

Children of Hope Child Development Center

September 2017

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director

Contents

A Note from Mrs. H	1
Upcoming Events	1
Lunch Bunch	2
Chapel	2
Holiday Shopping	2
Calm Down Strategies	3
School Picture Day	4
Blood Drive	4
Enrichment Classes	5
Facebook	6
Labels for Education	6



Come on, Fall!

Even though the temperatures are still high, we are going to jump into fall here at preschool and so begins my favorite time of year. Apples, leaves, pumpkins, yummy foods...bring it on!

As you know I spent two days in August at the First Things First Early Childhood Summit. This annual conference was stellar this year. A highlight of my time there was spent with Dr. Junlei Li from The Fred Rogers Center. Growing up in Pittsburgh, PA, Mr. Rogers was our city's treasure. It was so wonderful to see and hear of the wonderful work in early childhood still being done by Dr. Li and others at The Fred Rogers Center, in and around my hometown and around the world. I can't wait to share these lessons and ideas with my staff and our students. Really good stuff! I left the conference feeling inspired, invigorated and most of all validated, as the work we do here in these most important years of brain development was affirmed.

Here we come Fall...we are ready for you!

Mrs. H

Upcoming Events

- ◆ NO SCHOOL
Monday, September 4
- ◆ SHOW & TELL NIGHT
Tuesday, September 5
- ◆ NEW ENRICHMENTS
- ◆ CHAPEL
September 13 & 14
- ◆ SCHOOL PICTURE
DAYS
September 19 & 20
- ◆ SCHOLASTIC BOOK
FAIR
Week of October 23rd

LUNCH BUNCH



Available Daily

Sign up at Office

Pick Up at 12:30pm: \$10

Pick Up at 1:30pm: \$15

Pick Up at 2:00pm: \$20

3's and Pre-K

Great way for kids to foster friendships.

Plan a day with some friends!

*No Lunch Bunch on Tuesday, 9/19 due to staff training

"Real isn't how you are made, said the Skin Horse. "It's a thing that happens to you. When a child loves you for a long, long time, not just to play with, but REALLY loves you, then you become Real."

- The Velveteen Rabbit
by Margery Williams

CHAPEL



With Pastor Steve and Ms. Kathy

Wednesday, 9/13

Thursday, 9/14

Lesson: God Made Me

Song: This Little Light of Mine

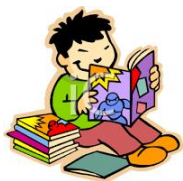
Optional Chapel Offering

Chapel offerings will be donated this year to **Kyrene Family Resource Center** and **Arizona Needy Newborns**. Children can bring donations such as toothpaste, soap, pasta, cereal, rice, canned fruits & vegetables, tuna, peanut butter, skeins of yarn, beanie babies (new or used), newborn diapers, etc. to Chapel and these items will be delivered by Esperanza members who have partnered with them.

NEW! Any monetary offerings during the fall will be given to **Lutheran Disaster Relief for Hurricane Harvey aid**.

DO SOME HOLIDAY SHOPPING

and help our school at the same time!



Scholastic Book Fair

October 23-27

Take a shift – see Amanda Ohlgren, Max & Charlie's mom, in Mrs. Luken's Room for ways to help



Butter Braids

Orders: October 17-31

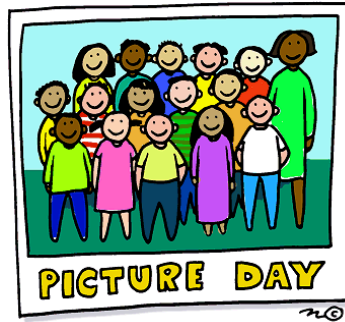
Delivery: November 16

Calm Down Strategies for Kids

<http://www.andnextcomesL.com>

- o Blow bubbles
- o Chew gum
- o Chew on a chewy toy
- o Complete a puzzle
- o Use a fidget
- o Use a weighted lap cushion or stuffed animal
- o Wear a weighted vest
- o Use stretchy resistance bands
- o Crawl through a sensory tunnel
- o Wear noise reducing ear muffs
- o Suck on hard candies
- o Diffuse essential oils
- o Use Rescue Remedy spray
- o Listen to music
- o Listen to audiobooks
- o Do some yoga
- o Lay or bounce on a ball
- o Sing ABCs forwards or backwards
- o Build with blocks of LEGO
- o Go for a run
- o Swing
- o Pet a cat or dog
- o Draw with chalk
- o Go for a walk
- o Go to a quiet place
- o Paint a picture
- o Do a maze, dot to dot, or word search
- o Read a book
- o Count slowly forwards or backwards
- o Ask for a hug
- o Take a drink of water
- o Wrap up in a blanket
- o Invert head or hang upside down
- o Close your eyes
- o Hum or sing a song
- o Do some deep breathing
- o Go for a bike ride
- o Draw a picture
- o Play hopscotch
- o Jump on a trampoline
- o Climb a tree
- o Play an instrument and make music
- o Do a heavy work activity
- o Use a calm down bottle
- o Do animal walks
- o Dance
- o Skip
- o Do a cartwheel
- o Take a bubble bath
- o Drink a smoothie through a straw
- o Make silly faces in a mirror
- o Drink a warm beverage
- o Look at an hourglass, lava lamp, or aquarium
- o Rip tissue paper
- o Bend and twist pipe cleaners
- o Have a snack
- o Pop bubble wrap
- o Play with play dough, slime, or silly putty
- o Look at a photo album
- o Blow a pinwheel
- o Squeeze a stress ball
- o Tightly hug or squeeze a pillow or toy
- o Wear an eye mask
- o Listen to nature sounds
- o Spin a top
- o Use a mini massager
- o Climb into a body sock
- o Make a craft
- o Play a one player board game
- o Rub some scented lotion on
- o Wear sunglasses
- o Light a scented candle
- o Journal
- o Color a picture in a coloring book
- o Play with shadow puppets
- o Blow a feather
- o Blow a pom pom around using a straw
- o Take a bath with Epsom salts
- o Ask for a break
- o Push against a wall
- o Play with a sensory bin
- o Crash into a crash pad
- o Take a shower
- o Suck on ice
- o Do some joint compressions
- o Brush hair and/or skin
- o Blow bubbles in a cup of water
- o Smell scratch and sniff stickers
- o Turn off the lights
- o Read with a flashlight
- o Play I spy
- o Braid your hair
- o Climb a ladder or rock wall
- o Use positive affirmations
- o Hug someone
- o Doodle on paper, whiteboard, or similar
- o Use visual calm down cards or posters
- o Stretch
- o Play with a pet
- o Trace your hands with your finger

SAY CHEESE! It's School Picture Day!



Tuesday, September 19th
Wednesday, September 20th

More info from Shannon Allen Photography coming soon!



United Blood Services
Find the hero in you.

Location:

Jace's Defender's at Kyrene Monte Vista

Blood Mobile in Parking Lot
15221 S. Ray Rd.
Phoenix, AZ 85048

Date:

Friday - September 29th 2017

Hours of Operation:

09:00 AM - 01:00 PM MST

Jace is a Children of Hope graduate who is fighting leukemia. His brother, Brig, is now in Mrs. K's Toddler Class and is the 4th family member to come through our program.

FREE LUNCH BUNCH will be offered during your donation time

ENRICHMENT CLASSES

11:30am - 2:00pm

Bring a sack lunch
\$110 for each session

For 3's and Pre-K Students
Sign up in the Preschool Office



Squishy Squash: Wednesdays

9/06, 9/13, 9/20, 9/27, 10/04, 10/18 and 10/25

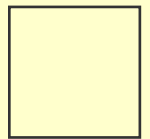
Join Mrs. K and Mrs. Q for some art and cooking fun...all with fall gourds...pumpkin, squash, zucchini and even pickles! This interactive class is always a favorite! Not recommended for children with food allergies.



Sports Mania: Mondays

9/11, 9/18, 9/25, 10/02, 10/23, 10/30 and 11/06

Mrs. Luken and Mrs. A will get your child moving during this class as they enjoy various sports and physical activities. Mrs. Luken has lots of coaching experience...perfect for your active child!



Please make drop off and pick up times with your child
Cell Phone Free Zones 😊



find us on
Facebook



Like our Page to stay informed!

Also, join our Private Group to see photos and info
Children of Hope Preschool/
Child Development Center of Ahwatukee

Labels for Education

Clip and send these labels:



Found on any of these products:



Keep those labels coming! This program is ending but labels marked “Labels for Education” will continue to be accepted until they are gone. Check your products! Thank you!
