

# Children of Hope Child Development Center

October 2018

## Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger  
Preschool Director

### Contents

A Note from Mrs. H	1
Upcoming Events	1
Butter Braids	2
Lunch Bunch	2
Chapel	2
FTF	3
Conscious Discipline	4
Healthy Way to Grow	5
Scholastic Book Fair	6
Trivia Night	8
Amazing Athletes	9
Halloween Party	10
School Info	11



Here we go...a wonderful, busy, crazy time of year! Some of my favorite activities with your children occur between October and December. Let the wild rumpus begin!

I hope you all enjoyed your school photos! I have such fun with the kids as we get them to smile and I thank Shannon Allen for her time and her talent.

I thank you for filling out our new resource, the **Social-Emotional Ages and Stages Questionnaire**. By partnering with you, we can best understand your child to support their learning and development. A huge part of their learning in these early years is social and emotional. An entire AZ Early Learning Standard is dedicated to it. We work on these skills daily. We will use the information you provided in the ASQ, along with our classroom interactions and observations and any feedback we received from Mariposa Therapy Services who conducted speech/language and developmental screenings in our classrooms, to best support your child in the classroom. We look forward to discussing these goals and milestones at our Parent/Teacher Conferences later this month. In early January you will receive a cognitive questionnaire which will help us prepare for our more academic conferences in the spring.

Together we are best,

Mrs. H

### Upcoming Events

- ◆ **FALL BREAK**  
10/05 - 10/15
- ◆ **PRESCHOOL BOARD MEETING**  
October 16
- ◆ **CHAPEL**  
October 17/18
- ◆ **PARENT/TEACHER CONFERENCES**  
10/19- 10/26
- ◆ **SCHOLASTIC BOOK FAIR**  
10/21 - 10/26
- ◆ **BUTTER BRAID SALES**  
10/29 - 11/09
- ◆ **HALLOWEEN PARTY**  
Wednesday, 10/31



**YES! Butter Braids are coming!**

**Orders taken: 10/29 – 11/09/18**

**Delivery: Tuesday, 11/20**

**Yummy goodness just in time for the holidays!**

## LUNCH BUNCH



**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**

**Must be enrolled in 3's or Pre-K  
Great way for kids to foster friendships.  
Plan a day with some friends!**

**\*No Lunch Bunch on Thursday, 10/18  
due to staff training**

## CHAPEL



**With Pastor Steve and Ms. Kathy  
Wednesday, 10/17  
Thursday, 10/18  
11:10am**

**Each month we will learn about a different  
Fruit of the Spirit**

**This month: Joy**

**Song: I've Got the Joy Down in My Heart**

### 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. Any monetary offerings will be given to Feed My Starving Children.

### SPECIAL CHAPEL OFFERING OCTOBER

**This month, any monetary donations will  
be given directly to Ann Street United  
Methodist Church in North Carolina. This  
church is serving as a disaster relief center  
serving those affected by  
Hurricane Florence.**

# High-quality early childhood programs provide long-lasting benefits for kids

September 25, 2018

[Ofelia Gonzalez](#)

**A recent study shows that the learning and social-emotional benefits young children get from attending a high-quality early childhood program lasts at least into their teenage years.**

The research out of New York University examined the long-term impacts of a high-quality early childhood program in Chicago and found “**evidence suggesting that the program positively affected children’s executive function and academic achievement during adolescence.**”

Executive function includes many important social-emotional skills, such as self-control, using memory to make connections between ideas and the ability to think creatively. These and other social and behavioral skills — such as motivation, self-discipline, focus and self-esteem — begin to take root from birth to age 5.

These type of skills help children do well when they enter school and beyond. Understanding different points of view, self-regulating emotions and being able to organize, plan and prioritize tasks are other examples of executive function that play a role in helping children work well with others and make friends.

## What Parents Can Do

In addition to choosing high-quality child care and preschool programs for their young child, parents and caregivers can support the development of social-emotional skills at home by providing positive, nurturing relationships.

Establishing good communication when they are young will create a good parent/child relationship as they grow into teenagers and young adults. Parents can do this through activities such as having your young child help you prepare food and chat as you do so. This gives you time to talk without pressure. Family mealtimes are also a good way to make sure that everyone is coming together on a regular basis.

# Conscious Discipline



Part of our school's character education and behavior management program is called Conscious Discipline. Conscious Discipline is an evidence-based, self-regulation program that integrates social-emotional learning and discipline. The program, developed by Dr. Becky A. Bailey, empowers adults to consciously respond to daily conflict, transforming it into an opportunity to teach critical life skills to children. Conscious Discipline is a way of organizing schools and classrooms around the concept of a school family. Each member of the family, both adult and child, learn the skills needed to successfully manage life tasks such as learning, forming relationships, communicating effectively, being sensitive to others' needs, and getting along with others. The skills include composure, empathy, integrity, assertiveness, responsibility, the ability to make good choices, and the ability to see the best in others. We encourage families to visit the Conscious Discipline website for additional information.

The students are taught these breathing strategies to help them become calm.

 <h2>Drain</h2> <p>Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "ssshhh" sound and release all your muscles, draining out the stress.</p>	 <h2>S.T.A.R.</h2> <p><b>S</b>mile, <b>T</b>ake a deep breath <b>A</b>nd <b>R</b>elax. 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 "pbppppb" sound.</p>



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## DID YOU KNOW

It's common for young children to eat five to six times a day – 3 meals, and 2 to 3 snacks. This makes it that much more important for your child's snacks to be nutritious to help them reach their daily calorie recommendations:

- o Toddlers ages 2-3 should be getting about 1,000 calories a day.
  - o Preschoolers ages 4-5 should be getting about 1,200–1,400 calories a day.
  - o More active kids may need more calories to maintain a healthy body weight.
- Fruits, veggies, whole grains, milk, and nuts for snacks are filling and nutritious. Allow your child to choose which healthy foods he/she wants for their snack!
  - **Utensils are the precursor to pencils**...ex: when at home encourage your child to sit at the table and use a spoon for applesauce rather than from a squeezie bag or on the go container.

## SNACK IDEAS FOR YOUR CHILD

- Get creative with your child's snacks. Make animals, insects, shapes or faces with their snacks!
- Dip blueberries into low-fat, plain Greek (or regular) yogurt and freeze them for those days when your child is begging for ice cream or other frozen treat.
- Spread a little peanut or almond butter on a whole-wheat tortilla. Place a banana at one end and roll up. Slice the rolled up banana into bite-size "sushi" pieces that your child can eat for a quick snack.
- Have your child help make the snacks. Kids are more likely to try something they have helped make.

**LUNCH BUNCHERS:** Please help us at school by cutting foods, especially grapes and other fruits, into quarter slices. This helps avoid choking situations. Thank you!

# CHILDREN OF HOPE C D C Book Fair

2601 E. THUNDERHILL PLACE, PHOENIX, AZ 85048

**Oct. 22 - Oct. 26**

Our Scholastic Book Fair is a reading event that brings kids the books they want to read. We'll receive a wonderful selection of engaging and affordable books for every reading level, and all purchases benefit our school! Reading for pleasure inside and outside of school has real and long-lasting benefits. Please come to our book fair and help shape your child's reading habits. See you at the book fair!



## We're looking for volunteers!

32 of 32 time slots still available

[Sign Up](#)

<https://volunteer.scholastic.com/#/signup/G7bKn6R6U>

## Shop Online | Oct. 17 - Oct. 30

Support our school by purchasing books online. Shop more dates, 24 hours a day!

- Order books for all ages and grades
- Enjoy a larger, expanded selection
- Shop school, classroom, and student wish lists!
-

## Dear Parents and Families:

Did you know? Reading just 20 minutes a day exposes your child to about **1.8 million words** per year. Reading helps students develop a stronger vocabulary, and in addition, students who read for pleasure average higher grades in English, mathematics, science, and history!

Encourage your child to read books for fun by attending our upcoming

**Scholastic Book Fair.** Allow your child to

choose the books they want to read! It's a wonderful selection of engaging and affordable books for every reading level.

## Mark your calendar!

Book Fair dates: **October 22 – 26, 2018**

Shopping hours: **8:00 – 9:00am and 11:30am – 2:00pm**

**Special activities:** Early Shopping Day on Sunday, October 21 @ Esperanza Lutheran Church

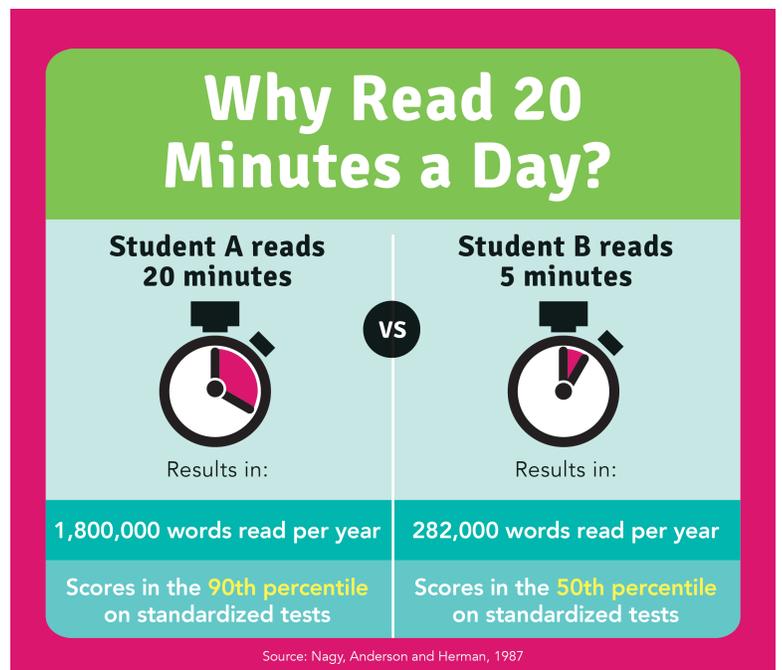
If you are unable to attend the Fair in person, we invite you to visit our Online Fair at [scholastic.com/fair](http://scholastic.com/fair). Our Online Fair is available from **10/17/18 to 10/30/18**.

We look forward to seeing you and your family at our Book Fair! Remember, all purchases benefit our school. Thank you for supporting our readers!

Sincerely,

**Mrs. H**  
Principal

**Children of Hope Child Development Center**





**Saturday, November 3, 2018  
6:00 - 10:00pm**

**Gather a Team of 6 Adults (18+)**  
**(Moms vs. Dads, Couples, Classrooms)**

**Pick a theme, Name your team,  
Decorate your table and have fun!**

### **Cost**

\$20 per person

Includes buffet dinner - each table is B.Y.O.B.

### **Prizes**

Winning Team receives \$500 cash prize!  
Prize for best decorated table and more!

**Bring 3-\$1 bills for a game of Heads or Tails  
at intermission! Silent Auction to be held.  
Mulligans will be for sale as well!**

**2.5 - 6yrs**

# Amazing Athletes®

Empowering children through sports to develop personal confidence and inspire active futures.



## PLAY

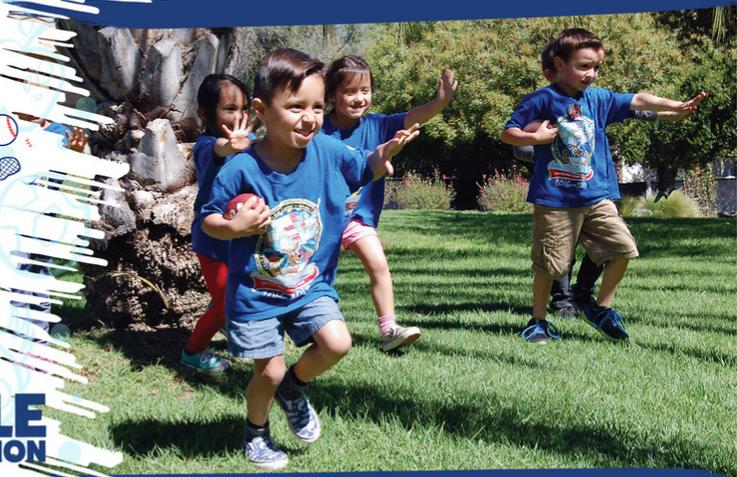
- BASKETBALL
- FOOTBALL
- VOLLEYBALL
- TENNIS
- SOCCER
- HOCKEY
- GOLF
- BASEBALL
- LACROSSE
- TRACK + FIELD

## LEARN

INTRODUCTION TO NUTRITION + MUSCLE IDENTIFICATION

## PERFORM

- BALANCING
- CATCHING
- THROWING
- RUNNING
- JUMPING
- KICKING



**Amazing Athletes at: Children of Hope**

**\$130**

**Wednesdays: Oct 17th - Dec 5<sup>th</sup>**

**12:45pm - 1:30pm**

**(Lunch and outside play 11:30 - 12:30)**

# It's a Halloween Party!

Wednesday, October 31<sup>st</sup>



**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 photos in the lower lot/garden area)

**9:15 – 11:30am:** Parents: Please take your child to each Halloween station (**an adult accompany each child, as teachers will all be manning stations**)

- Face Painting
- Caramel Apples
- Crafts
- Obstacle Course
- Ooey-Goey
- Donuts on a String
- Pumpkin Pounding
- Ghost Bowling
- Halloween Bean Bag Toss
- Hot dogs, Popcorn and More!

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school?



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our school will earn *you*  
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[www.childrenofhopecdc.com](http://www.childrenofhopecdc.com)



## Parent-Teacher Conferences

October 19 - 26

We look forward to sharing news about how your child's school year is going. We value this time with you to share news on your child's strengths and development and how we can support their learning. We thank you for returning the Ages & Stages Social-Emotional Questionnaire as we prepare for conferences.



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.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 10: Smoke Free Environment**, please visit the Empower website at [theempowerpack.org](http://theempowerpack.org). Click on Standard 10.



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Children of Hope Preschool/  
Child Development Center of Ahwatukee