

Children of Hope Child Development Center

March 2025

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



Welcome to March! Since Kyrene changed their calendar and we now have two weeks of Spring Break in March, this month zooms by. But we will still have some great activities to do and will make our leap into spring in our classrooms!

Lent is upon us and Esperanza has special Lenten services upcoming. All are welcome! Also, Deacon Connie will be hosting a special opportunity for our students, a First Communion Class. If you would like your child to learn about and receive their first communion, Deacon Connie would love to have them join her! More info on these church events can be found later in this newsletter.

Happy Birthday!



STAFF BIRTHDAYS

March 4: Mrs. Mueller

We really appreciated the opportunity to share your child's progress with you at our Parent/Teacher Conferences. This time with you is so important to us, as YOU are your child's first and most important teacher. We are on your team and we are here to support you and your children on this journey. Thank you for taking the time to meet with us.

Registration is also upon us for the upcoming school year. Be sure to get your registration paperwork to Mrs. H ASAP. Your good word is our best advertisement, and we appreciate it so, one parent talking to another. If you have any friends of family looking for a preschool home, please invite them to ours! Any current family who refers a new student who then enrolls will receive a \$225 credit on August's tuition (the price of registration fee) as our way of saying thanks for your good word. This offer does not apply to siblings enrolling in the same family.

As always, we are most happy that you are here, and we so enjoy this important work of early childhood with you and your children.

Warmly,
Mrs. H 😊

#fillyourchildwithhope



***Ash Wednesday Worship Service:
March 5th at 7:00pm***

***Mid-Week Wednesday Night Lenten
Service (with Soup & Salad Suppers)
starting March 12th***

- ***Soup & Salad Suppers: 6:00-6:45 P.M.
in Fellowship Hall starting March 12,
2025***
- ***Worship: 7:00-7:30 P.M. in Sanctuary***



First Communion Class

***March 30: Class & Baking bread
April 13, Palm Sunday: First Communion Sunday***

***See Deacon Connie if you would like your
child to participate. All are welcome!***

FAMILY CHAPEL TIME



NO CHAPEL IN MARCH

**Frogs: Monday, April 14
Owlets: Tuesday, April 15
Penguins: Wednesday, April 16
WEAR YOUR SCHOOL SHIRT**

Blessing of the Stuffedies

This was a sweet morning



Blessing our special stuffedies who give us comfort and blessing the food for Kyrene Resource Center that will give comfort to those in need.





National Center for
**Pyramid Model
INNOVATIONS**



Backpack Connection Series

About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model

The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit ChallengingBehavior.org.

More Information

More information and resources on this and other topics are available on our website, ChallengingBehavior.org.



ChallengingBehavior.org

How to Help Your Child Transition Smoothly Between Places and Activities

Alyson Jiron, Brooke Brogle & Jill Giacomini

Transitioning, or moving, to new places, people and activities is something we do many times during the day. However, change can be overwhelming and seem unpredictable for your child, especially when she is not ready to move on to the next place or activity. Children make many transitions each day—from parents to teachers, from home to car, or from play time to the dinner table, for example. When and how often transitions occur are usually decided by an adult and children often act out with challenging behavior when they feel unable to control their routine. When you help your child prepare for transitions you are helping her to learn a valuable skill. The good news is that you can teach her this important skill while you are enjoying time together.



Try This at Home

- Use a timer, an instrument or a funny noise to give your child advance warning of routine transition events. If possible, ask him to help "alert" everyone to the upcoming event. For example, let your toddler bang a pot with a wooden spoon to let the family know it is time for dinner.
- Let your child pick out a special object or toy to transition with to the next activity or place. "Would kitty like to come with us to the grocery store? I wonder if she could help us find the items on our list?"
- Use a visual schedule to show your child the plan for the day. "First, you have school and then we are going to take Aunt Rachel's gift to the post office and mail it to her."
- Make the transition a game or activity where the child has the opportunity to move around. "I wonder if today we can use this big shovel to scoop the cars into the bucket while we clean up?" If possible, let him think of the game. "I wonder how we could get to the car today?" You might be surprised at his creativity and how much fun you have roaring like a dinosaur or hopping like a rabbit.
- Sing songs as you transition. Children love to hear songs as they move about their day. Make up silly songs together about what you are doing or where you are going. You are sure to get a laugh and likely a smooth transition.
- Give your child a job. Children are more cooperative when they can be part of the process. Perhaps he can help stir something for dinner, unlock the car doors with the remote or pick out a diaper before a diaper change.

Practice at School

Children transition from one activity to the next throughout their day at preschool. Teachers plan for transitions in advance by creating special routines. These routines help to prepare children for transitions, engage them in the change that is taking place and help them to move smoothly to the next activity. Teachers might use a special instrument or song to let children know it is clean up time. Teachers might read books to the children while they are standing in line waiting for a turn to wash their hands before snack or create an obstacle course or morning routine to help children and parents transition at drop-off. When children are able to participate in or lead the transition, they are excited and eager to move to a new activity.

The Bottom Line

The more a child can predict and participate in the schedule and activities of her day, the less likely it is that challenging behavior will occur and the more likely it is that she will eagerly engage in transitions to new people and places. Taking the time and making the effort to teach her what to expect, when it will happen, and what happens before the transition occurs can be a rewarding experience. Most importantly, it is also an opportunity for quality time that can help lead to smoother transitions.



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LUNCH BUNCH



Pick Up at 1:00pm: \$15

Pick Up at 2:00pm: \$20

Will invoice via Brightwheel



healthychildren.org

Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics

The 5-2-1-0 Approach

To lead a healthy active life, families can strive to reach these goals:

- **5** [fruits and vegetables](#) a day
- **2** hours or less of [screen time](#) per day (or a healthy, balanced limit you've set in your [family media plan](#))
- **1** hour of [physical activity](#) a day
- **0** limit [sugar-sweetened](#) drinks

If your child doesn't like the typical breakfast foods like eggs, toast, or cereal, try these options:

- Frozen banana: Dip a banana in yogurt. Roll it in crushed cereal and freeze.
- Milkshake: Combine milk, fruit and ice in a blender.
- Peanut butter breakfast: Spread peanut butter on whole-wheat crackers, apple slices, a tortilla or jicama slices.
- Leftovers: Serve what's left of last night's meal. Good choices include chicken or whole-wheat spaghetti.

Grab & Go Breakfast Ideas:

- Hard-boiled eggs, Homemade muffins, Yogurt, Granola bars, Dry cereal, Energy bars, Fresh or dried fruit, A bagel with low-fat cream cheese

A Special Morning with Grandparents!



Wednesday, March 5th

Owlets: 11 - 11:30am
Penguins & Frogs: 8:30 - 9:00am

We would like to honor our many grandparents who play such an important role in our students' lives.

Grandparents are welcome to join us for some special time with your preschooler in the classroom!

For those who do not have a grandparent available, a special grown-up can attend

SPRING BREAK



March 10 - 24

In line with Kyrene School District



March – Ride – Drive – Dance

The 49th Annual Ahwatukee Kiwanis Easter Parade and Spring Festival will take place on Saturday, April 19th. We'd love for you to have your float, cars, bikes, golf carts – you name it! – in our parade!

Check in and line up at 9 am, sharp, to parade North from Warner Rd to Elliot Rd on 48th St.

**Parade is slated for Saturday
April 19, 2025 10am**

After Parade Party in the Park for Families - 11am to 4pm

**A short walk over to the Ahwatukee Community Park to
continue the fun!**

**Craft Fair
Stage Entertainment
Bounce Houses and Games
Food Trucks
Egg hunt and Bunny
Playground**

UPCOMING EVENTS

FUN FRIDAY

For Penguins & Frogs

Groovin' to the Music!



Friday, April 11th
8:30 - 11:30am
\$35 per child

Join Mrs. H and Mrs. Angilletta for
some musical fun!

Preschool Board Meeting



Tuesday,
April 15, 2025

6:00 - 7:00pm

Fellowship Hall

PICNIC AT THE PARK

Thunderhill Park (across the street)



Date Coming Soon
3:00 - 5:00pm

See Aubree DuPlessis, Erin Krafft,
or Leanne Leal for more info



Art Show: April 29
Penguins
8:30am

Donuts with a Dude: May 1
Penguins & Frogs
8:30 - 9:00am

Mother's Day: May 8
Penguins & Frogs
Times TBD by classroom

Pastries with Parents: May 15
Owlets
8:30am

Please make drop off and pick up times with your child

NO CELL PHONE 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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Instagram

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Page/Follow us on
Insta!**

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