

Children of Hope Child Development Center

August 2025

Hope Happenings: News from Mrs. Mueller's Office

Jessica Mueller
Preschool Director



You can't help but notice some changes around our special place. New toys, new energy and new faces. Stepping into the role of director is an exciting (and a touch scary) change for me. We will all miss our beloved Mrs. H and know that she left some big shoes to fill. It is my goal to continue the legacy she created in making this place what it is, a special home for all of us to share and grow together. We will continue the rich tradition at COH and add a few new things along the way.

Happy Birthday!



STAFF BIRTHDAYS

While the adults and most of the children are ready to get back to school, we must also remember that this is a time of transition and for some of our littlest friends, a first time away from their families. Each classroom will spend time teaching and talking about our classroom and school expectations and spend time getting to know one another. You should know that the teachers have spent hours and hours preparing to welcome, love and support your child throughout the year. I may be biased, but our staff is second to none. Your child will be well cared for, loved and learn while they are here. We know that leaving your child can be hard and we are here to walk beside you and get through it together.

I am so excited to hear the giggles, conversations and joy that will soon fill our walls and our playground when the children return. My door is open and the blue couch is ready to hear about what is going on in your life. It is going to be a great year, and I am so glad that you are here.

Blessings,
Mrs. Mueller 😊

#fillyourchildwithhope



Church Events:

***Sunday, August 3rd, @ 9:00 am
Blessing of the Backpacks and
Installation of Teachers***

***Sunday, August 24th @ 9:00 am
Playing and Praying***

**Family Chapels will begin in
September!**



Each month we invite you to share chapel with your child, (don't worry if you can't make it all the time). While in chapel we will pray together, sing songs and hear a Bible story and how it correlates into our lives.

Our theme for the year is the Fruit of the Spirit. On your given day (Gliders-Monday, Owlets- Tuesday and Penguins- Wednesday)

you can take your child up to the sanctuary and join in a special time together. All are welcome. Chapel generally last 15-20 minutes.



National Center for
**Pyramid Model
INNOVATIONS**

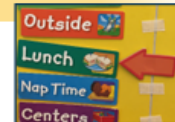


Rebuilding the Pyramid: Reconnecting After a Break

After a long break, it's likely children and adults may forget some of the routines that make the school day go smoothly. To help with the transition of your classroom community back to school after an extended break, it may be important to re-teach or remind children of schedules, expectations, and routines. Adults should expect that children will **NOT** remember all of these things and should intentionally plan extra supports following a break. The longer the break, the more likely it is that children will need to be reminded of the routines and expectations. Children will also need time to reconnect with teachers and peers after time away from school. Make sure you are engaging in positive interactions with all children throughout the day to support their return to school and increase the likelihood that they will be successful.

Schedules

- ▶ Re-teach the schedule at the beginning of each day
- ▶ Note any changes in the schedule as a result of the break
- ▶ Refer to the schedule before and after activities throughout the day



Routines

- ▶ Re-teach steps of common routines
- ▶ Model and practice the steps
- ▶ Provide individual supports as needed
- ▶ Provide positive descriptive feedback to children when they follow the routines



Supportive Conversations

- ▶ Acknowledge children's communication to you
- ▶ Greet/call children by name
- ▶ Use a calm and positive tone
- ▶ Join in play and talk about their play (e.g. questions and comments)
- ▶ Support interactions between children in play



Expectations and Rules

- ▶ Re-teach the rules
- ▶ Provide children with opportunities to practice the rules
- ▶ Refer to rules throughout the day
- ▶ Give children positive feedback when they follow the rules
- ▶ Talk about how the rules link to the program-wide expectations (e.g., Be Safe and Be a Friend)



Positive Descriptive Feedback

Provide positive descriptive feedback to children when they

- ▶ ... follow a direction
- ▶ ...engage in activities
- ▶ ...transition appropriately
- ▶ ...follow the rules
- ▶ ...engage in friendship skills
- ▶ ...demonstrate desirable behaviors/actions/skills



Emotional Support

- ▶ Label and describe adult and child emotions throughout the day especially as they relate to returning to school
- ▶ Support children in talking about their own emotions
- ▶ Model and practice calm down strategies



National Center for Pyramid Model Innovations | ChallengingBehavior.org

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Pub: 05/12/20

LUNCH BUNCH



Pick Up at 1:00pm: \$15

Pick Up at 2:00pm: \$20

Will invoice via Brightwheel

NO LUNCH BUNCH Thursday, August 21st due to staff meeting

BACK 2 SCHOOL

lunch ideas



GRAINS *and* MEATS

PB&J SANDWICH
TURKEY SANDWICH
PASTA SALAD
BAGEL
PIZZA

TORTILLA WITH CHEESE
LUNCH MEAT ROLL-UPS
HARD-BOILED EGGS
CRACKERS & CHEESE
ROLLS + TUNA

THERMOS SOUP
SUB SANDWICH
WAFFLES
MUFFINS
GRILLED CHICKEN

FRUITS *and* VEGGIES

CUCUMBERS
CARROTS
CELERY
SALAD
PICKLES

SNAP PEAS
EDAMAME
STRAWBERRIES
BLUEBERRIES
APPLES

RASPBERRIES
CHERRIES
CANTALOUPE
WATERMELON
PINEAPPLE

ORANGES
BANANAS
GRAPES
PLUMS
APRICOTS

APPLESAUCE
PEARS
RAISINS/CAISINS
DRIED FRUIT
KIWI

SNACKS *and* TREATS

STRING CHEESE
CHEESE SHAPES
YOGURT
CREAM CHEESE
CEREAL BAR

GRANOLA BAR
FISH CRACKERS
FRUIT SNACKS
PRETZELS
BAKED CHIPS

DRY CERAL
NUTS
PUDDING
POPCORN
VEGGIE STRAWS

RICE CAKES
GRANOLA
FRUIT LEATHER
GRAHAM CRACKERS
TRAIL MIX

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How to choose a sunscreen

- Use a sunscreen that says "broad-spectrum" on the label; that means it will screen out both UVB and UVA rays.
- Use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15 (up to SPF 50). An SPF of 15 or 30 should be fine for most people. More research studies are needed to test if sunscreen with more than SPF 50 offers any extra protection.
- If possible, avoid the sunscreen ingredient oxybenzone because of concerns about mild hormonal properties. Remember, though, that it's important to take steps to prevent [sunburn](#), so using any sunscreen is better than not using sunscreen at all.
- For sensitive areas of the body, such as the nose, cheeks, tops of the ears and shoulders, choose a sunscreen with zinc oxide or titanium dioxide. These products may stay visible on the skin even after you rub them in, and some come in fun colors that children enjoy.



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UPCOMING EVENTS

Parent Orientation



Monday, August 4th

5:30 Owlet Parents meet in the classroom

6:00 Everyone meets in the Sanctuary

6:30 Penguin and Glider Parents meet in the classrooms

Welcome!



Munchies and Mingle

Tuesday, August 12 @8:45

Parents please join us as we share some time together for snacks and getting to know one another.

We will meet in the garage, behind the penguin classroom.

Preschool Board Meeting



**Monday,
September 8th, 2025**

6:00 - 7:00pm

Fellowship Hall



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, childcare providers, and parents.



Cleaning & Disinfecting

Services



find us on

Facebook



Instagram

**Like our Facebook
Page/Follow us on
Insta!**

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