



# The Bear Facts

Celebrating 66 Years of Early Childhood Education

FEBRUARY 2024



Dear Parents,

That was some January! We had a LOT of snow. Thank you parents for sending your children to school with lots of warm layers so we could play outside together. And now we welcome February-a not so short month this year-but a BUSY one!

Who will be named Prom Queen & King? Join us at Bradley Bear's Enchanted Prom to celebrate 66 years of early childhood education and our dear Carolyn McCauley (who has kept everything running smoothly for the past 27 years and will retire at the end of this school year). We will be celebrating in Memorial Hall on Saturday, February 17th from 8:00-11:00pm. This enchanted evening promises to be fun with live music, an open bar (beer & wine), savory hors d'oeuvres, and yummy desserts. [Buy your tickets](#) today!

Our cubs will celebrate Valentine's Day on February 13th & 14th. Children should bring a valentine for each child in their class. Sign your child's name on each card (but leave the to: part blank). Include a card for your child. Kids love handing out valentines to each of their classmates and like to put a card in for themselves. Thank you in advance to all our amazing room parents for making Valentine's Day so much fun!

We will be closed on February 19th in honor of Presidents' Day. Prior to the holiday, our cubs will be learning about the importance of Presidents Washington and Lincoln in their classrooms.

Covid-19, strep, flu, and other illnesses continue to impact our students, staff, and families. Thank you for continuing to report positive cases and illnesses to the school office so we may contact classes.

February is a time to remind those who are important to us how much they are loved. The staff and I love and adore your children. Thank you for sharing them with us and thank you for all you do to make us feel loved.

Stay warm and well!

Liz  
Liz Sobrino**January 29th - February 2nd**

- Parents' Group Scholastic Book Fair

**January 30th - February 9th**

- Parent/Teacher Conferences

**February 1st**

- Tuition Due

**February 5th**

- [Promoting Sibling/Social Relationships](#)  
Coffee with GROWING MINDS  
9:15-10:30 am (Church Library)

**February 5th - 9th**

- Scholastic Book Fair Online Shop Open

**February 12th & 13th**

- Vision Screenings

**February 13th**

- Valentine's Day Party  
TTh Classes

**February 14th**

- Valentine's Day Party  
MWF & MTWThF Classes

**February 17th**

- [Bradley Bear's Enchanted Prom](#)  
8:00-11:00pm Memorial Hall

**February 18th**

- [Bradley Bear's Pajama Prom](#)  
8:30-10:00am Memorial Hall

**February 19th**

- SCHOOL CLOSED  
Presidents' Day

**February 28th & 29th**

- Dental Hygiene with Dr. Marko  
All classes

[WEBSITE](#) / [FACEBOOK](#) / [INSTAGRAM](#) / [GOOGLE GROUPS](#) / [YOUTUBE](#)STAY  
CONNECTED

## UPCOMING EVENTS



# SCHOLASTIC BOOK FAIR

January 29th thru February 2nd

Come to Memorial Hall and choose from hundreds of children's books.

*New titles and old favorites!*

Bring home a book (or two) you can't put down.

Book Fair Hours:

Monday 11:15am - 1:00pm

Tuesday 8:15am - 9:30am & 11:15am - 1:00pm

Wednesday 8:15am - 9:30am, 11:15am - 1:00pm & 2:15pm - 3:15pm

Thursday 8:15am - 9:30am\* & 11:15am - 1:00pm

Friday 8:15am - 9:30am\* & 11:15am - 1:00pm

*\*Sip on coffee & snack on donuts while you shop*

Thank you in advance to all of our book fair volunteers!



Thanks to everyone for your continued support.  
Special thanks to families who enjoyed take-home cookie kits in January!  
As a reminder, we always have the following fundraisers going on  
but we hope you're enjoying some fun in the snow!

## MINTED FUNDRAISER



Minted Partnership: looking for valentine's day gifts/cards or other special items?

Use code **FUNDRAISEBHP CNS** at check out  
and minted will give 20% back to the Parents' Group!

[www.minted.com](http://www.minted.com)



## SILVERGRAPHICS ONLINE ART SHOP

We are so happy to hear all of the great feedback once again on how SilverGraphics orders turned out. Thanks to those who placed orders!

For those who still want to order/order more items, the online shop will stay open and you can upload new art and order at any time. This raised over \$600 for the Parents' Group so far.



Go to: <https://www.silvergraphics.com/shop/>

Enter Access Code: **BHP23Art**



To ensure your reproductions look fabulous, follow these tips on how to scan/photograph your art before uploading: <https://www.silvergraphics.com/resources/guidelines-for-uploading-art/>



Please contact the Parents' Group with any questions at [parentsgroup@bhpcns.org](mailto:parentsgroup@bhpcns.org)

Kaeli Duggan

[kaeli.duggan@gmail.com](mailto:kaeli.duggan@gmail.com)

Cass Price

[cass.price@gmail.com](mailto:cass.price@gmail.com)



## BHEPCNS BOARD OF DIRECTORS

Dear Parents,

Happy February!

We hope many of you are planning to attend the Enchanted Forest Prom on Saturday evening, February 17, and the family Pajama Prom the following morning. Both events promise to be lots of fun! The proms are also a wonderful way to raise money for the school's Alla Johnson Memorial Scholarship Fund, which provides need-based tuition assistance.

At our January meeting, the Board approved the 2024-25 school calendar and tuition levels for 2024-25. Tuition levels for next year reflect BHEPCNS' continued dedication to providing the best preschool experience to every child and family in our program. The preschool will continue to provide support benefiting the children and their families in the forms of additional classroom teachers, continued high-quality training for the staff, and using community consulting resources.

The next Board meeting is scheduled for Wednesday, March 20, at 7:30 pm. If you have any questions, concerns, or thoughts about the school, please reach out to the Board at [board@bhpcns.org](mailto:board@bhpcns.org) or talk to a Board member.

See you at the prom!

Rosanna Morrison, BHEPCNS Board Chair

Gail Polser-Brown, BHEPCNS Board Vice Chair



## BHEPCNS ADMINISTRATIVE NOTES

### PARENT COFFEE with GROWING MINDS

### Promoting Siblings/Social Relationships

GROWING MINDS & BHEPCNS  
COFFEE & Parent Gatherings

Do your children bicker?


Do they sometimes push each other's buttons?


Are you looking for ways to help your child be a good friend/sibling?

If yes, join other parents and Growing Minds to discuss techniques that encourage positive relationships.

**MONDAY, FEBRUARY 5TH**  
**9:15-10:30 AM**  
**BHEPC LIBRARY**

All are welcome to attend.  
Childcare will be provided in the adjoining nursery.







# BRADLEY BEAR'S ENCHANTED FOREST PROM



**SATURDAY, FEBRUARY 17th**  
**BHPCNS MEMORIAL HALL**  
**8:00pm**

**LIVE MUSIC**

**OPEN BAR**

*serving beer & wine*

**DESSERTS**

**PHOTO BOOTH**

**HORS D'OEUVRES**

Net proceeds will support BHPCNS'  
 Alla Johnson Memorial Scholarship Fund  
 (providing tuition assistance to families in need).

Buy tickets [HERE](#) or from BHPCNS main office.



## SPONSORSHIPS

### FUREVER FRIENDS

(\$2,000)

**The Johnson Orrick  
 Family**

### DANCING BEAR

(\$1,500)

**Bethesda  
 Conservatory of Dance**

### BEARY BESTIES

(\$1,000)

**The Morrison Family**

### CUB CLUB

(\$500)

**Natelli Communities**

### TEDDY TREATS

(\$250)

**Stacy and Zach Gordon**

**grace & griffin**

**The Salcetti Family**

## BRADLEY BEAR'S PAJAMA PROM

Sunday, February 18th from 8:30am-10:00am

Bring your entire family dressed in their favorite pajamas and join us for a magical morning of music, dancing, games, and continental breakfast in Bradley Bear's Enchanted Forest! Coffee and a continental breakfast will be served.

Net proceeds from the event will be used to fund BHP CNS' Alla Johnson Memorial Scholarship Fund which provides tuition assistance to families in need. Please help us ensure all children in our community receive a quality early childhood experience!

Families are invited to attend BHPC Church Services at 10:30 a.m., following the PJ Prom.

Family admission is \$30 and may be purchased [HERE](#).



## PARENT / TEACHER CONFERENCES

Parent/Teacher Conferences are scheduled for:

- ROOM 102 Ms. Vargas - Tuesday, January 30th & Wednesday, January 31st
- ROOM 103 Mrs. Choi - Monday, February 5th & Tuesday, February 6th
- ROOM 104 Mrs. Barnett - Wednesday, February 7th
- ROOM 104 Ms. Frid - Tuesday, February 6th
- ROOM 105 Mrs. Biggs - Wednesday, February 7th
- ROOM 107 Mrs. Quijada - Monday, February 5th
- ROOM 108 Mrs. Cardoni - Wednesday, February 7th & Friday, February 9th
- ROOM 108 Mrs. Lakas - Thursday, February 8th
- ROOM 111 Mrs. Juhaszne - Thursday, February 1st & Friday, February 2nd
- ROOM 113 Mrs. Kebler - Thursday, February 8th
- ROOM 117 Mrs. Richards - Friday, February 9th

Your child's teacher has sent out a SignUpGenius Link for you to select your conference time. For families with more than one child we will work with you, as best we can to have conferences for both your children on the same day.

Here are some tips to get the most out of the conference experience.

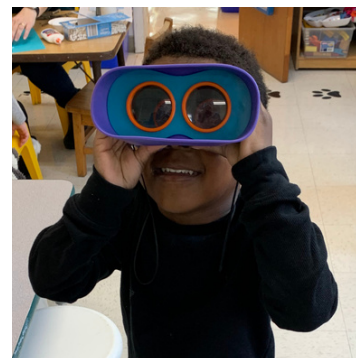
- Conferences are an opportunity for your child's teacher to share a snapshot of your child in a school setting.
- Complete the Parent-Teacher Conference Questionnaire sent via brightwheel is a wonderful way to help your child's teacher focus the conference on the topics you'd like to cover during your conference time.
- Conferences are scheduled for 15 minutes. If you think you will need more than 15 minutes, please make special arrangements with your child's teacher in advance.
- Please be on time or notify the office if you are running late for your conference. Conferences are for adults only. Classes will be held during conferences. Babies are welcome to attend, however baby-sitting arrangements should be made for older siblings.
- Liz works with teachers to ensure we are providing the best possible experience for your child. It's possible she will sit in on your child's conference to learn more about your child, support a teacher, offer ideas on your child's development. Please, do not worry if she attends your conference. She is there as a resource, support, and educator, for your child and family.
- Please let Liz know if you have any questions or would like her to participate in your child's conference. Working together as a team is important to each child's progress in preschool.

## 2024-2025 ACCEPTANCE LETTERS



It may be only February, but the 2024-2025 school year acceptance letters are coming home via your child's tote bag. Please be on the lookout for an envelope containing your child's acceptance letter.

To confirm your child's space, be sure submit your child's deposit by February 28th and also review the 2024/25 Parent Handbook and sign the "Acceptance of Policies" form, both of which will be shared with you via Brightwheel.



Thank you for continuing to have your child PLAY, GROW and LEARN at BHPCNS!

## IMPORTANT KINDERGARTEN INFORMATION

# kindergarten

## Private School Options:

Many BHPCNS alumni and current families are exploring both public and private school options for their children. Within the BHPCNS community there are families whose children attend an array of private programs in our area, including but not limited to, St. Jane de Chantal, St. Bartholomew, Our Lady of Mercy, The Woods Academy, Norwood School, Primary Day School, Bullis School, St. Andrews, and Washington Episcopal School. To explore private school options, contact these schools as soon as possible to inquire about your child attending. BHPCNS will provide any supporting information requested to complete a child's application.

## Montgomery County Public Schools:

The majority of BHPCNS families' children will enroll in Montgomery County Public Schools, MCPS. MCPS needs to know if your child will be attending one of their schools in the fall of 2024. To register your child for MCPS, call your local elementary school. It is very helpful to the elementary schools to know the number of children attending for next fall as soon as possible. Based on projected enrollments your child's elementary school may need to add another class, add another teacher, increase class size, and/or close a class. While your child won't start school until September, the elementary schools are already making their staffing projections for the fall.

Ashburton: 240-740-1300

Bannockburn: 240-740-1270

Bells Mill: 240-740-0480

Bethesda: 240-204-5300

Beverly Farms: 240-740-0200

Bradley Hills: 240-204-5210

Burning Tree: 240-740-1750

Carderock Springs: 240-740-0540

Chevy Chase: 301-657-4994

Garrett Park: 240-740-0700

Kensington Parkwood: 240-740-3700

Ritchie Park: 240-740-6310

Rosemary Hills: 301-920-9990

Seven Locks: 240-740-0940

Somerset: 240-740-1100

Westbrook: 240-740-1040

Wood Acres: 240-740-1127

Wyngate: 240-740-1080

When contacting your local elementary school ask if they are hosting any informational kindergarten meetings for parents. Several schools offer virtual tours to give you an overview of their school.

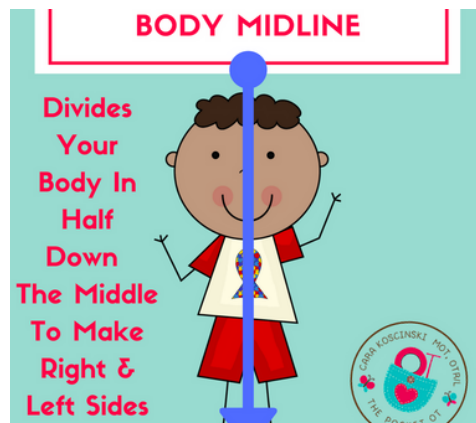
For more information about MCPS and Kindergarten, visit the MCPS website by clicking [here](#).





## WHY CROSSING THE MIDLINE IS IMPORTANT

Have you ever wondered, "What is crossing the midline and why is it important?" Here's a brief description and a link to the entire article. The term crossing midline is often used to describe the skill of moving your arm or leg across the imaginary line down the middle of your body. When children can cross the midline, they are using both sides of their brain to coordinate smooth, controlled, complex movements. It is important to combine movement patterns across the body for daily tasks such as reading, writing, tying a bow, and many other life skills. Click [here](#) for the entire article.



## Here are Crossing the Midline Activities for Kids of All Ages:

1. Playing with rhythm scarves
2. Playing with blocks (stacking)
3. Dancing to music
4. Dusting or sweeping
5. Playing patty-cake
6. Playing with cars on a large path
7. Playing flashlight tag
8. Washing the car
9. Painting with a large roller
10. Completing cross crawls (touching hand to opposite foot or knee)
11. Wiping off a table with a towel using one hand
12. Throwing a water balloon or bean bag or ball at a target
13. Drawing a large figure 8 on a chalkboard or sidewalk
14. Playing Simon Says
15. Playing Twister



## FEBRUARY BIRTHDAYS

|                   |                  |
|-------------------|------------------|
| Abby Gropper      | Avery Sellers    |
| Stella Polles     | Ella Charvatova  |
| Luke Glass        | Chisaki Okuma    |
| Wynne Potolicchio | Alexis Simoneau  |
| Soren Claise      | Emily Simoneau   |
| Kayla Howell      | Norah Hamann     |
| Camden Williams   | Julien Nicolo    |
| Rhys Kheradi      | Dansei Yamaguchi |



When sending in birthday treats, please send in small cupcakes, mini muffins, fruit kabobs, etc. Keep classroom food allergies in mind. We share birthday treats at snack time. There is a snack ingredient form outside the office and on our website. Please complete the allergen form or send in a list of ingredients so we can be aware of any possible allergens. If you have any questions, please reach out to your child's teacher or the office.

## SCHOOL PICTURE DAYS

March 4th, 7th, & 8th

We are excited to be working with Stone Photography again. Individual, classroom, and sibling photos will be taken. Sibling photos (*for siblings ages 1 and up*) will begin at 9:15am each day. Please email Mrs. Jones at [ijones@bhpcns.org](mailto:ijones@bhpcns.org) if you'd like to have sibling photos taken.

## PICTURE DAY SCHEDULE:

- CUB CLUB Mrs. Colonna - Thursday, March 7th
- ROOM 102 Ms. Vargas - Friday, March 8th
- ROOM 103 MWF Mrs. Choi - Monday, March 4th
- ROOM 103 TTh Mrs. Choi - Thursday, March 7th
- ROOM 104 MWF Mrs. Barnett - Friday, March 8th
- ROOM 104 TTh Ms. Frid - Thursday, March 7th
- ROOM 105 Mrs. Biggs - Friday, March 8th
- ROOM 107 Mrs. Quijada - Friday, March 8th
- ROOM 108 MWF Mrs. Cardoni - Monday, March 4th
- ROOM 108 TTh Mrs. Lakas - Thursday, March 7th
- ROOM 111 Mrs. Juhaszne - Monday, March 4th
- ROOM 113 Mrs. Kebler - Monday, March 4th
- ROOM 117 Mrs. Richards - Monday, March 4th



2024 SUMMER CAMP: BRADLEY BEAR'S GOING TO THE BEACH!

## TWO SESSIONS OF SUMMER CAMP:

**JUNE 3 - 13**

**JUNE 17- 28** *no camp June 19th*

**\$495\* PER SESSION**

**9:00 am -12:30 pm**

**Campers will be served a mid-morning snack provided by BHPCNS.**

**Campers should bring a lunch from home.**

**Early Drop-off:**

**Campers may be dropped off at 8:00 am for an additional \$150 per camp session.**

**Stay & Play:**

**Campers may stay until 2:30 pm for an additional \$280 per camp session.**

**Ages:**

**Two-year-olds\*\***

**Three, Four & Five-year-olds**

**Rising Kindergartners & First Graders for Fall 2024**

\*An additional \$85 fee for any child who is not fully toilet trained. BHPCNS considers a child fully potty-trained when the child is able to articulate their need to go to the bathroom, can manage their clothing, and does not have recurring accidents at school.

\*\* Must be currently enrolled at BHPCNS for the 23-24 school year and two by December 31, 2023.

**REGISTER [HERE](#)**





## SPRING BREAK

March 25th- April 1st

BHPCNS will close Friday, March 22nd at 12:30 pm. There will be Early Morning and Lunch Bunch on Friday, the 22nd but no Stay + Play. We will reopen on Tuesday, April 2nd. Early Morning, Lunch Bunch, and Stay & Play will be held on April 2nd

## WINTER PICKS from our LIBRARIAN - Mrs. Hauck



Librarian Hauck reports:

Wordless picture books can be a delightful alternative to reading with your child. Without the words, children are free to “read” the pictures and make up their own story. They can tell the story over again, with the freedom to change the plot if they wish. In telling the story with their own words, your child will practice sequencing, learning that stories have a beginning, middle, and end. Wordless picture books allow your child to build social/emotional skills as they study the pictures for clues about the characters’ emotions, without being influenced by the author’s words.

The BHPCNS Library has a number of wonderful wordless books including: Chalk (Thompson), Flora and the Flamingo (Idle), Flashlight (Boyd), Float (Miyares), I Walk with Vanessa (Kerascott), and Where’s Walrus (Savage).

Please ask the office for assistance if you wish to borrow a book.

If you have any library questions, please contact Jan Hauck at [jbhauck@bhpcns.org](mailto:jbhauck@bhpcns.org).



## OPEN DOOR POLICY AT BHPCNS

BHPCNS Open Door Policy: Thank you to everyone who has popped into the office with a question or concern! If at any time during the school year, you have a concern, complaint, an idea, or suggestion, please email, text, come to the office, or call us. We truly want to know your thoughts. Your ideas, suggestions, and critiques provide us with vital information that we can use to improve our programming. No issue is too small.

## SPECIAL PROGRAMMING

AMERICAN SIGN LANGUAGE (*3-year-old & Pre-K*) with Mrs. Goodstein

In February we are going to learn SO MANY signs associated with eating. Signs you may use with a younger sibling at home (more, finished, milk, hungry, full,...) and how to sign many different foods.

We will play a matching game. Who can guess the food based on the sign? Food signs imitate the food pretty closely-it’s amazing!



ART (*all ages*) with Mrs. Mac 'N Cheese



In February, our artists will work on three dimensional art pieces. Visualizing all sides of an object (and attempting to recreate each side) will be a fun challenge for our Bradley Bears.

Our two-year-old classes will mix and sculpt plaster in a bag. Our three-year-old classes will sculpt using aluminum foil. Their creations are sure to be shiny and bright. And our Pre-K students will sculpt figures, shapes, or animals using air dry clay.

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CUB CLUB (*our youngest Bradley Bears*) with Mrs. Colonna

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Our Winter Session of Cub Club has begun! Our littlest (and dare I say cutest) cubs are having so much fun exploring the crib room, the rainy day room, and our playgrounds. They enjoy playing alongside their classmates and with their caregivers.

Mrs. Colonna brings joy and music to each class!

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MUSIC (*3-year-old & Pre-K*) with Little Hands

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Little Hands Music classes will be filled with lots of "little piggies" this month! We'll be reciting "Dickery Dare" and "Pigs in a Blanket" rhymes, as well as singing the "Ten in the Bed" song (with pigs rolling over)!

Musically, the Dickery Dare poem gives children a chance to explore melodic contour with their voices going Uuuuuup and Dooooown with the pig! Pigs in a Blanket poem includes some "oinking singing." Removing the barrier of lyrics and focusing on the one word in a melody pattern helps children access their singing voices (and have a fun, silly time as well!)

Getting down and actually rolling on the floor is a hilariously fun game for children. Rolling like pigs in a blanket is always a favorite! Pencil rolling is an important gross motor skill that develops core muscles in children (and adults!) Rolling hands in front of the body is also "crossing the midline" practice to integrate the two hemispheres of the brain with fine motor planning and coordination.

The well known and fun "Ten in the Bed" gives children a chance to practice counting backwards - an important math/cognitive skill, and practicing this with fingers visually emphasizes the "one less" concept. Here are the poems and the links to the recordings to enjoy at home:

[Dickery Dickery Dare](#), the Pig flew Uuuuuuuuup in the air!  
The man in brown soon brought him Doooooooooown!  
Dickery, dickery dare!

[Let's Roll the Pigs in a Blanket](#), because they are so chilly  
Let's roll the pigs in a blanket and they'll sing a song so silly  
(oinking a favorite song!)  
Let's roll the pigs in a blanket, let's roll them up so tight  
Let's roll the pigs in a blanket and kiss them all goodnight  
(oinking a favorite lullaby!)

[Ten in the Bed](#)  
There were 10 in the bed and the little one said, "Roll over, roll over!"  
So they all rolled over and one fell out. There were 9 in the bed....etc.

Happy February!




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SCIENCE (*3-year-old & Pre-K*) with Mrs. Mac 'N Cheese

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For February and March we will be exploring the five senses.

What can we smell, see, touch, taste, and hear? When do we use our senses and how does each sense keep us informed and safe? How does the loss of one sense impact the others?

So many questions to answer. Through experiments that explore smells both good & bad, sounds both loud & quiet, tastes sweet, sour, bitter, salty, and umami, and textures both rough & smooth.

SINGING with Ms. Casey (*all ages*)

And we're off! In January we were still feeling that holiday glow as we kicked off the new year with a dance party. We made new years' resolutions and sang about Martin Luther King who inspires us to help others. Even though snow hasn't materialized in earnest yet, we've been able to conjure colder climes in our imaginations. We've wrung snowflakes out of clouds, made snowmen, and danced with polar bears. There's no end to the places you can go when the mind's the limit. This month love is in the air as we think about friends and family we care about and all of the ways you can show someone you love them. (Hint: Music is always a winner!)

## STAY &amp; PLAY PROGRAMMING

## TWO'S RULE

monday through friday



The playgrounds become so much more fun when they are covered with snow and icicles! After playing outside we enjoy warming up with a yummy snack and a winter craft.

Time flies when you are having so much fun!



## MONDAYS

sports &amp; games

Coach Cardoni shares:

The Bradley Bear Coaches are excited to start a unit on Gymnastics.

The athletes will stretch, balance and somersault like real gymnasts. We will be working on core strength and upper body conditioning; wheelbarrow races are great fun and a full body work out too! A unit on Line Dancing mid-month is sure to get the blood pumping while the athletes are having a lot of fun. In addition to dancing, jumping rope will also be introduced to improve coordination, spatial vision and reflexes in all participants. Come out and play with us!!



## TUESDAYS &amp; WEDNESDAYS

dance



Dance Maestro Snyder shares: Wow! What a show! We are so very proud of your dancers and their BIG return to stage in the Winter Wonderland Performance. Now comes the fun of planning the Spring Show. As we prepare we will be working on posse', arabesque, battement, as well as locomotion movements such as chasse, bouree, and skipping. You may catch them showing off their new moves in a round of freeze dance at home.



## TUESDAYS

## science

Chief Scientist Juhaszne reports:

In the month of February, we will learn all about magnets. Magnets can be so much fun for kids to play with and learn from. The invisible force of the magnetic field seems almost like magic!

We will harness this incredible power to paint a picture without a paintbrush, move cars around without touching them, make pipe cleaners dance in a closed plastic bottle, and more. We are looking forward to experimenting together with you!



## WEDNESDAYS

## cooking



It is hard to believe that you can teach a three, four or five-year-old to cook, but trust us you can! Learning how to crack an egg, make fresh-squeezed juice, flip a pancake makes a child confident, teaches math, increases vocabulary and teaches them an essential life skill all while making (usually) a big mess and having lots of fun. So why not do it? Each week we send home recipes and hope our little chefs are showing off their newly acquired culinary skills in their own kitchens.

This month, the sweetest month, we'll be making sweet treats to recreate at home. Peanut Butter Balls, Blueberry Cobbler, Molten Lava Cake and Bananas Foster recipes will have us rolling, measuring, stirring, folding and saying, "Yum!" . Bon Appetit!

## THURSDAYS

## geography

Travel Agent Choi shares:

We will leave cold Antarctica for South Korea to celebrate Lunar New Year.

This year it is February 10, and 2024 is the year of dragon. We will try on Korean traditional clothes called "Hanbok. We will also talk about how they respect their ancestors and seniors.. We will eat yummy Korean food with chopsticks. And then we will say Ahn Nyoung (good-bye) to Korea.



## FRIDAYS

## yoga



Yogi Cardoni reports:

Weekly, our Yogi Bears practice poses, breathing techniques, and mindfulness. During February we will use our imagination as we pretend we are Fairies in a magical forest. We will move and pose with partners for Valentine's Day celebrating family, friends and love. Finally, toward the end of the month, we will take a yoga-inspired tour of Washington DC in honor of Presidents' Day and master poses inspired by forest animals awakening from hibernation. Namaste.

## BRADLEY HILLS PRESBYTERIAN CHURCH

February is often when we get our most snow, so perhaps the Nursery School is enjoying a winter wonderland when you read this message. Ash Wednesday is Wednesday, February 14, and there will be an Ash Wednesday service that evening at 7:30 pm. If your family wishes to gather with other families with young children, you are invited to join our Lenten Small Group series where families gather for dinner, then parents discuss a lesson and childcare providers lead the children in activities.

Lenten Small Groups – There will be a Lenten Small Group series for families on Monday evenings, from 5:00 pm-7:00 pm with potluck dinners and childcare. The series will focus on Love Carved in Stone with particular focus on how to share these messages with children. Dates are February 26, March 4, 11, 18, 25. Please sign up with Pastor Denise ([denise@bradleyhillchurch.org](mailto:denise@bradleyhillchurch.org)).



Family-friendly Service Opportunity:

Smart Sacks is back in operation at 11:30 am each Sunday morning. We fill bags that provide supplemental food to families in Montgomery County who are food deficient over the weekends. All ages are welcome to help!

## HAVING SNOW MUCH FUN!!!!

