

Children of Hope Child Development Center

April 2019

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director

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Two more months of preschool to go, but we are not slowing down yet!

This month brings lots of new life...we celebrate the new life of Jesus at Easter, we will watch as caterpillars form new life as butterflies and we will enjoy many new moments of growth as some of our kiddos get closer to kindergarten and as others prepare to move up to their next classrooms.

Our playground will get a bit of new life as well when an Eagle Scout arrives at the end of the month to install a teeter totter and some additional pavers for an outdoor kitchen play unit.

We invite you to join us at Esperanza if you are looking for Easter services. See further in this newsletter for dates and times. All are welcome at the table of Hope.

Upcoming Events

- ◆ **NO SCHOOL**
Good Friday, 4/19
- ◆ **CHAPEL**
April 10 & 11
- ◆ **DRIVE IN MOVIE NIGHT**
Friday, May 3rd
- ◆ **2019-20**
REGISTRATION
Ongoing

Celebrating with you,
Mrs. H





LUNCH BUNCH

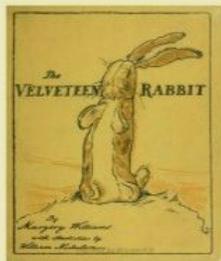


***No Lunch Bunch on
Monday, 4/15 and Thursday, 4/25
due to staff training**

Please help us at school by cutting foods, especially grapes and other fruits, into quarter slices.

This helps avoid choking situations.
Thank you!

'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.'



CHAPEL



**With Pastor Steve and Ms. Kathy
Wednesday, 4/10
Thursday, 4/11
11:10am**

Fruit of the Spirit: Peace

Song: He's Got the Whole World in His Hands

THANK YOU, MS. KATHY!

This will be our last Chapel Time with Ms. Kathy. After Vacation Bible School wraps in June, Ms. Kathy will be shifting gears a bit and will no longer be our Family Ministry coordinator.

Please join me in thanking Ms. Kathy for these last 5 years!! As an educator, Kathy has been a valued member of our team who really understands why we do what we do. We have really appreciated her leadership in Chapel and on our preschool board.

We wish you well, Ms. Kathy, and we thank you for a fun 5 years!





FIRST THINGS FIRST

Ready for School. Set for Life.

Start building a love of math and science early in life



Introducing math and science to young children doesn't have to be complicated. Parents and caregivers don't have to wait until a child can solve written math problems or conduct complex science experiments. Activities such as finger painting, building blocks and baking are fun and interactive ways to build science and math skills in young kids.

About 90 percent of a child's critical brain development occurs before age 5, meaning the early years represent an ideal time to introduce Science, Engineering, Technology and Math (STEM) skills to kids.

"Young children learn naturally by exploring their environments," said Ginger Sandweg, First Things First senior director for early learning. "What appears to adults as play is really forming and testing theories and trying out different variables. This type of learning goes hand in hand with how young children learn best, using multiple senses (seeing, hearing, touching, tasting, and smelling) to discover the world around them."

According to the Center for Early Education in STEM, simple childhood games can promote significant STEM skills at a much earlier age. The years before kindergarten, are a critical period to help develop these skills through fun activities that get their hands and minds working.

Activities

Parents and caregivers can be ready with this list of great ideas to keep your child busy and build those early skills for STEM. First Things First offers these activities:

- Building structures – knocking them down, testing them with weight, etc. – engages kids in reasoning about physics.
- Cooking engages children in science and math through measuring ingredients and seeing how foods combine and change.
- Singing and dancing convey counting concepts and making musical instruments with everyday objects helps kids learn how to control aspects of sound like pitch, loudness, timbre and duration.

- Through water activities, kids experiment with movement and volume, filling cups or pails, then watching how holes in objects affect water flow.
- In playing card and board games, children use math and; reason about strategies.

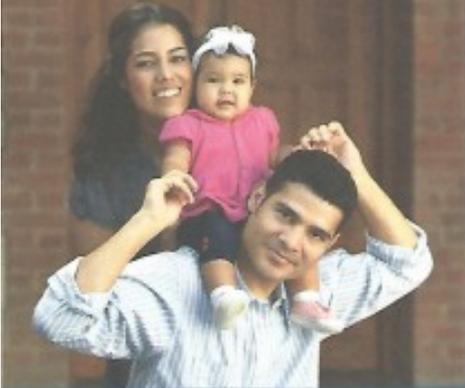
Ask questions

Families can help kids develop critical thinking and reasoning skills by asking questions like:

- What do you think will happen?
- Why do you think it ended that way?
- How do you think things will be different if we change something?

In addition, parents can share their knowledge, early on. Things that may seem obvious to us – like weather changes, traffic patterns and the change in an egg when it’s cracked, then cooked – are fascinating new concepts for children that give them a foundation from which to build future knowledge.

By encouraging the development of STEM skills in the early years, we help kids learn by experimenting with their environments and give them skills that will help them be successful in school and in life. In addition, these STEM building activities help to instill a love of learning and imagination. So, remember to have fun and use everyday moments as learning moments.



Positive, nurturing experiences in a child’s first 5 years lay the foundation for a lifetime.

That’s why First Things First partners with communities across Arizona to give all kids the opportunity to arrive at kindergarten healthy and ready to succeed.

Programs and services supported by First Things First focus on:

- Early Literacy
- Quality Child Care and Preschool
- Strengthening Families
- Preventative Health

FIRST THINGS FIRST
Ready for School. Set for Life.

Help spread the word about the importance of early childhood.

Go to: azftf.gov/take-action

 @AZFTF

 /AZFirstThingsFirst



YOU are our best, most valued advertisers!

Love our school? Help us spread the word!

Someone once called us the best little secret in Ahwatukee...let others in on the secret!

If you are willing to spread the word, let us know!

Here are some ideas:

- Share Mrs. H's business card with friends, folks you meet
- Share flyers (coming soon!)
 - at your Gym
 - with your Mom's Group
 - with your Pediatrician
 - at the Library
 - with your Realtor
- Share our Social Media sites with your endorsement
- Comment on Ahwatukee 411, Ahwatukee Friends
- Post a positive review on Google, Yelp, Great Schools

vroom

Brain building moments

The Brain Story

There is no time in life when the brain develops more rapidly than during the first five years. Here's a glimpse at all that's taking place inside your baby's brain!



A Brand New Brain

Every baby is born with a brain that contains billions of neurons.



Ready For Anything

From day one, those neurons connect and the brain begins to get wired for life.



Learning Like Lightning

The brain is wired to grow. In the first five years, it makes 700 neural connections every single second!



Communication Is Key

Above all, there's one thing that helps young brains grow strong—adult-child relationships.



Hi, Baby

Even kids who can't yet talk are looking, listening, and relating to you non-stop.



You Are A Brain Builder

Every time you interact with a child you're doing something major—shaping a growing mind.



Nurture Future Greatness

The first five years are when the brain builds its foundation so kids can thrive as adults.



Vroom!

We know this for sure: learning doesn't start at school, it begins at birth.



It Begins With You

Visit joinvroom.org to learn how you can be a brain builder.

 joinvroom.org

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Your child's brain grows the fastest from birth through age 5! Helping them learn now gets them ready for school, friends, and life.

Download the FREE Vroom app for custom activities to do with your child: <http://www.vroom.org>

Creating a Screen-Free Environment



Dear Families,

What is screen time? Screen time is any time spent in front of a screen, such as a TV, computer, video game, phone or tablet. Children use very little energy is used during screen time. High amounts of screen time can contribute to causes of obesity. Make a family screen time plan, with ways to monitor and reduce the

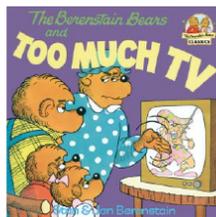


amount of screen time in your home. Your plan can include the amount of screen time everyone will engage in and what type of screen time to use. Try setting a timer to let everyone know when they should shut down screen time and do activities as a family.

Too Much TV

There are many ways you can teach your children about screen-time and how it can impact their bodies. Try the following activities to help reduce screen time in your home.

Book: the Berenstain Bears and Too Much TV, by Stan and Jan Berenstain. Read the book and talk to your child about different activities you can do as a family to stop watching too much TV.



Physical Activity Cube

As a family, come up with some games and activities you can do throughout the day. Use white cardstock paper and cut out six squares. Write activities on each square and tape them together. Use the cube as an opportunity for each person to choose what activity they want to do. Be creative and have fun!

Looking Ahead: May 2019

Active Families, Active Children

Get up and move! Physical activity is an important part of a child's development. Next month will focus on:

- The importance of physical activity; and
- Activities to get the whole family moving.

Screen Time and You

As technology evolves, society becomes more dependent on it. As we continue to use screen time, try to find ways to engage your child. Remember, you can turn technology into a fun learning experience.

- Video chatting provides young children an opportunity to learn new words from talking and interacting with others
- Educational programming such as Sesame Street can improve cognitive, literacy and social outcomes
- Choose educational applications that allow for you to engage with your child



- Audio books are a fun way for you and your child to read stories together

Week of the Young Child

Each day is a special theme, so celebrate as a family.

April 16th, Music Monday-get the family up and moving to music. Play some music and have a dance contest!

April 17th, Tasty Tuesday- try a new food. Make a special dish as a family with a new food.

April 18th, Work Together Wednesday- in the evening, do something together with your child. Complete a puzzle or build with blocks.

April 19th, Artsy Thursday- show your creative side by doing an art activity. Make playdough, make puppets for a puppet show or paint a picture.

April 20th, Family Friday- its all about family time! Go to the park or create a family storybook.



April 2019 Healthy Way to Grow Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Measure and weigh your child. <i>Look how tall you are getting! Your muscles are growing strong!</i>	Enjoy a family meal! Roast chicken in the oven with your children's favorite veggies.	Sit on the floor and invite your child to step over your legs. Raise your knees for them to climb over the bridge! Hold your infant on your lap and move to new positions.	Sometime vs. Anytime Foods. When you give your child a treat remind him, <i>This is a sometime food, a special treat!</i> He will begin to learn foods that nourish and help him grow all the time!	Book Day. Use your library card to check out any book your child likes! Read together, pointing and turning pages.	Measure and weigh your child. <i>Look how tall you are getting! Your muscles are growing strong!</i>
On a rainy day have an indoor picnic. Spread a blanket on the floor. Set out dishes and utensils. Invite your child to help you plan the menu and prepare the food.	Your little ones will enjoy Where is Baby's Belly Button , a lift-the-flap book by Karen Katz.	No TV Tuesdays. Use your TV free time to prepare a meal together, listen to music and dance, or look through family photos and share family stories.	Keep fresh fruit in a bowl within your child's reach to grab as a quick snack.	Children's Book Day. Use your library card to check out any book your child likes! Read together, pointing and turning pages.	Fit Friday. Try different movements throughout the day. Take giant steps to the car. Skip to the front door. Tip toe to the bedroom.	Healthy Saturday snack or lunch. Cut up fresh veggies and serve with guacamole. Just a taste could do it!
Week of the Young Child. Thank you for all the ways you celebrate healthy change!	Hummus. Combine 1 can garbanzo beans, rinsed and drained, 2 cloves minced garlic, 1 tsp. ground cumin, 1 tbsp. olive oil. Blend on low, gradually add liquid from can. Serve with carrots, celery and cucumbers.	Breakfast on the Go. Place 6 oz. plain fat free Greek yogurt in a cup. Layer fresh fruit slices on top.	Keep fresh fruit in a bowl within your child's reach to grab as a quick snack.	When serving, talk about how you divide the food. "There are two of us and one apple. We'll cut it in halves."	Sing and move to the tune of "Mary Had a Little Lamb": <i>When I was a little chair, little chair, little chair when I was a little chair I could sit like this.</i> <i>When I was a plane. . . fly,</i> <i>Little ball . . . roll.</i>	Today I will Try. Name and try foods that begin with the letter "T" . . . tomatoes, tangerine, tahini, tuna, tapioca, tofu, toast, turnips.
Poke holes in egg carton cups. Fill with soil. Plant seeds in each. Keep them moist and lit. After sprouting, plant in your garden!	Try doing some food prep today for Sunday and the week ahead. Shop for groceries and prepare some dishes, put in the freezer to thaw and serve later in the busy week.	Bunny Rabbit Chant & Move. Try this fun way to get moving with your kids. Hippety hoppity Hippety hoppity Hippety hoppity Stop. (<i>Jump like a bunny then stop</i>) I'm so tired I'm so tired (<i>yawn</i>) I think I'm going to flop. (<i>Fall down on the ground</i>).	Surprise the family with a sit-down dinner in the middle of the week. Use a crock pot to cook skinless chicken and whole grain rice with fresh vegetables.	Fun Routines. Your child is watching and imitating you – make it fun! Play time: Lie on the floor and roll around. Prop yourself up and imitate your child. Bath time: Chase your little one to the room. <i>I'm coming to get you!</i> Bed time: Stretch to the ceiling, then to the floor. Lie down and twist and turn. Take deep breaths.	Listen to Your Body. What is it telling you? Ask, Are you tired? Hungry? Thirsty? Is your heart beating fast? Do you feel full?	Raised Garden Bed. Enjoy being outside. Let your child help you dig holes and place small plants into your garden bed, patting the soil, then sprinkling with water.
Big Squeeze. Colorful squeeze toys are fun to play with. Have fun exploring different shapes, colors and textures with your child.	Chicken Salad. Drizzle olive oil on skinless chicken breasts. Sprinkle on basil. Bake in 350 F oven until no longer pink. Toss spinach, lettuce, carrots and tomatoes with olive oil and vinegar. Top salad with chicken cut into bite-size pieces.	Animal Moves. As your child is picking up her toys, call out the name of a fast-moving creature, like a bee, and move quickly. While getting ready for bed, move slow like a turtle or elephant to help your child calm down.	Enjoy the Great Outdoors Enjoy hiking on the forest trails; walking in the park; bending and picking up litter; dancing in the rain!			



ART IN THE GARDEN

Pieces from our Art Masterpiece students will be showcased

Once again, we are bringing our community together for Art in the Garden. The theme "Renew, Refresh, Rebirth" is based on the Hebrew phrase, "Tikkun Olam" translated as "Repair the World."

When: Saturday, April 6th - 10am to 2pm (artist to arrive at 9am to set up their art)

Where: Esperanza Lutheran Church - 2601 E. Thunderhill Pl., Phoenix, AZ 85048

Complimentary refreshments

Come vote for your favorite art piece and best reflection of the theme!

Are you an artist interested in sharing your work?

Here are your need to know details:

Each art piece submitted needs a separate submission form filled out and emailed back

Each artist is limited to 5 pieces of art

Tables are available for \$20 for those wanting to sell multiple art pieces

For questions, please contact Debbie Parkins debbiedparkins@gmail.com



**June 3 -7
9am - Noon**

Ages 3 & 4: VBS Jr. with Mrs. H & Mrs. A
Entering Kindergarten - 5th grade: Regular VBS

Registration Forms in Church Office



Holy Week Services @ Esperanza

Maundy Thursday 7 p.m. Good Friday 7 p.m. Saturday Vigil 7 p.m.

Easter Services

6:30 a.m., 8:30 a.m., and 10:30a.m.

Easter Egg Hunt for kids 2-10 years old

9:45am: Children of Hope Playground

Please bring a basket/bag

ALL ARE WELCOME

SAVE THE DATE!

CHILDREN OF HOPE PRESENTS

**DRIVE-IN
MOVIE NIGHT**
FRIDAY MAY 3rd



\$10.00 ADMITS ONE FAMILY

May 3rd 5-7:30 pm

POPCORN! PIZZA! DRINKS! HOTDOGS! COTTON CANDY! AND MORE!

Find the sign up sheet to put your name down and collect your cardboard box!

1 box for each child...get creative!
Have fun making a car with your child.

Samples:





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.



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and



Instagram

Like our Facebook Page!

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