



The Bear Facts

SEPTEMBER 2023

Celebrating 66 Years of Early Childhood Education



Dear Parents,

Wow! It's September and I am thrilled to be embarking on this new school adventure with you and your children. The administrators and teachers have been busy preparing for a smooth transition to the 2023-2024 school year. We promise to provide a fun, safe, and engaging environment for your child(ren) to PLAY, GROW, and LEARN.

September is not only back-to school time at BHP CNS; it is time again to VOTE BHP CNS as the Best Preschool in Bethesda by Bethesda Magazine. As we begin our 66th year as a community preschool of excellence, we would love to retain our Best of Bethesda honor in 2024. To do so, we need your vote. Vote for BHP CNS, and other local favorites, [HERE](#). Thank you, in advance, for your support of our school. More details on page 2.

New for 2023-2024-

We have several new initiatives and requests to help our school run smoothly.

- Brightwheel - by now everyone should have been invited to BW and set up your account. Please download the app to your phones and be prepared to sign your child into school each day via the app. Nannies, au pairs, and other caregivers should all have the app too.
- Pyramid Model Implementation – the BHP CNS Leadership team is excited to start working on implementing the PM of early childhood education at BHP CNS. Watch for updates and ways you can help in the weeks/months to come.

Again, BHP CNS will be using the ASQ-3 screening tool in our program. Your child's questionnaire was sent home, in your child's folder, at the Meet and Greets or on their first day of school. We ask that you complete the questionnaire and return it to school as soon as possible.

I and the entire BHP CNS team are looking forward to getting to know you and your child(ren) in the weeks and months to come. Thank you for sharing them with us. If at any time you have a concern or question, please reach out to me. My door is always open!

Liz Sobrino
Director

MARK YOUR CALENDARS

- September 1st
 - Tuition Due
- September 6th-8th
 - Hour Long Sessions continue for TTh & MWF 2s
- September 10th
 - BHP CNS Brunch 11:30am
- September 20th
 - Parents' Group Ice Cream Social 5:30-7:00pm BHP CNS playgrounds
- September 25th
 - SCHOOL CLOSED Yom Kippur
- October 1st
 - Tuition Due
- October 2nd
 - Parent Coffee with Growing Minds Church Library 9:00am-10:45am
 - Early Mornings with Bradley Bear, Lunch Bunch, and Stay & Play begin
- October 5th
 - Back to School Night 6:00-9:00pm

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

STAY
CONNECTED





Please vote for BHCNS in Bethesda Magazine's Best of Bethesda Readers' Poll. You may vote multiple times using a different email address but you MUST answer at least 5 questions for your vote to be counted. Thank you for taking this opportunity to let other families know Bradley Hills is the BEST!

COFFEE WITH GROWING MINDS

SUPPORTING CHILDREN & PARENTS WITH SEPARATION CHALLENGES

**MONDAY, OCTOBER 2ND
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 Mondays from 2:30-3:30pm

Starting in Early October

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 2:30-3:30pm

Starting in Early October

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.

Welcome Back to School



The BHPCNS Parents' Group welcomes new and returning Bradley Bears back to school! This volunteer-run group is responsible for sponsoring and organizing parent and community events, coordinating fundraising efforts, and serving as a resource to new families to BHPCNS. All BHPCNS families are automatically members of the Parents' Group – there are no fees or commitments to join.

UPCOMING EVENTS

BACK-TO-SCHOOL ICE CREAM SOCIAL

Wednesday, September 20th 5:30-7:00 pm

All BHPCNS families and siblings are invited. Fred's Ice Cream Truck will be back to offer sweet treats while new and returning families mingle and make new friends in the first few weeks of school!

Please RSVP so we can plan accordingly
Ice cream (one per person) is covered by the Parents' Group :)



Dinner is not provided at this event, but families are encouraged to bring a picnic and blanket to enjoy on the field, if desired!

Looking for an easy picnic option?

BHPCNS and Ledo's Westlake (by the Westfield Mall) are hosting a dine out the evening of the event! Families can pick up carry-out to eat at the school fields, or dine there before/after the event! Mention BHPCNS and 20% of sales will go to BHPCNS fundraising efforts! Order online or call 301-369-6700 and mention BHPCNS when you order between 3 & 9 pm on 9/20.

POTTY TRAINING SEMINAR

Wednesday, October 25th at 7:30 pm

POTTY TRAINING

made easy



- ☆ Are you thinking of toilet training your child?
- ☆ Are you in the throes of toilet training?
- ☆ Is toilet training sort-of, kind-of, completed, but not really....
- ☆ Do you think, "my kid goes potty on the potty, but..."

If any of the above applies to you, come hear sally neuberger, potty training guru, speak on all things potty. Whether you are just beginning the process or have questions about peeing and pooping, this is the lecture for you!

WHEN: WEDNESDAY, OCTOBER 25TH @ 7:30 PM

WHERE: VIRTUAL, VIA ZOOM

RSVP: [HERE](#) BEFORE 10/24/2022

PARENTS' GROUP PARTNERSHIPS

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



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



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



OTHER HELPFUL PARENTS' GROUP RESOURCES

Easy access to the BHP CNS Parent network:

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

Click [HERE](#) to request to join the BHP CNS Google Group.



Interested in getting involved with the Parents' Group?

[Let us know!](#)



SAVE THE DATE - BACK TO SCHOOL NIGHT

Thursday, October 5th

Come get to know your child's teacher and learn all about our days and routines Bradley Hills.



Dear Parents,

On behalf of Bradley Hills Presbyterian Church (BHPC) and the BHPCNS Board, we want to welcome new and returning families to the 2023-24 school year! The wonderful BHPCNS staff has been busy preparing for a year in which your children will Play. Grow. Learn.

The Board is the governing body for the school and is responsible for overseeing and approving the school's finances, annual budget, financial policies, and other school operation matters. The Board meets every other month and is made up of BHPCNS parents, the Director, the school treasurer, a teacher representative, the church's Director of Christian Education, and BHPC members.

Rosanna Morrison is starting her third year as the Board Chair. Rosanna is a long-time member of BHPC serving on a variety of committees including Children's Ministry and also teaching Sunday school and Vacation Bible School. Rosanna's four children are BHPCNS alumnae, and her granddaughter will be in the 3's program this year. Gail Brown, Board Vice Chair, is new to the Board, but not to the church or the school. Gail has been an active member of BHPC for over 30 years; teaching Sunday school, working with the youth, serving as a Deacon, and facilitating spiritual groups and retreats. Her three children attended BHPCNS as do two of her grandchildren, where she was a teaching assistant for 10 years.

Our first Board meeting for the school year will be on September 13 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 through this same email address with your questions, concerns, or thoughts about the school.

Best wishes for the new school year!

Rosanna Morrison, BHPCNS Board Chair
Gail Brown, BHPCNS Board Vice Chair



2022-23 BHPCNS BOARD MEMBERS

Gail Brown—Past parent; current grandmother; BHPC member
Amy de Court—Past parent; BHPC member
Kaeli Duggan—Current parent; Parents' Group Co-President
Rosanna Morrison—Past parent; current grandmother; BHPC member
Cass Price—Current parent; Parents' Group Co-President
Brook Rickett—Current parent; BHPC member
Autumn Balentine Trevisan—Current parent
Liz Sobrino—BHPCNS Director

Ex-officio

Donna Barnett—BHPCNS Staff Representative
Matt Nabinger—BHPC Director of Christian Education
Sandhya Weldon—BHPCNS Treasurer

BRING THESE ITEMS TO SCHOOL EACH DAY



Your child will need to bring their tote bag to and from school every day to carry all their artwork, extra clothing and diapers! No backpacks please.



Your child is to bring a water bottle to school each day. We will refill as needed.



If your child is staying for lunch, they must have a bento box. We refrigerate all lunches.



Folders, school provided, are to go to and from school each day. They will contain important information.



For your child's comfort on the playgrounds they are to wear closed-toe shoes and socks.

PLEASE LABEL ALL BELONGINGS WITH YOUR CHILD'S NAME

SCHOOL DAY ATTIRE



Children love to climb, swing, run, jump, skip, hop, hang upside down, and more throughout the day. Please make sure your children are appropriately dressed for the playground, weather, and sitting at circle time. Children should wear underwear at all times. And if wearing a skirt or dress, please wear a pair of shorts underneath. You'd be amazed at the things we see at nursery school.

DONATIONS

Before you throw it out consider donating it to BHPCNS.
 Toilet paper rolls
 Large oatmeal canisters
 Small glass jars with lids, i.e. baby food jars
 Paper egg cartons
 Please bring any donations to the office. Thank you!

STUDENT RECORDS

Each year we undergo a rigorous inspection by the Maryland State Department of Education. To be prepared we will be doing a thorough check of all our student's records. We will notify you of any missing paperwork, immunizations, etc. We ask that you submit any missing paperwork promptly. We appreciate your help in making sure our records are compliant with state regulations.

SEPTEMBER BIRTHDAYS

Jax Eng
 Noa Fornal
 Jack Hansan
 Abby Palmer
 Lakshmi Kasarabada
 Beau Boothe



Ellie Harlan
 James Iwarere
 Lawson Iwarere
 Marco Mereish
 Finley Alderton
 Emily Byskov

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, on our website, and on brightwheel. 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 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 have not been symptom free for 24 hours without the use of medication.
- 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.

BREAKFAST WITH BRADLEY BEAR, LUNCH BUNCH, AND STAY + PLAY PROGRAMMING

Forms for these additional programs can be found and completed using brightwheel. All three programs will begin on October 2, 2023. Teachers, parents, and the office will all be part of determining if/when a child is ready for additional programming.

BHPCNS OPEN DOOR POLICY

If at any time you have a compliment or complaint about something that is happening at BHPCNS, please stop by the office to share your thoughts. Your input is valued and benefits everyone in our program.

HANDWASHING

Please take your child to the bathroom to wash hands **BEFORE** bringing them to their classroom. This reduces the spread of germs and allergens. Children will be taken to wash their hands several times throughout the day including before eating snack and/or lunch.

SCHOOL SNACKS

BHPCNS has a school-wide snack schedule. A calendar of the snack schedule is posted on the bulletin board outside the office and on our website [HERE](#) or on brightwheel. You may also request a hard copy from the office. While we love to accommodate all food preferences/allergies when planning our snack schedule we cannot. You are always welcome to send in your own snack for your son/daughter.



CHILDREN'S LUNCHES

- BHPCNS provides organic 1% milk at lunch each day. Children are offered a choice of organic milk or water at lunch time. You do not need to pack a drink with your child's lunch.
- Children's lunches should be foods children are familiar with and should be cut into appropriate sized servings. Sandwiches cut into quarters are much easier for little ones to eat.
- We send home any easily wrapped, uneaten lunch foods. Uneaten yogurts, apple sauce cups, etc. will be tossed out.
- Lunch is a social time. Children like to talk and share their lives at lunch. Sometimes this gets in the way of eating their whole lunch. Don't worry as your child settles into school they will eat more of their lunch.

BRADLEY BEAR LIBRARY



BHPC Nursery School is blessed to have a lending library of over 4,000 titles. Our collection covers age-appropriate material from multicultural picture books to non-fiction titles on topics such as animals, weather, feelings, and more.

Approximately once a month, the library will host "Story Time with Mrs. Sobrino," after which the children are invited to pick a library book to take home. You and your child may also explore the library on your own and select books to check out. There will be a display of rotating books in the hall outside the library, but you are free to pick books from the stacks as well.

Happy reading!

Library Policies:

- If you wish to check out a book, please see the office staff for help.
- Books may be returned to the top shelf of the book cart in the library, or to the office.
- Please do not reshelve books you have borrowed as they must be "checked in" through our computer system.
- All books are due in 2 weeks. Late notices will be sent via email once a month.

If you have any questions about our amazing library, please contact Jan Hauck [HERE](#)



The building at 6601 Bradley Boulevard is home to many groups. The Nursery School shares the building with the Bradley Hills Presbyterian Church, The Friends Club (a social group for men with early onset Alzheimer's), The Bethesda Jewish Congregation (BJC), and the House of Abraham. Occasionally, events for these groups may require closing or a change in the Nursery School Schedule.

We are happy to be part of such a wonderful community!

BRADLEY HILLS PRESBYTERIAN CHURCH

Welcome back to Nursery School and welcome to Bradley Hills Presbyterian Church!

Our church has a lot of families with kids, and we have fellowship groups, kids' choirs, Vacation Bible School, summer trips for youth, Christmas pageants, counselors on site, and all sorts of programs of education, service and worship for adults. We have communities from several faith traditions here, and many interfaith families have found our community welcoming.

We sponsor service projects for kids, like our Smart Sacks food distribution program, where children can learn about community service by helping those in need in Montgomery County. The church offers classes for families on "how to pray with kids," "how to share the Bible with children," and on the meaning of baptism and communion, etc. You don't have to be a member of the church to take advantage of the activities.

If you'd like to learn more about BHPC, our pastor, David Gray whose four children all went to Bradley Hills Nursery School, would welcome a chance to connect. You may email him [HERE](#).



Upcoming Events in September:

Welcome Back Brunch - Sunday, September 10th

Welcome Back Brunch after church. All are welcome as we celebrate the beginning of the fall season.

Church School Registration- Church School will begin Sunday, September 10, around 10:45 after the Children's Message in worship. Please go to the link below to register your children for Church School. We invite them to join our classes which will be held outside when possible. Children aged 3 – 2nd grade will participate in the Godly Play model of church school with experienced teachers who are trained in that model. Children in 3rd-5th grade will participate in Club 3-4-5!

If you would like to enroll your children in fall church school, please click [HERE](#).



Family Connections Lunch - Sunday, October 1st (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 at the Welcome Back Brunch.

Weekly Church Services - We continue to have in-person Sunday worship services at 8:30 and 10:30 am, and the 10:30 service is available on-line [HERE](#).



Service Opportunity for Families - We encourage all families who are attending church to consider volunteering to help the **Smart Sacks Team** which gathers in the hallway between Memorial Hall and the Lounge after church each Sunday. Volunteers put grocery items in bags for delivery to Weller and JoAnn Leleck Elementary Schools. Smart Sacks helps bridge the gap between Friday and Monday by providing nutritious foods for children and their families who might not have another meal until after the weekend. The food is provided by Manna Food Center, a nonprofit striving to end hunger in Montgomery County

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 85+ 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.

You will receive a flyer mid-September with a SignUp Genius to sign up for a particular age child. We will be collecting coats from September 12 - October 15. Please bring all donations to the bin at the Nursery School. We thank you in advance for your contributions.

BETHESDA JEWISH CONGREGATION

Shalom, BHPCNS! On behalf of the entire Bethesda Jewish Congregation community, I want to wish you an excellent start to your school year. May it be full of friendships, learning, and fun! I’m the Spiritual Leader of Bethesda Jewish Congregation (BJC) and I am beyond excited to continue to share space, experiences, and a sense of community with our extended BHPC family. BJC is an independent Jewish congregation that strives to be modern, egalitarian, and creative while also strongly rooted in Jewish tradition and values. We excel in full inclusion and participation of interfaith families, social action initiatives, spirituality, and a creating a welcoming atmosphere.

We are proud of our longtime covenant with BHPC. Not only do we share the building (come meet us in our office!), but we love our joint initiatives with the church and mosque. The Inter-Congregational Partnership Committee, ICPC, provides invaluable opportunities for learning, worship, and bonding, such as our interfaith Thanksgiving service and invited speakers. Keep an eye out for upcoming joint social action projects, such as a fundraiser to help migrants in the DC area.

L’Shalom,
Rabbi Eric L. Abbott
 Spiritual Leader
 Bethesda Jewish Congregation



experience
HIGH HOLY DAYS

at Bethesda Jewish CONGREGATION

Tickets Now Available

- \$220 Adult Non Member**
Full services
- \$36 Per Family**
Family Services Only
- \$36 Adult Under 36**
Full services

Bethesda Jewish Congregation
 6601 Bradley Blvd
 Bethesda, MD 20817
bethesdajewish.org





MOST NEEDED FOODS

GRAINS

Instant oatmeal packets, original flavor
Brown rice (16 oz)
Whole grain pasta (16 oz)

PROTEIN

Tuna, Salmon, or Chicken (in water)
Dry or canned beans (low sodium)
Natural nut butters

FRUITS AND VEGETABLES

Canned vegetables (low-sodium)
Canned fruit (in juice)
Fruit cups

OTHER HEALTHY ITEMS

Shelf-stable, individual milk boxes
Cooking oil & spices
Infant formula & baby foods

Help the BJC and Manna collect food for the less fortunate. We will send grocery bags home the week of September 11th. Food will be collected September 14th-25th.

Thank you in advance for your generosity!

FRIENDS CLUB

Friends Club is a social program designed to enhance the lives of men living with dementia.

They bring together active gentlemen in the early-to-mid-stages of dementia in a caring, safe and secure environment. Their program is specially designed to meet the social and emotional needs of men who are experiencing memory loss. They are a non-profit, non-sectarian organization.

Participants gather with highly trained staff and committed peer volunteers three days a week to socialize, share common interests and experiences and enjoy intellectual and physical activities.

Their mission is to not only enhance the quality of life for men with dementia, but also to provide respite and support for their family caregivers.

A day at the Friends Club might include music, reminiscing, discussion of current events, an outing into the community, sports, games, educational programming and lunch.

For more information call [email](#) or call 301-469-0070



HOUSE OF IBRAHIM

Every Friday Khutba starts: 1:30 PM

Plenty of parking in a beautiful environment;
three Abrahamic faiths (Muslim, Christian, and
Jewish) praying under the same roof!

[Email](#) or call us at 1-301-377-9621

