

# Children of Hope Child Development Center

September 2021

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

Lynn Hockenberger  
Preschool Director



WELCOME!

Things are getting busy at preschool and we can't wait to share these next few months with you! We have many fun events and activities approaching, and we look forward to getting to know you better, along with your wonderful kiddos!

As we move forward, we continue to follow our Covid policies and health & safety procedures. Throughout this now 18-month pandemic, we have been able to remain open with no Covid spread amongst our students, families, and staff. Although some children and families have had Covid, children were quarantined per the guidelines and the virus did not spread. I am hopeful this trend continues. Thank you in advance for your honesty and mindfulness as we continue to navigate this pandemic. Keeping your child home when they are under the weather will help keep our whole community healthy.

We are most looking forward to our Parent/Teacher conferences coming up at the end of this month. It is our pleasure to share with you how your child has acclimated to school and the growth we are already seeing!

Please also be sure to join us for our Show & Tell Night on September 14<sup>th</sup>. More info is later in this newsletter. the year. More info on that to come!

Family Chapel Time also starts this month! Esperanza has a group of volunteers who are making dinners for the healthcare workers at the VA Hospital. We would like to focus our Chapel donations towards this cause. If you would like to donate, please allow your child to bring a 2-litre of pop, individually packaged snacks/crackers, and/or granola bars for the employees of the VA Hospital.

Looking forward to growing our relationships with you!

Kindly,  
Mrs. H

#fillyourchildwithhope

Happy Birthday!



Mrs. Gerrish: Sept 12<sup>th</sup>



***ALL ARE WELCOME!***



***Pastor Annemarie Burke***

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

***SUNDAY SCHOOL***



***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  
have your child!  
9:40am - 10:20am  
In between services***

## **FAMILY CHAPEL TIME**



**September 14: Ducklings**  
**September 15: Penguins**  
**September 16: 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)**

**We will hear stories, sing songs, and  
learn about the Fruit of the Spirit. We  
hope you will join us!**

**Children:  
WEAR YOUR SCHOOL SHIRT  
(coming soon)!**

**September Songs & Lessons:  
Fruit of the Spirit Song  
My God is So Big**

**Intro to Chapel & Fruit of the Spirit  
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 Tuesday, September 21, due to Staff Meeting**

**AM BUTTERFLIES:** If you would like to stay on a **Monday or Wednesday**, please note we will keep you with your classmates who are staying for the PreK Extended Day until 2:00pm. Mrs. Johnson and I believe this will provide the best environment, continuity, and preparation for kindergarten. In order for Mrs. Johnson to adequately prepare lessons and materials, we ask that if you would like to stay on a Monday and/or Wednesday that you sign up for the month. That way she will know in advance that you are coming, enabling her to have any needed materials prepped for you. This consistency will help her with planning. Thank you!

**ALL BUTTERFLIES:** If you would like to stay on a **Tuesday or Thursday**, you will attend regular Lunch Bunch with any Penguins who are staying and the pick-up times above would apply.



## Different Types of Art

Typically, children are offered 2 types of art in the classroom:

### Process art or product art

- **Process art** is an opportunity for children to create something *based on their own ideas*.

Process art gives children a chance to explore and manipulate materials in any way that occurs to them. Most of the time, we offer process art to children.

An example would be: The teacher sets out small baskets of a variety of colored pieces of paper, found objects such as plastic milk lids, buttons, bright scraps of fabric trims, glue, scissors and an 8" square of cardboard for each child. Children may choose items and create a design on the cardboard square without instructions from the teacher.

- **Product art** is an opportunity to create *something that the teacher has thought of*

An example of product art would be decorating a heart shaped piece of paper with a lace doily and a poem to give to the parent on Valentine's day.

Children need lots of opportunities for Process Art to explore and create, this supports early literacy and math concepts.

Through Process Art children are given the opportunity to make choices and experience what happens when they explore the materials and observe the outcome. In addition to being fun, these concepts will also be important later on in science and math class.

So help us celebrate and recognize those masterpieces  
that your children bring home. 😊



*“Help! I’ve learned some about parenting with CD and I started strong, but now I just feel like I’m doing it all wrong!”*

First of all, **breathe**. The skill of composure helps us to turn off the negative responses to our situations and refocus our energy in a positive direction. Take a moment to breathe deeply and calm.

Once you’re in a calm, relaxed state, remember first the power of acceptance. “The moment is as it is.” This is important because when we fight against the moment with what we think “should be” it only creates frustration that can turn into anger or just plain giving up. Avoid giving in to the frustration and anger that can come with feeling like you’re failing. Instead, accept the moment as it is and determine to move forward. You’re a good parent and just seeking out information on how to do this parenting thing in a better way, demonstrates that your intentions and motivations are in the right place. Reaffirm that with yourself as much as possible. Change will not happen in your home overnight...it will probably take more like a few years...and that’s ok.

Next, remember the power of attention...what you focus on, you get more of. Focus your attention on one thing at a time. Practice that one thing over and over and celebrate the little victories. Don’t add or expect too much from yourself (or your children) all at once, and in the moments of upset that are sure to come, when you feel like you’ve forgotten everything else, simply remember this formula of state-changing skills to help you and your child get to a problem-solving state of mind:

**1. CALM:** Upload and download calm: S.T.A.R. (Smile, Take a deep breath, And Relax) Conscious Discipline (and brain science) teaches us that when two eyes meet, a wireless connection is created between the orbital frontal areas of the pre-frontal lobes. From this connection, we literally download inner states into one another. The eyes contain nerve projections that lead directly to the key brain structures for empathy and matching emotions.

**2. PAUSE:** Take a moment here to consciously shift your focus.

**3. NOTICE:** Emotions are energy in motion. Emotions begin unconsciously as vibrations in the body. Conscious Discipline teaches the following formula for effective noticing:

- Notice the body. Say, “Your face is going like this. Your arms are going like this.” (Demonstrate the child’s actions to make contact and raise awareness.)
- 
- Label the emotion. As emotions move up into awareness they can be named and ultimately tamed or managed. Say, “You seem \_\_\_\_\_.” (Fill in the blank with one feeling word like angry, sad, frustrated, disappointed, etc.)
- 
- Acknowledge with Positive Intent. Say, “You wanted or you were hoping \_\_\_\_\_.” Once conscious, then consciously help the child shift from what they don’t want to what they do want to begin the problem-solving process. In this final shift, the brain becomes an integrated unit with one goal.
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- Remember to do all the things in step 3 quickly. If you pause or move too slowly here, your child is likely to slip back down into using emotional or survival state skills.

**4. PROBLEM SOLVE:** The brain now has the ability to respond instead of react. Here are some phrases that Conscious Discipline teaches that can help elicit problem-solving:

- How could you be helpful right now?
- 
- What would help you get started?
- 
- What could you do to solve your problem?
- 
- Did you like it when \_\_\_\_\_ did \_\_\_\_\_? What could you say to let him/her know how you want to be treated?
- 
- Are you telling me to be helpful or hurtful?
- 
- Is \_\_\_\_\_ being safe? What would be safe for you and others?
- 
- When you \_\_\_\_\_ then you may \_\_\_\_\_.
- 
- If you choose to \_\_\_\_\_ then \_\_\_\_\_ will happen. Do you understand what will happen if you choose to \_\_\_\_\_.

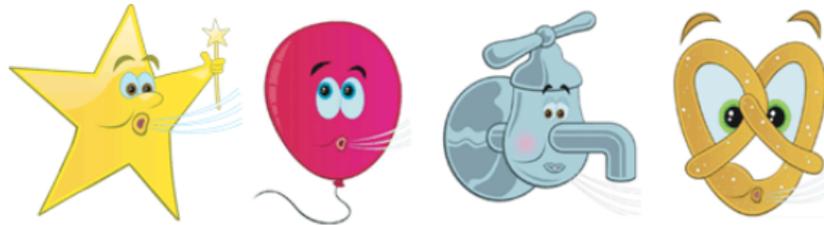
As the popular saying goes, “It takes time to turn the Titanic around.” We are all “preprogrammed,” if you will, to rely on our first language of discipline. This is the language that has been handed down to us over time through our interactions with the influential adults in our own lives. This language wasn’t acquired overnight and it won’t be changed overnight

either. In the meantime, give yourself grace and attribute to each moment a healthy dose of positive intent. Take baby steps along the way.

# Amanda Bagwell

CONSCIOUS DISCIPLINE CERTIFIED INSTRUCTOR

As a teacher, Amanda has experience in preschool, pre-kindergarten, elementary, and middle school classrooms, in both general and special education capacities. Amanda has personally implemented and helped to implement Conscious Discipline in her own home, preschool and pre-k classrooms, elementary classrooms, middle school classrooms, special education inclusion and pull-out settings and in church childcare/daycare settings. Amanda loves working with and helping all groups and individuals along their Conscious Discipline journey.



## Breathing Tools we use in class

 <h3>Drain</h3> <p>Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.</p>	 <h3>S.T.A.R.</h3> <p>Smile, Take a deep breath And Relax. 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>
 <h3>Pretzel</h3> <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>	 <h3>Balloon</h3> <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 "pbppppbpb" sound.</p>

# Upcoming Events

## Show & Tell Night



**Tuesday,  
September  
14<sup>th</sup>**

### **Ducklings & Penguins:**

5:15 – 6:00pm  
In the classrooms

### **ALL**

### **Time with Mrs. H:**

6:00 – 6:15pm  
Sanctuary

“Top 10 Things Preschool  
Teachers Want You to  
Know”

Teachers will watch your  
children in the classroom  
during this time.

### **Butterflies:**

6:15 – 7:00pm  
In the classroom

Please join us for this special night as your child takes you through the classroom to give you a glimpse into our day! Teachers will also be on hand to visit and get to know you!

## Fun Fridays



**Ducklings:**  
**September 24<sup>th</sup>**  
**8:30 – 11:30am**  
**\$35 per child**

**Butterflies &  
Penguins:**  
**September 24<sup>th</sup>**  
**8:30 – 11:30am**  
**\$30 per child**

**Sign up in the  
office with Mrs. H**

## Parent/Teacher Conferences



**The Week of  
September 27<sup>th</sup>**

**Sign up Genius will be  
posted on Brightwheel**

We look forward to meeting with you to share how your child has acclimated to school. Our focus during fall conferences is through a social-emotional lens. We hold a second conference in the spring that covers social-emotional growth and learning, as well as cognitive, academic learning. This is a special time between parents and teachers, and we look forward to sharing with you.

To help us prepare for these conferences, we will be distributing the **Ages & Stages Questionnaire** and the **CDC's Developmental Milestones** for you to fill out with your child. These surveys, coupled with our observations at school, capture the most accurate, complete picture of your child.

# Picture Day

Tuesday, September 28<sup>th</sup>

Please return your Lifetouch picture form to Mrs. H

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## USBORNE BOOK FAIR



Preview Days: October 25 – 28

Shopping Day: October 29

See Mrs. Pierce if you would be willing to help!

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## School Wide Halloween Party!

Friday, October 29<sup>th</sup>



Kids – bring your grown-up to school with you this day as we turn our campus into a Halloween party! More info coming soon!



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/  
Child Development Center of  
Ahwatukee