

Children of Hope Child Development Center

August 2024

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



WELCOME TO OUR SCHOOL FAMILY!

We are very happy to welcome you to the 2024-2025 COH School Family! We will take great care of your child and are very excited to be on this educational journey with you.

We have been busy these last many weeks getting ready for your arrival. I trust you all enjoyed your Home Visits with your lead teachers. We love this special time and thank you for welcoming us into your homes. We believe this sets a great tone as we kick off a new school year together.

Your child will grow so much during these preschool years, in every way. It is our joy to partner with you as we build the various skills that foster kindergarten readiness and beyond. More on this in the coming months.

But for now, WELCOME! It's wonderful to have you here and we all look forward to a year of fun and learning and growth!

Warmly,

Mrs. H 😊

#fillyourchildwithhope

Happy Birthday!



STAFF BIRTHDAYS

August 26 - Ms. Joni
(in the church office)



Pastor Chris extends a warm welcome to all of our COH preschool families!

Sunday worship service is at 9:00am where ALL are welcome

*Families with small children are invited to the **Pray-Ground** area where there are kid friendly activities for children to enjoy during worship.*

*After worship, children ages 3 through 5th grade are invited to join our Deacon Connie for **Sunday Funday School***

***Prayin' & Playin'** with Deacon Connie also occurs once a month. During worship, Deacon Connie will take the children to the Owlet classroom where they will enjoy some games and stories. The children will return to the parents in worship in time for Communion.*

FAMILY CHAPEL TIME



PARENTS!

We invite you to Family Chapel Time!

Beginning in September, we will hold Family Chapel Time once a month. We encourage you to join your child for this special time with Deacon Connie, Pastor Chris, and Mrs. H (approx. 20 minutes)

Please check your child in to the classroom, head to the sanctuary, and we will start Chapel at **8:30am**

SAVE THE DATE!

Frogs: Monday, September 23
Owlets: Tuesday, September 24
Penguins: Wednesday, September 25

BUT THE FRUIT
of the Spirit IS...



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.

What to pack in your child's Easy to Open lunch?

No nuts, avoid Lunchables that need assembled (such as the pizza one) and choking hazards (such as hot dogs, popcorn, whole grapes)

Protein	Fruit/Veggie	Grain	Sweet Treat (optional)
PB&J	Applesauce	Crackers	
Ham/Turkey	Grapes (cut)	Bagel	Mini cookies
Cheese	Berries	Cereal	Chocolate Chips
Yogurt	Carrots	Pretzels	Fruit Chewies
Hard boiled eggs	Cucumbers	Muffins	Fruit Roll
Hummus	Bananas	Pasta	

Available Daily

Sign up Book is located outside Mrs. H's office

Pick Up at 1:00pm: \$15

Pick Up at 2:00pm: \$20

Will invoice via Brightwheel

Available to Penguin and Frog Classes

Not available to our Owlet Class due to diapering/licensing issues.

Once a month we do not hold Lunch Bunch so we can have a Staff Meeting.

NO LUNCH BUNCH ON THURSDAY, AUGUST 22nd



Dear Parents:

Conscious Discipline, a comprehensive classroom management and social emotional program, creates learning environments where children know, “Yes, I am safe,” and “Yes, I am loved.” From this foundation of safety and caring, children will begin learning how to solve conflicts, manage their emotions, and take responsibility for their actions.

Some key components to Conscious Discipline include the following (you will hear more as our year goes on):

Cozy Corner: Each classroom has a comforting place children can go to who need to calm down, be alone, take a break.

Breathing: We will teach the children how to soothe and calm their bodies while they are calm, so if upset, they can use this strategy to feel better.

Some Breathing Examples

 <p>Drain</p> <p>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.</p>	 <p>S.T.A.R.</p> <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>
 <p>Pretzel</p> <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>	 <p>Balloon</p> <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 “pbbppbb” sound.</p>

Choices: Children are given choices throughout the day to avoid power struggles. For example, “Would you like to walk by yourself or hold my hand?”, “Would you like to clean up the trucks or the blocks?”

Please don’t hesitate to call or send me a message on Brightwheel if you have a question or would like more information about Conscious Discipline.

STAY TUNED...MORE TO COME!



THE APP IS HERE!

We're excited to launch the all-new
Birth to Five Helpline app!

The Birth to Five helpline app allows you to easily **one-click call, text or email the Birth to Five Helpline** early childhood specialists directly from your phone.

Plus, you can visit **BirthToFiveHelpline.org**, donate or visit the Southwest Human Development and First Things First websites directly from the app!

The best part? Once the app is downloaded on your phone, there is no need to memorize the phone number!

DOWNLOAD THE APP TODAY!

Thank you for your snack donations.
Snack Wish Lists can be found on Sign-In Carts

We serve snack **Family Style**



More on Family Style Dining here:
[Family Style Meals Arizona \(azdhs.gov\)](http://azdhs.gov)

UPCOMING EVENTS

Preschool Board Meeting



Tuesday, September 17th

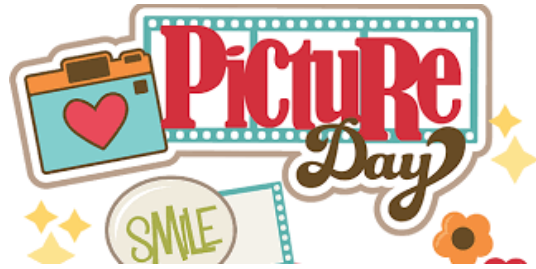
6:00 - 7:00pm

Fellowship Hall

If you would like to volunteer for our preschool board, please see Mrs. H. We would love to have you as we plan and implement our school year.

7 Meetings total
will be held the 3rd Tuesday in
September, October, November,
January, February, and April

SCHOOL PICTURE DAY



Wednesday, September 18th*

More info coming soon.

Lifetouch Photography will be here all morning taking photos of the kids. They do a really nice job.

Class photos (composites) will also be created and available for purchase. All orders will be taken online

Siblings will be photographed together and individually

*Owlets who do not attend on Wednesdays can come anytime between 8 and 10am to get photographed and to be included in the class photo.



Parent-Teacher Conferences

Our Fall Conferences will take place the week of **September 23rd**.
Your child's teacher will send out a sign-up via Brightwheel

We look forward to this time with you to share how your child has acclimated to school. These conferences focus on the social-emotional development of the children.

An Ages & Stages questionnaire, a nationwide early childhood tool, will be sent home in early September. Your input on this questionnaire is very valuable and it helps us as we prepare for these conferences.

We look forward to meeting with you soon to share the joys and milestones your child is experiencing.

Be Sun Wise!



During these hot temperatures we will be mindful of the heat index at recess time and will shorten outside play when necessary. Drinking water and shade are always available.

[SW_TipSheet_2023.pdf \(azdhs.gov\)](#)



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 childcare facility, it shall be the policy of this childcare 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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Facebook



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Page/Follow us on
Insta!**

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