

# Children of Hope Child Development Center

September 2019

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

Lynn Hockenberger  
Preschool Director



As I was gathering information and dates to share with you this month, I noticed we are already getting quite busy around here! But it's a ride I so enjoy! Happy to have you all on board!

Most notably, we will be preparing for our fall conferences with you. We like to hold conferences in the fall so we can share information with you about your child's transition into the school year. We have found this really helps get everyone off to a great start! Be on the watch on Bloomz for sign-ups and for ASQ questionnaires to be distributed (see further in this newsletter for more info).

It's also about this time that we start looking for folks who would like to help and get involved with our school. We are currently seeking 2 or 3 parents who would be interested in serving on our Preschool Board. We also need 2 or 3 parents willing to help with our upcoming Book Fair (see Jess Pierce, Charlie's mom, to help). Your teachers will also be looking for party coordinators and other fun jobs in and out of the classroom. Get involved! You won't regret it.

### Happy Birthday!



◆ **MRS. GERRISH**  
September 12

On a personal note, I would like to warmly remember one of our former teachers who unexpectedly passed away this last week. Mrs. Suzanne DiCarlo and I started teaching together at God's Garden many years ago and I learned a lot from her, most especially through her love and enthusiasm for dramatic play. Suzanne came to work for me years later here at Hope and has been a friend to us ever since. Many children benefitted from her love of teaching and we benefitted as her colleagues and friends. We will miss her.

~ Mrs. H

Welcome back, everyone! Here's to possibilities!

Mrs. H



SUNDAY SCHOOL STARTS on  
September 8<sup>th</sup>!

ALL ARE WELCOME!

8:30am Traditional Service

10:30am Contemporary Service  
Children are dismissed to Sunday School  
after Pastor Steve's Children's Message

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

## SAVE THE DATES!

- **Fall Break:** 10/4 – 10/14
- **School Wide Halloween Party:**  
Wednesday, 10/30
- **Amazing Race:** February Date TBD  
for Adult Couples
- **Trivia Night:** April 18 for Adult  
Teams of 6

## CHAPEL



With Pastor Steve

**September 18 & 19**  
**@ 11:10am**

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

**This month's lesson will focus on Joy**

**(J.O.Y. – Loving Jesus, Others and  
Yourself)**

**You are always welcome to join us  
for Chapel.**

**Wear your school shirt  
(coming soon)**

### Optional Chapel Offering

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

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

We will also collect for **Arizona Needy  
Newborns and Esperanza's Prayer Shawl  
Ministry**. Donations for these groups can include  
skeins of yarn, bars of Ivory soap, fleece and/or  
newborn diapers.

# 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.**

**Not available to our Toddler Class due to diapering/licensing issues.**

**\*Lunch Bunch will NOT be offered 1 day each month so we can hold our monthly Staff Meetings.**

Lunch Bunch offers our students opportunities for additional socialization through meal time, 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.

## HEALTHY LUNCHES FOR PRESCHOOLERS

Per state recommendations we encourage you to **pack 1 item from each of the following categories** in your child's lunch, with MILK or WATER as the drink:

**Fruits:** bananas, applesauce, cantaloupe, peaches, fruit cocktail, pineapple, strawberries, watermelon, raisins (Grapes MUST be cut into small pieces due to choking hazard)

**Vegetables** (with dips, ranch, hummus, if desired): broccoli, carrot sticks, pumpkin, peppers, tomatoes, beans, potatoes

**Grains:** bagels, bread, oatmeal, crackers, pasta, rice, cereal, pancakes, muffins, waffles, tortillas

**Protein:** turkey, chicken, eggs, beans, hamburger, tuna, peanut butter

**Dairy:** yogurt, cheese, low-fat milk, pudding

# Connection Requires Four Critical Elements:

## Eye Contact



Get **eye contact** for a brief moment. When two eyes meet, a wireless connection is created between the orbital frontal areas of the prefrontal lobes. From this connection we literally download inner states into one another. The eyes contain nerve projections that lead directly to key brain structures for empathy and matching emotions. As soon as you have eye contact, download. "There you are. You're safe. Breathe with me. You can handle this."

## Presence



**Being present** in the moment means your mind and body are in the same place. Your mind is free of constant chatter. You are still enough to see the beauty in the child. It is about acceptance. We join together and share the same moment. The present moment is where the joy lies. Relax into it. "Mirror neurons ensure the moment someone sees an emotion on your face, they will at once sense the same feeling within themselves." - Daniel Stern

## Touch



**Touch** is the only sense we cannot live without. The skin and brain are made up of the same embryonic tissue. The skin is the outside layer of the brain. Touch creates a hormone that is essential to neural functioning and learning. If we want smart, happy kids then we need to provide more appropriate, caring touch.

## Playfulness



**Being playful in the context of the situation:** Playfulness helps build bonds and creates a biochemistry in the brain for dopamine. Dopamine says, "Pay attention, stay focused." The dopamine system is strengthened, as are attention span and social development in playful situations.





# SHOW & TELL NIGHT

Wednesday, Sept. 11

You are invited to this special night with your preschooler!

**Toddler Class: 5:15 – 6:00pm**

**3's and Pre-K: 6:15 – 7:00pm**

- Join your child on a tour of the classroom
- Visit with the teachers
- Check out your child's artwork
- Get a glimpse into our day

**Meet our wonderful Quality First Support Staff who will be sharing valuable information with you**

- Nurse Consultant, Idolinda Khalsa, RN, BSN, CCHC
- Smart Support Consultant, Elizabeth Trader, LCSW
- QF Coach, Nicole Galbo

**SEE YOU THEN!**



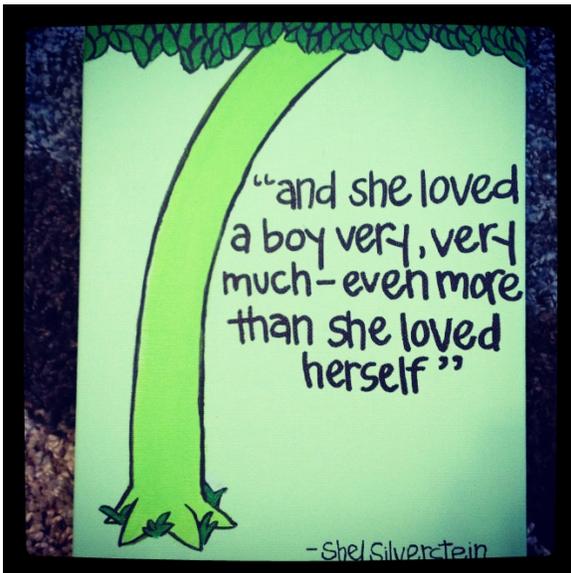
## SCHOOL PICTURE DAY

Wednesday, September 25<sup>th</sup>

Toddlers do not have school this day but will be assigned a time to come in for photos.

No Make Up Days: if your child is absent, you will be given a voucher for a session at JC Penney Photo.

**SAY CHEESE!** 😊



## FRIDAY PBL CLASS



## Featuring STEAM and Fairy Tales in September

Hey Pre-K! Project Based Learning is journeying into the world of Fairy Tales!

Want to explore how the Three Pigs made their houses or how Rapunzel's tower was built? The answers to these and many other questions can be found out on Fridays in September!

Have a 4-year old friend from another school who is off on Fridays and would like to join you? Invite them to our Friday class!

**SIGN UP NOW!** Classes start 9/6!

\$100 for the month



ASQ-3 is a set of questionnaires about children's development. It has been used for more than 20 years to make sure children are developing well. A screening provides a quick look at how children are doing in important areas, such as communication, physical ability, social skills, and problem-solving skills. ASQ-3 can help identify your child's strengths as well as any areas where your child may need support.

As a parent or caregiver, you are the best source of information about your child. That's why ASQ-3 questionnaires are designed to be filled out by you. You will only need 10–15 minutes. It's that quick and easy.

Here's how ASQ-3 works:

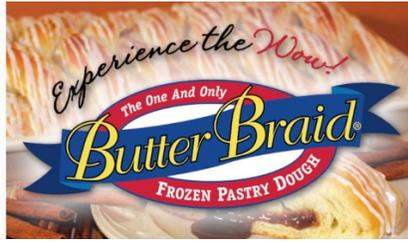
- You will answer each question “yes,” “sometimes,” or “not yet,” based on what your child is able to do now. Your answers help show your child's strengths and areas where he or she may need practice.
- To answer each question, you can try fun and simple activities with your child. These activities encourage your child to play, move around, and practice day-to-day skills.

You are your child's first and most important teacher and an active partner in your child's learning and development. Watch for the ASQ in your mailbox soon!



**September 30 – October 3**

We invite you to our Fall Parent/Teacher Conferences! We look forward to this time with you to discuss your child's transition into the school year and their social/emotional learning and progress. We will review the ASQ and will also be sharing our observations. Together, we will make sure your child is off to the best possible start! Sign-ups will be on Bloomz soon!



Orders taken 10/21 - 11/04  
Pastries delivered in time for the holidays on 11/12/19

I am very excited to announce this upcoming fundraising event! For those of you that are familiar with **Butter Braid® pastries** - you may already have a list of friends, family and co-workers waiting to order! For those of you that are not familiar with Butter Braid® pastries - you'll wonder how you ever lived without them.

The flavor lineup has some exciting changes! It includes: Apple, Bavarian Crème (it's BACK!), Blueberry Cream Cheese, Cherry, and Cream Cheese pastries, plus a NEW Cinnamon Roll. They sell for only \$12.50 and we earn a \$5/40% profit on each item!

Visit <http://upliftingpromotions.com/butterbraidpastries/> for pictures & nutrition information.

***Post your order form on social media to increase sales!***

Participants that have posted a photo or video promoting their fundraiser on **Facebook, Instagram, Twitter and Nextdoor** have great success - often doubling their sales over the previous year! It's a great way to catch people you may not be in everyday contact with - you never know how many are just waiting for Butter Braid pastries!

Feel free to contact me with any questions, and thanks for doing your part to make this fundraiser a success!

Lynn Hockenberger

**Children of Hope only holds 2 product fundraisers a year!**

1. Butter Braids
2. Book Fair

Your support of these two fundraisers will help us continue to make improvements to our playground.

Thank you!



**USBORNE**  
BOOKS & MORE

# Book Fair!!



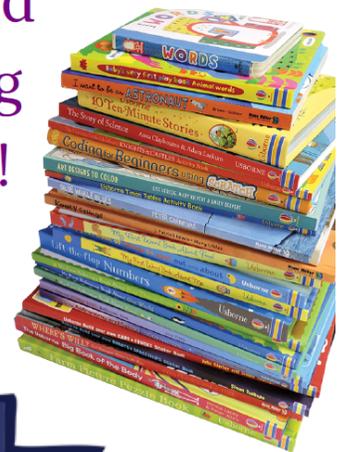
Usborne and Kane Miller books are the most exciting, engaging, and educational books on the market today. They are high-quality, innovative, lavishly-illustrated, and best of all, they are the books kids love to read. Choose from over 1,800 bright, colorful, and fun titles covering a wide variety of subjects.



## Usborne Books & More Mission:

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Books for all ages and reading levels!!



**October 28 - November 3**



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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Children of Hope Preschool/  
Child Development Center of Ahwatukee