

### The Bear Facts

Celebrating 66 Years of Early Childhood Education

OCTOBER 2023



Dear Parents,

October is such a wonderful time at Bradley Hills. Our beautiful campus begins to explode with color as our trees change from summer to fall. A gentle wind blows the leaves from their branches and our children race around trying to catch them midair. It is cooler outside. It gets dark earlier in the day. We use this change in weather as an illustration to talk about other changes our children might be experiencing - and how these changes make them feel. Giving our children these tools, the ability to put words to how they are feeling, is essential to the connections they make with their teachers, friends, and families. Being able to talk about how you feel helps a child feel understood and reduces frustration, tantrums, and anxiety. Focusing on how we feel is an integral part of BHPCNS' social-emotional programming for our bear cubs!

We have so many exciting events happening in October! I hope you are able to join us for our first <u>parent coffee with Growing Minds</u> on Monday, October 3rd. BHPCNS has been working with Growing Minds for several years to develop strategies that validate and strengthen our students emotional well being. We are excited to be able to extend these learnings to our parents. Come and listen to an early childhood specialist answer questions you have about parenting. More details on page 2.

Back-to-School Night is Thursday, October 5th. This is an opportunity to spend time in your child's classroom and learn about a typical day from their teacher. You will also have an opportunity to socialize with other parents at BHPCNS. Full schedules on page 7.

Our Parents' Group is sponsoring a <u>Potty Training Seminar</u> with Sally Neuberger. She is an expert in ALL things potty. Join us via zoom on Wednesday, October 25th to hear advice, expertise, and ask any, and all, toilet training related questions. Friends and neighbors are welcome to attend. More details on page 4.

Seems crazy to start planning for next year, but October is the time. Sibling and New Student <u>Enrollment</u> begins now for our 2024-25 School Year. More details on page 8.

A big thank you to all of our parents who have completed the ASQ survey. If you have not, please do so. In addition to helping our teachers get to know your child, they help us identify students who may benefit from Speech and/or OT Screenings later this month.

As always, a big thank you for sharing your children with us,

Liz Sobrino BHPCNS Director

#### October 1st

- Tuition Due
- BHPC <u>Family Connections Lunch</u> 11:45 am Memorial Hall

#### October 2nd

- <u>Parent Coffee</u> w/Growing Minds After drop-off until 10:45 am Church Library
- Breakfast w/Bradley, Lunch Bunch, and Stay & Play begin

#### October 3rd

• DIY Pretzel Kit Orders Due

#### October 5th

• Back-to-School Night 6:00-8:00 pm

#### October 13th

- Wreath Orders Due
- Field Trip to Imagination Stage Pre-K classes 104 & 117

#### October 15th

• BHPC Coat Donations Due

#### October 17th & 18th

• Transportation Days 9:30 am - 11:30 am

#### October 19th

• Field Trip to Imagination Stage Pre-K classes 102 & 111

#### October 23rd - 26th

• OT & Speech Screenings

#### October 25th

• <u>Potty Training Seminar</u> 7:30 pm via zoom

#### October 28th

Trunk or Treat5:30 pm in BHPC parking lot

#### October 30th

 Halloween Party MWF Classes

#### October 31st

• Halloween Party TTh & M-F Classes

WEBSITE / FACEBOOK / INSTAGRAM / GOOGLE GROUPS / YOUTUBE

STAY CONNECTED











BHPCNS & Growing Minds invite you to

COFFEE & Parent Gatherings

WHEN: After Morning Drop-Off - 10:45am
WHERE: BHPC Library

Oct 2 - Separation Anxiety & Mindfulness

Nov 6 - How to Survive the Holidays with Small Children

Jan 8 - Kindergarten - Preparing Yourself and Your Child

Feb 5 - Siblings - Promoting Sibling Harmony

Mar 4 - All Things Potty

Apr 8 - Picky Eaters - Broadening Food Choices & Creating Peaceful Mealtimes

#### **COFFEE & PARENT GATHERINGS**

Monday, October 2nd After Morning Drop-Off until 10:45 am

## SUPPORTING CHILDREN & PARENTS WITH SEPARATION CHALLENGES

9:00AM TO 10:45AM BHPC LIBRARY ON MAIN LEVEL

DO YOU OR YOUR CHILD SUFFER FROM SEPARATION ANXIETY?

- REFUSE TO SLEEP ALONE
- HAVE REPEATED NIGHTMARES
- WORRY ABOUT BEING AWAY FROM HOME OR FAMILY
- PANIC WHEN SEPARATED FROM PARENTS OR CAREGIVERS
- CLINGY
- REFUSE TO GO TO SCHOOL



CHILDCARE WILL BE PROVIDED IN THE ADJOINING

NURSERY FOR THOSE WITH CHILDREN

RSVP SO WE KNOW HOW MUCH COFFEE TO BREW





# Fall 2023 Enrichment Programs for Social-Emotional Learning and Beyond!



Facilitation of play, friendship, growth-mindset and social-emotional skills development with Growing Minds' Early Childhood Specialists



#### **BUILDERS** and MAKERS

Ages 3-5 9 Tuesdays from 2:30-3:30 pm October 3, 10, 17, 24, 31 and November 7, 14, 21, 28

Children engage in social-emotional, fine and gross motor development, and problem solving through playful experiences of building together. Each weekly session involves an opportunity to use a variety of materials to build a collaborative structure based on a story or problem that your child can help solve. Participants practice planning, taking turns, frustration tolerance, compromising, and communicating.

#### FRIENDS of NATURE

Ages 3-5 9 Thursdays from 2:30-3:30 pm October 5, 12, 19, 26, November 2, 9, 16, 30, December 7 (no class November 23)

From pet rocks to dirty socks, this group immerses children in nature! The outdoors invite us to practice mindfulness, create art, be curious about bugs and birds, and even experience the life cycle. As nature nurtures and deepens our inner peace, connections with others are cultivated!



#### REGISTER HERE



Each 9 session program costs \$270.

Make checks payable to BHPCNS or make payment via brightwheel.

#### THANK YOU PARENT VOLUNTEERS



The Annual Back-to-School Ice Cream Social was a fun kick off to the start of the school year. It was wonderful to see so many Bradley Bear families and teachers stop by for a cool treat with friends.

The BHPCNS Parents' Group would like to extend a big thank you to parent Jared Rosen and his company, Epic Events, for bringing extra fun for all with his photo booth and custom photo prints!

Finally, we'd like to thank all the parents who volunteered their time to help with the event as well as those who kindly donated snacks/beverages for the coffee meet-ups on the first days of school.

#### **UPCOMING EVENTS**

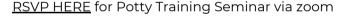
#### POTTY TRAINING SEMINAR

Wednesday, October 25th at 7:30 pm

All children in our 3-year-old and Pre-K programs are expected to be toilet trained. Children who are not able to use the potty independently by the age of 3 often experience stress when using the bathroom at BHPCNS because most of their peers are able to do so.

If your child is not potty trained, if potty training is in your future, or you are working through it now, please join us for our annual parent event with potty training expert Sally Neuberger. Many parents have effectively used her tips over the years to make a tricky process a little easier. This seminar is open to the entire community, so feel free to invite neighbors and friends even if they are not BHPCNS families. The seminar will be held over Zoom and log-in details will be provided closer to the date.







#### PARENTS' GROUP UPCOMING FUNDRAISERS

#### SILVER GRAPHICS FALL FUNDRAISER



We will be partnering with SilverGraphics again this year for our Fall/Holiday Art Fundraiser. It is so simple: your child's art ---> keepsakes for family/friends for holiday gifting!

Please keep an eye out for a flyer and stop by our table at Back to School Night for more info! Art will be made at school but you can also upload your own art (or another child's art) at home. Parents may place orders online 11/1 through 11/15. Keepsakes will be returned to school by 12/4.

HUGE thanks to Kelsey Brown for volunteering to lead this fundraiser for the Parents' Group. If you have any questions, please contact her at: <a href="mailto:kelseylee0221@yahoo.com">kelseylee0221@yahoo.com</a>.

#### Auntie Anne's DIY Pretzel Kit

Order now through October 3rd Kits delivered at Back to School Night on October 5th

### Mix, twist, bake and enjoy Auntie Anne's pretzels at home!











Purchase a DIY Pretzel Baking Kit to Support BHPCNS

50% of proceeds go back to the Parents' Group!

Kits include all ingredients to make 10 pretzels at home - a fun, educational, and delicious activity to do with your kid(s)!

\$25 per Kit



### ORDER HERE

#### ONGOING PARTNERSHIPS

Still need labels for your kid's belongings? It's not too late to order and support BHPCNS fundraising efforts from these two great options:

## minted.

- Enter FUNDRAISEBHPCNS at check out
- 20% off and 15% of proceeds back to the
- Parents' Group favorite: <u>clothing tag label</u>! small enough to fit onto small clothing tags, but still fits a last name and phone number; ours have survived a lot of washing!

## mabels labels

- 20% of sales will benefit BHPCNS fundraising efforts!
- Search for: Bradley Hills Presbyterian Church Nursery School



#### JOIN OUR PARENTS' GROUP

Easy access to the BHPCNS Parent network:

Are you hoping to find or suggest a fun class, sports team, child

Are you hoping to find or suggest a fun class, sports team, childcare recommendation, or other idea to BHPCNS parents?

Click <u>HERE</u> to request to join the BHPCNS Google Group.

It's not too late to get involved!

Let us know!







We are grateful for all the support and have enjoyed getting to meet so many of you these first few weeks.

Thank you!

kaeli.duggan@gmail.com



Kaeli Duggan & Cass Price Parents' Group Co-Chairs

cass.price@gmail.com



#### BHPCNS BOARD OF DIRECTORS

Dear Parents,

What a fun start to the school year with new equipment for our playgrounds, the ice cream social, and Back to School night. Thank you for sharing your children with BHPCNS. As always, if you have any questions, concerns, or thoughts about the school, please contact the Board at <a href="mailto:board@bhpcns.org">board@bhpcns.org</a>.



Bradley Hills Presbyterian Church invites families to a <u>Family Connections Lunch</u> on Sunday, October 1 following the 10:30 am worship service. A panel of experts will be discussing and answering questions about parenting in the 21st century.



BHPCNS families are also invited to join the fun at the church's <u>Trunk or Treat</u> event on Saturday, October 28 at 5:30 pm. More information can be found on the church's website at <u>www.bradleyhillschurch.org</u>. Or contact the church's Director of Christian Education, Matt Nabinger, at <u>matt@bradleyhillschurch.org</u>.



Happy Fall to all!

Rosanna Morrison, BHPCNS Board Chair

Gail Brown, BHPCNS Board Vice Chair





#### HALLOWEEN FUN AT BHPCNS

MWF classes will celebrate Halloween on Monday, October 30th.

TTh and M-F classes will celebrate on Tuesday, October 31st.











BHPCNS Classroom Parties are just for our children. Parent volunteers will help classroom teachers coordinate classroom parties with special snacks, paper plates, and napkins. Look for the "Special Snack" sign-up your teacher sent home in brightwheel.

Each class will have a parade and will gather together on the field for a sing-along.

NO COSTUMES PLEASE

Each class will make masks for the children to wear.

#### BACK TO SCHOOL NIGHT

Thursday, October 5th

Is an opportunity to spend time in your child's classroom and learn about a typical day from their teacher.

Arrive early and/or stay late to enjoy adult beverages, snacks, and conversation in the Rainy Day Room. Meet other parents, speak with the owners of Growing Minds and Canyon Kids, learn more about the Silver Graphics Fundraiser, and more...

#### SCHEDULE FOR THE NIGHT

6:00 pm - 6:30 pm Mrs. Choi - Room 103 MWF Ms. Frid - Room 104 TTh Mrs. Cardoni - Room 108 MWF Mrs. Juhaszne - Room 111 Mrs. Richards - Room 117 6:45 pm - 7:15 pm Mrs. Vargas - Room 102 Mrs. Choi - Room 103 TTh Mrs. Biggs - Room 105 Mrs. Quijada - Room 107 7:30 pm - 8:00 pm Mrs. Barnett - Room 104 MWF Mrs. Lakas - Room 108 TTh Mrs. Kebler - Room 113

#### MEET CHICKA CHICKA & BOOM BOOM



The newest members of Bradley Hills!
They will spend the fall here at BHPCNS. Each classroom will take turns caring for our chickens. They will refresh their water, refill their food, relocate their coop to fresh grass, and collect their eggs to use in cooking projects.

If your family would like to take care of our chickens one weekend this fall stop by the office and let Liz know.



#### **REGISTRATION FOR NEW STUDENTS**

Applications for the 2024- 2025 school year for NEW STUDENTS and SIBLINGS of currently enrolled students are available online at <a href="https://www.bhpcns.org">www.bhpcns.org</a>.



#### PLEASE CONTINUE TO SHARE THE LOVE!



Parent referrals are what have kept our classrooms full for 66 years. We love meeting new families. They are welcome to tour the school and learn more about our program. Please call the office at 301-365-2909.

Children must be 2 years old by September 1, 2024 to be eligible for enrollment at BHPCNS. Siblings are given priority over families new to BHPCNS. Acceptance or Wait List notifications will be sent home in late January 2023.

#### REGISTRATION FOR CURRENTLY ENROLLED STUDENTS

Registration for children currently enrolled at BHPCNS will take place on December 6th and 7th. Applications will be available on the BHPCNS website at <a href="https://www.bhpcns.org">www.bhpcns.org</a> after Thanksgiving.



Applications should be returned to BHPCNS no earlier than December 6th and no later than December 7th in order to be given priority in enrollment. Please recognize that children currently enrolled in our 2s' and 3s' programs, as well as those children who are enrolled in the Pre-K program but are not age eligible for Kindergarten, are guaranteed a place, however, it may not be your first choice.

Acceptance is based on a first-come, first-serve basis. Families will be notified in late January as to their child's placement for the 2024-2025 school year.

#### CHRISTMAS WREATH SALES TO BENEFIT LOCAL CHARITIES

The GFWC Metropolitan Community Club is selling beautiful double-sided balsam wreaths for \$25. These 22" wreaths come with a red bow. All proceeds support local charities.



If you would like to purchase a wreath complete an <u>order form</u> and submit payment - either Cash or Check (checks should be made payable to MCC) to the office by Friday, October 13th.



#### IS THERE A NEW BABY IN YOUR HOUSE?



Is there a new baby in your house? Congratulations!

Please keep the school up to date on any new family members. We have a little surprise we like to share with the smallest Bradley Bear cubs.

Send us a photo of your new baby for our Future Bradley Bear Cubs display board across from the office.

#### OCTOBER BIRTHDAYS

Philip Orlikowski Ellie Rosen Leo Vargas-Tello Tyler Harb Hobie Hutchins Nelle Watson Anastasia Auerbach



Lilah Albinson Malone Case Luke Sepsakos Rogan Allshouse Alex Auerbach Madison Mendez Lucy Cohen

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.

#### STUDENT ABSENCES OR ILLNESS

If your child is ill and will be missing school, please call the office, send us an email or a message on brightwheel. If your child has a communicable disease, strep throat, head lice, etc. we need to know to be able to share that information with the rest of the class. Your child will remain anonymous when informing the class. In some cases, we are obligated to share communicable disease information with the Montgomery County Health Department.

We share EVERYTHING at preschool. Sometimes, even colds and viruses. The flu vaccine and COVID-19 vaccines are an effective way to protect your child from these viruses. Please consider having your child vaccinated. We want to keep our Bradley Bear cubs as healthy as possible.

#### 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.

#### CONSULTANTS AT BHPCNS

Throughout the school year there will be consultants working with BHPCNS staff and students. The consultants may include para educators, speech pathologists, occupational specialists, physical therapists, interns in the early childhood education field, and more. These specialists could be from the Montgomery County Public School system, Montgomery County Social Services, or private practices. It's possible your child will come home and share that there was an extra "teacher" in their classroom. These "extra" teachers will all be approved by the office prior to working in our school. Please let Liz know if you have any questions about consultants at BHPCNS by emailing her at Isobrino @bhpcns.org.

#### SCREENINGS AND THE IMPORTANCE OF EARLY INTERVENTION

BHPCNS believes early intervention with specially trained therapists can make a tremendous difference in a young child's life. A speech delay can impede a child's social development and their ability to communicate and play with peers. Sensory seeking behaviors or motor skill delays can also impact children's social interactions. However, early detection and intervention can make a huge difference in a child's development, play skills, family harmony, and transition to kindergarten.

It's important to intervene while a child's neuro-pathways are still pliable so challenging behaviors, delayed motor skills, speech and/or learning skills can be resolved before a child begins kindergarten.

#### SPEECH SCREENINGS

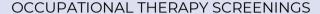
#### October 25th & 26th

BHPCNS will have a speech pathologist, Tina Gicale, at school to screen children for speech issues. These are brief, 15 minute screenings and not a formal speech assessment.

To learn more about Tina's practice here.







October 23rd & 24th

BHPCNS will have Occupational Therapists from Canyon Kids, on site to screen children for fine & gross motor skills, sense-of-space, personal boundaries, and more. Flyers on the benefits of Occupational Therapy will be distributed at Back to School Night on October 5th. For the screenings we convert a classroom into a play-space to observe children's development. This will be a brief screening and not a formal assessment.





We will identify children for the screenings using one or more of the following methods:

- 1. ASQ-3 Questionnaires
- 2. Teacher and Specialists Observations
- 3. Parent Requests

If your child has been referred to be screened, you will receive a letter. To have your child participate in the screening process you must sign and return the Permission Slip.

Notify Liz at Lsobrino@bhpcns.org by October 20th, if you would like your child to be screened. Include the reason for the screening and your child's birthdate. Reports will be sent home after the screening with any recommendations.

#### SPECIAL PROGRAMMING

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

In the month of October, we will begin by learning some essential signs that may give our cubs the ability to communicate during play without using their voices. Signs like, play, share, wait, take turns, and stop. Later in the month, we will learn how to ask and answer the question, "how are you?" (happy, excited, sad, tired, shy, frustrated, proud,...). ASL requires hand movements AND facial expressions to effectively communicate an emotion. For example, your hands can't sign sad while you are smiling. It's confusing. The hands and the face must work together. I am excited to share this expressive language with your children.



#### ART (all ages) & SCIENCE (3-year-old and Pre-K) with Mrs. Mac 'N Cheese



The 3-year-old and Pre-K classes will have their first science lesson in October. They will discuss weather extremes. And, they will answer the questions, "what causes thunder, lightening, rain, snow?". In anticipation of colder weather we will make snow together. Is this the winter we will finally get a few inches (feet) of snow?

In art class, we will collect fallen leaves and use them to create beautiful artwork. The 2-year-old classes will make amazing leaf rubbings. While the 3-year-old and Pre-K classes will use the leaves they collect to paint and make colorful leaf pressings.

#### SINGING with Ms. Casey (all ages)

Fall is here! And with it comes Ms. Casey's favorite time of year. This month we'll sing about heading back to school and the friends we'll make along the way. Through music we'll celebrate the changes in nature that we can both see and feel. We'll also learn how pumpkins can be made into jack-o-lanterns and how the skeletons inside of us are what making jumping, running and dancing possible. Turn the music up to 11!



#### LITTLE HANDS MUSIC (all ages)



We are excited to have Little Hands Music Company return to Bradley Hills this year. Their mission is to bring out the song in every child.

Little Hands is an award-winning program offering music and movement classes to children and families in the Greater Washington DC area. We'll dance, sing, play instruments, tell engaging stories, and much more!

#### STORYTIME with Mrs. Sobrino (all ages)

With the help of our librarian, Mrs. Hauck, Mrs. Sobrino will select books that reinforce the monthly Science and Art lessons taught by Mrs. Mac 'N Cheese. Kids are invited to pick a letter on the big blue rug and circle round. These engaging books are a wonderful addition to our curriculum.

These special classes are offered twice a month to all ages.



#### **LUNCH BUNCH**

## Begins October 2nd <u>REGISTER TODAY!</u> from 11:30-12:30

Lunch Bunch is SO much fun for our two-year-olds. It extends the day by one hour which makes it fun for parents and caregivers as well.



Kids love sitting, talking, and eating together. They talk about all the foods in their lunchboxes, what colors they are eating, and their favorite foods.



#### STAY & PLAY PROGRAMMING

#### begins October 2nd REGISTER TODAY!

Stay & Play is a wonderful time of day at Bradley Hills. Children get to experience new things and make new friends in the process. They become athletes, chefs, dancers, scientists, yogis, and world explorers. Try one class or try them all!



## MONDAYS sports & games

Coach Cardoni Reports: Who's ready to get moving?! The children will be learning a variety of sports and games throughout the year. Stretching and warm up techniques will be taught to stay agile and healthy. The children will learn the terminology and uses of different sports equipment and rules of the games. Sportsmanship will be stressed as well as fundamentals of team sports and turn taking. We'll be playing old-school games like Duck, Duck, Goose and relay races as well as new games like Guard the Spaceship. Sports throughout the year will include Soccer, Field Hockey, Basketball, Gymnastics, Line Dancing, Lacrosse, Baseball, Tennis and more! The month of October will focus on learning the intricacies of Soccer. There is a great opportunity to improve gross motor skills like kicking a ball, dribbling and agility training!



#### **TUESDAYS & WEDNESDAYS**

#### dance



Dancer Colleen Shares: This October we will run, jump, spin, and stretch to fun and funky music of different styles. We will use our bodies to create rhythms and shapes, learn names of positions and basic dance steps, and use props such as scarves to expand our range of motion, all while learning the structure of a dance class. The creative movement skills we learn will lead up to the combinations performed in our recital in January.

All dancers will receive a Bradley Bear Dance Company T-shirt.

#### **TUESDAYS**

#### science

#### HALLOWEEN + SCIENCE = AWESOME!



Scientist Juhaszne promises science Stay and Play at BHPCNS start off spooky! Kids love things that fizz, slime, or bubble. The Halloween science activities we are going to do will be a great opportunity to work in a little bit about the scientific method and scientific experiment while being delightfully yucky. We will show students how scientists work through a process that asks a question and searches for an answer to that question. The possibilities are endless.

Looking forward to a spine-tingling October!!!

#### **WEDNESDAYS**

#### cooking

We can't wait to get cooking with our little chefs! We'll start the year out simply with fresh squeezed orange juice and by the end of year they'll be making chicken tenders and lasagna. Along the way they will be learning about stirring, flipping, measuring, cutting as well as frying, baking and assembling. Vocabularies will increase as we talk about kitchen equipment, utensils and ingredients. What else we will learn, you ask? Well, science, counting, fractions, weighing, sequencing—the list is endless!

The menu for October will be Fresh Squeezed Orange Juice, Rainbow Toast, Scrambled Eggs (with our own BHPCNS chickens' eggs!) and "Monster Mouths."

Bon appetit!



## THURSDAYS geography

World Explorer Mydlarz wants you to fasten your seat belts as our Bradley Bear Cubs are heading on a journey around the world! In our geography program, during the next 8 months we will be visiting 10 different countries, at least one from each continent. We will be learning not only about their geographic location but also about culture, heritage, traditions, language, food, and more. We will discover how children in each country live, go to school, spend their free time and what games they play the most. Our travelers will create their own "passports" that will be stamped after visiting each country.

#### **THURSDAYS**

#### geography continued

Here is our itinerary for the year. If you would like to volunteer to help teach our cubs about a particular country-please let us know.

October 19 and 26th - Mexico November 2, 9 and 16th - USA November 30 and December 7 - Germany January 4 and 11th - Uganda January 18 and 25th and Feb. 1 - Antarctica February 8, 15th and 22nd - South Korea February 29, March 7 and 14 - Ireland March 21, April 4 and 11th - Egypt April 18, 25th and May 2 - Australia May 9 and 16th - Argentina



#### **FRIDAYS**

#### yoga

Yogi Cardoni Shares: Our yogi bears will learn and practice yoga poses. We will also work on breathing techniques, practice mindful eating and gratitude. Our favorite mindfulness activity is relaxing at the end of our poses in Savasana, while those that opt, receive a foot massage to help them reach deeper relaxation. After a necessary handwashing, we slowly, quietly and mindfully eat our snack emphasizing gratitude and thoughtfulness and focus on the taste and texture of the food. Each week the yoga session and poses will be centered on a theme. Our themes for October include, Shapes, Feelings, Transportation and, of course, Halloween. Namaste!

#### TWO'S RULE

#### Monday through Friday



For the month of October, the 2s will have a great time playing. After playtime, we take a little time to rest on our mats, we will explore the classroom and playgrounds together. We will create art, read stories, and play music as well. The time will fly by as we have so much fun together!

#### NEWS FROM OUR LIBRARY

October is here, and with it Halloween! The nursery school library has over 50 books about Halloween. A few fun titles are: <u>Turkey Trick or Treat</u> (Wendy Silvano), <u>Click, Clack, Boo!</u> (Doreen Cronin), <u>Big Pumpkin</u> (Erica Silverman), and <u>Room on the Broom</u> (Julia Donaldson).

October is also a wonderful month to learn about the lifecycle of a pumpkin. From Seed to Pumpkin (Wendy Pfeffer) is an illustrated non-fiction book that explains how pumpkins grow, in simple scientific language. Pumpkin, Pumpkin (Jeanne Titherington) uses simple verse to tell the story of Jamie and his pumpkin seed, beautifully illustrating the lifecycle of a pumpkin in terms even our youngest students can understand. My all-time favorite, Pumpkin Jack (Will Hubbell), is a touching story about Tim and his jack-o-lantern. Once Halloween is over and the jack-o-lantern begins to rot, Tim's mother makes him throw it outside. Then the magic begins! We follow Tim's pumpkin from Halloween to spring and back to Halloween again, observing the lifecycle of a seed told through wonderful illustrations and story. All books are shelved in the library, alphabetically by author's last name.

We are happy to have you and your child borrow books from our library. Please note that a \$10.00 replacement fee will be charged for all lost books.

It's wonderful to have some cooler weather as we begin to think about fall events. We have several family friendly events occurring this month. Please join us at either of the following events!

Upcoming Events in October:

Sunday, October 1: Family Connections Lunch following the service. The topic is Parenting in the 21st century and we will have a panel of experts that includes a minister, educator, health professional, and a psychologist, psychiatrist, or social worker. Parents are invited to submit questions in advance.

#### Saturday, October 28, Trunk or Treat

Come in costume and join us in celebrating Halloween! We are looking forward to holding our fourth Halloween Trunk or Treat and child-friendly movie event this year on Saturday, October 28, at 5:30 pm.

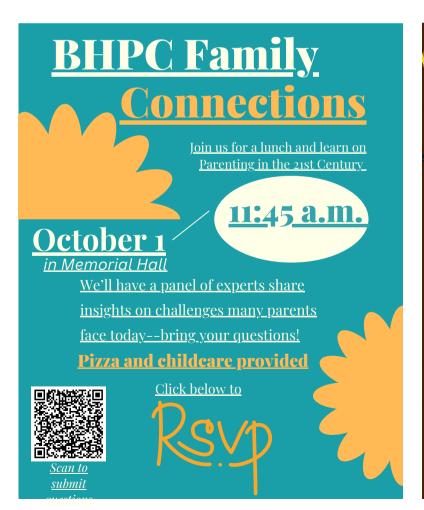
Partnership in Providing Coats to Families – We have appreciated the Nursery School's past support of our Coat Drive and welcome your involvement again this year. Our goal is to provide 100 coats to Arcola Elementary School in Wheaton. This Title One public school and BHPC have been closely linked through the Smart Sacks sorting and delivery of food. In past years, we have given 100 winter coats to the students. We have also remained close to them during Covid-19 by providing extra food and supplies to the 100 families personally touched by the pandemic. The school staff is deeply committed to assisting their school community.

To participate please sign up <u>HERE</u>. We thank you in advance for your contributions.



We are collecting coats until October 15th.

There is a wagon in the nursery school for dropping off coats.







# annual Coat Drive

September 12 - October 15

Drop-off Location: Nursery School Office Church Office (next to sanctuary)

The goal is to provide coats for all 38 families with children at Arcola Elementary School a warm coat for the winter.



Thank You for Your Support!

## How Can I Donate?

Purchase a coat during 8 BHPC's Coffee Hour after the 10:30 a.m. service on Sept. 17, 24, & Oct. 1

or

sign-up and shop using the QR code (drop the coats off at either drop-off location)

Scan the QR code to sign-up!

For more information: (301)365-2850 or Email: denise@bradleyhillschurch.org

bradleyhillschurch.org