

Children of Hope Child Development Center

April 2023

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



Here we are in our last semester of school already! We have a lot of fun things planned for these last several weeks and several are listed later in this newsletter. Hope you can join us!

We have also officially entered our Quality First Assessment window. You will notice assessors on our campus over these next several weeks, and they will be evaluating us on the following:

- **Health and safety practices** that promote children's basic well being
- **Skilled teachers** who know how to turn everyday experiences into learning moments
- **Learning environments** with age-appropriate activities, books, toys and other learning materials that promote emotional, social, language and cognitive development
- **Opportunities for active play and hands-on exploration** throughout the day
- **Teacher-child interactions and engaging conversations** that build language and promote thinking and social skills

Happy Birthday!



April 16 - Mrs. Angilletta

The standards are high. Programs are assessed every one or two years and receive a new Star Rating with each assessment.

Going beyond licensing requirements

No matter a program's current Star Rating level, families can be assured that child care providers participating in Quality First are committed to making improvements that help prepare kids for school and life. They are dedicated to providing care that **exceeds** the basic requirements of the Arizona Department of Health Services, Department of Economic Security Child Care Administration or tribal or military authority that provides regulation and oversight of their program.

Please give our teachers encouragement and support as they go through this process. I am so proud of them and look forward to the assessors seeing the great work they are doing in our classrooms with your children!

Kindly,
Mrs. H



All services will be live-streamed

Maundy Thursday Service, 4/06 @ 7:00pm

**Good Friday Service with Choir Cantata:
4/07 @ 7:00pm**

Saturday Easter Vigil: 4/08 @ 7:00pm

Easter Sunday

6:30 A.M. Sunrise Worship @ Labyrinth

7:30-8:45 A.M. Pancake Breakfast in Courtyard

9:00 A.M. Worship in Sanctuary

**10:15 A.M. Easter Egg Hunt @ Children of Hope
Playground**



AHWATUKEE EASTER PARADE

Join us for a family fun day slated for **Saturday, 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 see sign-up sheets at your classroom doors.

FAMILY CHAPEL TIME



Frogs: Monday, April 17

Ducklings: Tues, April 18

Penguins: Wed, April 19

**Last Chance to donate to Kyrene
Resource Center**

**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**

**Lesson: Fruit of the Spirit – Peace
Jesus Calms the Sea**

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, 4/20, due to Staff Meeting**

Conscious Commitment for the Week:

"I am willing to use my **assertive voice and tone** when giving directions to children this week."

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

Clear communication is **essential** for children to meet our expectations and for setting limits respectfully.



The assertive voice tells children exactly what to do and paints a clear picture of what that looks like and how to be successful. 🧠 Often times with toddlers (and children of any age), we make the mistake of telling them what we DON'T want them to do, as opposed to what we DO want them to do.

Example:

<https://www.facebook.com/watch/?ref=saved&v=345606056698807>

Join Master Instructor Kim Jackson as she shares the practical advice she has learned on her own journey to reclaiming her power with assertiveness. The assertive voice is not rude or loud. It is the voice of knowing. The assertive voice tells children exactly what to do and paints a clear picture of what that looks like and how to be successful.

[Webinar: Reclaim Your Power with Assertiveness - Conscious Discipline](#)

FIRST THINGS FIRST

Is this normal? Should my child be sharing by now? When can I start my baby on solid foods? As a parent, it's completely normal for your mind to swim with questions about your baby, toddler or preschooler.

First Things First is here to help and has partnered with [ZERO TO THREE](#) to share a new parent video series created by the [Mount Sinai Parenting Center](#), Zero to Three and the [Brazelton Touchpoints Center](#). Learn more on our site.



Learn more about your child's development here: [Ages and Stages - First Things First](#)

Also check out **The Sparks videos...** these videos are designed to deliver important information on behavior, development, nutrition, safety, and common medical questions. To get more videos like this, text SPARKS to 1-844-650-1210 or visit www.sparksvideoseries.com to learn more.

Check out this Sparks Video on 3-year olds <https://vimeo.com/725019625>

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

“Pediatricians should support policies that seek to reduce the consumption of fruit juice and promote the consumption of whole fruit by toddlers and young children (eg, child care/preschools) already exposed to juices”

As per this recommendation we will be reducing/eliminating juice from our snack menus, replacing it instead with whole fruits. **For this reason, we ask that you consider timely donations of snacks so we can meet our nutritional requirements on our snack menu each day. If you would like to opt out of bringing snack donations in lieu of a \$10 monthly donation, please see Mrs. H to make those arrangements.**

Nutrition Minute

SPONSORED BY

eat HEALTHY NEW HAVEN

RUDD CENTER FOR FOOD POLICY & OBESITY
Yale University
www.yaleruddcenter.org

CARING FOR YOUR 2- TO 5-YEAR-OLD

Choosing healthy beverages

Serve water and low-fat milk

Water and low-fat milk are the best drinks for young children.

Water satisfies thirst and is free. Tap water often has fluoride that is good for teeth.

Milk contains important nutrients like calcium and vitamin D that help children build strong bones.

REMEMBER:

- Buy skim or low-fat milk. Whole milk has more fat.
- Give your child two cups of low-fat milk a day.

Limit 100% juice

Did you know fruit is better than juice? Fruit has more nutrients. It has less sugar. It is more filling.

REMEMBER, if you do serve juice:

- Make sure it is 100-percent fruit juice.
- Allow no more than 1/2 cup a day.
- Serve in a cup, not in a bottle.

Avoid sweetened drinks

Drinks with added sugar are packed with calories and don't provide nutrients children need.

REMEMBER:

- Stay away from soda, sports drinks, iced tea and other sugar drinks.

SERVE

WATER, LOW-FAT OR SKIM MILK

LIMIT

100% JUICE

AVOID

SWEETENED ICED TEA, SODA, SPORTS DRINKS

Questions? Talk to your medical provider.

Idolinda Khalsa, RN, BSN

Child Care Health Consultant



It's ON!
Bike & Trike Day
Thursday, April 13th
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.

Many thanks to the Frog parents who have volunteered to set up the courses for us!

Hey, Frogggggies Class!

We are bringing back a fun event just for you before you hop into kindergarten!

Pre-K
PIRATES, PRINCESSES, & PARENTS
Fun Friday!



Friday, April 21st

9:00 - 11:00am

\$10 per child

Bring your grown-up to school with you and enjoy a fun morning together. More info to follow.

Sign up by 4/14 with Mrs. H so we know how many to plan for.



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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Page/Follow us on
Insta!**

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