

Children of Hope Child Development Center

February 2023

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



Wind and rain sure make for some energetic preschoolers...have you felt it? We always notice an increase in energy when it's windy. But despite the wind and it's affects, we have seen so many wonderful things happening at school and we were so excited to share them with you at our parent/teacher conferences.

It is always a privilege to watch these kiddos grow, and to celebrate their achievements as a staff, and with you. I thank my wonderful teachers for the genuine time, care, and instruction they give to each student, and for the partnership they form with you, your child's first and most important teacher. Your child REALLY matters to us...I hope you can see and feel that as we celebrate your child's early milestones. Together we are building brains...isn't that awesome?!

Happy Birthday!



March 4 - Mrs. Mueller

Registration for the 2023-24 school year is now underway! Enrollments from new families will be accepted on Friday, March 3rd so be sure to get yours in prior to that for a guaranteed spot. We really appreciate your good word in the community as welcome new families. We will have 2 open spots in the Penguins and Frogs for new families, and several in the Ducklings. We would love to welcome your friends to our school family!

Just a reminder that I will be out of the office on March 1st for a surgery and for the following several days. I am hoping to return on Tuesday, March 7th. Please see your child's teachers with any questions or concerns, who can contact me if need be. I will also be available to correspond via Brightwheel and email.

Warmly,
Mrs. H



ALL ARE WELCOME!

*Sunday Worship Service
9:00am*

Mission Gatherings:

*As we go through the process of calling a new pastor to Esperanza, and we gather information on what is important to members, the church **wants to hear from YOU, the parents and staff of COH!***

*Please join Pastor Sarah (interim pastor) in the sanctuary on **Tuesday, March 7th at 11:45am***

for a short Q & A Session (no longer than 30 minutes) to share your thoughts on why you chose to come to this campus (we will watch your children for you in LB during this time).

Your input really matters as we seek a new pastor who will lead both the church and school.

FAMILY CHAPEL TIME



Frogs: Monday, March 20 @ 8:30am

Ducklings: Tues, March 21 @ 8:30am

Penguins: Wed, March 22 @ 8:30am

THANK YOU for all the cereal you donated last month for those facing food insecurity in our community.

Ongoing donations to Kyrene Family Resource Center will be accepted including:

**Cereal
Peanut Butter
Jelly
Pasta
Rice
Beans
Children's Clothing
Children's Shoes**

**Children:
WEAR YOUR SCHOOL SHIRT
Special Chapel: Washing of the Feet**

**Lesson: Fruit of the Spirit – Gentleness
Galatians 5:22-23**

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

Billing via Brightwheel

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 Thursday, 3/23, due to Staff Meeting**

SPRING BREAK - NO SCHOOL: March 13-20



Conscious Commitment for the Week:

“I am willing to offer my children **two positive choices** this week. This helps them exert their **free will** while operating within the safe limits we’ve set as adults.”

Formula for two positive choices:

“You have a choice.
You may ____ or ____.
Which is better for you?”



Examples:

You may go to bed now, or in 5 minutes.

You may get a bath or a shower.

You may sit here or here.

You may go down the slide 1 more time or 2 more times.

You may wear this shirt or this shirt.

You may clean up the blocks or the books.

FIRST THINGS FIRST

Toddlers and preschoolers like to find out how things work. They test what happens when you pull, drop and carry things. They also like to play pretend and imitate adult activities.

The American Academy of Pediatrics (AAP) puts it this way: “Play is not frivolous. It enhances brain structure and function, and promotes executive function — the process of learning, rather than the content.”

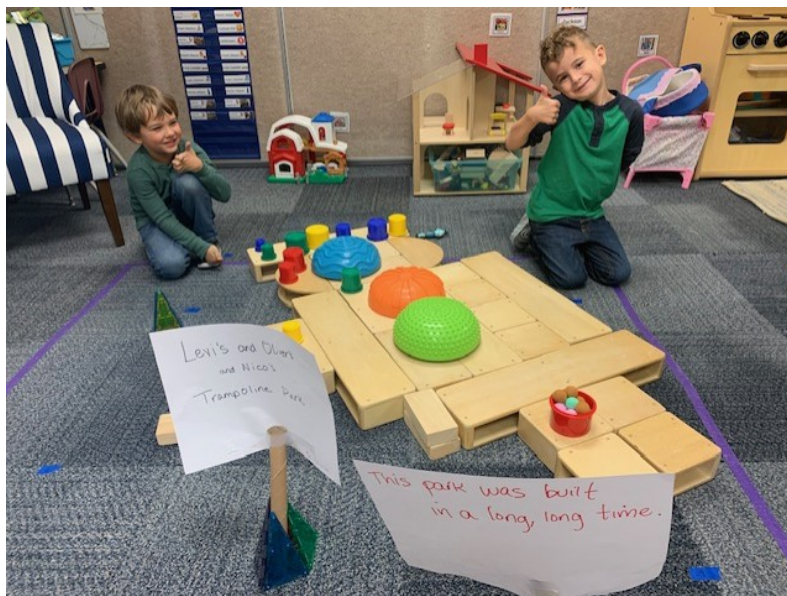
[#ChildrenLearnThroughPlay](#)



Executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully. Just as an air traffic control system at a busy airport safely manages the arrivals and departures of many aircraft on multiple runways, the brain needs this skill set to filter distractions, prioritize tasks, set and achieve goals, and control impulses.

When children have opportunities to develop executive function and self-regulation skills, individuals and society experience lifelong benefits. These skills are crucial for learning and development. They also enable positive behavior and allow us to make healthy choices for ourselves and our families.

Providing the support that children need to build these skills at home, in early care and education programs, and in other settings they experience regularly is one of society's most important responsibilities. Growth-promoting environments provide children with “scaffolding” that helps them practice necessary skills before they must perform them alone. Adults can facilitate the development of a child's executive function skills by establishing routines, modeling social behavior, and creating and maintaining supportive, reliable relationships. **It is also important for children to exercise their developing skills through activities that foster creative play and social connection, teach them how to cope with stress, involve vigorous exercise, and over time, provide opportunities for directing their own actions with decreasing adult supervision.**





[Start Simple with My Plate \(azureedge.us\)](http://azureedge.us)

Celebrate National Nutrition Month® with MyPlate

Happy (early) National Nutrition Month®! Here at MyPlate we celebrate nutrition every day, but during the month of March we are especially excited to join the National Nutrition Month® festivities!

This year MyPlate's theme for National Nutrition Month®, "**Find the Recipe to a Healthier You,**" is an ode to healthy eating at every age:

It's never too early, or too late to eat healthfully.

The benefits of healthy eating add up over time, bite by bite and small changes matter. Each week MyPlate will provide resources for specific life stages reminding you that we all can Start Simple with MyPlate.

Start simple
with **MyPlate**

Join in on the celebration by visiting our [National Nutrition Month® landing page](#) and following us on [Twitter](#) and [Facebook](#) to stay up to date on what's happening.

Idolinda Khalsa, RN, BSN

Child Care Health Consultant



Bike & Trike Day

Thursday, March 23rd

8:30 – 9:00am



Join us in the lower parking lot with your child's bike. We will have a bike course that the children can enjoy. We will conclude with a safety talk about helmets, crossing the street, traffic lights, etc. Following we will resume our normal school day.

If you would like to help set up a bike course in the lower parking lot, please see Katie Eagan (Nash's mom) to help.

APRIL 8, 2023 – AHWATUKEE EASTER PARADE AND SPRING FLING



JOIN THE PARADE!

Bring your bikes, wagons, strollers and join the group from Esperanza to march in the Annual Ahwatukee Easter Parade! Children will be provided candy to share with the crowd. More information coming soon...save the date!

Join us for a family fun day slated for April 8, 2023! The parade will begin at 10 a.m. The parade route is from Warner to Elliot Rd along 48th Street in Ahwatukee. Join thousands of spectators for one of the Valley's longest running community parades.

After the parade, from 11 a.m. to 4 p.m., join us at the Ahwatukee Community Park for our Spring Fling Festival and Craft Fair. We'll have bounce houses for the kids, food trucks, entertainment, and a ton of booths for attendees to browse.



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**



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Children of Hope Preschool/
Child Development Center of



FORCE SHIELD
FOG • DISINFECT • PROTECT