

April 2020 Newsletter

The Bear Facts

Celebrating 62 Years of Early Childhood Education

Dear Parents,

March 20th was Fred Rogers' birthday. This amazing man said when he was scared or confused he would remember what his mother told him.

When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of 'disaster,' I remember my mother's words and I am always comforted by realizing that there are still so many helpers—so many caring people in this world."

Hopefully Mr. Rogers' words will help you and your child feel safer and calmer knowing there are so many helpers in their world to keep them safe and happy as we navigate our new reality of being together all day, every day.

I want to thank all the amazing helpers, teachers, parents, admin staff, over the past few weeks who have enabled BHP CNS to become a virtual preschool by, creating weekly activity packets, sharing original YouTube programming, culling through so many resources and adding them to the BHP CNS website, and the keeping classes together virtually via various meeting platforms.

Between teachers, (and the children and spouses of the teachers, who have provided LOTS of tech support), the Board, BHP C, the parents, the office admin staff, everyone has pitched in to make the current situation as seamless as possible for you and your children.

We are all relying on resources we never imagined, even a few weeks ago, would mean so much to our daily lives. We've set up a resource page on the BHP CNS website to content to support your child's emotional and intellectual development. There you will find helpful links including the PBS website where you can find content such as: [How You and Your Kids Can De-Stress During Corona Virus](#). It's quite possible your television rules will be relaxed in the coming weeks. Make your child's television viewing as meaningful as possible by exploring programming they might not normally watch.

Liz
Liz Sobrino
BHP CNS Director



BHP CNS RESOURCES



BHP CNS YouTube channel:

Yoga Lessons
Spanish Classes
Story Times
Songs
Circle Times
Scavenger Hunts
Art Projects

And more content added daily!

BHP CNS website!



Activity Packets are posted weekly on our calendar page: Scroll down to activity packets. [Activity Packets](#)

And there are additional resources on the [Resource Tab](#) for parents and children.



BHPCNS BOARD UPDATE

Hi Nursery School Families –

We hope that you and your families are safe, healthy, and happy during this unprecedented time. Despite all of the closures, the Nursery School Board has remained very active virtually. We held our regularly scheduled Board meeting as a conference call this month. At that meeting we approved full pay for our teachers and administrators for the duration of the closure and voted to waive tuition for our families for the month of April. While we hope that our community will be back together before the end of the year, the Board is prepared for a prolonged closure and will be in touch with families with more information should that become a reality. Our Board subcommittees also remain hard at work behind the scenes. Both the Safety Subcommittee and the Long Term Planning committee will be connecting virtually to continue the important work we've been doing for the school. We will keep you all updated as those efforts progress. If you have any questions for the Nursery School Board, please contact Missy Banashak at Missy.Banashak@gmail.com.

Treasurer Update:

The Nursery School Board was very saddened by the sudden passing of our long time Treasurer Cindy Page. Cindy has been an important member of our Board and our community for many, many, years and her loss is a great one for us all. Pursuant to our by-laws, we have appointed Carolyn McCauley as our interim Treasurer. We will begin the search to hire a permanent Treasurer in the coming months. Our thoughts and prayers go out to Cindy's family during this incredibly difficult time.

PARENTS' GROUP UPDATE

Hi BHPCNS Families,

We hope everyone is staying safe and healthy. We miss seeing you and your kiddos in the halls. As usual, our community is proving to be a bright spot in an otherwise challenging time. We love hearing the creative ways classes continue to connect through FaceTime, Zoom meetings, Text threads, WhatsApp chat groups, etc. We are so grateful to our hardworking staff and teachers who are busy thinking up creative ways to stay in touch with our bear cubs. If there is anything the Parents' Group can do to be supportive, please don't hesitate to let us know.

We wanted to let you know that we still plan to hold **Kindergarten Night on a date still to be determined**, via Zoom (or another online platform). We know many of you may be concerned that this break from school might impact your child's preparedness for Kindergarten. We're hopeful that this session, which will include Q & A, will put you at ease. This session is also open to families who have children in the 2's or 3's program - it's never too early to understand what's to come as your kid approaches Kindergarten. Stay tuned for information on how to join the session, submit questions, and RSVP.



Thank you,

Maggie Maloney
MaggieWMaloney@gmail.com

Sarah McGovern
SarahLothrop@hotmail.com



Bradley Hills Presbyterian Church News

The church is adjusting to this new environment with a number of online activities. Upcoming activities of interest to children and families include:

Weekly Virtual Church School

All children in 5th grade and younger are invited to join DCE Matt Nabinger for a time of music, Bible story, and virtual social engagement every Saturday at 10:30 AM. Parents and family members of children in 5th grade or younger are invited as well!

Get ready to practice some crazy dance moves to beloved Vacation Bible School music, engage with the stories of our faith, and find connection.

Join Zoom Meeting

<https://zoom.us/j/111852006>

Weekly Virtual Church

Bradley Hills In-Person Worship Services moving to Virtual Worship through the end of April. Join us for one live service at 10:30 am on Sundays at the link below.

[Watch Services Live Click Here](#)

Weekly Children's Learning Program

BHPC will host a weekly learning program on Thursdays at noon. This is for children and families and all to connect by Zoom and learn for 30 minutes from a member of our community.

We began on Thursday, March 26 as Karl Klontz, a member of our church, talked about what solar power is and how solar panels work. Future speakers include Corky Hickey, aka "Dr. Stonestreet."

To join a future BHPC Zoom Meeting - email david@bradleyhillchurch.org for information.

Partnership in Food Security

For those wishing to learn more about how to give or receive needed food, our partner with Smart Sacks, Manna Food Center, continues to serve those in need: <https://www.mannafood.org/covidresponse/>

BABY CHICKS HAVE HATCHED!



Thank you to the Stewart - Tunney Family,

Mrs. Melanie Stewart, a MWF 4s' teacher with Mrs. Jan Hauck, graciously took our "teenage" chicks, Coco and Butterscotch and our incubator filled with yet to hatch chicks, home to her house and has cared for them, in their basement. This was no small feat and soon the Stewart-Tunney family had 5 baby chicks to care for as well. The chicks have been safely returned to the farm!

BABY CHICKS HAVE HATCHED! CONTINUED.....

Mrs. Stewart Reports:

After much anticipation our eggs finally hatched! 5 little chicks were born! The first egg to hatch was Cupcake, then about 12 hours later Biscuit and Cookie were born, and about 12 hours later came Nutella and Popcorn. You can follow the story of the birth of these chicks on the Bradley Bear YouTube Channel. Coco and Butterscotch and proud big siblings making sure to cuddle the chicks under the heater at night and being quite gentle as the little ones follow them around all day, merrily chirping away! If you would like some activities related to this topic to do at home with your little ones, visit the American Egg Board site:

<https://www.aeb.org/eggs-in-schools/classroom/lesson-plans-and-materials/preschool-pre-k-kindergarten>

BHPCNS' 2020 Baby Chicks!



HERE'S A FUN EGG EXPERIMENT TO TRY AT HOME

Jan Hauck's Pre-K Class does this experiment annually. Here's how you can do it at home!

Supplies:

White egg
White vinegar
Karo syrup
Food coloring
Toothpick
Glass jars

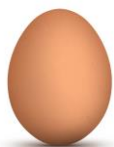
Step 1: Place raw egg in white vinegar, to cover. (clear jar best so you can see the bubbles)
Leave in vinegar for about 2 days. (The shell should disappear and egg gets large and rubbery)

Step 2: Take egg from above and cover with light Karo syrup (again, clear glass jar works best)
Leave in Karo for at least 12 hours (I usually do 24 hours) Observe what happens.

Step 3: Take egg from step 2 and place it in glass jar filled with water and a lot of food coloring.
Leave for 24 hours. Continue observations.

Step 4: Take egg from step 3, put on old clothes, go outside and place toothpick in top of egg.
Water should gush out like a volcano!

I do this experiment with several eggs at once, because step 4 is so much fun!



KINDERGARTEN NIGHT WILL BE RESCHEDULED FOR LATER IN THE SPRING

Kindergarten is a big transition for your child and your whole family. Do you have questions or concerns about what MCPS Kindergarten is all about?

- A current MCPS Kindergarten teacher, Maura Backenstoe from Burning Tree Elementary School, will host a ZOOM meeting to share her insights about Kindergarten readiness and what to expect come September.
- If you have friends or neighbors who might be interested in attending, they are welcome to participate as well. Simply share the Zoom link, once it's available with them.
- Parents of our younger Bradley Bear cubs are welcome to attend too.



MCPS Kindergarten Registration is uncertain at this time. Typically:

MCPS elementary schools need to know if your child will be attending their school in September. 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.

Contact your local MCPS Elementary Schools and ask what you need to be doing, if anything about Kindergarten Registration and Orientations.

Ashburton: 240-740-1300
Bannockburn: 240-740-1270
Bells Mill: 240.740.0480
Beverly Farm: 301-469-1050
Bethesda: 240-204-5300
Bradley Hills: 240-204-5210
Burning Tree: 240-740-1750
Carderock Springs: 240-740-0540
Garrett Park: 240-740-0700

Kensington Parkwood: 240-740-3700
Richie Park: 301-279-8475
Rosemary Hills: 301-920-9990
Seven Locks: 240-740-0940
Somerset: 240-740-1100
Westbrook: 240-740-1040
Wood Acres: 240-740-1120
Wyngate: 240-740-1080



THANK YOU TO EVERYONE DONATING THEIR TIME & TALENTS TO BHPCNS



Thank you to the BHPCNS Board, Parents' Group, Room Parents, and parents for all your support over the past few weeks and in the weeks to come!

SOME MORE ACTIVITIES TO LIFT THE BHP CNS COMMUNITY'S SPIRITS

Hang your Bradley Bear Coloring Pages in your windows or on your front door!

In our weekly activity packets we are including Bradley Bear coloring sheets with directions to decorate Bradley Bear in different ways. Along the lines of people placing stuffed animals in their windows, we thought it would be fun to suggest to families to place their Bradley Bear coloring pages in their windows or on their front doors, so when neighbors walked by, they would know that's a Bradley Bear house.



Dress your favorite Stuffed Animal or Bear in your Bradley Bear red school t-shirt* and place your friend in a window for all your neighbors to see.

Two Year Old Families, we will mail you a t-shirt for your child.

*Typically, BHP CNS distributes the red t-shirts to student in our 3 and 4s' programs to wear on field trips and school activities. As soon as we can get to the building we will mail shirts to our new and youngest students.



Handwashing:

We know it stops the spread of the virus. To encourage your children to wash their hands properly watch Baby Shark and friends illustrate the right way to wash hands by [clicking here](#).



Use sidewalk chalk to leave inspirational messages.

Have your children draw pictures and leave notes for their neighbors, friends, family, the mailman, the UPS person, the grocery delivery person, the carry out dinner person, and anyone else who walks up and down the sidewalk in front of your house.



APRIL BIRTHDAYS

Michael Bross
Clara Callahan
Klara Mydlarz
Keegan Coakley



Jade Saidi
Charlie Franklin
Charlotte Twilley
Warner Shafran

Wishing our Bradley Bear Cubs a virtual happy birthday day!!!!

STAY AND PLAY ACTIVITIES TO DO AT HOME

The Artist's Corner by: Mrs. Choi



Toilet Paper Roll Easter Baskets (Bunnies and Chicks)

Supplies: toilet paper rolls, paint or colorful paper, scissors, glue, markers.

We are making two white bunnies and two yellow chicks.

1. Paint paper rolls, one with white paint and the other with yellow. Or glue colorful paper on rolls.
2. Cut rolls in half. So we have 4 baskets to make.
3. Cut long strips of paper and glue it on the inside of the tip roll for a handle of a basket.
4. Cut the wings and a beak for the chicks. Cut long ears for bunnies. Glue them on the baskets.
5. Draw eyes, whiskers, mouth, etc.
6. Put colored Easter eggs in baskets.

Exploring Springtime!

We enjoy the season of spring in the month of April. Spring brings us flowers, bees, budding trees, rain, butterflies and so much more. We can take this time to discover the science behind spring.

- Go on a nature walk and sort flowers by color.
- When it rains look up at the clouds and determine if they are cirrus, cumulus or stratus clouds.
- Make a rain gauge to find out how much rain falls in the month of April.
- Plant a seed on Earth Day, April 22nd and watch it grow.

Wigglin' Wizards: by Mrs. Michael



Springtime Flower Experiment:

One of our favorite experiments is to find a white flower and change its color. Give it a try at home. Here is what you'll need: White flowers, tall glass, scissors, water, and food coloring. Step 1: Fill glasses with water and add food coloring to each one. Step 2: Cut the stems of the flowers. Step 3: Put the flowers in the glass and leave it overnight. If you have an extra flower try this next part.....Step 1: Take another flower and split the stem with scissors up toward the flower head. Step 2: Put one half of the split stem in one color and the other half in a different color. Does the flower change colors? The cut flowers drink up the water and moves from the stem to the leaves. This process is called capillary action. Take pictures of your science experiments and email it to dmichael@bhpcns.org and we will post it on our website. Put on your thinking caps and enjoy the science of spring.

For more information on the why, visit the [3s' Activity Packet for March 30 through April 3rd](#) on our website.



Bradley's Barnyard: by Mrs. Cardoni The chicks have hatched!!! If you haven't had a chance to view the new videos posted on the school's YouTube channel, please visit the Barnyard Playlist!! There is also a video on worms and later in the month, we'll be planting some beautiful flowers in the ground. There will be another video on composting and we hope you'll be able to start composting at your home. You will become the expert and can help your family learn about the importance of composting to reduce garbage and improve the soil for plants and vegetables in your own backyard!!!



STAY AND PLAY ACTIVITIES TO DO AT HOME CONTINUED

In the Kitchen with Bradley Bear: by Mrs. McCauley



“Just because we’re not in school doesn’t mean the stirring, mashing, whipping and even painting has to stop! Keep an eye on the school’s YouTube channel for “Cooking with Bradley Bear” videos. Being at home creates a wonderful opportunity for us to demo recipes that would normally take too long at school. Over the coming weeks look for recipes and/or YouTube videos of your favorite BHP CNS head chefs making homemade bread, waffle tots (is it a waffle or a tater tot?), a healthy salad, a fan favorite—rainbow toast, and everyone’s favorite—pancakes. We might even have a guest chef (Mrs. McCauley’s husband) making his world famous (well at least school famous) chocolate chip cookies. Lots of measuring, kneading, and mixing to be had! Bon Appetit!”

Bradley Bear Recipes to make at home:

Click on the links to see YouTube videos of how the make Healthy Salad and Easy Bread. Thank you to the Klara and Michal Mydlarz and Matilda Tunney family for demonstrating these recipes.

[Healthy Salad:](#)



[Easy Bread:](#)



Check the BHP CNS website on our calendar page where additional recipes we be posted in the days and weeks to come.

Calling all Bradley Bear Dancers from Ms. Colleen:

I miss my Bradley Bears Dance Company like crazy! I hope everyone is staying safe and well. Even though we cannot get together for class, we do have a few opportunities for your child to dance. You can email me at office@bethesdaconservatoryofdance.com to be included in our Zoom classes. I also encourage you to follow us on Facebook @BCoDance for daily updates of online dance classes offered by our teachers and experts from around the world. The studio has also created an account with Dance Teacher Web that you are free to use. It has some good content for early childhood dance. To access classes and tutorials please visit: <https://www.myonlinedanceteacher.com/> Next, please enter Bethesda Conservatory of Dance and Bethesda, MD. Our password is 5678.

Dance Crafts on YouTube from Mrs. Stevens Bradley Bear Dancers: please stay tuned to our YouTube channel where your teachers will continue making our under the sea crafts with you! Have some thin paper plates or some white circles the size of a plate ready to make our crafts. We will make turtles, jellyfish, fish, and more!

Bradley Bear Dance Co.

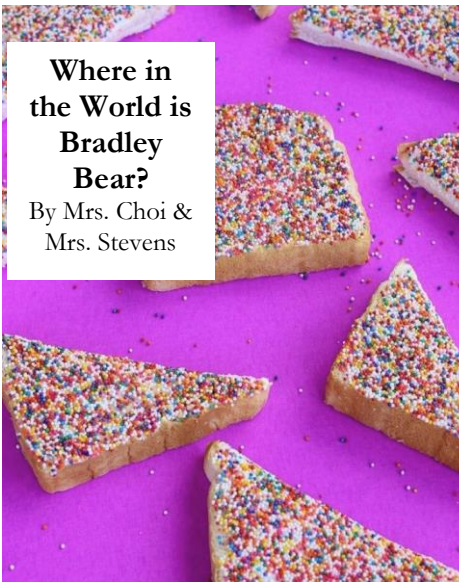
By Ms. Colleen and
Mrs. Stevens



STAY AND PLAY ACTIVITIES TO DO AT HOME CONTINUED

Where in the World is Bradley Bear?

By Mrs. Choi & Mrs. Stevens



Easter transitions from around the world: In Geography we have explored different traditions from all around the world. This video shows how the people celebrate Easter in different countries.

https://www.youtube.com/watch?v=i_i7OJL-SVk

Mrs. Stevens After our Bradley Bear travelers wrap up their visit to Brazil, they will fly to Australia-The Land Down Under. We will color the flag of Australia. Next, we will learn about marsupials. We will make a kangaroo and koala bear craft. Then, we will dive into exploring the Great Barrier Reef. Here is a traditional birthday party snack recipe that you can make at home:

Fairy Bread Recipe:

Ingredients: White Bread, Butter, Sprinkles, Sugar

Steps to make Fairy Bread: Spread butter on your bread.

Put colored sprinkles all over your bread and a couple of pinches of sugar. Cut your bread into triangles.

Yogis Myers and Cardoni share:

Our Yogi Bears instructors have been and will continue to upload yoga videos to the school's YouTube channel, under the Yoga Playlist. The children can continue with their yoga practice, guided relaxation and mindful eating. Each week one of your Yogi Bears teachers will present yoga themes such as desert animals, outdoor sports, Earth Day and Dinosaurs.

We'll finish our yoga videos with a short book and hope that you'll join us!



GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



MONTHLY SPECIAL CLASSES

Hello families! I'm missing all of my friends but am enjoying finding new and exciting ways to connect to people with music while we're all at home.

Just a reminder that you can find some of our favorite Bradley Hills songs here:

<https://soundcloud.com/aracasey/sets/bhpcns-2016-end-of-year-performance-setlist/s-isUdy>

I've put together a list of fun online content spanning music, science, dancing, cooking and more! (There's even a cool playlist for the whole family!) Most of these creators are uploading new content regularly so please check them out to keep your kids interested in the arts!

https://docs.google.com/spreadsheets/d/11YvqhMAjH8-VPB_P971QQCp5nzLiCRDahlRcCwCEHo/edit?usp=sharing

Check out my special greeting on Bradley Hill's YouTube channel:

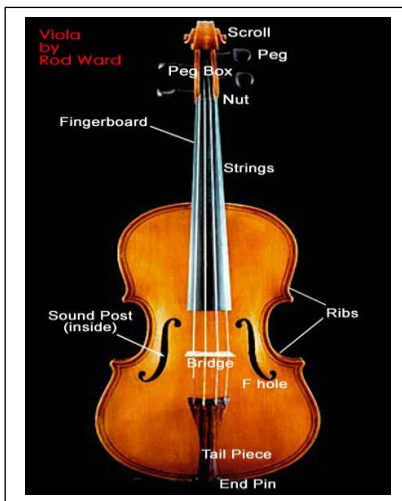
<https://www.youtube.com/channel/UCLw9EC3Qxv9sG6ySuivSSGA>

Lastly, here's a super nifty video of my band The OSYX (pron. "oh-six") performing outside last summer!

<https://www.youtube.com/watch?v=Bj0K1nc3Cy0>



**Music with
Ms. Casey
For our
2s, 3s, & 4s'
Classes!**



**Little Hands Music Classes
2s, 3s, & 4s'
Classes!**

Hi Friends! We sure do miss seeing your faces in person! The Little Hands teachers have been busy these last days making short music and movement videos for you. [We'd love to invite you to a private Facebook Group "Musical Moments"](#) where you will find one-a-day videos, other fun resources, and making-music-at-home tips. Let's be friends!

Here are a few just for you here with familiar faces for Bradley Bears!

[Message to School families from Miss Beth, Director of Little Hands](#) and the [Spotify Rocking playlist](#) mentioned in that message

[Ms. Caitlin introducing you to her Viola, named "Mr. Dragon,"](#) and

[Miss Jenete showing you her at-home corner with the "C" song!](#)

With "Bear Hugs" from a safe social distance,
Miss Beth

Mrs. Stevens Shares:

Here are some of our springtime and all around favorite Creative Movement activities.

Bunny Hop: This is a fun family movement break. [Watch how to do the Bunny Hop!](#)

Chicken Dance: Another fun song to get up and move to is the [Chicken Dance](#).

Hurry, Hurry Drive the Firetruck: A Creative Movement favorite is [the Firetruck song](#).

The Goldfish Song: Time for a [swim and a bath with the goldfish](#).

Silly Dance Contest: A great song for impulse control. [It's a new Freeze Song!](#)

Run, Baby, Run: A song the whole family, no [matter how old can do!](#)

I Feel Crazy So I Jump in My Soup: For when everyone is [feeling a little crazed](#).

Shake My Sillies Out: A perennial favorite for people of all ages [to shake the sillies out](#).

Freeze Dance: Here's another [Freeze Dance song!](#)

Stay tuned to our YouTube channel for more activities. Have fun trying these songs with your kiddos!!! Keep moving as it is good for your body and mind. Stay safe and healthy!!!



**Creative Movement
with Mrs. Stevens
For our
2s, 3s, & 4s'
Classes!**

MONTHLY SPECIAL CLASSES

Scientist Delfin Reports:

April science is learning about electricity and starting with a fun game of "nucleus, nucleus, electron" in the same format as "duck, duck, goose"! Instead of geese chasing ducks, think instead of electrons and nucleus bumping in to each other to create static electricity. A fun and easy experiment to show electricity is to quickly rub a balloon across your hair to create electricity and make your hair stand up! You can also cut shapes out of tissue paper and try to attract the shapes to the electrified balloon or try to chase an empty can of soda with the same balloon. Lastly, and to highlight team work, form a circle while holding hands and play a game of telephone, which shows that without a complete circuit, electricity cannot connect and light up!



**Science Class with Mrs.
Delfin and Mrs. Skoff**



**Spanish Lessons
By Sra. Cardoni**

Sra. Cardoni Reports:

Hola!!! I've been able to upload several short videos in the Spanish Playlist that you can find on the Bradley Hills Presbyterian Church Nursery School YouTube channel. I wanted to record an entire class but cannot film more than 15 minutes or so, for some reason the audio got very messy. I broke my lessons and songs into several short videos so your child can pick and choose which songs they want to dance to, or you can click Play All on the Spanish Playlist and they'll be busy for a while!!! We will review *Verbos*-Verbs for a few weeks and I'll upload a new book and calendar meeting with the Mono weekly. Mid-April we will start to learn about *Animales*-Animals and that section will be uploaded along with new songs *Los Pollitos* and *Itsy, Bitsy, Araña*, as well as a new book weekly.