

January 2021 Newsletter

The Bear Facts

Celebrating 63 Years of Early Childhood Education



Dear Parents,

When I began preparing this newsletter on January 5th, after a wonderfully relaxing holiday break, I was looking ahead to a New Year and wanted to share this quote with you.

This New Year needs us all, all our hopes all our good wishes, all our smiles and all our gestures of forgiveness.

-Maya Angelou

And then January 6th occurred. Many of our families work for the Federal Government, or supporting services, in and around the Capitol. My thoughts and prayers are with those families and all of us as we struggle to make sense of the senseless.

The past few days have been challenging and there is a lot of concern about what may transpired over the coming weeks. As adults we try hard to shield children from the types of horrific scenes we viewed on Wednesday as the US Capitol was breached. Adults turn off the television, speak in quiet tones, text friends and family instead of speaking in front of the children. Unfortunately, even the youngest of children can pick up on hushed adult conversations or perhaps may see something on a screen with scary images. When situation like this occur young children can sense that the adults in their world are worried/stressed/scared. It's important to acknowledge your feelings to your children but explain that you are there to protect them and won't let anything happen to them.

Young children are concrete learners - meaning it's hard for them to extrapolate what happened downtown, the proximity to their home, and the repercussions, that we as adults are processing. It's important to speak to children in terms they understand. NPR ran [an article](#) this past weekend. I liked how this kindergarten teacher is approaching the topic with her class:

For those struggling with talking to the youngest children, Martha Bishop, who teaches kindergarten outside Tucson, Ariz., shared this with NPR on social media:

"I think I'd probably tell them that today some people threw big naughty grownup temper tantrums because they didn't like how the vote for president turned out. They did this instead of using their words and it was a little scary, just like it can be scary when you see another kid (or sibling?) throw a BIG temper tantrum. They were loud and interrupted our leaders while they were doing important work. But helpers stopped them and our leaders got to do their jobs!"

I think it's important to share who and what helpers do in our community. [Here's a link](#) to a social story about community helpers. You can print this story out to share with your children or read it online together. Explain to your children the difference between a community helper and a stranger. Children need to know they can trust community helpers whose jobs are to keep children and our communities safe as well as teaching and providing food and other services to everyone.

Here are some other resources you may find helpful.

The **Washington Post Parenting Section** always has up to date information on navigating all things related to parenting. I thought [this article](#) was quite good as well.

The **Child Mind Institute**, is another great resource for parents. To help adults process their own feelings and communicate effectively and compassionately with young people, [they've prepared a piece on "Helping Kids Understand the Riots at the Capitol."](#) Some top takeaways:

- For younger kids, stay calm and emphasize that they're safe, even if what they're seeing is scary.
- For school-age kids, give kids a chance to tell you what they saw and ask questions.
- For teenagers and young adults, discuss appropriate ways to channel their emotions and fight for what they believe in.
- For kids of all ages, use the opportunity to have an honest, age-appropriate discussion about how these events fit into our nation's history.

I am a firm believer that children's books can help children make sense of the world around them. [The Social Emotional Foundation for Early Learners](#) has a wonderful Book List to help children learn, identify, and understand emotions. Reading the books is a great starting point. If time and energy allow, role playing the stories with your child is a way to extend the lessons presented in the books. Use puppets or stuffed animals and make up situations that allow your child to explore their feelings, not just in light of current events, but also the daily frustrations of making their bed, or putting away their toys. You may already have some of these books in your home. If you don't they can be purchased on Amazon or Barnes and Noble, and possibly at your local book store. The Montgomery County libraries are also offering contactless delivery of books through a program called [Holds to Go!](#)

Here's a list of titles from the SEFEL website:

Scared or Worried Feelings

Creepy Things are Scaring Me by Jerome and Jarrett Pumphrey (Ages 4-8)
Franklin in The Dark by Paulette Bourgeois & Brenda Clark (Ages 5-8)
How I Feel Scared by Marcia Leonard (Ages 2-6)
I Am Not Going to School Today by Robie H. Harris (Ages 4-8)
No Such Thing by Jackie French Koller (Ages 5-8)
Sam's First Day (In multiple languages) by David Mills & Lizzie Finlay (Ages 3-7)
Sheila Rae, the Brave, by Kevin Henkes (Ages 5-8)
Wemberly Worried by Kevin Henkes (Ages 5-8)
When I'm Feeling Scared by Trace Moroney (Ages 2-5)
When I Feel Scared by Cornelia Maude Spelman (Ages 5-7)

Caring About Others

Bear Feels Sick by Karma Wilson and Jane Chapman (Ages 3-5)
Can You Tell How Someone Feels by Nita Everly (ages 3-6)
Understand and Care by Cheri Meiners (Ages 3-6)
When I Care about Others by Cornelia Maude Spelman (Ages 5-7)

General Feelings:

ABC Look at Me by Roberta Grobel Intrater (Ages infant-4)
Baby Faces" books (most are by Roberta Grobel Intrater) (Ages infant-4)
Baby Faces by Margaret Miller (Ages infant-3)
Baby Senses Sight by Dr.S. Beaumont (ages infant -3)
Can You Tell How Someone Feels? (Early Social Behavior Book Series)by Nita Everly (Ages 3-6)
Double Dip Feelings by Barbara Cain (Ages 5-8)
The Feelings Book by Todd Parr (Ages 3-8)

Feeling Happy by Ellen Weiss (Ages infants -3)
 Glad Monster, Sad Monster by Ed Emberley & Anne Miranda (Ages infant-5)
 The Grouchy Ladybug by Eric Carle (Ages 1-6)
 The Pout Pout Fish by Deborah Diesen (Ages 3-5)
 The Three Grumpies by Tamra Wight (Ages 4-8)
 Happy and Sad, Grouchy and Glad by Constance Allen (Ages 4-7)
 How Are You Peeling: Foods with Moods/Vegetal como eres: Alimentos con sentimientos by Saxton Freymann (Ages 5-8)
 How Do I Feel? by Norma Simon (Ages 2-7)
 How Do I Feel? Como me siento? by Houghton Mifflin (Ages infant-4)
 How I Feel Proud by Marcia Leonard (Ages 2-6)
 How I Feel Silly by Marcia Leonard (Ages 2-6)
 How Kind by Mary Murphy (ages 2-5)
 I Am Happy by Steve Light (Ages 3-6)
 If You're Happy and You Know it! by Jane Cabrera (Ages 3-6)
 Little Teddy Bear's Happy Face Sad Face by Lynn Offerman (a first book about feelings)
 Lizzy's Ups and Downs by Jessica Harper (Ages 3-9)
 My Many Colored Days by Dr. Seuss (Ages 3-8)
 On Monday When It Rained by Cherryl Kachenmeister (Ages 3-8)
 Proud of Our Feelings by Lindsay Leghorn (Ages 4-8)
 See How I Feel by Julie Aigner-Clark (Ages infant-4)
 Sometimes I Feel Like a Storm Cloud by Lezlie Evans (Ages 4-8)
 Smudge's Grumpy Day by Miriam Moss (Ages 3-8)
 The Way I Feel by Janan Cain (Ages 4-8)
 Today I Feel Silly & Other Moods That Make My Day by Jamie Lee (Ages 3-8)
 The Way I Feel by Janan Cain (Ages 3-6)
 What Makes Me Happy? by Catherine & Laurence Anholt (Ages 3-6)
 What I Look Like When I am Confused/Como me veo cuando estoy confundido (Let's Look at Feeling Series) by Joanne Randolph (Ages 5-8)
 When I Feel Frustrated by Marcia Leonard (Ages 2-6)
 When I Feel Jealous by Marcia Leonard (Ages 2-6)

School updates on reopening are highlighted after the Bradley Hills Presbyterian Church's news.

Please reach out to me with any questions on concerns. Wishing everyone a peaceful rest of January.

Liz Sobrino
 BHPCNS Director

PARENTS' GROUP NEWS

Happy New Year!

We hope that you enjoyed the holiday season and wanted to thank all of the families who participated in the SilverGraphics and Minted fundraisers. We were so impressed by all of the budding artists and are so glad many of you thought of BHPCNS when sending out your holiday greetings.

We hope everyone is staying safe and healthy and we look forward to seeing you in 2021!

Maggie Maloney
MaggieWMaloney@gmail.com

Sarah McGovern
SarahLothrop@hotmail.com



BHPCNS BOARD NEWS

Happy New Year from the Nursery School Board!

- We hope that everyone had a wonderful break and enjoyed some well-deserved downtime with family.
- The Board has been supporting the school administration and working with the Bradley Hills Presbyterian Church on the April 6th reopening of the school program.
- Registration for the Spring Term, Summer Camp programs, and the 2021-2022 School Year are underway. If you haven't already enrolled your child, please do so as soon as possible. We need accurate student counts to plan our programming. If you have friends or family who are interested in our programs, please have them contact the office for more information about the programs and how to register.
- If you have other feedback for us, please contact us at Board@bhpcns.org to get more details or fill out an anonymous form on the Board portion of the school website.

Have a great month!

Missy Banashak
BHPCNS Board Chair

REGISTER NOW!

BRADLEY HILLS PRESBYTERIAN CHURCH NEWS

Bradley Hills Presbyterian Church News

We hope you had a happy holiday season and are entering 2021 filled with hope!



Weekly Family Advent Services - Families are invited to a 20-30 minute time of family worship on Zoom on Sunday, January 17, at 9:30 am. Contact Matt Nabinger at matt@bradleyhillchurch.org for sign in information.

Weekly Church Services - We are still holding Virtual Worship Services at 10:30 am on Sundays at the link below:

[Watch Services Live Click Here](#)

Adult Education – On Sunday mornings at 9:15 via Zoom, join us for the following interesting speakers:

[Click here to join the Zoom Meeting](#)

Meeting ID: 857 6618 3170

You may also call in at (301) 715-8592

January 17: Kerm Towler – *Christianity and Human Rights in South Africa* Divinity student Kerm Towler has traveled to South Africa five times to South Africa as part of the Wesley Theological Seminary Immersion program. He has “been in the room” with people who fought for freedom (and paid the price with torture) and were imprisoned on Robben Island as well as with Nelson Mandela’s personal jailer of 30 years. As part of his presentation, Kerm will introduce human origins work and discuss recent history regarding apartheid and social development, highlighting advances as well as areas in which progress is being held back.

January 24: Rev. Pat Jackson – *“Be the Bridge” Initiative* Rev. Jackson is the co-Executive Director of Interwoven Congregations and a Parish Associate at Bethesda Presbyterian Church. Interwoven Congregations is a faith community dedicated to creating opportunities for people to meet and engage in a sustained way across the racial divide. *Be the Bridge* is an initiative that several BHPC members participate in.

January 31: Dr. Robert Jones, Public Religion Research Institute, *White Too Long: The Legacy of White Supremacy in American Christianity* Dr. Jones last addressed BHPC Adult Education in 2017, when he discussed his previous book, *The End of White Christian America*. Both volumes are based on deep demographic and public opinion studies of the intersections of race, politics and religion. Previews of his thoughts are on [The David Pakman Show on YouTube](#) and in an interview with [Terri Gross of NPR's Fresh Air](#).

MORE IMPORTANT NEWS:

Registrations: Spring Term, Summer Camp, and the 2021-2022 School Year
BHPCNS is continuing to collect applications for all upcoming programming.

Spring Term Registrations are DUE NOW!

We are working on staffing based on the applications we have received. If you have not yet submitted your child's paperwork, we need it ASAP.

Camp and the 2021-2022 School Year:

Please send in your paperwork for these programs as soon as possible. The sooner we have accurate enrollment numbers the better we will be able to prepare.

Thank you!



Paperwork and Forms for Enrolled Students for the Spring Term:

All the necessary forms for the Spring Term, including but not limited to, COVID-19 forms, Medical forms, All About My Child form, Permission Slips, etc. will be sent home in early February. These forms must be received before your child can begin school on April 6th. If you want to get a head start many of the required forms are on our website at the bottom of our [Applications Tab](#).

Playgrounds at BHPCNS:

Our playgrounds are open and waiting for your children to come and play. For children who will be starting school in April, coming and playing on the playgrounds is a great way to help your child acclimate to school. Please come and play!



JANUARY SING ALONGS

It's been so much fun having our monthly sing alongs that we are going to continue to hold them in January to sing the winter blues away and in February to celebrate love for family and friends!



**Snow,
Snow,
Snow,
Fun and
Singing!**

JANUARY SING ALONGS CONTINUED.....

Sing Away the Winter Blues on January 28 and 29th!

Please join, Ms. Casey, Mrs. McCauley and Mrs. Sobrino to sing some fun winter songs! BHPCNS' Full details are on Sign-Up Genius! So get your snowman attire ready and [click here to sign up](#).

DONATIONS NEEDED: We ask that you bring baby diapers and diapering products that are desperately needed for Arcola Elementary School in Silver Spring, a partner with BHPC & BHPCNS to help those in need.



Practice Zoom Sessions for Sing Alongs will be Wednesday, January 20 and Tuesday, January 26th at 10:00 a.m. each day.

January 20th at 10:00 a.m. [Click Here for the Zoom Link](#)

Meeting ID: 756 3921 8684 Passcode: BRRRRR

January 26th at 10:00 a.m. [Click Here for the Zoom Link](#)

Meeting ID: 749 5700 3970 Passcode: BRRRRR

Mark your calendars for the February Sing Alongs:

February 17th and 18th!

Rehearsals are tentatively scheduled for February 9th and 10th.



BHPCNS JANUARY BIRTHDAYS

Josie Maloney
Leonardo Zampetti
Cameron Laeng
Jack Urbanczyck
Caroline Alafoginis
Ako Yokoyama



Nathaniel Sandick
Everett Spencer
Nolan Hague
Ryan Derakhahandi
Kate Barrett

Wishing our January Bear Cubs the happiest of birthday celebrations!

NATIONAL PUZZLE DAY – JANUARY 29!

National Puzzle Day (January 29):

Families went crazy for jigsaw puzzles in 2020, when they had lots of time at home during the [coronavirus](#) pandemic. The one-time wooden educational tool hadn't been that popular since the 1930s, when cardboard versions became inexpensive, reusable fun. Celebrate the day by pulling out a favorite jigsaw, or trying a crossword, Sudoku or brain teaser.

