

April 2017 Newsletter

The Bear Facts

Dear Parents,

In just a few days everyone will be heading off for Spring Break. BHP CNS will close for students after Stay and Play on Thursday, April 6th. On Friday, April 7th BHP CNS staff will spend the morning in a training session on "Intentional Teaching." We look forward to putting what we learn into practice!

Our Pizza and John Henry event was a HUGE success. Thank you to everyone who helped set-up, distributed dinner, and cleaned-up. Over 230 children, parents, teachers, came to eat, sing, and dance. A special "Thank You" to Ashley Schneider and Mary Dunmire, our amazing Parents' Group Presidents, for organizing the evening. Thank you to all the parents who helped setup and cleanup.

Upcoming April highlights include:

- **Coffee with the Director** on April 4th after drop off (See details below)
- **BHP CNS Resource Night** on April 19th between 6:30 and 8:30. Come out to meet representatives from Infants and Toddlers, Child Find, as well as speech pathologists, counselors, occupation therapy special, and more.
- **"Everything You Ever Wanted to Know About MCPS Kindergarten"** evening on April 19th. This informative session will feature Maura Backenstoe, an MCPS kindergarten teacher and conversations with families currently enrolled in kindergarten classes.
- The **2016-2017 Parent Survey** is online through Survey Monkey. Surveys have been emailed to all parents or you may access the survey by [clicking here](#). The vital information you share with us is used to improve our programming and facilities. Thank you in advance for sharing your opinions with me and thank you to the families who've completed a survey!

We are planning a parenting book club. See details below in the newsletter.

In addition to the information you provide on the Parent Survey, please know that the office door is always open. Or call me on my cell at 301-642-8166 or email me at Lsobrino@bhpcns.org any time to talk about all things BHP CNS.

I want to wish you and your family a joyous Easter celebration. Wishing you safe travels and a wonderful Spring Break! I will be away April 18th through the 21st. In my absence Carolyn McCauley will be in the office.

Liz
Liz Sobrino
Director BHP CNS



GUIDE TO THE GALAXY BHP CNS' SUMMER CAMP



Flyers have been sent home with camp registration details. Additional flyers are available outside the office. This year our campers will be exploring outer space. Camp runs Monday through Thursday, between 9:00 am and 12:30 pm. There will be early morning drop off available too. Camp will be held the following 3 weeks:

- June 12 through the 15th
- June 19 through the 22nd
- June 26 through the 29th

All currently enrolled BHP CNS children are eligible to attend camp as are friends and neighbors. Make camp more memorable by signing up with a friend from outside the BHP CNS community.

Current 2 year olds/rising 3 year olds must be potty trained to participate in camp.

Questions or for more details, stop by the office. We'll be happy to help! Registration forms are on our website, www.bhpcns.org



PARENTS' GROUP NEWSLETTER

Happy spring! Thank you to everyone who came to our pizza and John Henry night! It was so much fun eating dinner and dancing with friends. A big thank you goes to Lacey Castellanos, Megan Notaro, Nicole Wolven, Lindy Pierre, Mrs. Mac and Cheese, Mrs. Cardoni, and Mrs. Choi for all of your help setting up Memorial Hall and delivering pizzas! We are also so grateful to everyone else who popped in to help setup, man the ice cream station, and cleanup the fun.

Curious for some new tips and tricks to add to your parenting bucket? Come to our **Parent Resource Night** on April 19th. We will have guests from a number of local programs who are willing to answer your individual questions one on one and share information about the resources they have that might be helpful to you and your children. Additionally, if you have a four-year-old and Kindergarten is in your future, you'll want to join us this evening as well for our **Kindergarten** meeting. We will have a MCPS Kindergarten teacher share an overview of MCPS Kindergarten and answer any questions you have regarding Kindergarten readiness. If you are a bit more experienced and already have a Kindergartener, we would love to have you attend as well. We love hearing about the individual schools, transitioning to Kindergarten, and Kindergarten overall from a parent perspective.

We are blessed with such wonderful teachers and staff at BHP CNS. It's nice to take a moment to thank them for all that they do for our children, and us as parents! Please look for information from us regarding Teacher Appreciation Week in early May.

We'll need some help filling committee chair positions next year. Contact Ashley if you're willing to help with our Welcome Back Picnic, leading the Sunshine Committee, organizing monthly teacher snacks, organizing fundraisers, organizing family dine-out nights, selling totes and t-shirts during the Parent Open House, or other special events.

Ashley Schneider
absilver@comcast.net

Mary Dunmire
Mary.E.Dunmire@gmail.com

NEWS FROM THE BHP CNS BOARD

The Board reviews Liz's performance on an annual basis. We gather input from the staff, parents, as well as Board members. In preparation for this, the Parents Group will be sending you a questionnaire. Please take a few moments to complete this. Your input helps the Church and Liz to continue to deliver an excellent program. The next Board meeting is scheduled for Wednesday, May 3rd. Meetings are open to all members of the school community with 48 hours advance notice. Contact Board Chair Julie Hunter at bjahunter@aol.com or Liz Sobrino at lsobrino@bhpcns.org if you are interested in attending. Wishing everyone has a happy Easter and spring break.

PIZZA NIGHT WITH JOHN HENRY WAS A HUGE SUCCESS! THANK YOU!

Pizza and John Henry was so much fun! Thank you to the Parents' Group for funding John Henry for everyone to enjoy. Thank you to Ashley Schneider and Mary Dunmire for coordinating the event. The evening was a wonderful opportunity to introduce several new incoming families to the BHP CNS community. The evening would never have happened without our amazing volunteers. Thank you to everyone who helped, but I'd like to give special shout outs to: Ashley Schneider, Lacey Castellanos, Nicole Wolven, Nancy Mac-n-Cheese, Anne Marie Cardoni, Moon Choi, Emily Giuffre, Donna Barnett, Trish Sutherland, and Chrissy Leon. Special shout-out to Katie Burton for sorting all the crayons back into their box! Last but not least, thank you to everyone who helped break down and clean up at the end of the evening. You made cleanup really easy!



AND



DIRECTOR'S COFFEE: APRIL 4, 2017 AFTER DROP-OFF



Please join Liz for an hour of conversation, coffee, and treats. This informal gathering will provide parents with an opportunity to chat with each other and Liz about all things related to BHPCNS. It's a terrific opportunity to share ideas, concerns, and have your questions answered.

April 4th in the Library between 9:00 and 10:00 am.

Please RSVP to 301-365-2909 or Lsobrino@bhpcns.org if you would like to attend.

EVERYTHING YOU'VE EVER WANTED TO KNOW ABOUT KINDERGARTEN: APRIL 19 7:30 PM

BHPCNS KINDERGARTEN INFORMATION EVENING ON APRIL 19, 2017 in Covenant Hall.

Mark your calendars for this fun and informative evening!

Kindergarten is a big transition for your child and your whole family.

- Do you have questions or concerns about MCPS Kindergarten?
- Have your questions answered at our **Kindergarten Information Event** on April 19th at 7:30 pm.
 - A current MCPS Kindergarten teacher will be on hand to share her insights about Kindergarten readiness and what to expect come September.
 - Parents of current or recent MCPS Kindergarteners and St. Jane de Chantal will be attending for breakout, by elementary school, round table discussions. (If you have a child or have had a child recently attend a MCPS kindergarten and are interested in leading/facilitating one of our breakout groups, please email me at lsobrino@bhpcns.org.)
- If you have friends or neighbors who might be interested in attending, they are welcome to come as well.
- RSVP by emailing us at info@bhpcns.org or calling the school office, 301-365-2909 or on the clipboard outside of the office. This is an adult only event and childcare will not be provided.



MCPS Kindergarten Registration is Happening Now!

MCPS elementary schools need to know if your child will be attending their school in September 2016. To register your child, call your local elementary school. It is very helpful to the elementary schools to know the number of children attending in the 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.

Local Elementary Schools and their phone numbers:

Ashburton: 240-740-1300

Bannockburn: 240-740-1270

Bethesda: 240-204-5300

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: 301-571-6949

Seven Locks: 240-740-0940

Wood Acres: 240-740-1120

Wyngate: 240-740-1080

When contacting your local elementary school ask if they are hosting any informational meetings for parents. For more information about MCPS and Kindergarten, visit the MCPS website by clicking [here](#). Kindergarten orientation dates are available on the MCPS website as well.

From NAEYC, the National Association for the Education of Young Children, 4 Tips Every Kindergarten Teachers Wants You to Know: <http://families.naeyc.org/learning-and-development/4-things-kindergarten-teachers-want-you-know>.

Please sign up to attend by calling the office at 301-365-2909 or email us at info@bhpcns.org or signing up outside of the office on the clipboard. We want to be sure to have enough space for everyone who'd like to attend.



Parent Resource Night

April 19th...6:30 to 8:30 pm...Gathering Space



Are you looking for tips to help you navigate the joys and pitfalls of parenting?

Do you want to know more about the benefits for your child(ren) of:

- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Working with a licensed clinical social worker on behavioral issues, self-esteem, childhood fears, social/emotional development, & more
- Potty training/challenges
- PEP: Parent Encouragement Programs on how to be a better parent and raise happier kids
- Creating daily routines and systems to make your household run smoothly
- Services provided by Montgomery County; Infants and Toddlers, Child Find, & Child Link

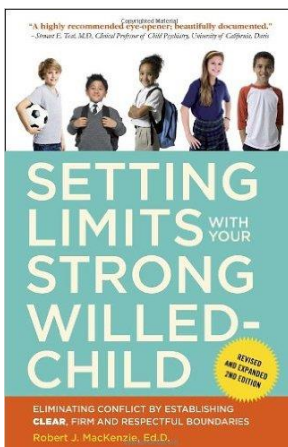
Trained professionals will be on hand to talk with families one on one about their concerns and questions. This informative evening will include many resources and professionals for families. The program is free and open to all BHPCNS families and the community at large. Bring your friends, and neighbors to learn more.

Questions: contact us at 301-365-2909 or email me at Lsobrino@bhpcns.org. Please signup to attend by calling the office at 301-365-2909 or email us at info@bhpcns.org or signing up outside of the office on the clipboard. This is meant to be an adult only event.



BHPCNS PARENT BOOK CLUB: MAY 12TH AT 9:15 AM OR MAY 16TH AT 7:30 PM

Join BHPCNS Director, Liz Sobrino, for a discussion of the book, **Setting Limits with Your Strong Willed Child** by Robert MacKenzie on May 12th at 9:15 AM or May 16th at 7:30 pm.



*In this fully revised and expanded second edition, **Setting Limits** author Robert MacKenzie is back with even more time-proven methods for dealing with misbehavior and creating positive, respectful, and rewarding relationships with children prone to acting out and disobedience.*

Copies of the book are available [on Amazon](https://www.amazon.com/dp/0061651910) for \$10.80. There are a couple of copies in the office that we can lend to you if you prefer not to purchase the book.

Please signup to attend by calling the office at 301-365-2909 or email us at info@bhpcns.org or signing up outside of the office on the clipboard. We want to be sure to have enough space for everyone who'd like to attend.

ADDITIONAL PARENT RESOURCES:

NAEYC or the National Association for the Education of Young Children, <http://www.naeyc.org/> is an organization for people involved in early childhood education. While designed as a resource for those in the industry it is full of parenting advice and tips on all kinds of information. Want to know more about the Common Core or the benefits of play-based education, click on their Topics tab. There you will find articles and information on all types of topics relevant to raising children in today's fast paced society. Highlighted articles on the website from NAEYC's publications are terrific resources on many child development topics.

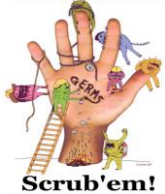
WETA KIDS, <http://www.weta.org/kids> is an entire channel dedicated to providing quality programming such as Sesame Street, Curious George, Wondergirl, for children. These programs promote academic, social, and emotional growth in a fun, engaging, and developmentally appropriate manner.

BHPCNS REMINDERS AND UPDATES:

BHPCNS Playgrounds: The BHPCNS playgrounds are open to the public. We love that our cubs play on the playgrounds throughout the year. We ask that you return the playground the way you found it, covering sandboxes and putting away the sand toys is very much appreciated.



Germ Farm



Hand Washing Prevents the Spread of Germs: A quick reminder to wash your child's hands as they enter school every morning. We had a lot of sick children and staff in March. Many cases of the flu and strep have been reported to the office. Please help keep everyone healthy by washing your child's hands when you enter the school. Thank you!
If your child is sick, please contact the office in the morning.
Reminder, a child must be healthy, without pain medication or fever reducing medicine, for 24

2016-2017 Parent Surveys: Have been emailed to all our families. If you have completed a survey, thank you. If you haven't filled yours out yet, there's still time. Access the survey by [clicking here](#) or collect a paper copy in the office.

Please Take My
Survey



No Parking in the Fire Lane: The yellow line between the sidewalk and the driveway is to keep cars from drifting onto the sidewalk. This is also a fire lane. Parking is not allowed on this strip of pavement. Please park in a parking space when dropping children off in the morning or collecting them in the afternoon. Please share this information with everyone who drives your child.

Boots for Outdoor Playtime: Please continue to send your children to school with boots that can be worn outside to the playgrounds. Muddy playgrounds will not be keeping us indoors as the temperature rises!



Lost and Found Bin: The Lost and Found bin, by Room 117, is getting filled with warm jackets, hair bows, sweaters, and other lost items. Please check the bin for any missing belongings. Uncollected items will be donated to needy children in April.

BHPCNS VOLUNTEERS ARE THE BEST!

BHPCNS welcomes all parents, caregivers, nannies, grandparents, aunts, uncles, siblings, and even family pets into our classrooms. If you or someone your child loves has a special talent, a favorite book, a family tradition, a cultural experience, a craft, a love of unique creatures, a hobby, please check with your child's teacher about a time to come to school and treat the class to a special event. This year we've had families share their Chinese/Lunar New Year traditions, their Hanukkah traditions; numerous siblings and grandparents have come to read to their brother or sister's class, and even a puppy came to school one day.

If you are interested in volunteering to assist with school events, that would be wonderful too! Just pop into the office to discuss options.



**Thank you to all our volunteers,
past, present, and future!**

**The children and the school benefit
from your support!**

BOOTS, CLEATS, SHOES, SWAP COMING TO BHPCNS: APRIL 24TH TO MAY 5TH

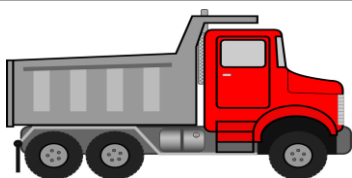


Boot, Cleats, Shoes, and Ballet Slipper Swap:

Begins April 24th through May 5th. Please bring your child's outgrown boots, cleats, shoes, and ballet shoes. You do not need to bring a pair to take a pair. And you don't need to take a pair to bring a pair. Questions, contact Liz or Carolyn in the office or call us at 301-365-2909.



MARK YOUR CALENDARS FOR THESE UPCOMING BHPCNS EVENTS!



Transportation Days

May 15 and May 16

If you have a vehicle to share
contact the office at 301-365-2909.

We love trucks, construction
equipment, fancy cars, etc...
Friends and family are welcome
to come and see the vehicles.

Bradley Bear Dance Troupe Spring Performance

May 24 at 1:45



Enjoy an afternoon of special
performances!



& Resource Night!

April 19th

6:30 to 9:00 pm

BHPCNS Spring Break Holidays!



BHPCNS will close after Stay and
Play on Thursday, April 6th and
reopen on Tuesday, April 18th.
Have a safe and happy break!

Muffins with Mom in May!

May 11th and May 12th all moms,
and/or other important person in your
child's life are invited for breakfast
starting at 8:15 in Memorial Hall.



DID YOU KNOW??????

BHPCNS collects gently used, men's, women's, and children's clothing as well as household goods and jewelry to be sold at a consignment shop. Proceeds raised from your donations directly benefit the children at Bradley Hills. So if you are cleaning out closets, or packing up to move, or purging your home consider dropping off your items in the office. Mrs. McCauley loves to take our donations to the consignment shop.



**Free
OT Screenings**

During the month of April TLC, will be offering FREE, Occupational Therapy Screenings. Limited appointments are available. To schedule an appointment call Nina Herndon at 301-424-5200 ext. 159. OT screenings and therapy are wonderful for children who cover their ears with loud noises, who are always on the go or fidgety, bothered by tags, cuffs, socks, annoyed by messy hands, is clumsy, and has challenges with large or small motor task. Call today for more information.

Spring Parenting Classes at PEP

PEP, a local nonprofit, is all about educating parents—giving them the knowledge and skills to raise more cooperative, respectful and responsible children. That is, to become parents who:

- are involved, but not over involved
- keep their children safe, without being overly protective
- provide without overindulging and
- create an organized, well-functioning family.

This Saturday (April 1), PEP is holding a free introductory class, “[Why Don't My Kids Listen to Me?](#)” from 3–4:30pm at PEP, 10100 Connecticut Ave., Kensington, MD.

This spring, PEP is pleased to offer nearly 40 programs for parents of all age children including, [Parenting Preschoolers](#), [PEP I: Parenting 5 to 12 Year Olds](#), a [PEP I Parenting Bootcamp](#), and [Thriving With Teens](#).

PEP website: <http://pepparent.org/> or call [301.929.8824](tel:301.929.8824) for more information on these and other classes.

APRIL BIRTHDAYS

Sydney Koch
Clarke Abod
Paul Magary
Kajtek Bill
Patrick Burton
Tyler Burton
Klara Mydlarz
Eduardo Sousa

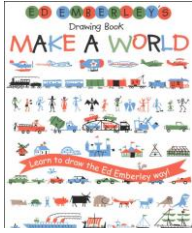


Avery Brandaleone
Beck Dash
Leela Anand
Elinor Supple
Sullivan Pierre
Avery Maloy
Lucas Cavallo
Knox Niroo
Natalie Schaefer

Wish these Bradley Bear Cubs a happy day!!!!

Reminder: If sending in birthday treats, please send in **small** cupcakes, mini muffins, fruit kabobs, etc., keeping classroom food allergies in mind. We share birthday treats at snack time! If you have any questions, please reach out to your child's teacher or the office.

STAY AND PLAY UPDATES



Mondays: The Artist's Corner By Mrs. McCullough

This month we will celebrate Ed Emberley. First we will make fingerprint springtime cards. Flowers, rabbits, frogs, butterflies, and birds can all be illustrated with fingerprints and black ink. Then after a fun spring break, (if opportunities arrive practice cutting and drawing) we will do a Monster Creation, based on the book If You Are a Monster and You Know It.

In Science we will be celebrating Spring! We will be collecting sticks, grass and other objects we find to make our own bird's nests, perhaps we will find some "plastic Easter eggs to put in our nests. We will also be learning about flowers and making our own paper petals open in water. We will be planting our oak tree seedlings that we have been cultivating from the acorns we collected and planted in the fall. Finally, we will be learning about the Water Cycle for Earth Day. The water we drink and use in our daily lives has been around since the earth was formed. How can we care for this precious resource? Ask your wigglin' wizard for the answers!

Tuesday: Wigglin' Wizards By Mrs. Cardoni



Tuesday & Wednesday: Bradley Bear Dance Co. By Chelsea Smith



We're really "Under the Sea" this month! In April, our Bradley Bear dancers will complete their choreography for the upcoming recital performance. In addition to their recital pieces, our little sea creatures are perfecting their big entrance and taking their final bow! All of our classes are also working on their balances and pas de chats. We are incredibly pleased with their progress.

Spring is here at last! After the winter months of tummy warming comfort foods and our own March Madness treats, it is time to celebrate the warmer weather with our twist on some classic summer favorites. On the menu this month are peanut butter and banana quesadillas, donut hole and fruit skewers, turkey burger sliders and s'more crescent roll ups.

Enthusiasm and hearty appetites abound in the kitchen with our Bradley Bears!



Wednesdays: In the Kitchen By Mrs. Myers



Thursdays: Where in the World is Bradley Bear? By Mrs. Senarathne

In Geography Stay and Play, we visited the "Land of the Rising Sun"-Japan. Mrs. Seto and Mrs. Yuka BHP CNS parents came and did a wonderful presentation of the traditional Kimonos, Games, and Origami. We celebrated our girls with the Hina Matsuri Doll display and the Boys with the Tango no Sekku with Carp fish display. We will be flying to Poland on the Baltic Sea where we will learn about many of their holiday traditions and sample delicious Polish foods.

For our Fun Fridays in April for Room 111 we will be exploring how April showers bring May flowers! During the month of April, Fun Fridays will be spent learning about rain! We'll make rain sticks, and will observe how rain changes our world, and explore how rain comes from the clouds. If we're lucky, we'll be able to see some rain in action!

Fun Fridays! By Mrs. Leon/Room 111

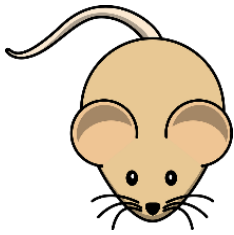


By Mrs. Myers/Room 105



Our Fridays are a celebration! In April, we will celebrate spring and our wonderful world. On Earth Day and Arbor Day, we will celebrate the beauty of our blossoming environment while being mindful of our role in preserving our natural resources.

MONTHLY SPECIAL CLASSES



Music Class
2s, 3s, & 4s

Mr. Chip Reports:

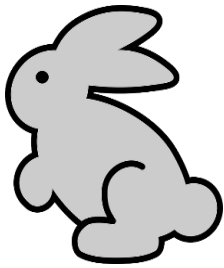
Our March music classes were full of fun activities related to Hickory Dickory Dock. Great fun was had as we pretended to be cats and mice and dancing clocks! In April, we will discover the many ways to move our dancing bones as we sing "I've Got Dancing in My Bones" to the tune of "If You're Happy and You Know It." We also will revisit our cat and mouse game and will explore ways to match our movements to the patterns in music as we sing "Ram Sam Sam." Older students will notate the patterns in this song and everyone will get to explore ways to play the shakers to match the various parts. As always, there's a lot to do in music class, and lots of fun to be had!

Mrs. Sutherland Reports:

What makes our planet special and what are some ways that we can work together to take care of it? These questions will be explored in our April Science lesson when we find out about the effects of litter and waste on our land and in our sea. The children will discover how a little piece of trash can become a big problem and learn about some safe ways to discard it. We'll find out where our water comes from, some simple ways we can conserve it and how we keep it clean. For us and all the living things that share our world, every day is Earth Day!



Science Class
3s & 4s



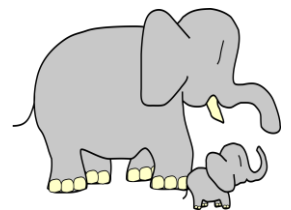
**Creative
Movement**
2s, 3s, & 4s

Mrs. Stevens Reports:

This month in Creative Movement we will be busy doing the Bunny Hop and the Chicken Dance, in honor of Easter. We also will be busy bouncing beach balls on our parachute, while the Beach Boys, Surfing in the USA serenades our classes. The children will have so much fun swirling their rainbow streamers to the song, Space Unicorn. The children will also work in their impulse control with Freeze Dance. Lastly the children will follow direction cues as we perform the Beanie Bag Dance!

Mrs. Cardoni Reports:

We wrapped up our lesson on feelings and then learned about animals. We sang the Itsi Bitsi Araña and Los Pollitos (the song sheet was sent home in March). We will be learning and singing a song about verbs and following along with the actions (saltar-jump, correr-run, caminar-walk, dormir-sleep). This is always a fun lesson that the children enjoy. We will be learning about opposites (grande-big, pequeño-small) and practicing speaking in spanish; meeting new people and asking their name and age. Of course, we will continue to review all of the words and songs we've learned thus far!



Spanish in the 4's



**Music with
Ms. Casey**
2s, 3s, & 4s

Ms. Casey Reports:

Spring has sprung! Three months into the new year even the shyest twos have warmed up to singing and dancing with Ms. Casey (they are absolutely adorable!) while the 3's are eagerly learning some of the standards here at Bradley Hills ("She'll Be Coming Around The Mountain", "Fishing", "On Top Of Spaghetti", to name a few.) The 4's classes have really hit their stride, learning new songs and participating in multiple activities at once (singing, marching AND using hand gestures!) While the children always look forward to chilling to Bob Marley's, "Three Birds", actually being able to "Walk(ing) on Sunshine" (Katrina and the Waves) is a welcome perk of warmer climes.

In the last couple of months the kids have learned that every song they hear was written by someone who used their imaginations to make music. Elvis' "Blue Suede Shoes" and The Ramone's "Do You Want To Dance" are just a couple of our favorite dance party songs. Thanks to all of the parents who are fostering their children's love of music in the car and at home. Keep sharing what you love, from Beethoven to Blondie. After all, you're raising the next generation of songwriters!