

Children of Hope Child Development Center

October 2022

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



We are so happy to be back on campus with all of you! I hope you all enjoyed a wonderful Fall Break with your families. It was great to hear the kids on the playground and in the classrooms...they were so happy to be with their teachers and friends after the break!

We all want to extend a huge thanks for your support as we extended our Fall Break this year to attend the Conscious Discipline Conference in Louisville, KY.

IT. WAS. AWESOME.

We learned so much about how to support our young learners as they learn how to self-regulate their feelings and emotions, and bodies, which ultimately leads to a higher brain state that allows them to learn (see the graphic and info later in this newsletter). We are so impressed with this method of positive discipline and have seen great results from it over the last few years. However, with the tools and strategies we gained this past week at the conference, we look forward to strengthening and fine tuning these practices. Our School Family culture will bloom, giving our kiddos the best environment and supports to learn and thrive.

I would love to bring Conscious Discipline to you, the parents, so you, too, can learn about Conscious Discipline for home! Stay tuned for some parent education opportunities in the future.

Kindly,
Mrs. H

#fillyourchildwithhope

Happy Birthday!



No October Staff Birthdays



ALL ARE WELCOME!

*Sunday Worship Service
9:00am*

*Children's & Adult Sunday
School following worship*

CROP WALK



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

Blessing of the Animals



A tradition in honor St. Francis of Assisi, patron saint of animals

Sunday October 23, 9:00 am

Come One, Come All,
People and Animals, Big and
Small!

FAMILY CHAPEL TIME



**Monday, October 24 @ 8:40am:
Frogs**

**Tuesday, October 25 @ 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

October Songs

**This Little Light of Mine
My God is So Big**

**Lesson: Fruit of the Spirit: Goodness
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, October 20, due to Staff Meeting**



3 BRAIN STATES

Neocortical Lobes Self-Regulation
Problem-Solving

Limbic System Attachment
Connection

Brain Stem Arousal
Safety

Executive State
Developmental Need: Problem-solving opportunities
Looks like: Wisdom, unlimited skills
Message: What can I learn?

Emotional State
Developmental Need: Connection
Looks like: Back talk, sass, yelling, verbal reactions
Message: Am I loved/connected?

Survival State
Developmental Need: Safety
Looks like: Hiding, fighting, surrender, physical reactions
Message: Am I safe?

Conscious Discipline

“Our job is to help identify children’s brain states and help them move through a Survival State, through an Emotional State and into an Executive State. Children who feel unsafe or disconnected don’t have access to their full repertoire of brain functions. Attempts to engage them in using higher-order skills that are offline are likely to result in power struggles or meltdowns, not learning and problem solving. This is why it is essential to assess children’s brain states before teaching, learning, problem solving or addressing a power struggle.”

MORE GREAT INFO COMING SOON! STAY TUNED!

BRIGHT BY TEXT CONTENT: A Whole Child, Whole Family Approach

Our messages cover...

Bright by 



Milestones:

Information by age on how children:

- Play
- Learn
- Speak
- Act
- Move

And what to do if a parent has concerns.

Learning:

- Math skills and activities
- Encouraging creativity
- Early literacy and reading
- STEM
- Music and art

Community & world:

- Social-emotional skills
- Embracing diversity
- Practicing kindness
- Identifying community helpers

Health, Safety & Wellness:

- Doctor visits
- Physical health, including nutrition, sleep, oral health, exercise
- Mental health and well-being
- Preventing poisonings, environmental hazards, etc

We support parents from pregnancy through age 8.



Parenting:

- Resilience
- Encouragement
- Mindfulness
- Stress management
- Challenging behaviors
- Bonding with child

Connections:

- Health insurance, healthy food and other needs
- Local events and resources
- Statewide health and safety resources

Bright by Text is a nationwide text messaging service that helps parents and caregivers of children prenatal to age eight make the most of everyday interactions. Through free tips, information, games, and resources, Bright by Text is proven to build nurturing caregiver-child relationships, strengthen families, promote healthy child development, and improve school readiness.

Get Free Expert Parental Advice Over Text

We're here for anyone who cares for a child, prenatally through age 8: parents, parents-to-be, grandparents, babysitters, aunts/uncles, neighbors, friends, teachers, and more.

We send free text messages with conversation starters, bonding activities, games to boost brain development, social-emotional development tips, and much more. Our messages come from trusted partners like PBS KIDS.

Easy Sign Up

We only ask for your child's birth date and zip code. That way, you'll get messages timed to their exact age and information about events and resources near you. We will never share your info! Bright by Text is completely free, but message and data rates may apply.

Bright by 



HEALTH CHECK-IN

Please be sure to indicate on the health check if your child has any signs of illness. This does not always mean your child will be excluded from school, but it does help us to understand the context and properly assess. Within the first few minutes of our day, we can tell if a child has a cough, runny nose, etc. and it would be helpful to know, for example, if he/she is on the tail end of something, on any medication, etc. So please do indicate on the health check-in so we can best communicate. Thank you!





NEW!



Our state rules and regulations now allow parents to bring home baked goods for birthday celebrations. If your birthday child has a favorite home baked good, feel free to bring it to share with the class. Please no nuts, and bite sized treats work best.

We ask, however, that you share the ingredient list with the teacher/class so that parents of any children with food allergies will be aware and can opt in or out of the birthday snack. This way we continue to care for our whole school family.

Substitute birthday treats for any child with a food allergy can be stored in Mrs. H's freezer if you wish for such occasions. Or parents can bring a substitute that day.

Upcoming Events

Halloween Party



Thursday,
October 27th

See more detailed
info below

Thanksgiving Feast



We will enjoy a
school wide feast
(turkey, corn
bread, fruit,
cookies) on
Tuesday, 11/22, at
10:45am.

Parents are
invited to join us
if you can!

Annual Christmas Program

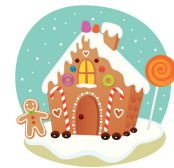


NEW TIME!

Thursday, December 8th @
9:00am

SAVE THE DATE!

Classroom Christmas Parties



Thursday, December 22nd
Last Day of School

More info coming soon!

It's a School Wide Halloween Party!

Thursday, October 27th



8:30am: Drop off your child in the classroom in their costumes

8:50am: Halloween Parade will begin (we will parade through the parking lot, stopping for group photos)

9:15 – 11:30am: Parents: Please take your child to each station

Each child must have a grown-up to stay with them all morning as teachers will all be manning stations

- Food & Ice Cream Sundae Bar
- Crafts
- Obstacle Course
- Donuts on a String
- Pumpkin Pounding
- Games
- & More!

Children of Hope Child Development Center Online Fundraiser!



We've partnered with Uplifting Promotions to raise some dough for our group with Butter Braid pastries! They are available exclusively through fundraisers, and you likely have friends, family and co-workers that are waiting to order!

We are hoping to raise at least: \$2000

Your goal is to sell at least: **4 items**

Find your custom sales page to share via social media and email here:

<https://store.myfundraisingplace.com/65a38928-f619-4c60-942b-c334c6c8d988>

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

JUST IN TIME FOR THE HOLIDAYS! THANKS FOR YOUR SUPPORT!

SAVE THE DATE!



**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



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