



# The Bear Facts

Celebrating 68 Years of Early Childhood Education

DECEMBER 2025



Dear Parents,

December is a short school month, but very busy at BHP CNS. Your children will be making surprises for their families, learning holiday songs for our sing-along on December 19th and exploring December as a season of giving.

Thank you for your generous support during our Thanksgiving Food Drive and Angel Gift Tree which provided food, hope, and joy to hundreds of families in our greater community. Friday, December 5th is the last day to donate unwrapped gifts thru Angel Gift Tree.

With the spirit of giving still on our minds and in our hearts, we now ask you to help those within our preschool community by making a gift to BHP CNS. Together, we can make a difference in the lives of our children and families. Information on how to give will be sent home on Tuesday, December 2<sup>nd</sup>. Thank you in advance for your generosity.

We invite you to bring your family's holiday card to the office to be part of our display in the front hallway. We love seeing your smiling faces and your family grow!

Registration for next year for children currently enrolled at BHP CNS will take place December 8<sup>th</sup> through 12<sup>th</sup>. Applications will be sent via brightwheel at 10am on December 8th. Details are on page 5.

We loved seeing so many alumni at Alumni Days! We hope you had as much fun as we did. Thank you to our older alumni who helped run the stations. Special thanks to Jared Rosen ([Epic Events](#)) for providing his fabulous photo booth! Photos from Alumni Day are on page 12.

On behalf of myself, Amanda, Ilene, and Kim, and the entire staff at BHP CNS we wish you and your families a joyous holiday season filled with family reunions, laughs with friends, holiday traditions, and safe travels.

Wishing you all the best in 2026! We can't wait to see everyone on January 5th.

  
Liz Sobrino  
BHP CNS Director

December 1st

- Tuition Due
- Winter Session Cub Club Begins

December 2nd

- Giving Tuesday - Give to BHP CNS

December 3rd

- Parents' Group  
[Potty Training Seminar](#)  
7:30pm via Zoom

December 5th

- Angel Gift Tree donations due

December 7th

- [BHP CNS Family Connections Lunch and Advent Workshop](#)  
12:00pm Memorial Hall

December 8th-12th

- Enrollment for returning students for 2026-27 School Year

December 10th

- Parents' Group Fundraiser  
Dine-Out at Shake Shack

December 16th

- Pajama Day TTh Classes

December 17th

- Pajama Day MWF & MTWThF Classes

December 18th

- Holiday Party all TTh Classes

December 19th

- Sing-Along & Holiday Party  
all MWF & MTWThF Classes
- No Stay & Play

December 22nd - January 2nd

- SCHOOL CLOSED  
Christmas Break

December 24th

- BHP CNS Children's Christmas Pageant  
4:00pm Sanctuary

January 1st

- Tuition Due

January 5th

- School Resumes

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

STAY  
CONNECTED





Happy Holidays everyone! We hope you all had a fantastic Thanksgiving. It's been a busy and FUN couple of weeks at BHPCNS.

We'd like to extend a big Bradley Bear shout-out to our wonderful parent volunteers for their help during Donuts with Dates. We hosted over 150 donut-eaters and the kids had the sweetest time. We truly can't host these events effectively without the extra hands. Thank you!

### UPCOMING EVENTS

#### Potty Training Seminar

Wednesday, December 3rd




**RSVP  
HERE**

- Are you thinking of toilet training your child?
- Is your child doing great at home but having accidents when you are on the go?
- Is toilet training sort-of, completed, but not really....
- Do you think, "My kid goes potty on the potty, but...."

**WEDNESDAY, DECEMBER 3rd**


**7:30 pm via zoom**


This **FREE** lecture is provided by the BHPCNS Parents' Group.

Come hear Sally Neuberger share proven methods and speak about all things potty. Whether you are just beginning the process, have questions about peeing and pooping, or have questions about what is developmentally appropriate, then this is the lecture for you!

#### Shake Shack Dine-Out Fundraiser

Wednesday, December 10th



SHAKE  SHACK®

**DINE-OUT DAY**

**Wednesday, December 10th**  
**10:30am - 9:30pm**

Mention Donation Day at the register or use promo code **DONATE** on the Shack App, web, or kiosk at checkout and we'll donate **25%** of your total meal purchase to BHPCNS Parents' Group.

CABIN JOHN | 7997 Tuckerman Lane | Potomac, MD 20854

SCHOLASTIC BOOK FAIR returns to BHPCNS in January  
January 24th-30th



## SCHOLASTIC BOOK FAIR

Parents' Group is happy to bring the Scholastic Book Fair back to BHPCNS. Our cubs loved seeing all the books and treasures and selecting what they wanted to buy and bring home. Just like last year, we will need parent volunteers to make this event a success.

Please stay tuned for more details.



Wishing you a relaxing and wonderful holiday season!

Parents' Group Co-Chairs

Amanda Franklin-Munson

[amandanfranklin@gmail.com](mailto:amandanfranklin@gmail.com)

Andrea Brown

[amchrista@yahoo.com](mailto:amchrista@yahoo.com)



### BHPCNS BOARD OF DIRECTORS

Dear Parents,

We can't believe how fast the school year is going! Over the last months, the Board has been partnering with the administration and staff to make sure your children are provided with a safe, creative, and nurturing environment. Feel free to contact us at [board@bhpcns.org](mailto:board@bhpcns.org) with any questions, concerns, or thoughts about the school.

We ask you to join us in supporting our wonderful school by participating in our annual fundraiser beginning on Giving Tuesday. Your tax-deductible donation will provide resources and training to support our students' social-emotional, fine and gross motor, and preacademic skills needed to be prepared for their formal schooling years. A portion of the funds raised will be dedicated to the school's Alla Johnson Memorial Scholarship Fund. This scholarship fund provides tuition support for families facing financial hardship, allowing their children to be part of the BHPCNS community. The need for financial assistance continues to grow. During the 2024-2025 school year, BHPCNS provided \$31,200 in scholarships to eight families, and this year the school is supporting 11 children with scholarships totaling \$48,600. Replenishing the scholarship fund is vital for the school to be able to continue offering assistance to families in need. Together, we can make a difference in the lives of our community's preschoolers.

Bradley Hills Presbyterian Church invites BHPCNS families to the church's upcoming Advent and Christmas activities including:

- Family Connections Lunch and Advent Workshop on December 7 at noon after the 10:30 am worship service.
- Christmas Brunch and Caroling on December 21, following the 10:30 am worship service.
- Children's Christmas Pageant on Christmas Eve day at 4 pm. Children are invited to participate in the church's annual Christmas Pageant—costumes are provided and no rehearsal necessary. Just come to Covenant Hall between 3:30-3:45 pm to get a costume!

We wish each of you a happy and healthy holiday season!

Rosanna Morrison, BHPCNS Board Chair

Scott Allshouse, BHPCNS Board Vice Chair



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



## ANGEL GIFT TREE

Now through Friday, December 5th

At BHPCNS we celebrate December as a season of giving. The children will make "gifts" for their families. We will talk about how this season is for giving to others. During this season of giving, please talk with your child about helping others, especially those less fortunate.



The Angel Gift Tree is always a wonderful way to show your child the importance of giving to others. This year we are joining BHPC in collecting gifts that will be wrapped and given to the children of a Wider Circle, the Women's Collective, Arcola Elementary School and Patterson Elementary School.

Thank you for your generosity again this year!

*Gifts donated after Friday, December 5<sup>th</sup> will be donated to Toys for Tots.*

## GIVING TUESDAY

Tuesday, December 3rd

**GROW**

Our goal is to raise \$15,000 to enable BHPCNS to:

**LEARN**

Give each child the support they require and deserve.

**PLAY**

Provide tuition assistance to families in need.

**GIVE**

Information on how to give will be sent home on Tuesday, December 2nd.



## REGISTRATION FOR NEW STUDENTS

Applications for the 2026- 2027 school year for NEW STUDENTS and SIBLINGS of currently enrolled students are available online [HERE](#).



Parent referrals are what have kept our classrooms full for 68 years. We love meeting new families. They are welcome to tour the school and learn more about our program. Please call the office at 301-365-2909 to set-up a tour or have any questions answered.

Children must be 2 years old by September 1, 2026 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 2026.

## REGISTRATION FOR CURRENTLY ENROLLED STUDENTS

Registration for children currently enrolled at BHPCNS will take place starting Monday, December 8th, and end Friday, December 12th. Applications will be linked and shared in brightwheel at 10am on Monday, December 8th. Applications must be submitted between December 8th through 12th in order to be given priority enrollment. **Acceptance is based on a first-come, first-serve basis.**

Please recognize that children currently enrolled in our Cub Club, Young 2s, 2s' and 3s' programs, as well as those children who are enrolled in the Pre-K program, are guaranteed a place; however, it may not be your first choice.

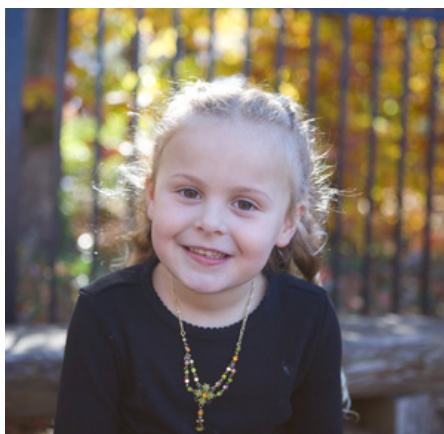
Families will be notified in late January 2026 as to their child's placement for the 2026-27 school year.



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

Children must be... 2 by September 1, 2026 to enroll in the 2s,  
3 by September 1, 2026 to enroll in the 3s,  
and 4 by September 1, 2026 to enroll in Pre-K.

## 2026-2027 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

**\*\*Based on enrollment**

## HOLIDAY SURVIVAL GUIDE FOR PARENTS

*article from Peaceful Parent Happy Kids*

Disrupted schedules, traveling with little ones, the crash and burn from all the excitement -- Holidays can easily be a recipe for tears and tantrums. Here's a baker's dozen tips to help you manage life during the holidays, so you can minimize the tears and maximize the joy.

**The most important tip, as always in parenting, is to manage yourself so that you can stay calm.**

**1** The most important job as parents is to keep ourselves in a good mood, so we can stay patient in the face of childish behavior and teach our kids through role-modeling how to self-regulate and relate when things are stressful. If you're anxious about everything you have to get done, your children will almost certainly begin to act out. Every day, find ways to keep your own cup full. If you're running on empty, you won't be able to help your kids stay on an even keel.

**2** **Remember that the holidays are actually stressful for children.**

We often think that holidays are a magical time for children. And yes, they can be. But they can also be very stressful, especially if we as their parents are stressed. Your child depends on you not only to regulate their environment, but also to help them regulate their moods. When they act badly, remind yourself that they feel badly, and they need your help.

**3** **Give kids plenty of warning about travel and upcoming events.**

At the beginning of the holidays, you might use a calendar to show your child what will happen each day. ("Then the day before Christmas we leave for Grandma's, where you'll get to play with all the cousins.") Many kids love to make a little book in advance, where each page represents a new day and they draw a picture of what will be happening. Then, sit down for a snuggle every morning and describe the day ahead.

**4** **Create a plan that supports your child's needs and communicate that plan to your family.**

Role play with them in the car before you arrive, or make a game of it before you go.

"What do you say when Aunt Susie gives you a present?"

"What if you don't like the present?"

"What if you don't like the dinner that's served?"

"When you want to leave the table, how do you ask?"

**5** **Plan no more than one event per day.**

If you're visiting your in-laws, don't plan the morning with the cousins and the afternoon at Aunt Betty's. Kids need downtime, just to chill out, snuggle, and do whatever relaxes them. If they don't get it, they'll melt down or get oppositional when the over-stimulation gets to them.

**6** **Have age-appropriate expectations.**

If you're doing a lot of visiting with adults, be sure the kids have something to occupy them. If they can read, buy them a new book for the occasion, one they can't wait to get into. If they're too young to stay absorbed in a book, download a favorite movie to bring with you. Be sure your schedule includes visits to the playground or other opportunities for the kids to get some fresh air and physical activity.

**7** **Watch your kids' food intake in the midst of too many treats and busy schedules.**

Many tantrums originate from hunger. And all parents recognize the sugar high that sends kids bouncing off walls and then crashing into tears. If necessary, speak with your relatives in advance about limiting treats. And carry small protein-rich snacks with you so your child doesn't have a melt-down while the adults are negotiating where to go to dinner.

**8** **Keep children on their regular schedule as much as possible.**

When children are off school, the lack of structure can be liberating -- for them and for you. But unpredictability can also be stressful for kids, so many children do better if you impose a little routine during the vacation. It can be very simple, just a plan for the day so that no one is surprised by all the transitions. Don't forget to include outdoor time, physical activity, and daily roughhousing or other laughter, which all children need to stay regulated.

**9** **Do less, connect more!**

Full article can be found [HERE](#)



[HERE](#) are more tips from the Child Mind Institute on ways to make the holidays Kid-Friendly.





## HELPING CHILDREN BY USING A VISUAL SCHEDULE AT HOME



Visual schedules give kids the information they need about what is happening, when it's happening, and any changes to their routine especially when transitioning from one activity to another. Depending on your child's age and abilities, a visual schedule may include objects and pictures or just words.

Implementing a visual schedule can be a game-changer for your kids and for you. Using a visual schedule can help your kids mentally prepare for transitions or challenging activities throughout the day. They can help your child to become more independent.

Need help implementing a visual schedule at home?  
Contact Liz at [lsobрино@bhpcns.org](mailto:lsobрино@bhpcns.org)



## HOLIDAY CELEBRATIONS AT BHPCNS

- TTh 2-Year-Old Classes will sing for and celebrate with their siblings, parents, grandparents, nannies, etc. in their classrooms on Dec. 18th at 11:00 am. Lunch Bunch and Stay + Play will be held as scheduled.
- MWF & MTWThF 2-Year-Old Classes will sing for and celebrate with their siblings, parents, grandparents, nannies, etc. in their classrooms on Dec. 19th at 10:15 am. Children will be dismissed following the classroom party. Lunch Bunch and Stay + Play will not be held.
- MWF & MTWThF 3-Year-Old & Pre-K Classes will sing together for their families in the Sanctuary on Dec. 19th at 9:30 am. Parties will occur in individual classrooms immediately following the performance. Children will be dismissed following the classroom party. Stay + Play will not be held.

## SHARE YOUR HOLIDAY TRADITIONS WITH YOUR CHILD'S CLASS

We love when parents, family members, and friends share their family's holiday traditions with their child's classrooms. Contact your child's teacher at any time if you or a family member would like to read a special story, bring a beloved family recipe for a class snack, make a traditional craft, or more to share with your child's class.

## PLAYGROUNDS at BHPCNS



The playgrounds are maintained by the Nursery School but are available to the communities surrounding BHPCNS to use at their own risk. All children and their families are welcome to use the playgrounds as long as a class or other building user is not present on the playground. Please come out and play in the afternoons, on the weekends, and during the winter holidays.

## DECEMBER BIRTHDAYS

Romi Jacob  
Taylor Gordon  
Aiden Noble

Sophia Auffant  
Dylan Liepa Lin  
Miguel Gutierrez-Bogdanov

When sending in birthday treats, please send in small cupcakes, mini muffins, fruit kabobs, etc. Keep classroom food allergies in mind. We share birthday treats at snack time! There is a snack ingredient form outside the office and on our website. Please complete the allergen form or send in a list of ingredients so we can be aware of any possible allergens. If you have any questions, please reach out to your child's teacher or the office.

## STUDENT ABSENCES OR ILLNESS

If your child is ill and will be missing school, please call the office, message us via brightwheel, or send us an email. If your child has a communicable disease, covid, strep throat, head lice, hand, foot and mouth, 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 excessively.
- Any child who is absent for 3 or more days may require a Doctor's note to return to BHPCNS.

Please note the 24 hour rule in the above guidelines.

We share EVERYTHING at preschool. Sometimes, even colds and viruses. The flu vaccine, COVID, and RSV 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, their teachers, and families as healthy as possible.

## 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 anytime after 10:00 am.

Students in the 2-year-old program stay until 12:30 pm.

Lunch Bunch will be cancelled. We will provide a hearty snack for all 2-year-old classes.

Cub Club will be held from 11:00am until 12:30 pm.

If MCPS closes schools early, Stay & Play will be cancelled.



## 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?

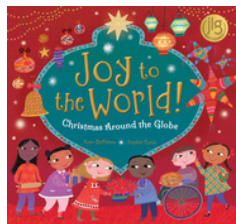


If you've answered yes to these questions and are interested in learning more about becoming a substitute teacher, please contact Liz at [Isobrinol@bhpcns.org](mailto:Isobrinol@bhpcns.org) or Amanda at [afrid@bhpcns.org](mailto:afrid@bhpcns.org) for more details.

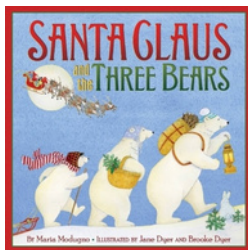


## HOLIDAY FAVORITES from our LIBRARIAN - Mrs. Hauck

December is here, and with it many wonderful holiday traditions. The BHP CNS Library has an abundance of books about the winter holidays. Here are a few of my favorites:



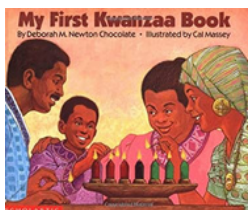
"Joy to the World: Christmas Around the Globe" by Kate DePalma. Share with your little one the many wonderful ways Christmas is celebrated around the world. With beautiful illustrations and simple text, "Joy to the World" highlights traditions from 13 countries.



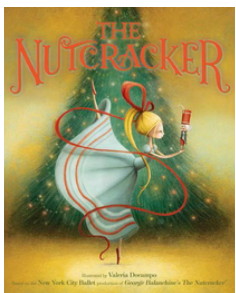
"Santa Claus and the Three Bears" by Maria Modugno. The three bears sit down for a bowl of pudding on Christmas Eve, but the pudding is too hot. While waiting for the pudding to cool, the bears take a walk in the woods and arrive home to a big surprise! This is a wonderful and different retelling of the classic fairy tale.



"The Night Before Hanukkah" by Natasha Wing. Hanukkah traditions are illustrated in rhyming text as a family celebrates the eight days of this special holiday.



"My First Kwanzaa Book" by Deborah M. Newton Chocolate. A little boy learns about the seven principles of Kwanzaa as he celebrates this holiday with his family. Includes Swahili vocabulary.



The library also has "The Nutcracker" illustrated by Valeria Docampo. Beautiful pictures help tell this classic holiday story. This version is based on George Balanchine's production and includes fun facts about the ballet.

You and your child are always welcome to borrow books. Please see the office staff for assistance.

If you have any library questions, please contact Jan Hauck at [jbhauck@bhpcns.org](mailto:jbhauck@bhpcns.org).

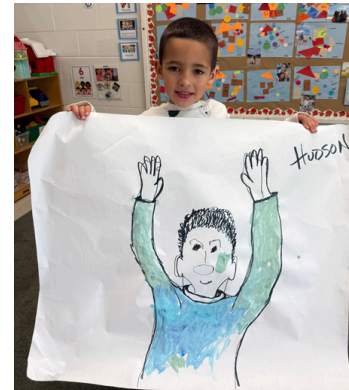
CUB CLUB (*our youngest Bradley Bears*) with Mrs. Colonna

Our Fall Session of Cub Club is coming to an end. We have loved getting to know our tiniest Bradley Bears who come to BHP CNS on Monday or Thursday mornings to play alongside a caregiver and Mrs. Colonna. Classes for our Winter Session will be on Monday or Tuesday mornings beginning December 1st.

## SPECIAL PROGRAMMING

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

We had fun painting and drawing the details to our shadow outlines in art class in November. In December, we will work on a special surprise to send home over the holidays.



### MUSIC (*all ages*) with Little Hands



Have you ever said "No running!" to a toddler and had them stop, look at you, and keep running?? A young child (especially under 3 years old) thinks in pictures of words to connect meaning to vocabulary. This translates as being unable to apply the negative to a verb. SO – saying "no running" to a two-year-old can be meaningless as they hear "running" and do exactly what you say! This usually isn't defiance, it's just a lack of verbal skill! In order to effectively communicate with small children, we want to say in the affirmative what we want, rather than what we don't want! "No running" becomes "walking feet" or "slower feet" and "No hitting" becomes "gentle hands, like this" and then giving them an example of what that looks like in action, by patting their hand or arm gently.

Young children are still developing LOTS of skills, like Inhibitory Control, Proprioception (knowing where your body is in space), and Vestibular control (balance)! They're building these and other skills in the preschool years and need lots of practice along the way.

In Little Hands music classes, we practice with movement songs! "Rig-a-jig-jig" has two parts – walking, and galloping. Children love to be able to follow along and gain control over their bodies! We have such fun with this in music class, both in space around the room, and sitting in a circle with the rainbow rope with our hands!



Walk and Stop is another fun song where we follow the song's directions, changing the movement word from walk to jump to slide, and practice stopping after each phrase!



December is a great time to get the wiggles out with some big movement! Here's a playlist of other walking and moving songs to enjoy at home!



Happy Holidays from Little Hands!

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

December is the month the Northern Hemisphere experiences the Winter Solstice, which the shortest day and the longest night of the year. It marks the astronomical start of winter.

Animals respond to this significant change in different ways. Some hibernate to preserve energy when food sources are scarce. Others, migrate to a warmer climate. Animals that do not hibernate or migrate must adapt physically to the harsher climate by staying active, nesting together for warmth, and growing thicker coats. In science, we will study how animals adapt to the cold.



### SINGING (3-year-old & Pre-K) with Ms. Casey



Emerging from the season of thanks-giving, our hearts warmed by thoughts of family and friends. The brisk autumn air has given way to bare trees and winter coats. In the waning weeks of 2025 we'll be hard at work readying for the holiday concert. I hope you'll join us in community as the children learn the magic of the season through music. We'll celebrate the diversity of our joy with songs about Christmas, Kwanza, Diwali, and Hannukah. At a time where days and hours feel shorter, pause to remember our multitude of blessings. Bradley Hills is a beautiful place to be during the holidays. After all, life moves pretty fast. If you don't stop and look around once in a while, you could miss it.

**See you on Friday, December 19th!**



## SINGING (two-year old classes) with Mrs. Colonna

Ms. Colonna will have our youngest cubs singing, dancing, and moving (marching like reindeer, spinning like snowflakes), playing simple percussion instruments (jingle bells, shakers), and finger-play songs—all with a holiday theme.



## COMMUNITY AT 6601 BRADLEY BOULEVARD

## BRADLEY HILLS PRESBYTERIAN CHURCH

Advent is here! We at Bradley Hills Presbyterian Church wait, watch, and rejoice as we approach Christmas. Thanks to all the families who participated in the collection of gifts for Angel Gift Tree.

We have many Christmas activities this month and invite you to join any and all that appeal to your family!

*Christmas* AT BRADLEY HILLS

# FAMILY CONNECTIONS LUNCH & ADVENT WORKSHOP

**December 7**  
**Noon**  
Memorial Hall  
*All are welcome!*

Scan the QR code to register:




*Christmas Eve*  
*Family Service & Pageant*  
AT BRADLEY HILLS

**Wednesday, December 24**  
**4:00 PM**

All are welcome to join in! **No rehearsal necessary!**

Bring your little one to Covenant Hall for a costume:  
3:40 - 4:00pm.

Interested in a speaking part for your older child or youth? Let DCYFM Rosanna Howard know.






Alumni Day was so much fun! Thank you for coming back to BHP CNS to spend the morning with Bradley Bear. We especially loved watching our graduates read their favorite book to our classes.

