

# Children of Hope Child Development Center

November 2021

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

Lynn Hockenberger  
Preschool Director



There are certain annual events that take place at preschool that I absolutely love and missed terribly last year. The first, is our Halloween party! I was so excited for our Candy Land theme this year and I hope you all had as much fun as I did! A big shout out to my teachers who put it all together with their time and creative talents, and to our Mrs. Pierce's mom (Ms. Jan) who made our adorable stand up lollipops! The cutest, right?! Talk about creative!

We have now also officially kicked off the season of *more* favorite events. Our Thanksgiving Feast, Polar Express Day, Breakfast with Santa, Gingerbread House Party Day, and our annual Christmas Program are all on the horizon! We are really looking forward to all of them and will continue to make these events healthy and safe for all. More info is later in this newsletter and to come. Stay tuned!

### Happy Birthday!



Nov. 11: Mrs. Paterson

We are happy to have our Quality First Coach, Nicole, in our classrooms again. Nicole offers support and professional development for our teachers as they continue to hold themselves to the highest of standards. We will also be welcoming a new Smart Support consultant and more information on that follows in this newsletter.

Thank you for your continued mindfulness as we navigate Covid, colds, flu, etc. by watching your child for symptoms of illness. Thank you also for observing our 48-hour vomit and fever free zone for return to school.

I'm so happy to be sharing our holiday traditions and events with you and your kiddos, and I look forward to the smiles and excitement that the season brings!

Warmly,

*Mrs. H*



***ALL ARE WELCOME!***

*Worship Services*  
*8:30am Traditional*  
*10:30am Contemporary*



***With Deacon Connie***

*All children ages 4 through 5<sup>th</sup> grade are invited to join Deacon Connie for **Sunday School!** She would love to welcome our preschool kiddos to her fun program!*

*9:40am - 10:20am*  
*In between services*

## **FAMILY CHAPEL TIME**



**November 16: Ducklings**  
**November 17: Penguins**  
**November 18: Butterflies**

**11:10am in the Sanctuary**

**PARENTS! We invite you to be a part of Family Chapel Time!**

Please join us where you will sit on the floor with your child in your lap and participate in monthly Family Chapel Time with Deacon Connie, Pastor Annemarie, and Mrs. H. (If a parent cannot attend, no worries...we will take great care of your children and keep them happy & engaged)

### **Chapel Offering:**

Info on filling Thanksgiving Boxes for families in need will be coming soon!

### **Children:**

**WEAR YOUR SCHOOL SHIRT**

### **November Songs**

**I've Got the Joy...Down in My Heart**  
**My God is So Big**

**Lesson: Fruit of the Spirit: Joy**  
Galatians 5:22-23

# WHY 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 Thursday, November 18<sup>th</sup> due to Staff Meeting**

# # FIRST THINGS FIRST

From our partners at:



**The Big Idea:** Practicing patience will help children get better at waiting.

## Practicing Patience

Resilience Age 2 to 6 1-4 Min



Little ones don't understand time the way that grown-ups do! Sometimes even a few minutes can feel like an hour, and it can be difficult to wait patiently. Though kids can't be expected to wait for long stretches, you can find fun ways to pass the time. Try to:

- Give kids a special challenge such as spying things that are red, counting people in line, or making up a story about something they see.
- Look around and do a letter or word hunt! Help kids search for the first letter in their name, or for a particular word, such as "stop" on a stop sign.
- Explain time in a way that little ones will understand. If kids ask, "How long?," you might say, "As long as it takes to brush your teeth," or, "As long as it takes to walk to school."

As kids learn more strategies for keeping busy while waiting, it will get easier and easier to be patient!

**The Big Idea:** In challenging situations, taking slow, deep breaths can help children calm down and solve problems.

## Breathe, Think, Do!

Resilience Age 0 to 6 1-4 Min



Frustration is a normal part of life, but it can overwhelm kids and bring up a lot of big feelings. You can help them to use the “Breathe, Think, Do” strategy to calm down, identify their feelings, and work to solve their problem.

### ***Breathe***

First, help kids calm down.

- Encourage them to put their hands on their bellies and slowly take three deep breaths, in through the nose and out through the mouth.
- Ask them to whisper “calm down” (or another encouraging phrase) to themselves.

### **Belly Breathe Music Video with Elmo!**

[Sesame Street: Common and Colbie Caillat Sing "Belly Breathe" with Elmo - Bing video](#)

### ***Think***

Next, help children understand their problem and think about a plan to solve it.

- Encourage little ones to tell you how they are feeling and why. You can help them find the words by telling them what you notice (“It seems like you feel frustrated because you’re having trouble putting on your sweater.”).
- Help come up with a few different plans for solving the problem (such as unbuttoning the top button).

### ***Do***

Encourage kids to choose a plan and try it out.

- Ask, “Which plan is best? Let’s try it!”
- If the plan doesn’t work, ask, “How else could you do this?,” and then try the next plan.
- Remind kids that learning new things takes practice. It’s not that they can’t do it; it’s that they can’t do it yet.



This Week's  
Conscious  
Commitment:

I AM WILLING TO USE THE LANGUAGE OF  
NOTICING TO ENCOURAGE MY CHILD AT LEAST  
THREE TIMES PER DAY.

↓

FORMULA:  
"YOU \_\_\_\_\_ (DESCRIBE WHAT THE CHILD DID),  
SO \_\_\_\_\_ (HOW IT HELPED OTHERS).  
THAT WAS \_\_\_\_\_ (KIND, HELPFUL, CARING)!"

EXAMPLE: "BECKY, YOU CLEANED UP THE BLOCKS ON THE  
FLOOR, SO NO ONE WOULD TRIP ON THEM. THAT WAS HELPFUL!"

 Conscious Discipline®

**Two Positive Choices**

Asking a child, "Do you want to clean up or do you want to go to time-out?" is **not truly a choice**. Instead, ask, "Do you want to pick up the blocks or the baby dolls first?"

You still **meet your goal** of a clean room, and you shift from manipulating children to helping children **practice decision-making**.

 Conscious Discipline®

# Upcoming Events

## Thanksgiving Feast



Outside in the Lower  
Courtyard

Wednesday, 11/24  
10:45am

Join us as we celebrate  
the first Thanksgiving!

## Breakfast with Santa



Saturday, December 4<sup>th</sup>

9:00 - 11:00am

\$8.50 per person

Enjoy a continental breakfast and  
crafts while you wait to visit with  
Mr. & Mrs. Claus!

Don't miss this *adorable* event!

Sign up info coming soon!

**SAVE THE DATE!**

**Dear Parents,**

**Date: November 1, 2021**

We are very pleased to inform you that our school is being served by a program called **Smart Support**. This program is designed to support our teachers and staff in increasing children's social skills and helping teachers to effectively deal with any challenging behaviors that may arise in the classroom.

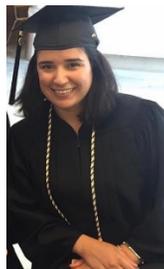
Consultation is available to staff and Directors at no charge. **Smart Support** is funded by the voter initiative First Things First that uses state tobacco tax funds to provide greater opportunities for all children five and under in Arizona to grow up ready to succeed.

Overall, the goal of Smart Support is to support the social and emotional needs of young children so that they can thrive in their current care. These goals are met by implementing classroom strategies, training, collaborating with staff, and resources or referrals for specific children or situations.

Our trained, masters-level consultant, Aphrodite Easton, will be at our center each week starting Wednesday, November 3, 2021. With a Bachelors in Counseling and Health Psychology from Emmanuel College and Master's of Social Work from Smith College School for Social Work, Aphrodite has experience working with children, families, school and care providers, providing individual and family therapy. Aphrodite also has experience in Early Intervention and working with multi-disciplinary therapy teams and special education staff.

As our Smart Support consultant, Ms. Easton will be available to ensure your child is being engaged and will work with staff to enhance communication skills, and discuss solutions for challenging behaviors. You may see her in the classroom or with the children throughout the day, and you can always ask to set up a time to meet confidentially. Any individual work with your child will only take place with your knowledge and specific consent.

We believe that our continued involvement with this valuable program will assist us in our mission to respond to the social, emotional, and cognitive needs of your child. Please help me welcome Ms. Easton to our school family!



Sincerely,

Lynn Hockenberger  
Preschool Director

# Annual Christmas Program

Tuesday, December 14<sup>th</sup>

5:00pm



Save the date for this very special evening where our Ducklings and Penguins will sing some songs for you and our Butterflies will continue the tradition of reenacting the Nativity Story. You won't want to miss this! Stay tuned!

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<https://store.myfundraisingplace.com/RegisterSeller/864e3e3d-a89c-4237-98ad-94c7507c7e7a>

***Tip: Only share your sales page to people you can personally deliver to as Butter Braids arrive frozen!***

**Sale ends: FRIDAY 11/05/2021**

**Delivery date: 11/17/2021**

**THANKS FOR YOUR SUPPORT!**



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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Children of Hope Preschool/  
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Ahwatukee