



The Bear Facts

NOVEMBER 2023

Celebrating 66 Years of Early Childhood Education



Dear Parents,

It's November! Time to celebrate family, friends, and food! At BHP CNS we will be thinking, talking, playing, and singing about the things that make us happy and thankful.

We will continue to explore all things autumn. Now that there's a bit of a chill in the air and the leaves are falling down, please dress your child in layers of easy-to-wear jackets and fleece. Also, label their jackets, coats, boots, etc. You'd be amazed at how many children have the same jacket, hats, and mittens.

Our first Coffee & Conversation with Growing Minds was wonderful. We discussed the anxiety and stress children experience when separated from their parents/caregivers. Jill, from Growing Minds, was able to give advice on how to better prepare your child for these transitions. We practice these techniques each day here at Bradley Hills. I hope you will join us on Monday, November 6th after morning drop-off in Covenant Hall for our next conversation - **"How to Survive the Holidays."**

Registration for the 2023-24 school year has begun for students who will be NEW to BHP CNS. Registration for children currently enrolled at BHP CNS will begin on Monday, December 4th and end on Friday, December 8th. Full details can be found on page 5.

I continue to be thankful for your children who fill our days and hearts with joy & laughter. And I am grateful for our amazing teachers who lovingly care for your children each day.

Wishing everyone the happiest of Thanksgivings,

Liz Sobrino
BHP CNS Director

November 1st

- Tuition Due

November 2nd & 3rd

- Silver Graphics Brochures sent home

November 5th

- Thanksgiving Basket Donations Due

November 6th

- Parent Coffee with Growing Minds
Surviving the Holidays

After drop-off-10:45am in Covenant Hall

November 14th*

- Donuts & Dates TTh Classes
8:30-8:55am
BHP CNS

November 15th*

- Donuts & Dates MWF Classes
8:30-8:55am
BHP CNS

*MTWThF classes may choose either day

November 15th

- Silver Graphics Orders Due

November 17th

- Scholastic Book Orders Due

November 20th

- Thanksgiving Party, MWF 2s & 3s
- Thanksgiving Feast, Pre-K Classes

November 21st

- Thanksgiving Party, TTh 2s & 3s and
MTWThF 3s

November 22-24th

- SCHOOL CLOSED - Thanksgiving Break

November 29th

- Board Meeting 7:30pm

December 4th thru 8th

- Applications Due

[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, November 6th

After Morning Drop-Off until 10:45 am

join us for
★
**COFFEE
&
PARENT
GATHERINGS**

**HOW TO SURVIVE THE HOLIDAYS
WITH SMALL CHILDREN**

6 NOVEMBER
AFTER MORNING DROP-OFF UNTIL 10:45 AM
BHPC COVENANT HALL

RVSP HERE 

open to public	free	childcare provided
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Happy Fall from the Parents' Group! We have some important November dates and links to RSVP below - please take a moment to mark your calendars and let us know you're coming so we can be prepared to host you! While a small time commitment, without parent helpers for things like Donuts & Dates (links below!!) and some of the plans listed here, we can't accomplish nearly as much as we'd like. We are SO grateful for your help!

UPCOMING EVENTS

ENCHANTED FOREST PROM

SAVE THE DATE

Saturday, February 17th

8:00 pm - 11:00 pm

And reserve a sitter-it's going to be an event you won't want to miss!

Lots more details to come.

SILVER GRAPHICS FALL FUNDRAISER

Our fall fundraiser with SilverGraphics is here! In a nutshell: your child's artwork from school (or home) transforms into keepsakes just in time for holiday gifting. So many BHP CNS parents leverage this as a one-stop-shop for custom, child-made gifts - it is SO cute and easy! Proceeds from this fundraiser support ongoing teacher appreciation efforts, Parents' Group special events like the back to school ice cream social, donut days, parent socials, and more....

Here are some key dates to look out for:

- November 2nd & 3rd: brochures sent home with your child's artwork
- November 1st-15th: place your orders online

How to order:

- Go to: <https://www.silvergraphics.com/shop/>
- Enter access code: BHP23Art
- Parents have the option to choose from artwork in the online catalog OR upload ANY additional artwork or photos - the upload process is super easy!
- Choose school or home delivery at checkout
 - School delivery: December 4th
 - Home delivery: Approximately 3 weeks after order placed



HUGE thanks to Kelsey Brown for volunteering to lead this fundraiser. If you have any questions, please contact her at: kelseylee0221@yahoo.com

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



DONUTS & DATES

8:30am - 8:55 am

The Parents' Group invites BHPCNS students and their date of choice (a parent, grandparent, caregiver) to enjoy a sweet treat and coffee before drop off!

Tuesday, November 14th

RSVP [HERE](#)



Wednesday, November 15th

RSVP [HERE](#)



MTWThF Classes may RSVP for the day that works best for them.

EASY WAYS TO GET INVOLVED WITH THE PARENTS' GROUP!

Want to plan ahead? Check out the Parents' Group [Calendar of Events](#) for the school year.

*Please note some of these events are still in the planning stages and dates are subject to change



We want to thank everyone who has supported our fundraising efforts so far this year. Funds raised from the September Ledo's Dine-Out and Auntie Anne's Pretzel Kits (nearly \$1,100 in total) directly support Parents' Group sponsored events like the back to school ice cream social, potty training seminar, and the upcoming donuts with dates. Thank you for your continued support!

TIS THE SEASON?

Already thinking about holiday cards or other gifts? Need LABELS for hats, mittens, boots,...? Consider ordering through Minted or Mabels Labels where a portion of your dollar gets donated back to BHPCNS.



- save 20% on your purchase
- 15% goes back to BHPCNS
- Shop online [HERE](#)
- Use code FUNDRAISEBHPCNS



- 20% of sales go back to BHPCNS
- Shop online [HERE](#)

Parents' Group Co-Chairs

Kaeli Duggan

kaeli.duggan@gmail.com



Cass Price

cass.price@gmail.com



BHPCNS BOARD OF DIRECTORS

Dear Parents,

At this time of year, we reflect on our many blessings. For Bradley Hills Presbyterian Church and the BHPCNS Board, those blessings include the amazing BHPCNS teachers and administrators. They truly are what makes BHPCNS such a special school and community.

Our second Board meeting for the school year will be on November 29 at 7:30 pm. If you have any topics you would like included on the meeting agenda, please contact the Board at board@bhpcns.org. Board meetings are open to anyone with notification to the Board Chair through this email address at least 48 hours prior to the meeting. Throughout the school year, please feel encouraged to reach out to the Board with your questions, concerns, or thoughts about the school.

On behalf of the BHPCNS Board and Bradley Hills Presbyterian Church, we wish everyone a happy Thanksgiving!

Rosanna Morrison, BHPCNS Board Chair

Gail Brown, BHPCNS Board Vice Chair



2023-2024 PROGRAM OPTIONS

2 TWO-YEAR-OLD PROGRAMS
 2 days: Tuesday & Thursday
 3 days: Monday, Wednesday & Friday
 5 days: Monday, Tuesday, Wednesday, Thursday & Friday

3 THREE-YEAR-OLD PROGRAMS
 2 days: Tuesday & Thursday
 3 days: Monday, Wednesday & Friday
 5 days: Monday, Tuesday, Wednesday, Thursday & Friday

4 Pre-K PROGRAMS
 3 days: Monday, Wednesday & Friday
 5 days: Monday, Tuesday, Wednesday, Thursday & Friday



REGISTRATION FOR NEW STUDENTS

Applications for the 2024-25 school year for NEW STUDENTS and SIBLINGS of currently enrolled students are now being accepted and are available online at www.bhpcns.org.



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 by calling 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 2024.



REGISTRATION FOR CURRENTLY ENROLLED STUDENTS

Registration for children currently enrolled at BHPCNS will take place starting Monday, December 4th, and end Friday, December 8th. Applications will be linked and shared in brightwheel at 10am on Monday, December 4th. Applications must be submitted between December 4th and December 8th in order to be given priority in enrollment.

Please recognize that children currently enrolled in our Cub Club, 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 2024-25 school year.

BHPCNS follows Montgomery County Public Schools with regard to birthdate cut-off dates for admission.

Children must be... 2 by September 1, 2024 to enroll in the 2s,
 3 by September 1, 2024 to enroll in the 3s,
 and 4 by September 1, 2024 to enroll in Pre-K.



November is a time to be thankful and grateful for our families, friends, and relatives. At BHPCNS we spend the month of November focusing on family, friends, and food and what it means to be thankful with our bear cubs. It's always fun to hear what the children are most thankful for – of course we have to explain what it means to be thankful first. But once they understand, preschool-aged children are overwhelmingly thankful for YOU! The staff and I are thankful and grateful to watch your children play, grow, and learn each and every day.

MWF and Pre-K classes will celebrate on Monday, November 20th.
 TTh and MTWThF 2-year-old and 3-year-old classes will celebrate on Tuesday, November 21st.
 Room Parents will be reaching out with ways you can help your class celebrate.
 BHPCNS will be closed November 22-24 for the Thanksgiving holiday.
 School resumes on Monday, November 27th.

Looking for ways to make Thanksgiving meaningful for you and your children?

This [article](#) from Parents magazine provides a historical look at Thanksgiving. The article can be made age-appropriate for younger children and includes book suggestions for learning more about Thanksgiving.



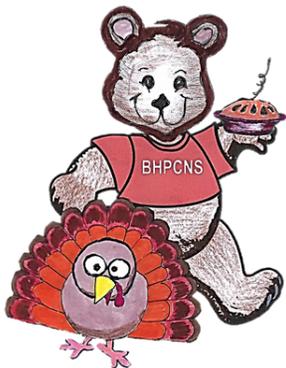
This [article](#) from Bright Horizons has wonderful ideas on how to create a special Thanksgiving with young children.



Here are some resources on how to create fun Thanksgiving season traditions to share with your children now and for years to come. Preschool-aged children live in the here and now. They will enjoy sharing these traditions for years and years to come.

Fun Thanksgiving ideas include:

1. Plan a special Thanksgiving breakfast or Friday morning breakfast and have your child help you make it.
2. Involve your child with the Thanksgiving menu planning and where possible, have your child help with the cooking.
3. Make thankful turkey hats for everyone in the family. Label the feathers with what you are thankful for or what makes you happy.
5. Send homemade Thanksgiving cards to those who can't be with you. Have your child tell the recipient why they are special to your child.
6. Organize a neighborhood bike, stroller, pet marching parade. Cone off the street or use driveways to set up tables with hot cider and cookies, Thanksgiving crafts, face painting, etc.
8. If there are family members who cannot gather with you, you can always gather via Zoom or FaceTime.



Thanksgiving Bradley Bear
 illustration by Nancy McCullough



However you celebrate, may your Thanksgiving holiday be filled with love and gratitude.

THE IMPORTANCE OF PLAY DATES

We love having your child in our classes and activities where there is large group socialization. To supplement the large group experience we recommend playdates. Playdates provide children with the opportunity to play one on one with a peer, the chance to share, take turns, practice manners. These are all very important skills for our children to master.

Talk with your child about who their special friends are at school and arrange a playdate at your home or the park. While a school setting provides lots of group dynamics it's important for a child to just play with a friend in an unstructured environment.



ENCOURAGE PRETEND PLAY

Did you know that Scholastic Books has wonderful parent resources?

"Young children learn by imagining and doing. Have you ever watched your child pick up a stone and pretend it is a zooming car, or hop a Lego across the table as if it were a person or a bunny? Your child is using an object to represent something else while giving it action and motion. But this pretend play is not as simple as it may seem. The process of pretending builds skills in many essential developmental areas..."

Click [HERE](#) to access the full article



HOW TO BE A SUPER FRIEND - A SOCIAL STORY FOR BUILDING FRIENDSHIP SKILLS!

I Can Be a SUPER FRIEND!

If you'd like a copy of the story for home, let me know.

Scripted Stories for Social Situations are used at BHPCNS to help children understand social interactions, expectations, social cues, the script of unfamiliar activities, and/or social rules. These stories help children understand the expectations of a situation and problem behaviors can be improved.

[How to be A Super Friend](#) is about a child who learns how to play and interact with friends and family. At BHPCNS we read social stories and model appropriate behaviors to help children learn the give and take of play in a group setting. Stories also help children identify their feelings and how they can be Super Friends. Social stories can be easily customized.

Does your child struggle with social-emotional development? It's not too late to [enroll](#) in one of our after school enrichment programs led by Growing Minds. Cost will be prorated.



FALL-WINTER 2023 ENRICHMENT PROGRAMS

Social-Emotional Learning and Beyond

BUILDERS and MAKERS

9 Tuesdays from 2:30-3:30pm

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

9 Thursdays from 2:30-3:30pm

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!

NOVEMBER BIRTHDAYS

Annabelle Fager
 Emma Bergstrom
 Ava Garzon
 Valentina Amini
 Tatsuru Kawabe
 Eleanor Brown



Ines Granados
 Luke Harlan
 Lauri LaRose
 Mason Lieberman
 Emma Zleit

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.

BRADLEY BEAR IS LOOKING FOR ADDITIONAL SUBSTITUTE TEACHERS

1. Do you love children?
2. Are your children growing up too fast?
3. Do you want to be part of our loving community?
4. Are you looking for a meaningful way to spend your mornings?

If you've answered yes to these questions and are interested in learning more about becoming a substitute teacher, please contact Liz or Carolyn for more details.



SCHOLASTIC BOOKS



Thank you for your book orders in October. Every purchase helps BHPCNS collect points which we can use to order new books for our classrooms and library. We were able to select several new books in October. Be on the lookout for scholastic brochures in your child's folder. Orders are due Friday, November 17th.

Scholastic books make great holiday gifts!

Order online [HERE](#) using the school code L8HGN.
 Your teacher is Bradley Bear.



PRE-K FIELD TRIP TO IMAGINATION STAGE

Thank you to all our parents who volunteered their time and cars to get our Pre-K classes to and from Imagination Stage to see *The Very Hungry Caterpillar*. We hope you enjoyed the performance as much as our cubs did!



STUDENT ABSENCES OR ILLNESS

If your child is ill and will be missing school, please call the office or send us an email. 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 are often asked: "How do you know when to keep a child home?"

Here are some guidelines:

- Do not send your child to school within 24 hours of a fever.
- Do not send your child to school within 24 hours of diarrhea.
- Do not send your child to school within 24 hours of vomiting.
- Do not send your child to school if they are heavily congested and/or coughing.

Please note the 24 hour rule in the above guidelines.

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.

CLOTHING FOR COOLER WEATHER

PLEASE LABEL ALL BELONGINGS



We are outside EVERY day! Please dress your child in layers for active play both indoors and outdoors. This includes well fitting, closed-toed shoes, and socks. Shoes must stay on a child's feet when running and climbing. Loose fitting pants, leggings, sweat pants, shirts, jackets allow children to move about freely on our play equipment. For our dress loving bear cubs we ask that the children wear shorts underneath.

Questions, check with your teacher or the office.

WEATHER RELATED CLOSINGS

BHPCNS follows Montgomery County Public Schools, MCPS, emergency weather closings. To be in the know sign up for MCPS Alerts click [HERE](#).

If MCPS schools are closed, BHPCNS will be closed.

If MCPS has a two hour delay, BHPCNS will begin the school day at 11:00 am, except for Early Morning with Bradley Bear students who may arrive at 10 am. Students in the 2-year-old program may stay until 12:30 pm. Lunch Bunch will be cancelled. We will provide a hearty snack.

If MCPS closes schools early, BHPCNS will close at 11:30 for the 2s; 12:30 for the 3-year-old and Pre-K classes. Lunch Bunch proceeds as normal and Stay & Play will be cancelled.



DONATIONS

Before you throw it out donate it to BHPCNS

Bath towels

Egg cartons

Large oatmeal canisters

Small glass jars with lids, i.e. baby food jars.

Please bring any donations to the office. Thank you!

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

This month in ASL we are learning the signs for colors & numbers. We will talk about what happens when you combine red & yellow, red & blue, and yellow & blue. And tie in the signs we learned last class about our emotions. What color makes you think of the emotion angry? What color makes you think of the emotion sad?

Learning the numbers is harder than you might think. Trying to keep our number signs from being confused with our alphabet signs is the challenge. I know our cubs are up for it!

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

In November, we will whisk the kids away to the BIG CITY. They will study buildings of all shapes and sizes and create an expansive city scape.

Our 2-year-old classes will be using foam blocks to paint and press their city scapes.

Our 3-year-old and Pre-K classes will use tissue paper to construct their cities. And overlay windows and doors.

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

There is nothing sweeter than our tiniest and mightiest Bradley Bears who come to BHPCNS on Thursdays. Playing, growing, and learning alongside a caregiver and Mrs. Barnett.



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

We hopped like frogs and slid like snails in music classes this month! The focus was on fast (frogs) and slow (snails) as well as the difference in body movements that represented staccato and legato (hops - short and disconnected movement versus slides - long and connected movement.) This fall's theme for music classes is called Hello Rainbow, so dancing with rainbow streamers or scarves to the tune "De Colores" in honor of Hispanic-American Heritage month was part of music classes as well! Ms Jenete (on Tuesdays) and Ms Beth (on Fridays) loved meeting all our Bradley Bear friends and making music with shakers and drums!



Please feel free to look up "[Little Hands Little Frog Hop](#)" and "[Little Hands Frog and Snail](#)" songs so you can hop and slide and sing at home!

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



Our cubs will learn the science behind dough. The enzymes in yeast break down the starch in the flour into sugars. These sugars cause the yeast to metabolize and produce carbon dioxide (hence the rise in the dough).

Gluten is the bond that helps food maintain its shape. When you knead dough, the gluten proteins uncoil strengthening the dough.

It is a LOT of fun to measure, mix, knead, shape, bake and our favorite part, EAT.

SINGING with Ms. Casey (all ages)

How wonderful to see familiar faces and make new friends. As the children know, October is Ms. Casey's favorite time of the year. For our first music class of the school year we sang songs about the falling leaves and busy squirrels. In anticipation of Halloween, we learned about the skeleton inside of us all and all of the amazing things it allows our body to do (jump for joy!) We shared "scary" stories that helped us explore what it feels like to be surprised. November brings even more new feelings as we share what it means to be grateful for the family and friends around us. The holiday season is right around the corner so don't be surprised if your small ones begin singing around the house. Consider it a sneak preview of our holiday concert!



STORYTIME with Mrs. Sobrino (all ages)

At BHPCNS we celebrate Thanksgiving with a focus on food and family. We talk about the many things in our lives to be thankful for. [Thanks for Thanksgiving](#) (Julie Markes) is a great book to read to children as we talk about thankfulness. This book has beautiful illustrations and simple text showing children and families giving thanks for a variety of joys, such as playgrounds, pets, fall leaves, and loved ones. [Harvest Days: Giving Thanks Around the World](#) (Kate DePalma) introduces children to harvest festivals from a variety of cultures around the world. In [No Turkey for Thanksgiving](#) (Jacqueline Jules) Tuyet is looking forward to celebrating Thanksgiving. However, her Vietnamese American family eats duck instead of turkey. Tuyet worries about what her friends and teacher will think when they learn how her family celebrates. No spoilers here; however, I will let you know there is a heartwarming ending to this story.

When your child has Storytime with Mrs. Sobrino, they will be invited to select a book to borrow from the library. Borrowed books will be sent home in your child's tote and are due two weeks later. Parents and children may borrow books at any time. Please note that a \$10.00 replacement fee will be charged for all lost books. If you need assistance in the library, please stop by the office.



MONDAYS

sports & games



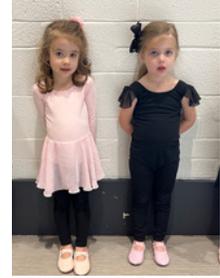
Coach Cardoni Reports: The cubs have been mastering control of a soccer ball. They know how to dribble and control the power of their kick, while watching out for their teammates. In November, we wrap up soccer season and learn a new sport, Field Hockey! The cubs will learn how to control a ball with a hockey stick and practice good sportsmanship. Every week we warm up with jumping jacks and stretch to prevent injury. We finish each session with a relay race, Duck, Duck, Goose or Ring Around the Rosey. We're learning new games too! Stone, Bridge, Tree will be a new addition in November! Join our team to get in on the fun!

TUESDAYS & WEDNESDAYS

dance

Dancer Colleen Shares: While everyone else is busy getting ready for Thanksgiving, our dashing dancers are preparing for their big show in January. It will be a Wonderful Winter Wonderland performance unlike anything you've ever seen!

Mark your calendar for January 25th at 1:45 to see all the fun. There will be dancing, crafts to view, and yummy snacks for all guests and performers.



TUESDAYS

science



Scientist Schweitzer reports: Our Wigglin' Wizards have been busy in the science lab during the month of October. We've had fun creating lava lamps with different liquid densities. We've put our architectural skills to the test constructing candy corn and marshmallow towers, and we loved carving a pumpkin and making it ooze while studying the gooey parts inside.

Our curiosity continues to grow in November as our Wigglin Wizards learn about the concept of friction as we make our very own penny spinners. We'll continue the fun as we question what can and cannot float, taking on the penny boat challenge, and we'll have lots of laughs creating a chemical reaction and discovering what really makes magic corn dance! Can't wait to see what we find out!

WEDNESDAYS

cooking

There are so very many lessons that are learned while cooking. Math concepts like counting, measuring, and fractions naturally unfold when navigating a recipe. Observing how food changes with temperature or when mixed with another ingredient provides great lessons in science. Vocabulary is built as we describe not only how food tastes, looks and feels, but also as we learn more about different cooking techniques and supplies.

Speaking of techniques—we'll be honing our egg-cracking skills in this eggsellent month of November as we continue to enjoy Chicka Chicka and Boom Boom's offerings to the school. On the menu: Omelet in a Bag, Egg in a Basket, Mini Quiche, and Spinach Omelet. Bon appetit!



THURSDAYS

geography



Travel Agent Ms. Anderson reports: In October our cubs visited the first country on our list - Mexico. We talked about traditions, followed the school day of children in Mexico City and had our all-time favorite snack - quesadillas - with a side of guacamole. Our own Ms. Anderson, who is of Mexican descent, brought us traditional clothes, so children could try them on and we danced to some traditional music. Lastly we celebrated Día de Los Muertos (Day of the Dead) which is held on November 1st and 2nd to celebrate our love and respect for deceased family members.

From Mexico we will fly north to the United States of America. Bon Voyage!

FRIDAYS

yoga

Resident Yogi Cardoni Shares: Yoga is a wonderful practice that helps children develop self-confidence and reduce anxiety. Our yogi bears have learned lots of yoga poses and practice mindfulness while lying still in Savasana and practicing mindful eating. Each week the yoga poses focus on a theme. In November, we will move like nocturnal animals and celebrate friendship and Thanksgiving. Namaste.



TWO'S RULE

monday through friday



In November, the 2s will create art inspired by fallen leaves, read stories about Thanksgiving, and talk about what it is to be thankful. The time will fly by as we have so much fun together!

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! Register [HERE](#)



BRADLEY HILLS PRESBYTERIAN CHURCH

As we approach the colder weather, we give thanks to all who helped with the children's coat drive for Arcola Elementary School children!

November Stewardship Activity: We are again collecting food for Thanksgiving baskets. They will be assembled on Sunday, November 12th, after the Interfaith Service. This activity is a great way to involve your children in selecting and bringing the food items.

November 12 Interfaith Sunday: Children from all three congregations are invited to participate during the service in a Children's Church School that will focus on an interfaith message and then the inter-congregational brunch after worship.

THANKSGIVING BASKETS

Please join our interfaith effort to collect Thanksgiving meals for families in our area!
Deliver food to Memorial Hall by **Sunday, November 5th.**

This is a great activity to involve your children in selecting and bringing one of each of the requested food items listed below. In addition, a monetary donation enables us to include grocery store gift cards for each family to purchase a turkey or other perishable items for their meal. Please deliver \$25 gift cards from Giant to Matt Nabinger or the BJC office.



- | | |
|---|--|
| <input checked="" type="checkbox"/> Canned yams or sweet potatoes | <input checked="" type="checkbox"/> Cornbread Mix (box or bag) |
| <input checked="" type="checkbox"/> Canned corn | <input checked="" type="checkbox"/> Box of cake, Jello or pudding mix |
| <input checked="" type="checkbox"/> Canned green beans | <input checked="" type="checkbox"/> Box or bag of pasta (standard size) |
| <input checked="" type="checkbox"/> Other canned vegetable | <input checked="" type="checkbox"/> Rice or rice mix (standard size) |
| <input checked="" type="checkbox"/> Any canned fruit | <input checked="" type="checkbox"/> Can of soup (16-17 oz) |
| <input checked="" type="checkbox"/> Jar of applesauce | <input checked="" type="checkbox"/> Pair of new white socks - child or adult (any sizes) |
| <input checked="" type="checkbox"/> Canned cranberry sauce | <input checked="" type="checkbox"/> New reusable shopping bag |
| <input checked="" type="checkbox"/> Gravy (can, jar or packet) | <input checked="" type="checkbox"/> Halloween sized candy donations welcome for us to include in baskets |
| <input checked="" type="checkbox"/> Stuffing mix (box or bag) | |

