

Children of Hope Child Development Center

March 2020

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director

You are our most trusted and valued voice and we thank you for sharing your good word with our community.



As registration rolls around for the 2020-21 school year, it is *your* endorsement that we appreciate. What fills our classrooms most is a recommendation from one family to another. Please share an enrollment packet with someone you know. We would love to welcome your friends to our School Family!

For our part, we will continue to work hard for you. By providing a high-quality program with highly trained teachers, we guarantee your child an environment where he/she will thrive and learn and grow. We are ever mindful that a child's brain grows 90% during these first five years of life and we are very intentional with our curriculum, relationships and environments to give our students the best standard of practice and care. We have chosen to participate in the voluntary program, Quality First, which holds us to the highest standards, ensuring that your child is receiving evidence-based practices, backed by the latest brain science. Your children truly matter to us and we are proud to lay the foundation they will need for kindergarten and beyond.

Happy Birthday!



March 11: Mrs. Krach

We will celebrate our graduates and look forward to welcoming the class of 2020-21! Registration begins March 4th!
#FillYourChildwithHope

Mrs. H



ALL ARE WELCOME!

**8:30am Traditional Service
10:30am Contemporary
Service**

**Sunday School for Kids
ages 4-5th grade during
the 10:30am Service**

Nursery Care is available to children
3 years and under in Room 2



CHAPEL



**March 25 & 26
@ 11:10am**

Each month we will introduce the
children to a **Fruit of the Spirit**

This month's lesson will focus on
GENTLENESS

Washing of the Feet

Wear your school shirt

Optional Chapel Offering

Each month the children are welcome to
bring an optional Chapel Offering.

- **Skeins of yarn**
- **Bars of Ivory Soap**
- **Newborn Diapers**
- **Fleece**

For the **Arizona Needy Newborns**
organization here at Esperanza

This year we will be donating any cash
offerings to **Feed My Starving Children.**

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

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 Monday, March 23rd
due to STAFF MEETING**

Fresh Foods, Healthy Meals



Looking Ahead: April 2020

Creating a Screen-Free Environment

Turn off the TV and turn to fun! Next month will focus on:

- Tips to reduce screen time at home; and
- Physical activities with children.

Dear Families,

Every step you take eating more fruits and vegetables helps you and your child become healthier. Fresh fruits/vegetables are great ways to help your child get the nutrients they need. When shopping for different fruits and vegetables, choose those items that are in season. Although fresh produce can be expensive, choosing items when in season helps to save money. Also, try visiting your local farmers market for fresh produce. Take your child with you as you visit the grocery store or farmers market to help them learn about the different fruits/vegetables they see.

We know that fruits and vegetables are good for us, but why should you eat more? Below are some reasons to add more fruits and vegetables to your day.

1. They add color, texture and appeal to your plate
2. They provide fiber to fill you up and keep your digestive system happy
3. They are low in calories
4. They are a quick, natural snack rich in vitamins and minerals
5. They are nutritious and DELICIOUS!



Smart Shopping, Healthy Cooking

Grocery shopping and cooking meals for your family can be a fun opportunity to teach your child about fruits and vegetables. Try some of these ways to get your child involved in healthy cooking and shopping:

1. **I Spy**– play “I Spy” when you and your child are in the produce section.
2. **Cleaning Machine**– children love playing in water, so have them help clean the fresh fruits and vegetables when preparing for cooking or eating.
3. **Snap Away!**- have children snap green beans, snap peas or break the florets from broccoli or cauliflower.
4. **Tear it Up!** - let them tear up lettuce for salad and sandwiches.



Strawberry Fun!

Encouraging your child to try new fruits and vegetables can be challenging and fun! Try exploring a new fruit once a month. Strawberries are a colorful, sweet fruit that are fun to explore. Introduce strawberries by trying these fun activities.

Strawberry Pizza

- Ingredients**
- Graham Cracker Squares
 - Strawberry Cream Cheese
 - Fresh Strawberries

- Directions**
- Spread cream cheese on graham cracker squares, top with sliced strawberries and Eat!



Book: *The Little Mouse, The Red Ripe Strawberry and The Big Hungry Bear* by Don and Audrey Wood

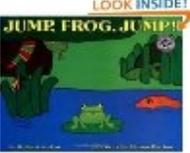
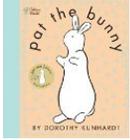


A JOINT PROGRAM OF

Nemours.

Children's Health System

MARCH Healthy Way to Grow Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Nutrition Month. Ask your center director for this month's menus. See if there are any you'd like to try at home.</p>	<p>Stop Light Chicken. Coat skillet with non-stick cooking spray. Sauté chicken over medium-high heat for 10 minutes. Add chopped red, yellow, green bell peppers, and ½ tsp low sodium soy sauce. Cook 5-10 minutes until peppers are crisp. Add ¾ c cut mangos or peaches. Serve chicken mixture over cooked whole grain couscous.</p>	<p>Use your library card to check out the book, <i>Jump Frog Jump</i> by Robert Kalan.</p> 	<p>Baby Face! While cooking dinner, during diaper time or bath time, make funny faces at your baby and watch how your baby imitates you. Stretch those facial muscles!</p>	<p>Toasty Treats. Toss 2 cups tomatoes and 1 cup celery with 1 tsp minced garlic in a bowl. Mix in 1 tbsp olive oil. Preheat oven 350. Cut whole wheat baguette into slices and bake on baking sheet 5 minutes until toasted. Spoon ¼ cup tomato mixture onto each slice and serve.</p>	<p>Friday night dance. Move to the music while you get ready for dinner time. Hop like a bunny from one room to another.</p>	<p>Healthy Saturday Snack or lunch. Cut up fresh veggies and serve with guacamole. Just a taste could do it!</p>
<p>Daylight Savings Time begins! Spring forward one hour! Don't forget to set your clock. Use the "extra hour" this morning for an early morning walk or run.</p>	<p>Raised Garden Bed. Use 2x4 boards to build a frame for your spring garden.</p> 	<p>Get ready for Spring with this classic touch and feel book. Babies, toddlers and preschoolers will love sharing this book with you!</p> 	<p>Chicken Salad. Drizzle chicken breasts with olive oil. Sprinkle on basil and parsley and bake in a 350-degree oven until no longer pink inside. Toss spinach, romaine lettuce, carrots and tomatoes with low fat dressing. Top salad with chicken cut into bite-size pieces.</p>	<p>Celebrate St. Patrick's Day by dancing a jig! Hide green leaf "shamrocks" outside and search for them, bending, reaching and dropping in a bag.</p>	<p>Sometime vs. Anytime Foods. Have a separate space in the kitchen for sometime foods: Cookies, chips or cakes. Anytime foods should be readily available on the counter, in cupboards or in the fridge: Fruits, veggies, whole grains, beans and water.</p>	<p>Spring Games. Pretend to be butterflies, birds, frogs and rabbits, waking up with the new season. Fly, jump, stretch and move freely. Make up stories and have fun pretending with your children!</p>
<p>Spring Song! Sing this song with your child with the movements to the tune of <i>I'm a Little Teapot</i>. I'm a little seed- small and round. You can plant me in the ground. Give me sun and water, and you know. Soon I'll sprout and grow and grow.</p>	<p>Prepare Fruit Towers for the weekend. Cut apples, oranges and pears into 3 flat slices. Stack 1 slice from each fruit on top of the other to make a fruit tower. Cut each tower in half for one serving. Serve with low-fat yogurt or cottage cheese.</p>	<p>My Family Recipe. Send your favorite recipe with your child to his/her early learning center for all to try.</p>	<p>Activity Break. Take a moment from all your 'to-do's' and shake a leg and arm, wave your hands and twirl around and around</p>	<p>Healthy Breakfast. Oatmeal is light and quick to prepare as well as nutritious!</p>	<p>Water to Drink. Toddlers can drink water in their sippy cups and preschoolers can have a special cup for their water. It's a great habit to start early!</p>	<p>Celebrate family birthdays in a healthy way! Read a special book, go on an outing or cook your child's favorite healthy meal.</p>
<p>Up and Down. Use words like up, up, up while lifting a baby up, and down, down, down, while lowering to the floor. Toddlers/preschoolers can reach up and bend down</p>	<p>Banana Cheer. Recite the words and move, with your child imitating you. Peel, peel, peel bananas (peeling motion). Eat, eat, eat bananas (hand to your mouth). Go bananas, go bananas (shake your whole body).</p>	<p>Neighborhood sprint. Join with other families to set up neighborhood activity zones. Stroll babies from one corner to the next. Walk older children to the park.</p>	<p>Surprise your child's center director or teacher with a clementine as a nourishing gift to brighten their day!</p>	<p>Children thrive on routines. They like to know what is expected of them and what to expect from you. A regular sleep time will make them happy!</p>	<p>Fit Friday. Try different movements throughout the day. Take giant steps to the car. Skip to the front door. Tip toe to the bedroom</p>	<p>Name and try foods that begin with the letter "m". Mushroom, mandarins, mango, melon, mint, milk and miso.</p>
<p>Tip toe to the bedroom March around the house, out to the car, up the steps. Keep the rhythm on the bottom of an oatmeal box.</p>						

Reading with your child builds more than just words

- [Ofelia Gonzalez](#)



A recent study shows that reading books with your young child does more than help them learn words and develop language skills. **It also helps them learn to pay attention, set goals and control themselves. These important life skills – part of what’s known as executive function – start to develop in early childhood.**

As pediatrician Dr. Perri Klass wrote in a New York Times article, getting books into the hands and homes of young children helps “foster the language-rich parent-child interactions that build children’s brains.”

Dr. Klass serves as national medical director of Reach Out and Read, a program that works with pediatricians to encourage parents to read with their young children. Doctors in the program talk to parents about “serve and return” interactions that are proven to promote positive brain development, like asking questions and letting your child help tell the story.

What does all this talk about brain research mean for the parent of a baby, toddler or preschooler? **Read with your child every day.** As Dr. Klass points out, reading with a 1-year-old “is less about reciting all the words of a story and more about pointing and naming, question and answer, and of course, about the affection and sense of security that will leave a child with positive associations with books and reading.” As the saying goes, “the love of books begins in the parents’ arms.”

It’s this type of interaction with your son or daughter that will help their brain develop. It’s not just that your child will begin to recognize letters and eventually words. Reading together is also teaching them life skills that they will carry with them through adulthood.

Read the entire New York Times article, [Literacy builds life skills as well as language skills.](#)

Ofelia Gonzalez is public information officer at First Things First. You can reach her at ogonzalez@firstthingsfirst.org

BACK BY POPULAR DEMAND!



**Saturday, April 18th, 2020
6:00 - 10:00pm**

Gather a Team of 8 Adults
Pick a theme, Name your team,
Decorate your table and enjoy the fun!

Cost

\$25 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! Winner gets half the pot!**

Mulligans (free answers) will be for sale for \$5.00!

KINDERGARTEN BOOTCAMP



Exclusively for our Pre-K Students!

SESSION II BEGINS ON FRIDAY, MARCH 6th

SIGN UP NOW!

Give your kiddo an extra boost of confidence this spring in preparation for kindergarten. Join Mrs. Luken and Mrs. Palomaa as they focus some **extra practice on the skills kindergarten teachers are looking for**: including practice in math, letter sounds, fine motor grip, problem solving and deeper thinking. With activities from the nationally recognized program, “Get Set for School” combined with research based best practice, these seasoned teachers will give your budding kindergartener an extra boost!

Friday mornings 8:30 – 11:30am
3/06, 3/20, 3/27, 4/03, 4/17, 4/24, 5/01 and 5/08
\$150



PREDICT IT! Science Enrichment with Mrs.

Gerrish will begin on Wednesday, April 1st



For 2020-21 School Year Begins Wednesday, March 4th

**Enrollment Packets are available
to download on our website
www.childrenofhopecdc.com**

**Share an Enrollment Packet with a friend...if that
friend enrolls, your May tuition will be FREE!**

90 percent of a child's brain develops before age 5. The positive, nurturing relationships young kids have with adults – from parents to child care and early learning professionals – shape their learning now and throughout their lives.

Quality child care and preschool settings help children develop skills like motivation, self-control, focus and self-esteem that are crucial to their success now and once they enter school.

DRIVE IN MOVIE NIGHT!

Friday, April 3rd



Want to help plan this fun night for our families? See Jess Pierce and/or Katie Eagan for more information!



A person's a person,
no matter how
small.

-Dr. Seuss



Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "ssssh" sound and release all your muscles, draining out the stress.



S.T.A.R.

Smile, **T**ake a deep breath **A**nd **R**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.



Pretzel

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.



Balloon

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 "pbbpbbp" sound.



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