

# Children of Hope Child Development Center

October 2020

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

Lynn Hockenberger  
Preschool Director

**We are off to such a great start!**



When folks ask me how things are going at school, I can honestly answer “Great!” We have been so very proud of our young learners as they adapt to some new protocols brought on by Covid, most specifically, masks. Your kiddos are rock stars! We have had very few struggles with masks and the kiddos have adapted to them like champs. Sometimes they even forget they have them on! We really had no idea how it would go, but I am happy to report that masks have been a non-issue. Thanks to all of you adults as well for being so mindful and wearing your masks on campus. Masks have enabled us to meet in person and we are certainly happy about that! Thanks for helping!

We have all really settled in this last month and the children are accustomed to our routines. They are making friends with their classmates and are bonding with their teachers. We can't wait to share their progress with you at our fall conferences in a few weeks. When preschoolers know they are safe and loved (this starts with relationship), and they learn how to understand and manage their bodies and emotions (social emotional skills), the academic learning just explodes!

These “soft skills” are actually really hard work and an essential piece of the puzzle. A large part of preschool is learning these skills, including what the AZ Early Learning Standards refer to as ‘Approaches to Learning’ (Initiative, Curiosity, Attentiveness, Persistence, Confidence, Creativity, Reasoning & Problem Solving). These are some of the “soft skills” that will eventually land the job and they start in these early years.

We can't wait to talk with you about this and more...see you soon at conferences!

So far, so great!

*Mrs. H*

**Happy Birthday!**





***ALL ARE WELCOME!***

***In -person services to  
resume soon!***

**Times & Details to come!**

**Until then, check out some  
Sunday School lessons on  
Esperanza's website. These  
lessons from Deacon Connie  
can be done at home with  
your child.**

<https://myesperanza.org/education/sunday-school/>



## CHAPEL



**October 21 & 22**

Last month the children really enjoyed their Chapel Time with **Deacon Connie!**

Each month we will introduce the students to a **Fruit of the Spirit**, (these being love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) and illustrate how Jesus and other characters from the Bible personified these traits, and how we can, too! We will also enjoy some music and movement activities that complement each Fruit.

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

This month's song is  
**"This Little Light of Mine"**

**Wear your school shirt for Chapel!**

### **Optional Chapel Offering**

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

- **Skins of yarn, Bars of Ivory Soap, Newborn Diapers, Fleece**

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

Cash donations will be given to Feed My Starving Children. Special donation drives may be coordinated throughout the year.

# LUNCH BUNCH – Grab some friends and join us!



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 Wednesday, October 21<sup>st</sup>  
due to STAFF MEETING**



From 2019, but worth sharing again...enjoy these activities!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>No TV Tuesdays.</b> Read an extra book together, listen and dance to music or spend extra time in the kitchen.	<b>Walking Wednesdays.</b> A new month begins! Before the days get much shorter, take a walk with your child before or after dinner.	Think of <b>foods that begin with the letter 'O'</b> (orange, okra, oatmeal) Pronounce the 'O' sound and words for your child to imitate.	<b>Fit Friday.</b> Begin a family tradition. Every Friday prepare dinner and have family mealtime together. Homemade pizza on a whole grain crust and salad, yum!	<b>Saturday Swings.</b> Take a family trip to your local playground and enjoy pushing your children on the swings. Feet out, feet in. Push me again!
<b>Water is good!</b> Use a pitcher to have water available for yourself and your children whenever you are thirsty.	Send a <b>healthy snack</b> with your child: Apples and unsweetened peanut butter on oat cakes; whole grain crackers with hummus.	Place pillows or cushions on the floor so baby can creep, crawl, roll and climb over safely. Toddlers enjoy pretending to be babies again! Even preschoolers enjoy rolling over a pillow in one direction and another.	<b>Healthy breakfast!</b> Apple cinnamon oatmeal! Boil 1 cup oats, 1 cup skim milk and 3 cup water. Simmer on low, adding 1 cup unsweetened applesauce and 1 tablespoon cinnamon.	Take a nature walk and collect different colored leaves to make a collage.	<b>Visit your child's classroom</b> and share snack time or meal time. Ask if you can visit the kitchen and learn about the healthy foods prepared.	Make a <b>magic wand</b> using a stick and a piece of cloth. Wave the wand and invite your child to move like a tree, butterfly, or anything you imagine! Babies will love watching you move.
<b>Read food labels</b> at the grocery store and choose the healthiest foods! Talk to your child about making healthy choices.	<b>Explore nature</b> with your children. Find a grassy area or a park bench. Gently touch the grass or move your hands through the water.	<b>Write a media use plan</b> for your family. Consider TVs, phones, tablets and computers. Make a goal of no screen time for children under two and limit screen time to 2 hours for older kids.	<b>Hold my hand!</b> For safety, bonding, and having fun, hold your child's hand and swing your arms together.	Use your library card to check out the book "It's Pumpkin Time" by Zoe Hall.  Make plans to visit a pumpkin patch!	While you prepare supper, children can play music on your pots and pans with wooden or plastic spoons.	<b>Homemade Applesauce.</b> Peel 2 apples and cut into small pieces. Blend in a blender or food processor until very smooth. Pour the mixture into your bowl and add 2 pinches of cinnamon. Yum!
Plan a family outing to the library. Check out "Clifford, the Big Red Dog- The Leaf Pile"  Read the book together and go outside and rake some leaves or jump in a leaf pile!	<b>Baked Apples &amp; Yogurt!</b> Core an apple and cut it in half. Bake on a baking sheet in the oven for 15 minutes at 350. Remove from the oven. Put a pinch of cinnamon over each half. Place a spoonful of yogurt over the apple halves.	Give your children a choice of healthy foods and let them decide how much they want to eat.	Take a walk with your child or push younger children in strollers. Even ten minutes is good!	Stock up on healthy snacks: Be a healthy eating role model. <i>Mmm, these carrots taste good. This water is refreshing!</i>	Join your center's <b>Wellness Policy Council!</b> Ask your center director how you can help.	<b>Pot Luck.</b> Invite friends, neighbors and family to join you for a healthy pot luck meal. Ask everyone to bring something healthy. You provide the water and one dish. Compare your favorite foods.
Sing to the tune of <i>Mary had a Little Lamb</i> : Once I saw an apple tree, apple tree, apple tree; once I saw an apple tree with a bright red apple; I reached up to the apple tree, apple tree, apple tree; I reached up to the apple tree and Plucked! The apple tree - Crunch. (Pretend to see, reach and take a bite)	Take your family on a trip to the apple orchard. Talk to your children about the different varieties and colors of apples.	Try redirection. Each time candy is asked for this week, bring out the bubbles and blow.	<b>Ducking for Apples!</b> Supervise children bobbing for apples in a pot of water. Infants can splash and pat the apples.	<b>Physical Activity Log.</b> Create a family log where you mark in family walks, running games, dancing, & other activities you enjoy.		

## Early focus on social-emotional skills helps in many ways

- June 5, 2018
- [Ofelia Gonzalez](#)

**New research suggests that educating a young child, not just academically but also socially, positively impacts additional parts of the brain, suggesting that brain development is interconnected.**

According to an article in Usable Knowledge, from the Harvard Graduate School of Education, “educators have long known the importance of educating the ‘whole child’ — of teaching her not just literacy and numeracy skills, but also social-emotional competencies and executive function skills.” For example, a focus on literacy, language and math will obviously lead to a stronger vocabulary and stronger math skills. But the new research shows that it also helps a child have a stronger memory and greater flexible thinking. It’s these type of non-academic skills, also called executive function, that are best developed in early childhood.

The research also shows that high quality learning environments, which are stable and filled with routines, can be achieved at home, in a child care center or preschool.

Early childhood educators can look for moments that combine academic learning with social learning. For example, helping a child recognize his emotions can also be a lesson on learning new words. Or using a book to talk about self-reflection or empathy encourages a conversation in the same way a book about a ship in the ocean might encourage a conversation about the characters’ feelings.

Families and educators can also use consistent routines and language that help reduce chaos and minimize anxiety to help young children learn about schedules and help them feel safe and secure.

**According to the article, “the road to learning how to read, write, and count should be just as important as the destination,” because the road is where they’re learning the social and executive function skills that are just as important.**

Click to read the entire article, [Redesigning Early Ed](#).

Ofelia Gonzalez is a public information officer at First Things First. You can reach her at [ogonzalez@firstthingsfirst.org](mailto:ogonzalez@firstthingsfirst.org).

According to the National Association for the Education of Young Children, research shows that children with higher emotional intelligence are better able to pay attention, are more engaged in school, have more positive relationships, and are more empathic. As adults, higher emotional intelligence is linked to better relationships, more positive feelings about work.

Helping young children develop social-emotional skills will have a positive impact on them today and as they grow.



## Trick of the Trade: Assertive Commands

We use “no” and “don’t” over and over in an effort to communicate with children. But what does “no” and “don’t” look like, how does “no” and “don’t” behave? To communicate effectively and encourage your child’s success, **tell and show your child what TO do (rather than what not to do).**

To be clear in our communication, we must paint a picture of what we want the child to do. As adults, we have words that chatter away in our brains; children under about eight years old only have images. For this reason, it is imperative that we give commands in the positive:

“Do not walk in the puddle,” becomes “Tristin, *walk around* the puddle (make a hand gesture signifying around).”

“Stop hitting your sister,” becomes “Evan, *touch your sister gently on her arm* (demonstrate on your arm).”

“Don’t throw the blocks,” becomes “Raphie, *put your blocks in the bucket just like this* (demonstrate).”

Children use mental pictures to guide their behavior instead of words, so it is helpful if we use pictures to guide their behavior as well. Use your body as a picture by modeling what you want, use your words to help paint pictures of what you want, put up actual pictures that show what to do, and use the word “stop” rather than “no.” “Stop” means a cessation of movement.

Starting in infancy play as many stop and go activities as possible. Walking while carrying your baby you can chant, “We walk and we walk and we walk and stop!” As they grow older, play fun stop and go games. Ultimately, they will learn that “stop” means “pause” or “hold up,” and that split second provides the time you need to jump in and guide or discipline them.

Also, whenever we’re upset, we’re focused on what we don’t want. We get more of the things we focus on, and so we soon end up in a negative loop. To help children be successful with our commands, it is essential for us to pivot and focus on what we want. Pivoting is simply pausing when you are upset (and focused on what you don’t want), and then using the Power of Attention to focus on what you do want. It’s a mental pivot, similar to how a soldier pivots and does an about-face when marching. When you feel yourself getting upset, say to yourself, “I’m feeling upset. I must be focused on what I don’t want. What do I want?” Then you will be better prepared to tell the child what to do. Focusing your child on what you want them to do will help them to be successful in following your commands.

Name, Verb, Paint Process:

1. Establish eye contact and then state the child’s NAME.
2. Verbalize what you want to see happen. Begin the sentence with a VERB.
3. PAINT a picture of the expected behavior using gesture and visual cues.

See more at [consciousdiscipline.com](https://consciousdiscipline.com)

## Children of Hope Child Development Center Fall 2020 Fundraisers

HELP US PURCHASE SUN UMBRELLAS FOR THE PLAYGROUND!

**These are our only 2 Fundraisers for the entire school year!**  
Just in time for the holidays!



I am very excited to announce this upcoming fundraising event! **Butter Braid® pastries** are sold exclusively through fundraisers, and you will likely come across friends, family and co-workers that have been *waiting* to order! Now more than ever, people want to have easy to make treats to enjoy at home. Once you taste them, they sell themselves!

The flavor lineup includes: Apple, Bavarian Crème, Blueberry Cream Cheese, Cherry, and Cream Cheese pastries, plus a Cinnamon Roll.

They sell for only \$12.50 and we earn a \$5/40% profit on each item!

**NEW!** Click below to receive a personal link to our online store for yourself, your friends and family.

<https://store.myfundraisingplace.com/RegisterSeller/8f92e4ee-fd9d-41b9-8feb-fb1bcca75ec9>

Orders accepted 10/19 - 11/02/20 with delivery on 11/13/20.

If every family sold only 8 - 10 Butter Braids, we would profit \$1000.00 - \$1200.00!

## VIRTUAL USBORNE BOOK FAIR!

Children of Hope  
USBORNE BOOKS & MORE  
Independent Consultant

October 19- November 2  
Shop online and ship books  
directly to you!

\* Up to 15% of total sales goes back to  
the school in cash\*

I can honestly tell you that Usborne books are always the favorites in the classrooms of teachers and students alike!

Books make wonderful holiday gifts!

An online ordering link will be available soon!



PRESCHOOL PORTRAITS

Lifetouch  
Picture Day

Preserving  
Picture Perfect  
Faces



**School Picture Day is  
Wednesday, November 18<sup>th</sup>!  
More info coming soon!**



Parent-Teacher  
Conferences

**Sign up on Bloomz for your Fall Conference!**

**Focused on transition/acclimation into school and social/emotional skills**

**Please fill out and return your ASQ Questionnaire. They are a great tool for pertinent discussion at conferences.**

**Mrs. H will watch your child on the playground during your conference time**

**Halloween Parties!**

**Thursday, October 29 or Friday, October 30**



**Please bring your child to school in costume - with a change of clothes in his/her backpack.**

*Your child's teacher will share further information with you about gathering times for photo opportunities.*

Students will enjoy the following activities throughout the day with their teachers and classmates (no parents this year due to Covid precautions 😞)

- **Games**
- **Caramel Apples**
- **Crafts**
- **Donuts on a String**
- **Pumpkin Pounding**
- **Face Painting**
- **Food, Fun and More!**

**Please watch your classroom Bloomz page for more information**

Hey Pre-K Parents...



Would your child like an additional day of school?

## Our Friday Enrichment Classes are coming soon!

Friday Class will meet  
8:30 - 11:30am

Offerings can include:

- Masterpiece Art
- Kindergarten Boot Camp
- Storybook Forest
- Project Based Learning

Each Class will run month to month for only \$125 per month!

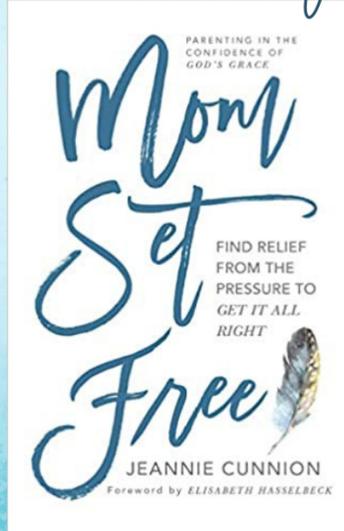
Interested?

Sign up with Mrs. H and she will keep you posted!

Tentative Start Date: October 23rd

## CALLING ALL MOMS!

Book Study for our Moms!



Join other CoH moms in a book study of "Mom Set Free" by Jeannie Cunnion. Only one chapter of reading every 2 weeks. Each night will include a discussion with video guide led by Mrs. Pierce and Mrs. Gerrish. See Mrs. H to sign up. Book not needed for first meeting.

We meet the 2nd and 4th Tuesday nights of each month at 7pm.

Our first meeting will be October 27 at 7pm in Fellowship Hall.

## Pumpkin Prayer



**Cut off the top:**  
Lord, open my mind and fill me with Your wisdom and guidance.

**Scoop out the yuckies:**  
Lord, take out all my fussies and frownies and fill me with Your love.

**Carve out the eyes:**  
Lord, open my eyes to see all of the beautiful things You have made.

**Carve out the nose:**  
Lord, help me to be a sweet fragrance for You.

**Carve out the mouth:**  
Lord, help me to always speak Your words of love and kindness.

**Place in a candle:**  
Lord, let me be a light to others For You have filled me with Your light.

**90% OF A CHILD'S BRAIN  
DEVELOPS BY AGE 5**

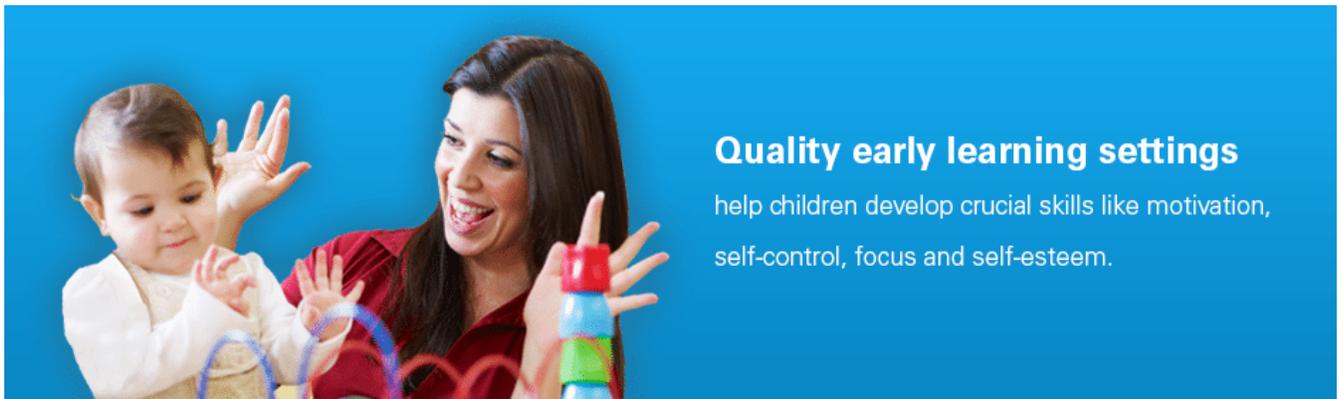


**# FIRST THINGS FIRST**

## Why Early Childhood Matters

90% of a child's brain develops before they start kindergarten. And research shows that the quality of a child's experiences in their first five years helps shape how their brain develops.

Kids with positive, stable relationships with parents and caregivers, as well as quality child care and preschool experiences, go on to do better in school and in life. They're more likely to read at grade level and graduate from high school. They are more prepared for college and career. They also tend to be healthier and demand less from the public welfare system. These are better outcomes for kids that also save taxpayers money.



### Quality early learning settings

help children develop crucial skills like motivation, self-control, focus and self-esteem.



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.



Cleaning & Disinfecting  
Services



**FORCE SHIELD**  
FOG • DISINFECT • PROTECT



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Insta!**

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