

# Children of Hope Child Development Center

November 2022

## Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger  
Preschool Director



## We are thankful...

- For each and every child in our classrooms and the privilege of being among their first teachers
- For the trust you place in us to partner with you and care for your child. We do not take this lightly.
- For spontaneous hugs, those that come in quiet moments and those that come with a running start
- For the laughs...these kids are hilarious!
- For the tears and the chance to dry them
- For those Aha moments when a lesson takes hold
- For the opportunities to witness true kindness
- For the opportunities to witness that sense of accomplishment when a child climbs the play structure, or catches the ball, or solves a problem, or sounds out a letter...this list could go on & on
- For the privilege of being that trusted adult when a child has a need, a joy, a concern, a boo-boo...
- For the village that begins here and remains over the years

### Happy Birthday!



Mrs. Paterson:  
November 11<sup>th</sup>

We are so very thankful that you and your child are part of our school family. You bless us every day.

Warmly,  
*Mrs. H*



***ALL ARE WELCOME!***

***Sunday Worship Service***  
***9:00am***

***Children's & Adult Sunday***  
***School following worship***

## Christmas Schedule

### Midweek Advent Worship Services

7:00 p.m. Wednesday, November 30

7:00 p.m. Wednesday, December 7

**Blue Christmas: 7:00 p.m. Wednesday,  
December 14**

**Christmas Eve: Saturday, December 24 - 2  
Services**

4:00 p.m. Children's Worship Service

7:00 p.m. Traditional Worship Service  
of Holy Communion with Candlelight

**Christmas Day: SUNDAY, December 25  
- 9:00 a.m. Service of Holy Communion**

## FAMILY CHAPEL TIME



**Monday, November 14 @ 8:40am:  
Frogs**

**Tuesday, November 15 @ 11:10am:  
Ducklings & Penguins**

**PARENTS!**

**Join us at Family Chapel Time!**

**Please join us where you will sit on the floor with your child in your lap and participate in monthly Family Chapel Time with Deacon Connie, Pastor Annemarie, and Mrs. H. (If a parent cannot attend, no worries...we will take great care of your children and keep them happy & engaged)**

**We will hear stories, sing songs, and learn about Jesus. We hope you will join us!**

**Children:  
WEAR YOUR SCHOOL SHIRT**

**November Songs:  
Fill Your Bucket  
My God is So Big**

**Lesson: Fruit of the Spirit: Kindness  
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 Tuesday, November 15<sup>th</sup>, due to Staff Meeting**



# PARENTING WITH CONSCIOUS DISCIPLINE SESSIONS COMING SOON!

## This Month's Game Changer: The D.N.A. Process


This process helps us move toward offering conscious empathy and coaching children from the lower centers to the higher centers of their brains in order to solve problems effectively. As we scaffold this process during times of upset, we provide children with an outside voice that will ultimately contribute to a healthy self-regulatory voice.

### How to do the D.N.A. Process




**“DNA”**

**D**escribe      **Your eyes are going like this, your mouth is going like this, your hands are going like this**

**N**ame       **eye contact, downward calm by breathing**

**A**cknowledge      **You seem \_\_\_\_\_**  
**You wanted \_\_\_\_\_**  
**You were hoping \_\_\_\_\_**

ConsciousDiscipline.com 800.842.2846 

So the first thing you're going to do, the "D" stands for describe.

### D.N.A. Process Example

#### Describe:

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

#### Name:

You seem disappointed.

#### Acknowledge:

You were hoping for more time to play with your friend. That's hard. Keep breathing. We'll get through this together."



# # FIRST THINGS FIRST

The first five years are when the brain grows faster than any other time in life.

# FIRST THINGS FIRST



Did you know that **reading books** with your young child does more than help them learn words and develop language skills? 📖

It also helps them learn to pay attention, set goals and control themselves. These important life skills start to develop in early childhood.

Read with your child every day and make sure to not just recite the words but also point and name things on the pages. It's this type of interaction that will help your little one's brain develop. 🧠

Researchers call it the Goldilocks effect. Reading a storybook with pictures is "just right" because it sparks **more brain activity** in kids than reading a book without pictures or watching a cartoon.

An advertisement for "BRIGHT by text ARIZONA PBS". It features a close-up of a young child's face with their mouth wide open in a joyful expression. The text on the advertisement includes: "BRIGHT by text ARIZONA PBS", "now what?", "Free activities, games, and resources for parents and caregivers of children under 5 sent right to your cell phone", "text ARIZONAPBS to 274448", and "Standard text and data fees may apply." The logo for "cpb" is also visible in the bottom right corner.

# CALENDAR CORRECTION

Please note our last day of school before Christmas Break is Thursday, 12/22, which is in line with Kyrene's calendar, and NOT Tuesday, 12/20 as indicated on the original calendar. Sorry for any confusion.

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## THANKSGIVING FEAST



**Tuesday, November 22 @ 10:45am**

Please join us as we gather the children together in the lower courtyard for a meal (turkey, fruit, veggies, corn bread, cookies) and learn about the first Thanksgiving and give thanks for our blessings.

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## CHRISTMAS PROGRAM



**Thursday, 12/08 @ 9:00am**

Please join us in the sanctuary for this very special performance. Ducklings & Penguins will sing some songs for us, and the Frogs will recreate the Nativity Story. All are welcome...moms, dads, grandparents, siblings...we hope all can make it!

(approx. 30 minutes)

# NOVEMBER FUN FRIDAY!



November 18<sup>th</sup> 8:30 – 11:30am

For Penguins & Frogs

**UP, UP IN THE AIR!**

Join Mrs. Pierce and Mrs. Gerrish as we have fun with air! Get your science on as we have fun with straws, balloons, and more!

Send Mrs. H a message on Brightwheel to sign up.

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Have you heard about **Trivia Night**? Ask the teachers or a parent who has attended (see Alaina Gervais, Grace's mom, as her team won best table last year!) and they will tell you about this fun evening created for you, the parents!

Time to start thinking about your team of 6 adults! See more info later in this newsletter.

## OUR ONLY TWO FUNDRAISERS OF THE YEAR!

We are saving up for a toddler playground structure. Any proceeds from these two fundraisers will go towards that goal.



**Butter Braid** pastries! Once you taste them, they sell themselves!

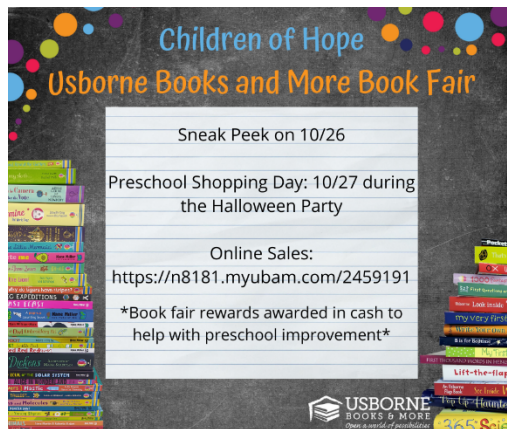
Orders for local family & friends can be placed online or on paper.

Tip: Pastries come frozen – only take orders from people you can personally deliver to! Out-of-town buyers can choose ‘Support the Cause’ options!

**Sale ends: 11/04/2022**

**Delivery date: 11/16/2022 at the school for pick up**

## USBORNE BOOK FAIR



Online book orders can still be taken through 11/04/22

[Usborne Books & More \(myubam.com\)](https://www.usborne.com)

Usborne and Kane Miller books are the most exciting, engaging, and educational books on the market today. They are high-quality, innovative, lavishly-illustrated, and best of all, they are the books kids love to read. Choose from over 1,800 bright, colorful, and fun titles covering a wide variety of subjects.

Books make great holiday gifts for the kiddos in your life!



**HOW YOU CAN  
SUPPORT THE**  
*Community*

**Matthew 25:40**

*“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’”*

WALK. GIVE. CHANGE THE WORLD.

*Ahwatukee Foothills*  
**CROP HUNGER WALK**

NOVEMBER 13, 2022

PHOENIX, ARIZONA

[2022 CROP Hunger Walk - Esperanza Lutheran Church, Phoenix, AZ](#)



*Thanksgiving Food Box Donations for needy families: Info coming soon!*



Buy a gift for a child in need. Will be set up in the church soon.

# GET YOUR TEAM GOING!



**Saturday, January 21, 2023  
6:00 - 10:00pm**

**Gather a Team of 6 Adults**  
**Name your team, Pick a theme,**  
**Decorate your table, Enjoy the fun!**

## **Cost**

**\$25 per person**

**Includes buffet dinner - each table is B.Y.O.B.**

## **Prizes**

**Winning Team receives \$600 cash prize!**  
**Prize for best decorated table and more!**

**DON'T MISS THIS REALLY FUN  
PARENT'S NIGHT OUT!**



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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Insta!**

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