



# The Bear Facts

Celebrating 68 Years of Early Childhood Education

JANUARY 2026



Dear Parents,

It's 2026 and BHP CNS is ready for an exciting New Year!

The holidays have always been celebrated at BHP CNS as a season of giving. Thank you for the many wonderful holiday treats for the office, teachers, and staff at BHP CNS. Special thanks for your generous support of our many community service projects. Your donations to BHP CNS's Thanksgiving Baskets, Angel Tree toy drive, and BJC coat drive have helped countless families in our community. Because there are so many families in our area struggling to put food on the table, we are initiating an MLK Service Project to collect snacks and assemble snack bags for children who are food insecure. Details on page 4.

Your generosity during our Annual Fund Campaign is also appreciated. To date we have raised \$5,000! It's never too late to make a donation. Each gift, no matter the size, makes a difference in the lives of many of our students. We are hoping to raise \$15,000 to provide financial and developmental support to many of our students and families.

Throughout January, your child's teachers will be busy creating a snapshot of your child's development at BHP CNS and have been compiling information for our Teachers Observational Reports. These reports will build off the ASQ-3 questionnaire you completed in the fall and provide another snapshot of your child's overall growth and development. These playful activities are done in a fun and engaging manner. Our observations will be shared with parents during Parent/Teacher conferences scheduled for late January/early February. See page 8 for complete conference schedule.

We look forward to the Scholastic Book Fair returning to BHP CNS the last week of January. It's so much fun for kids to browse and bring home a new and exciting book (or two). Thank you to our Parents' Group for bringing this event back to BHP CNS. All the details, including ways to volunteer, are on page 2.

Thank you, most of all, for your children. They are an amazing gift that you share with us each day.

Liz Sobrino  
BHP CNS Director

## January 1st - Happy New Year!

- Tuition Due

## January 5th

- Welcome Back from Winter Break

## January 7th

- First Day of School Young 2s!

## January 14th

- [Growing Minds Enrichment Program](#)  
2:30pm-3:30pm (BHP CNS)

## January 15th

- [Coffee & Conversation](#) with Liz  
9:15-10:30am (BHP CNS Library)

## January 16th

- Last day to donate SNACKS  
for [MLK Service Project](#)

## January 19th

- SCHOOL CLOSED  
Martin Luther King Jr. Day

## January 21st

- [MLK Service Project](#)  
Bradley Bears assemble Snack Bags
- Board Meeting  
7:30pm

## January 22nd

- [MLK Service Project](#)  
Bradley Bears assemble Snack Bags

## January 26th-January 30th

- Parents' Group Scholastic Book Fair  
[Volunteer HERE](#)

## January 28th

- Dance Recital  
1:45 pm (Memorial Hall)

## January 29th - February 6th

- Parent/Teacher Conferences

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

STAY  
CONNECTED



Happy New Year from the Parents' Group!  
We hope you had a relaxing and wonderful holiday season.

## UPCOMING EVENTS



# BOOK FAIR

January 26th thru January 30th



We hope you will come and pick out some wonderful books at our Scholastic Book Fair. Jan Hauck, our Bradley Bear Librarian, is working with Scholastic to make sure we have a great selection of books for our cubs.

If you are interested in helping out, please sign-up [HERE](#). We need several volunteers to do easy jobs for small windows of time: set-up of book fair displays, run the cash register, help kiddos find books, and so on - we are excited to bring the Book Fair back again!



Scholastic Book Fair Hours):

	MONDAY 1/26	TUESDAY 1/27	WEDNESDAY 1/28	THURSDAY 1/29	FRIDAY 1/30
	8:15am-9:30am	8:15am-9:30am	8:15am-9:30am	8:15am-9:30am	8:15am-9:30am
	11:15am-1:00pm	11:15am-1:00pm	11:15am-1:00pm	11:15am-1:00pm	11:15am-1:00pm
			2:00pm-3:15pm		
					

Thank you for your continued support!

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,

Happy New Year! The BHPCNS Board and Bradley Hills Presbyterian Church welcome BHPCNS staff, children, and parents back for the second half of the school year. We hope everyone had a fun-filled winter break.

On behalf of the BHPCNS Board, we want to add our thanks to all the families who contributed to this year's fundraising campaign, "Together We Can Make a Difference." There is still time to participate and make a difference—the school welcomes all donations. Your generosity will help us continue to offer tuition assistance to families facing financial hardship and continue providing an amazing preschool experience for our cubs!

The next Board meeting will be Wednesday, January 21 at 7:30 pm. Agenda items include approving the 2026-2027 calendar and preliminary budget and setting tuition for the upcoming school year. If you would like a topic included on the meeting agenda, please contact the Board at [board@bhpcns.org](mailto: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 with your questions, concerns, or thoughts about the school.

Best wishes for 2026!

Rosanna Morrison, BHPCNS Board Chair  
Scott Allshouse, BHPCNS Board Vice Chair



## ANNUAL FUND PROGRESS

We begin 2026 filled with gratitude for the generous support from over 40 families and staff members. It's never too late to make a donation! Together, we have raised over \$5,000! Your generosity will help BHPCNS:

- Give each child the support they require and deserve.
- Provide tuition assistance to families in need.

THANK YOU for your generosity!



## MLK SERVICE PROJECT

January 5th-16th collect donations from Amazon Wish List  
January 21st & 22nd Bradley Bears assemble snack bags

# MLK SERVICE PROJECT



## FEED THE NEED

In honor of MLK Day, BHPCNS is teaming up with Bethesda Help to provide snack bags for food insecure children in our community. Donating is simple - select an item from our Amazon Wish List and have your donation delivered directly to BHPCNS. Our Bradley Bears will assemble all donations into snack bags. Your kindness can make a real difference in our community. **Join us in helping others.**

**[ACCESS AMAZON WISH LIST HERE](#)**





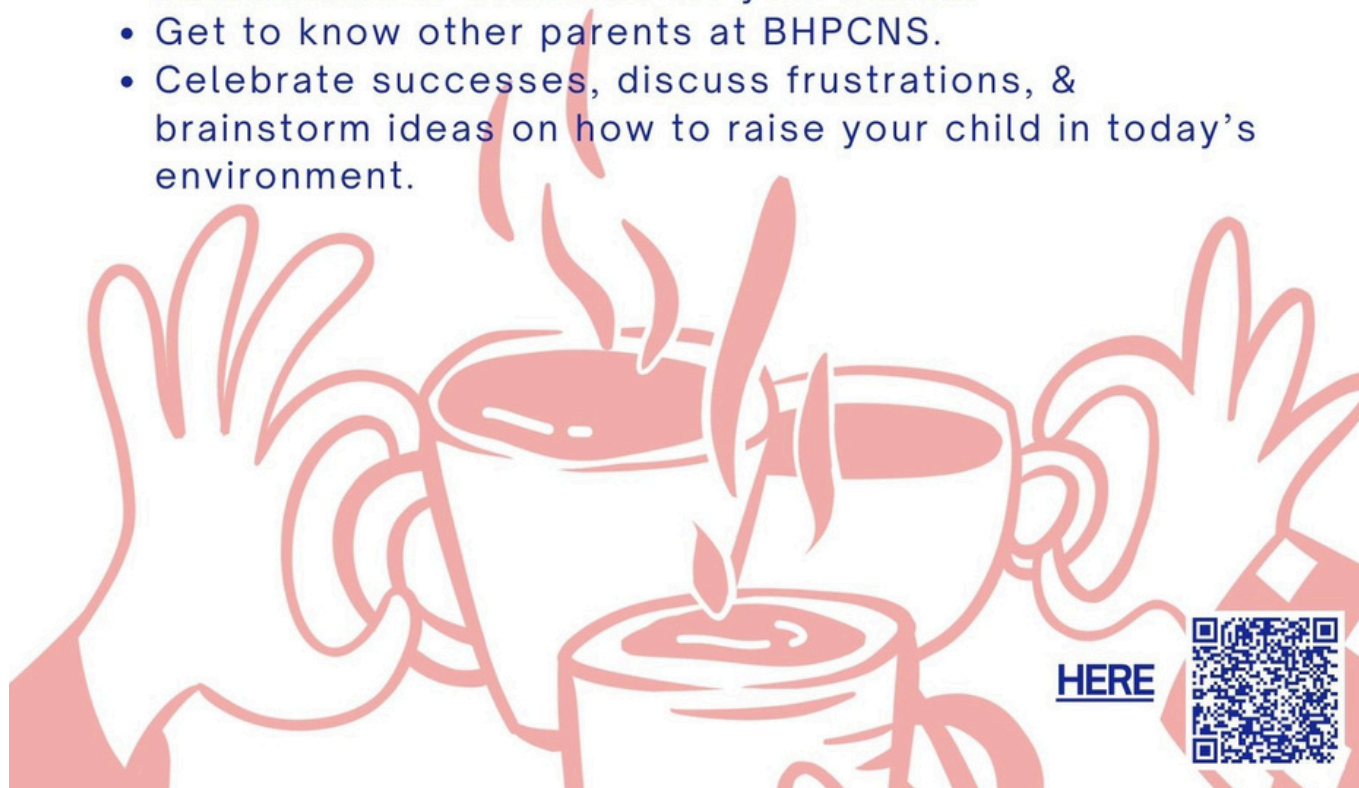
## COFFEE &amp; CONVERSATION

Wednesday, January 14th &amp; Thursday, January 15th

# coffee & conversation

**WEDNESDAY, JANUARY 14<sup>th</sup> &  
THURSDAY, JANUARY 15<sup>th</sup>****9:15 am - 10:30 am BHPC Library**

- Join Liz and learn parenting tips on how to recover from the holidays and survive the long winter.
- Share ideas or concerns for year ahead.
- Get to know other parents at BHPCNS.
- Celebrate successes, discuss frustrations, & brainstorm ideas on how to raise your child in today's environment.



Please RSVP so we know how much coffee to brew.

## 2026 SUMMER CAMP: THE PRESCHOOLER'S GUIDE TO THE GALAXY

***BE AN ASTRONAUT, BE AN ALIEN... JUST BE HERE!*****TWO SESSIONS OF SUMMER CAMP:**

June 1st - 11th

June 15th - 26th (no camp June 19th)

**\$495\* PER SESSION****9:00 am - 12:30 pm**Mid-morning snack provided by BHPCNS.  
Campers bring a lunch from home.**EARLY DROP-OFF:**

Drop-off at 8:00 am for an additional \$160/session.

Drop-in rate is \$20/day.

Morning snack provided by BHPCNS.

**STAY & PLAY:**

Pick-up at 2:30 pm for an additional \$290/session.

Drop-in rate is \$37/day.

Light snack provided by BHPCNS.

**AGES:**

Two-year-olds\*\*

Three, Four &amp; Five-year-olds

Rising Kindergartners &amp; First Graders for Fall 2026

\*An additional \$90 fee for any child who is not fully toilet trained. BHPCNS considers a child fully potty-trained when the child is able to articulate their need to go to the bathroom, can manage their clothing, and does not have recurring accidents at school.

\*\* Must be currently enrolled at BHPCNS for the 25-26 school year and two by December 31, 2025.



## WINTER 2026 ENRICHMENT PROGRAMS

## Social-Emotional Learning and Beyond!



Facilitation of play, friendship, growth-mindset and social-emotional skills development with Growing Minds' Early Childhood Specialists

Ages 3 & older

\$550 for 10 Wednesdays from 2:30-3:30pm at BHP CNS

January 14, 21, 28

February 4, 11, 18, 25

March 4, 11, 18



Register [HERE](#)



Children will explore important social skills, emotional awareness, and problem-solving strategies inspired by the beloved TV character, Bluey! Each week, we'll focus on a different theme from the show—like friendship, empathy, sharing, self-advocacy, or managing big feelings—and participate in activities that help children have a safe place to be their authentic selves.

## CALMING RETURN TO SCHOOL ROUTINES

Returning to school after a break, especially one filled with lots of family time and fun, can be difficult for children. Click [HERE](#) for suggestions from the Child Mind Institute on how to help your child overcome any back to school anxieties. If you don't have time to read the whole article, please read the brief summary below for some suggestions on how to ease any back-to-school worries (for you or for your child). The most important part of transitioning back-to-school is to develop and practice a good-bye routine which will help your child know what to expect at drop-off. When you arrive at school, visit the bathroom, wash hands, put their water bottle in the bin and lunch boxes in the other bin, hang up jackets and tote bags, and do your goodbye routine. Leave promptly and don't look back. We will update you on your child's progress as soon as possible.

#### TAKE YOUR OWN TEMPERATURE - tips from Dr. Rachel Busman, PsyD, ABPP

Make sure you're not passing on your stress to your kids. To help you manage your stress, Dr. Busman recommends, not taking on more commitments that you and your family can comfortably handle.



#### LISTEN TO WORRIES

When kids express anxiety about going back to school — listen seriously. Rather than dismissing these fears ("Nothing to be worried about! You'll be fine!) listening to them and acknowledging your child's feelings will help them feel more secure. And if they want to, you can bolster their confidence by helping them strategize about how to handle things they're concerned about.

#### LET YOUR TEACHER KNOW IN ADVANCE & ARRANGE FOR A HAND-OFF

If you think your child will be reluctant to separate, it's very helpful to have someone primed to meet and engage them when you arrive. You want that person to not to talk about or dwell on their anxiety, she explains, but to engage your child in some activity. Asking the child for help is a good way to do that — "Can you help me carry all the magnet tiles over to this bin?"

#### WHEN SEPERATION PROBLEMS PERSIST

Leaving a child who is crying or whining at school is a tough thing for any parent to do. "But most kids are pretty resilient," Dr. Busman notes, "and we don't want to underestimate their ability to cope. Most kids recover quickly once mom or dad leaves."

If your child's teacher reports that they bounce back and participate enthusiastically in activities during the day, the best way to help them get more confident about separating from you is not worrying too much about their complaints.

"It's not being a bad parent to ignore a little bit of whining or reluctance," says Dr. Busman. "It will actually help a child move beyond it if you give more attention to things that you do want to see them do." You want to give specific praise for brave behavior. For example, remind them you will be back to get them and tell them things like, "Great job coming to preschool today. When I pick you up, I hope you'll tell me something fun you did."



## PARENT / TEACHER CONFERENCES

## Parent/Teacher Conferences are scheduled for:



- ROOM 102 Mrs. Vargas - Thursday, February 5th
- ROOM 103 MWF Mrs. Choi - Friday, February 6th
- ROOM 103 TTh Mrs. Choi - Tuesday, February 3rd
- ROOM 104 Mrs. Barnett - Friday, January 30th
- ROOM 105 Ms. Wilson - Thursday, January 29th
- ROOM 107 Mrs. Quijada - Thursday, February 5th
- ROOM 108 MWF Mrs. Cardoni - Monday, February 2nd
- ROOM 108 TTh Mrs. Michael - Tuesday, February 3rd
- ROOM 111 Mrs. Juhasz - Thursday, January 29th
- ROOM 113 Mrs. Biggs - Monday, February 2nd
- ROOM 117 Mrs. Richards - Friday, February 6th

Your child's teacher will be sending out a brightwheel link for you to select your conference time. For families with more than one child we will work with you, as best we can to have conferences for both your children on the same day.

Here are some tips to get the most out of the conference experience.

- Conferences are scheduled for 15-20 minutes. Please be on time or notify the office if you are running late for your conference. If you think you will need more time, please make special arrangements with your child's teacher in advance to have a longer discussion.
- Prior to conferences a parent survey will be sent home for families to share topics they would like to cover at the conference.
- Conferences may be in person or set up as a phone/conference call. Please indicate your preference when you sign up.
- Conferences are for adults only. All BHPCNS classes will be held during conferences. Babies are welcome to attend a sibling's conference, however baby-sitting arrangements should be made for older siblings.
- Conferences are an opportunity for BHPCNS to share your child's strengths, concerns, readiness, with you and for you to share what's special, unique or concerning you about your child.
- Working together as a team is important to each child's progress in preschool. Please, do not worry if Liz is at your child's conference. She is there as a resource, support, educator, for your child and family and will offer ideas on your child's development.
- Please let Liz know if you have any questions or would like her to participate in your child's conference.

## WINTER DANCE RECITAL

January 28th at 1:45 pm in Memorial Hall



It's Almost Snow Time for the Bradley Hills Dance Company!

Our Bradley Bear Dancers have been working hard to prepare for their big performance! Our dance moves will have you smiling from ear to ear and our art projects will transform the stage and walls of Memorial Hall into a Winter Wonderland. All are welcome to attend this must see event! Stay after the performance and shop at The Scholastic Book Fair.

*Our next session of Dance Stay & Play begins Wednesday, February 4th. Don't miss out on the fun! Register your child [HERE](#).*





## SCHOOL PICTURE DAYS

March 3rd, 4th, &amp; 5th

Schedule those haircuts &amp; shine those shoes for Picture Day fun!

We are excited to be working with Stone Photography again.  
Individual, classroom, and sibling photos will be taken.

More details to come in February.



## JANUARY BIRTHDAYS



Alison Cushman  
Ana Sofia Fernandez Ceron  
Brooks Stoycos  
Charlie Thomas

Daphne Potolicchio  
Emma Laux  
Hudson Tase  
Lo Hansan  
Madison Price-McDonald

Murphy Esterque  
Nora Vernon  
Oliver Wonlaw  
Ted Rahm

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.

## WEATHER RELATED SCHOOL CLOSINGS

BHP CNS 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, BHP CNS will be closed.

If MCPS has a two hour delay, BHP CNS will begin the school day at 11:00 am, except for Early Morning with Bradley Bear students who may arrive at 10 am. Students in the 2-year-old program may stay until 12:30 pm. Lunch Bunch will be cancelled. We will provide a hearty snack. Cub Club will be held from 11:00am until 12:30 pm.

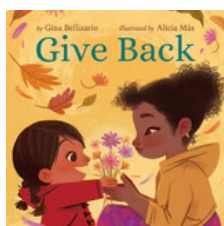
If MCPS closes schools early, Stay & Play will be cancelled.



## LOST &amp; FOUND BINS

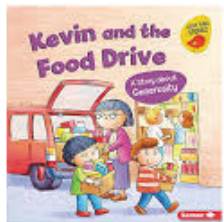
The Lost and Found bin in the hallway is getting filled with warm jackets, hair bows, sweaters, and other lost items. Please check the bin for any missing belongings.

## WINTER PICKS from our LIBRARIAN - Mrs. Hauck



With the MLK, Jr. day of service this month, now is a great time to read about community service. The school library has many picture books about children helping others and giving back to the community, including the following:

*Give Back* by Gina Bellisario: From donating used toys to collecting winter jackets and mittens to organizing a community dinner, a child learns the many ways to give time and love to those in need. Includes rhyming text and diverse characters.



*Kevin and the Food Drive: A Story About Generosity* by Kristin Johnson: After Keven learns that some families don't have enough to eat, he organizes a food drive with his classmates at school.



*Our Little Kitchen* by Jillian Tamaki: Every Wednesday, a community of young and old come together to prepare a meal for their hungry neighbors.

Parents, grandparents, and caretakers...you are welcome to visit the BHP CNS Library. Please see the office staff for assistance if you wish to borrow a book. Please note that a \$10.00 replacement fee will be charged for all lost books.

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



## OPEN DOOR POLICY AT BHP CNS

BHP CNS Open Door Policy: Thank you to everyone who has popped into the office with a question or concern! If at any time during the school year, you have a concern, complaint, an idea, or suggestion, please email, text, come to the office, or call us. We truly want to know your thoughts. Your ideas, suggestions, and critiques provide us with vital information that we can use to improve our programming. No issue is too small.

## SPECIAL PROGRAMMING

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

In January, our artists will create Valentine's in anticipation of the holiday. Day activities for preschoolers is such a joy! At this age, the best projects are "Process Art"—where the fun is in the making, and the result doesn't have to be perfect. It is also less about "romance" and all about friendship, kindness, and fine motor skills.

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

Preschoolers are "sensory learners," they understand the world best when they can touch, smell, and see the science in action. In January in science we will spend time talking about our senses and how we use them in our everyday lives. We will also take turns touching, smelling, and tasting new and different textures, flavors, fragrances.

It will be eye opening. Or maybe our eyes will be blindfolded?



## SINGING with Mrs. Colonna (2 year-old)

Mrs. Colonna has enjoyed busting out the Santa hats and bells and singing holiday classics with our two year-old classes this winter. In January, we will twirl like snowflakes, freeze like ice cubes, and waddle like penguins.

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

What an incredible end to 2025!

The holiday concert was the first time many of our students have performed in public as an ensemble. This creates a sense of community and unity that will serve our children throughout their lives. Your support and love helped convert their nervous energy into rockstar performances. Never underestimate the power you have as parents. Winter is now upon us, our songs will shift to wintery themes that highlight the ways the weather changes our surroundings. Bring on the snowmen and polar bears! We'll also reflect on what a new year means and all of the hopes and aspirations that come with it.

Reflecting, looking ahead, and cherishing the moment simultaneously are lifelong skills.

Wishing you all peace and hope in the new year and beyond.



HUGE thanks to Ms. Casey for working all fall with our cubs and teaching them so many songs and corresponding signs. The holiday Sing-Along was heartwarming! Special thanks to Paul Vasile, BHPC's Director of Music for volunteering his time, and immense talent, to accompany our cubs on the piano.

The performance was professionally recorded; and the recording link will be shared with you in brightwheel.

## MUSIC (3-year-old &amp; Pre-K) with Little Hands

Happy New Year from Little Hands Music and Movement classes! This winter our session is called "Sing Me a Story!" It's a Little Hands collection of stories and songs inspired by the pages of lovely children's books. We begin with a story of "Grandfather Twilight" (by Barbara Berger) who brings a growing pearl through the forest to hang in "the silence above the sea." The songs I See the Moon and Twinkle, Twinkle Little Star are a couple of the singing selections. (Listen to Kate singing Twinkle on the playlist [HERE!](#))



"High and Low" or "Pitch Awareness" is January's focus. We will listen, see, and move in ways that reinforce the concepts of high and low sounds. Here's a rhyme used in classes with bells, or shakers, and moving our bodies:

Twinkle, twinkle way up high, Twinkle up and touch the sky  
Twinkle, twinkle way down low, Twinkle down and touch your toe  
Twinkle, twinkle, round and round, Twinkle STOP and touch the ground.

In movement, we'll use our listening ears to know how to move when prompted by the suggestions in the songs, Jim Along Josie, and Head 'n Shoulders Baby. We'll play two metallic instruments this month: triangles and finger cymbals! We're building language development, body awareness, cognitive skill, memory, patterns in literature and song, following directions, and social skill!

We are very thrilled to be able to share with you the [Sing Me a Story playlist](#), full of engaging songs like F Jazzy Twinkle and the Library Song (where Lucy goes to the library and takes adventures through reading her favorite books!) along with other delightful recordings. We can't wait to hear what song becomes your family's favorite!





## BRADLEY HILLS PRESBYTERIAN CHURCH

Amazing to think it's 2026!

We were excited at the many families who participated in the Advent Workshop, Christmas Tree Lighting, and Christmas Services in December and invite you to join in our January activities!

**Family Connections: Scavenger Hunt** – Sunday, January 11th at noon. Join in a fun scavenger hunt and lunch for families and their children. Starting in Memorial Hall, clues will be given out to find objects and places in the church. Enjoy joining in with the little ones as they scamper through the halls and learn about our church and Bible stories. A great, family-fun way to spend a cold winter's day! Lunch will be provided as you gather in fellowship with other families. All are welcome.

