

Children of Hope Child Development Center

August 2023

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



WELCOME TO OUR SCHOOL FAMILY!

Welcome to our 2023-24 School Family! The teachers and I extend a warm welcome to you!

Here comes some brain science
that we get so excited about around here:

Research has shown that a **child's brain develops 90% in the first five years** of life, so the interactions in these important early years really matter! We are literally growing healthy brain connections with the work of early childhood education! Together with you, your child's first and most important teachers, we are setting the foundation for a lifetime of learning and growth. We are brain architects, you guys...doesn't get much cooler than that!

So let's get busy! These years show so much growth: physically, cognitively, spiritually, socially, and emotionally. We are in this together and will celebrate with you and support you throughout.

Here's to a happy and healthy school year together!

The view from my desk is amazing! So glad you are here!

Mrs. H 😊

#fillyourchildwithhope

Happy Birthday!



August 26 - Mrs. Dolny

August 26 - Ms. Joni
(in the church office)



ALL ARE WELCOME!



Interim Pastor Sarah Stadler extends a warm invitation to join the Esperanza community for worship and/or events.

Sunday worship service is at 9:00am

Families with small children are invited to the PrayGround area where there are activity bags for the children to enjoy during worship.



After worship, children ages 4 through 5th grade are invited to join our Deacon Connie for Sunday Funday School

FAMILY CHAPEL TIME



PARENTS!

**We invite you to
Family Chapel Time!
WEAR YOUR SCHOOL SHIRT**

Beginning in September, we will hold Family Chapel Time once a month. We encourage you to join your child for this special time with Deacon Connie, Pastor Sarah, and Mrs. H (approx. 20 minutes)

**Please check your child in to the classroom, head to the sanctuary, and we will meet you there with the students
8:30am**

**Frogs: Monday, September 11
Ducklings: Tuesday, September 12
Penguins: Wednesday, September 13**

**BUT THE FRUIT
of the Spirit IS...**



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.

What to pack in your child's Easy to Open lunch?

No nuts, avoid Lunchables that need assembled (such as the pizza one) and choking hazards (such as hot dogs, popcorn, whole grapes)

Protein	Fruit/Veggie	Grain	Sweet Treat (optional)
PB&J	Applesauce	Crackers	
Ham/Turkey	Grapes (cut)	Bagel	Mini cookies
Cheese	Berries	Cereal	Chocolate Chips
Yogurt	Carrots	Pretzels	Fruit Chewies
Hard boiled eggs	Cucumbers	Muffins	Fruit Roll
Hummus	Bananas	Pasta	

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

Will invoice via Brightwheel

Available to Penguin and Frog Classes

Not available to our Duckling Class due to diapering/licensing issues.

**NO LUNCH BUNCH Tuesday, September 14th
due to Teacher Staff Meeting**



Dear Parents:

I am excited to introduce you to our comprehensive classroom management program called Conscious Discipline. It is a way of organizing our classroom around the concept of a School Family, where each member learns the skills needed to successfully manage life tasks such as **learning, handling frustration, communicating effectively, being sensitive to peoples' needs, and getting along with others.** Conscious Discipline empowers teachers and students with Seven Basic Skills of Discipline.

To celebrate your child's success, we will recognize how your child contributed to our successful day. We want you to celebrate with us, so this letter explains the meaning behind several skills we work on and provides suggestions for ways to celebrate.

1. **Today I used the safe place (Cozy Corner) to keep my class and myself safe.** In this case, your child maintained his/her composure when faced with a difficult or challenging situation. Your child remained calm and upheld his/her integrity. Tell your child: Good for you! It's hard to calm yourself down when you feel frustrated. You did it!
2. **Today I stuck to my commitment.** Each day when your child comes into class, he/she is asked to make a commitment to a rule, value or statement. There are positive consequences if your child sticks to this commitment - a sense of responsibility being one of them.
3. **Today I helped a friend to be successful.** When your child provides encouragement to another child who may have been facing a stressful situation, everyone wins. Tell your child: It is a gift to help others and you are a gift to me.
4. **Today I did my class job to help make our class a better place for everyone.** Every member of our class - including the teacher - has an important job to do each day. This creates interdependence and a sense of belonging. It builds unity in our classroom and promotes the School Family that is so critical to our success.
5. **Today I took a deep breath and used my S.T.A.R. power to calm down.** This is the first step toward maintaining composure when we are put in uncomfortable situations or when things don't go our way. We introduce breathing and other techniques to help the children remain calm and in control of his/her life.

6. **Today I worked hard, stayed focused and finished all of my work.** How do you feel when you know you've completed a job well done? Your child had a choice today and chose to do his/her very best. Tell your child: Way to go! You worked hard.

7. **Today I used my BIG voice so others could learn.** In our class, we work hard each day to set limits respectfully. Your child is learning that he/she must teach others how to treat him/her. Assertiveness promotes respect and helps us set healthy boundaries that are essential for all relationships. We teach the children to say, "I don't like it when you _____. Please say or do _____," teaching others how to be respectful. Give your child a big high five and a hug for using his or her BIG voice.

Please don't hesitate to call or send in a note if you have a question or would like more information about the really cool stuff going on in our classroom! You can also learn more about Conscious Discipline by visiting www.ConsciousDiscipline.com.

Wishing you well,
Mrs. H

Some Breathing Techniques to Calm our Bodies

 <h2>Drain</h2> <p>Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.</p>	 <h2>S.T.A.R.</h2> <p>Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.</p>
 <h2>Pretzel</h2> <p>Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.</p>	 <h2>Balloon</h2> <p>Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbppbpbppb" sound.</p>



THE APP IS HERE!

We're excited to launch the all-new **Birth to Five Helpline app!**

The Birth to Five helpline app allows you to easily **one-click call, text or email the Birth to Five Helpline** early childhood specialists directly from your phone.

Plus, you can visit **BirthToFiveHelpline.org**, donate or visit the Southwest Human Development and First Things First websites directly from the app!

The best part? Once the app is downloaded on your phone, there is no need to memorize the phone number!

DOWNLOAD THE APP TODAY!

QUALITY FIRST
FIRST THINGS FIRST



UPCOMING EVENTS

Preschool Board Meeting



Tuesday, September 19th

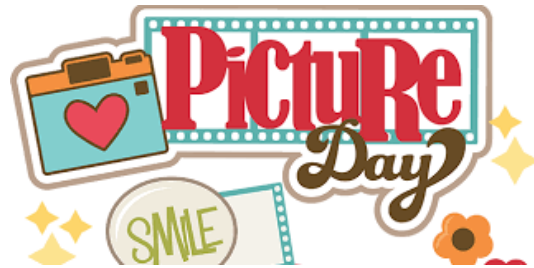
6:00 - 7:00pm

Fellowship Hall

If you would like to volunteer for our preschool board, please see Mrs. H. We would love to have you as we plan and implement our school year.

7 Meetings total will be held the 3rd Tuesday in September, October, November, January, February, March, and April

SCHOOL PICTURE DAY



Thursday, September 14th

More info coming soon. Save the date and pick out a favorite outfit.

Lifetouch Photography will be here all morning taking photos of the kids. They do a really nice job.

Class photos (composites) will also be created and available for purchase. All orders will be taken online

Siblings will be photographed together and individually



Parent-Teacher Conferences

Our Fall Conferences will take place **September 18 – 20th**
Your child's teacher will send out a sign-up soon.

We look forward to this time with you to share how your child has acclimated to school. These conferences focus on the social-emotional development of the children.

An Ages & Stages questionnaire, a nationwide early childhood tool, will be sent home soon. Your input on this questionnaire is very valuable and it helps us as we prepare for these conferences.

We look forward to meeting with you soon to share the joys and milestones your child is experiencing.



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 childcare providers. Due to hazards from exposure to second-hand smoke and as a recognized Empower childcare facility, it shall be the policy of this childcare 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