

## February 2022 Newsletter

# *The Bear Facts*

Celebrating 64 Years of Early Childhood Education

Dear Parents,

Happy FeBEARy as we are calling February at BHP CNS! I am looking ahead to another fun and exciting month at BHP CNS!

We will be celebrating **Valentine's Day** – thank you in advance to all our amazing room parents for making our little celebrations so much fun!



We will be closed on February 21<sup>st</sup> in honor of **President's Day**. Prior to the holiday, our cubs will be learning about the importance of Presidents Washington and Lincoln in their classrooms.

Thank you to Nancy McCullough for our fun Bradley Bear graphics!

**Covid-19 continues to impact BHP CNS programming.** (See additional information in side bar.) Thank you for continuing to report exposures and positive cases to the school office. Each reported case of the virus is unique and the administration, working with the Montgomery County Health Department, continues to implement the appropriate protocols to lessen the spread of the virus. The closures are necessary to protect your child and your family at home. We have many families with young babies, or are pregnant, or have family members with compromised immune systems, etc. The protocols we continue to update and implement are to protect your child(ren) and the greater BHP CNS community. Please keep up to date on our Covid protocols. If you have questions, contact the office.

On a lighter note, Febeary is a time to remind those who are important to us how much they are loved. The staff and I love and adore your children. Thank you for sharing them with us and all you do to make us feel loved as well.

Stay warm and well!

Liz  
Liz Sobrino



### COVID-19 UPDATE

Over the course of the past 23 months BHP CNS has worked extensively and diligently to provide programming for the children in our school

Reopening in April 2021 with an outdoor program was a successful and radical shift from our pre-Covid programming. Embracing the outdoors was well received by children, parents, and the staff. With the colder weather we have returned indoors with strict Covid protocols to keep our community as safe as humanely possible. Despite our best efforts, the virus has disrupted some programming.

Thank you for your patience and understanding as the school:

- closes classrooms due to exposures in school
- continually revises our protocols to be as current as possible.

I expect there will be more changes to our protocols as we move through the next few weeks and cases continue to decline. I am optimistic about pediatric vaccines in the coming weeks. Lastly, I am looking ahead to a time when Covid is behind us and BHP CNS can provide uninterrupted programming.

**Ledo Pizza Night:** Thank you, Bradley Bear families, for your support in participating in the first dine out of the year at Ledo Pizza! We had a great turnout and hope everyone enjoyed.

**Cookie Kits:** Valentine's Day is almost here and if you've purchased Valentine cookie kits from the Parents' Group, they will be delivered to your child's classroom for take home on Thursday, 2/10 and Friday, 2/11. We're grateful for our cookie kit partnership with Henry's Sweet Retreat. They are a locally owned candy shop and dessert bar in the heart of Downtown Bethesda at 4823 St Elmo Ave. If you and your family have not yet been, it's truly an experience worth checking out!

  
**THANK  
YOU  
FOR  
YOUR  
SUPPORT**

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You shop. Amazon gives.

**Amazon Smile:** Buying something on Amazon? Remember to visit [smile.amazon.com](https://smile.amazon.com) when you shop and BHP CNS will receive a portion of the proceeds on your purchase. Participating in Amazon Smile is easy. Simply go to **smile.amazon.com** from the web browser on your computer or mobile device. You may also want to add a bookmark to [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile. Then select **Bradley Hills Presbyterian Church** - you only need to select the school once! Be sure to visit [smile.amazon.com](https://smile.amazon.com) for BHP CNS to receive a portion of the proceeds on every purchase made!

### Lost and Found and Labels for Your Child's Belongings!

Coats, Hats, Mittens - Oh my!

Please label them to avoid the lost & found bin - located by Room 117.

**Label Daddy:** Check out [www.LabelDaddy.com/BHP CNS](http://www.LabelDaddy.com/BHP CNS) or [minted.com](http://minted.com) (use our minted. code FUNDRAISEBHP CNS) for labels that are machine washable and don't require any ironing or sewing AND 20% will be donated back to the school.



Kaeli Duggan and Nicole Urbanczyk  
Parents Group Co-Chairs

### Morning Arrival and After School Pick-Up

- **Arrivals:** thank you for using doors 13 and 15 each morning upon arrival and your patience with our thermometers that don't like the cold.
- Please depart through the center doors and exit through door 14 upstairs to alleviate crowding in the stairwells at doors 13 and 15.
- **Pick-Up:** parents and caregivers may enter through door 15 to collect children at the end of their school day. You do not need to use door 13 to pick-up children.
- **Parking:** Please keep the spaces closest to the school sidewalk open for families with babies and/or special needs.



## NEWS FROM THE BHP CNS BOARD

Dear Parents,

The Board recognizes the challenges the pandemic presents for BHP CNS and its families. We join Liz in thanking everyone for adhering to the COVID protocols, being vigilant about illnesses, and for being flexible as the administrative staff makes adjustments to try to keep students and staff healthy.

At our January 19 meeting, the Board approved a 2022-23 budget and a revised school calendar that will allow the school to raise wages for our teachers. These higher wages will help the school to recruit and retain the high-quality staff that makes BHP CNS such a special place.

If you have any questions or comments for the Board, please contact [board@bhpcns.org](mailto:board@bhpcns.org). The next Board meeting will be in mid-March.

Rosanna Morrison, BHP CNS Board Chair and Vicki Petrides, BHP CNS Board Vice Chair

## BHP CNS SCHOOL UPDATES

**Parent/Teacher Conferences** are scheduled throughout February. Here are some tips to get the most out of the conference experience.

- Conferences are an opportunity for your child's teacher to share with a snapshot of your child in a school setting.
- Completing the Parent-Teacher Conference Survey sent home in your child's tote bag is a wonderful way to help your child's teacher focus the conference on the topics you'd like to cover during your conference time.
- Conferences are scheduled for 15 minutes. If you think you will need more than 15 minutes, please make special arrangements with your child's teacher in advance.
- Please be on time or notify the office if you are running late for your conference. Conferences are for adults only. Classes will be held during conferences. Babies are welcome to attend, however baby-sitting arrangements should be made for older siblings.
- As the Director of the school, I work with the teachers to ensure we are providing the best possible experience for your child. It's possible I will sit in on your child's conference to learn more about your child, support a teacher, offer ideas on your child's development. Please, do not worry if I'm at your conference. I am there as a resource, support, educator, for your child and family.



Please let me know if you have any questions or would like me to participate in your child's conference. Working together as a team is important to each child's progress in preschool.



### **Pictures Days have been Rescheduled:**

Due to the craziness in January with classroom closures due to positive cases of Covid and children forced to quarantine due to exposures in and out of school, we have rescheduled our school picture days to:

**March 15, 16, and 17**

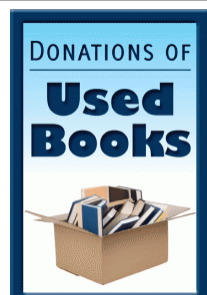
Additional details on ordering pictures, what to wear, etc. will be sent home in mid-February. Individual and classroom pictures will be taken for all children by [Stone Photography](#).

## BHPCNS SCHOOL UPDATES - CONTINUED

### Vision Screenings & Make-up Date

Vision Screenings took place on January 25<sup>th</sup> and 26<sup>th</sup>. You should have received your child's screening results in their tote bags. For children who need a more comprehensive eye assessment, letters have been sent home with all the details.

**Vision Screening Makeup Day – February 28:** If your child missed the January screenings, the screeners are returning on February 28 to screen the children who were absent.



In addition to being an amazing pre-school teacher, Sandy Kebler also leads her daughter's Girl Scout troop. This is their 5<sup>th</sup> year collecting used books for the [Maryland Book Bank](#), a non-profit dedicated to getting books into the hands of children and adults.

Please consider donating gently used books to support young and old readers in MD. **Book donations can be dropped off at BHPCNS. Look for the bin by the main stairs. Books will be collected until February 28, 2022.**

**Boots for Outdoor Playtime:** Please continue to send your children to school with boots, labeled with their name, which can be worn outside to the playgrounds. Snowy or muddy playgrounds will not keep us indoors!



### Valentine's Day Fun!

**Thursday, February 10th for our Tuesday/Thursday classes**  
**Monday, February 14 for our Monday/Wednesday/Friday**  
**& Monday through Friday classes**

Children should bring a valentine for each child in their class. Please do not address the valentines to individual children. Just sign your child's name on the cards. Include a card for your child. They like to put a card in for themselves! Party details will be shared with all families via your child's teacher or your room parents. Thank you in advance for making Valentine's Day so much fun!

**BHPCNS Office Number:** Please add the office number 301-365-2909 to your contacts in your cell phones. This way you'll never miss a call from the office because you didn't recognize the school's phone number. You never know when the power will go out or there is some other unexpected emergency that requires us to call you.



### Spring Break:

BHPCNS will close Friday, April 8th at 12:30 pm. There will not be Stay & Play on Friday the 8th. There will be Early Morning and Lunch Bunch on Friday, the 8th. We will reopen on Tuesday, April 19<sup>th</sup>. Early Morning, Lunch Bunch, and Stay & Play will be held on April 19<sup>th</sup>.



## SUMMER CAMP: A PRESCHOOLER'S GUIDE TO THE GALAXY!



*S'mores and More.....  
BHPCNS  
Summer Camp!*

This year our campers will be exploring all things related to camping and the great outdoors with lots and lots of outdoor water play each day!

There will be two camp sessions. Each session will run for 9 days. Camp will run from Tuesday, June 9<sup>th</sup> through Friday, June 17<sup>th</sup> and June 21<sup>st</sup> through July 1<sup>st</sup> between 9:00 am & 12:30 pm. each day.

Each session is \$495.

- For an additional fee there will be early morning drop off available at 8:00 am.
- All currently enrolled BHPCNS children, including those in our 2s' programs, may attend camp. Cousins, neighbors and friends may attend too. For children not completely potty trained there will be an additional fee of \$75.
- For more details, stop by the office. Registration forms have gone home in your child's tote bag. Additional copies are available outside the office.
- BHPCNS will provide a daily snack and the children will bring their lunch from home.

## WHY CROSSING THE MIDLINE IS IMPORTANT

Have you ever wondered, "What is crossing the midline and why is it important?" Here's a brief description and a link to the entire article. The term crossing midline is often used to describe the skill of moving your arm or leg across the imaginary line down the middle of your body. You'll see this term used a lot by Occupational Therapists and other professionals when they are working with children who have a decrease in fine motor skills, gross motor skills, or handwriting problems. [Click here for the whole article.](#)



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

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

## IS THERE A RISING KINDERGARTENER IN YOUR HOUSE?



Kindergarten is a big step in every child's school career.

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

**Montgomery County Public Schools:** The majority of BHCNS families' children enroll in Montgomery County Public Schools, MCPS. MCPS needs to know if your child will be attending one of their schools in the fall of 2022. To register your child for MCPS, call your local elementary school. It is very helpful to the elementary schools to know the number of children attending for next fall as soon as possible. Based on projected enrollments your child's elementary school may need to add another class, add another teacher, increase class size, and/or close a class. While your child won't start school until September, the elementary schools are already making their staffing projections for the fall.

Ashburton: 240-740-1300

Bannockburn: 240-740-1270

Bethesda: 240-204-5300

Bradley Hills: 240-204-5210

Burning Tree: 240-740-1750

Carderock Springs: 240-740-0540

Rosemary Hills: 301-9209990

Garrett Park: 240-740-0700

Kensington Parkwood: 240-740-3700

Seven Locks: 240-740-0940

Wood Acres: 240-740-1120

Wyngate: 240-740-1080

Bells Mill: 240.740.0480

Beverly Farm: 301-469-1050

Richie Park: 301-279-8475

Westbrook: 240-740-1040

Somerset: 240-740-1100

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

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

## FEBRUARY BIRTHDAYS

Ayan Garg  
Abby Gropper  
Addison Sellers  
Henry Cappell  
Poppy Nash  
Charlie Cassidy



Maddon Schneck  
Taylor Tugberk  
Julien Nicolo  
Norah Hamann  
Sebastian Favretto

**Happy Birthday to Our Cubs!**

## BHPCNS SUPPLEMENTAL PROGRAMMING UPDATES

**Coach Cardoni Shares:** The Bradley Bear Coaches are excited to start a unit on Gymnastics. The athletes will stretch, balance and somersault like real gymnasts. We will be working on core strength and upper body conditioning. A unit on Line Dancing mid-month is sure to get the blood pumping while the athletes are having a lot of fun. In addition to dancing, jumping rope will also be introduced to improve coordination, spatial vision and reflexes in all participants. Finally, we'll play Bocce ball at the end of February. Playing this game is sure to improve coordination and strategic planning! Come out and play with us!!



**Mondays: Sports & Games**



**Tuesdays: Wigglin' Wizards**

### **Scientist Kebler Reports:**

Engineers, who are they and what do they do? That is the subject of February's Wiggling Wizards. We will be looking at building bridges and hypothesizing how much weight the bridge can hold. We will build towers of different materials, a catapult from a plastic spoon, look at ramps and marble mazes. The wiggling wizards will experiment, use their imaginations to plan their creations, make improvements and change their structures. Come join us for all the fun.

### **Dance Maestro Snyder Shares:**

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



**Tuesdays & Wednesdays: Dance**



**Wednesdays: Art**

### **Artist Biggs Describes:**

February is all about love, hearts and all things warm and fuzzy. This month in art we plan on taking full advantage of this season of love. Our little artists will create puppets and masks and hats each week. The themes will be love bugs, love monsters, and big red hearts galore! There will be lots of special treats to share!

### **Travel Agent Choi Shares:**

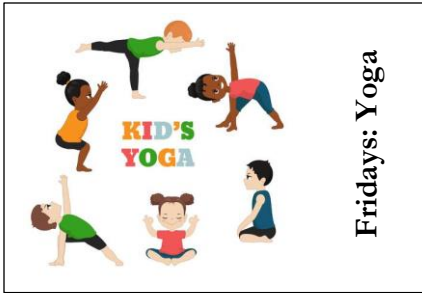
We have stamped the passports in Russia to go to South Korea. The flight time from Moscow to Seoul is 8 hours and 13 hours from DC. As we are in Korea, we celebrate New Year's Day in the lunar calendar on the 1<sup>st</sup> of February the year of tiger according to the zodiac. For the festival we make tigers and wear Korean traditional clothes called Hanbok. They look uncomfortable with long sleeves and long skirts but are so beautiful! We will taste snacks that most Korean children love. After we explore Korea, we are going to Antarctica the southernmost continent and the site of the South Pole. We will learn how the animals adopt to the cold weather there. Brrrrr!



**Thursday: Geography**



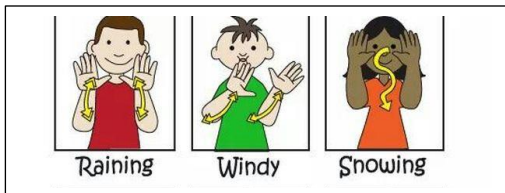
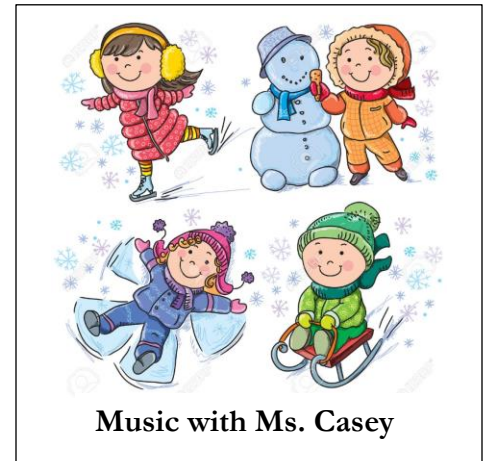
## BHPCNS SUPPLEMENTAL PROGRAMMING UPDATES - CONTINUED



### Yogi Cardoni Reports:

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

What a glorious month to start of the year. It's not always that we can sing about snow as it blankets the ground. For some of our smallest friends, this is the first time they'll remember snow, making snow angels, sledding, making snowmen - and their enthusiasm is contagious! The 3s and Pre-K classes shared their New Year's resolutions, giving us all a glimpse of the potential the year ahead holds. "I want to learn to ride a bike without training wheels! More sleepovers! I want to learn not to be scared of cats!" I have faith in all of them to reach their goals. We also celebrated the birthday of Martin Luther King Jr. through song and how he believed that true peace was only attainable through equality. The children already understand that everyone is happier when there are enough warm beds and cupcakes to go around (just ask them!) See you in February!



**American Sign Language  
with Mrs. Goodstein**

**Mrs. Goodstein Shares:** In January, we learned about the seasons and all the signs associated with weather. In February, we will build on our knowledge of the weather and learn the signs for different types of clothing. We will match items of clothing to the appropriate season. And we are going to dress Mrs. Goodstein in as many articles of clothing as we can. It is sure to be lots of fun! Our second lesson for the month, will focus on the great outdoors. We will learn the signs for different insects and the signs for where they live.

## BRADLEY HILLS PRESBYTERIAN CHURCH NEWS

### Bradley Hills Presbyterian Church News

**It's February and spring is on the way!**



**Weekly Church Services** - We continue to hold in-person church services at 8:30 and 10:30 with Virtual Worship Services at 10:30 am on Sundays at the link below. We also offer "Children's Church" in person for ages 3- fifth grade during the service.

[Watch Services Live Click Here](#)



**Service Opportunity –**

THANK YOU to those Nursery School families who helped with Bradley Hills Presbyterian Church's 2021 Angel Gift Tree project. The books, warm gloves, hats and gift cards you donated helped make it possible for low-income mothers to celebrate Christmas with their children and keep them warm this winter.

Also, THANK YOU to the families who have provided furniture and needed baby supplies for the refugee families!



## BHPCNS ADULT EDUCATION

**Adult Education** - On Sunday mornings at 9:15 am, Adult Education offers the following opportunities:

**February 6:** *BHPC's Racial Justice Visioning Task Force:* For most of the past year, our Racial Justice Visioning Task Force has been examining a variety of ways in which we can individually and as a congregation focus more clearly on local and global issues of racial justice. Join us for this important discussion of how we can put our values into action.

**February 13:** Dr. Yolonda Kerney, State Department Diplomat in Residence, Howard University, *The Role of the Church in Political Conflict in Congo*. Dr. Kerney is a career Foreign Service Officer with the Department of State; she has served in a number of Embassies in Africa and the Caribbean. She holds Bachelor's, Master's, and Doctoral degrees from Howard University. Before joining State, she was a music librarian at the Library of Congress.

**February 20:** Rev. Dr. Yolanda Pierce, Dean, Howard University School of Divinity, and Andrews lecturer. A distinguished theologian, Dr. Pierce is the first woman to be appointed as Dean in the Divinity School's 150-year history. In addition, she was the Founding Director of the Center for African American Religious Life at the Smithsonian National Museum of African American History and Culture and Founding Director of the Center for Black Church Studies and Associate Professor of Religion and Literature at Princeton Theological Seminary.

**February 27:** Sara Hedlund, Librarian and Archivist, Montgomery History: The Three Reported Lynchings in Montgomery County. **In the last two decades of the 19<sup>th</sup> century, in three separate incidents**, young Black men were removed from custody in Montgomery County in the middle of the night and killed by groups of White men, without having been tried. Local history expert Sarah Hedlund will present comprehensive narratives on these three cases to help us begin to come to grips with this dark chapter in our own history.

**March 6:** Rabbi Marc Gopin is the Director of the Center for World Religions, Diplomacy and Conflict Resolution, and James H. Laue Professor at the School of Conflict Analysis and Resolution at George Mason University in Arlington, Virginia.

In his latest book, Compassionate Reasoning: Changing the Mind to Change the World, Rabbi Gopin observes that the very multiplicity of approaches to ethics invites us to look for higher principles and intuitions. In discovering the worlds of others, we also clarify our own deepest moral principles and commitments. By utilizing Compassionate Reasoning, individuals with divergent moral principles and intuitions can find a way to talk to each other and to meet in a common universe of ethical concern. Gopin explores this as a way to build peace, especially across divides of politics, race, religion, and culture.

[Click here to Join the Zoom Meeting each Sunday](#)

