to do better in school and in life. They're more likely to read at grade level and graduate from high school. They are more prepared for college and career. They also tend to be healthier and demand less from the public welfare system. These are better outcomes for kids that also save taxpayers money.

FIRST THINGS FIRST



PREVENTING TOOTH DECAY

Tooth decay is caused by bacteria and sugar in the mouth, but you can help prevent it.

BRUSH HER TEETH TWICE A DAY.



AVOID sticky, chewy, high-sugar foods.



DON'T let her carry around a bottle or sippy cup of milk, juice, or sugary drinks between meals.



DON'T put her to bed with a bottle or food.



Take her to a dentist around her first birthday.



The D.N.A. Process (Describe, Name, Acknowledge)


How do I help my child handle disappointment?

Disappointment is a difficult emotion to handle. All parents ultimately want children to be good sportsmen, take responsibility for their actions (rather than blaming others), and be able to stand tall after their falls in life (both literal and metaphorical). Here are some essential guidelines to help children handle disappointment:

First, your goal must be to help them deal with the emotion, not “happy them up.” “Happying them up” comes in many forms. It could be a distraction, a promise to buy a toy or taking them out for ice cream. Instead, we can provide empathy to help ease their pain and teach them that they can handle all that life brings to them.

The D.N.A. Process

The D.N.A. Process helps us offer conscious **empathy** and coaches children from the lower centers to the higher centers of their brains in order to **solve problems** effectively.


 Conscious Discipline®

D.N.A. Process:

Describe:
"Your arm is going like this (demonstrate),
your face is going like this (demonstrate)."

Name:
You seem (sad, angry, scared, etc.).

Acknowledge:
You wanted ____.
Or, You were hoping ____."


 Conscious Discipline®

D.N.A. Example:

Describe:
"Your hand went like this (demonstrate),
and your mouth went like this (demonstrate)."

Name:
You seem disappointed.

Acknowledge:
You were hoping for more time with
your tablet. That's hard. Keep breathing.
You can do this."

 Conscious Discipline®

KINDERGARTEN BOOTCAMP



Exclusively for our Pre-K Students! **SESSION BEGINS ON FRIDAY, MARCH 19th** **SIGN UP NOW!**

Give your kiddo an extra boost of confidence this spring in preparation for kindergarten. Join Mrs. H and get some **extra practice on the skills kindergarten teachers are looking for:** including practice in math, letter sounds, fine motor grip, problem solving, emotional regulation and deeper thinking. With activities from the nationally recognized program, “Get Set for School” combined with research based best practice, you can give your budding kindergartener an extra boost!

Friday mornings 8:30 – 11:30am
3/19, 3/26, 4/09, 4/16, 4/23, and 4/30



Progress Reports

From the AZ Early Learning Standards: “Children’s progress is best understood through observable behavioral change using ongoing and consistent observation and monitoring, anecdotal record keeping, and collection of children’s work. Children’s learning is enhanced when assessment information is interpreted and results are applied through the intentional development of new learning encounters that support all essential domains of school readiness.”

Our progress reports are formatted to align with the various domains outlined in the AZ Early Learning Standards (Social, Emotional, Approaches to Learning, Gross Motor, Fine Motor, Language & Literacy, Math, Science). “Children succeed to their highest potential in nurturing environments that support their learning across domains.”

Teachers use a variety of tools throughout the year to track each child’s progress including, but not limited to:

- **Observations**
- **Anecdotal Notes**
- **ASQs**
- **Work Samples**
- **Mindful, purposeful Lesson Planning**

Enjoy your Parent/Teacher Conferences!





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.



Cleaning & Disinfecting
Services



FORCE SHIELD
FOG • DISINFECT • PROTECT



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Facebook



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Page/Follow us on
Insta!**

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