

# January 2022 Newsletter

## *The Bear Facts*

Celebrating 64 Years of Early Childhood Education

Dear Parents,

Welcome back to school! I hope your holidays and our bonus snow days were filled with fun! Thank you for your patience as we navigate the safest ways to resume our school programming. The unexpected one week break will be extremely beneficial in identifying cases of Covid without having to close or quarantine classrooms and/or the school.

**I cannot reiterate enough, if you, your child, a family member, a nanny, a babysitter, or any other person who is in close contact with your BHP CNS child, exhibits any Covid symptoms, do not send your child to school. Review the protocols sent out on Wednesday, January 5<sup>th</sup> and the procedures in our parent handbook and adhere to them.**

**When in doubt, stay home!** It's imperative that we work together to keep the children and staff healthy!

I am excited to welcome 12 new "Young Twos" to our program beginning January 11<sup>th</sup>. Please welcome the newest members of our school.

Throughout January, their teachers will be busy creating a snapshot of your child's development at school. Teachers will be using a developmentally age appropriate checklist of tasks/milestones with your child. These activities are done in a fun and playful manner. Our observations will be shared at the upcoming Parent/Teacher conferences. See sidebar for more details. These assessments build off the ASQ-3 questionnaire you completed in the fall and provide another snapshot of your child's development.

Thank you for wonderful holiday treats for the office, teachers and staff at BHP CNS. Your generosity with the class parties, your gifts to teachers, and your donations to the Angel Giving Tree were amazing and we appreciate all that you do for our school and the greater community. Thank you, also, to the Parents' Group and particularly Kimberly Young, for the pretty Christmas poinsettias delivered to the entire staff in December.

Thank you again for your generosity. Most of all thank you for your children. They are an amazing gift that you share with us each day. I am looking forward to seeing them soon!

Liz Sobrino  
BHP CNS Director



### PARENT/TEACHER CONFERENCES



Parent/Teacher Conferences are scheduled throughout February. Additional details will be coming from your child's teacher and the office as we get closer to conference time. Guidelines:

- Signing up for a conference time will be done using Sign-Up Genius. Links will be going home in January via teacher email.
- Conferences are scheduled for 15 minutes. In an effort to keep the conferences moving smoothly it is vital to adhere to the 15 minutes scheduled. Please be on time or notify the office if you are running late for your conference. If you think you will need more than 15 minutes, please make special arrangements with your child's teacher in advance.
- For families with multiple children in the school, we will work with you to schedule your conferences back-to-back wherever possible.
- Conferences are for adults only. Classes will be held during conferences. Baby-sitting arrangements should be made for siblings.

BHP CNS is blessed with a truly remarkable staff who want to share their experiences with your child with you. If you have any questions, contact your child's teacher or the office at any time for a discussion.

# Happy New Year!



The Parents' Group is excited to **welcome our Young 2s kiddos and families to BHP CNS** this month! If any of you want/need a Bradley Bear tote, lunch bag or masks please email [kaeli.duggan@gmail.com](mailto:kaeli.duggan@gmail.com)!

Two fun opportunities and ways to support the Parents' Group in January!

## 1. **SAVE THE DATE - BHP CNS LEDO PIZZA CARRY OUT NIGHT!**

*When:* Tuesday, January 25 (5:00 - 9:00 PM)

*Where:* Ledo Pizza – Westlake (Next to Westfield Montgomery Mall)  
10301 Westlake Dr.  
Bethesda, MD



Take an evening off from cooking and support BHP CNS by ordering dinner from Ledo Pizza!! Ledo Pizza is known for their delicious pizza, but they also offer a large menu complete with apps, salads, entrees, sandwiches and more. **20% of all proceeds will go back to the BHP CNS Parent's Group.**

Please call 301-469-6700 or visit [Ledo Pizza Westlake online](https://www.ledopizza.com/) to place your **TAKEOUT/CURBSIDE** order! Make sure to tell the cashier that you're with the **BHP CNS FUNDRAISER** when picking up your order so our school receives credit.

In consideration of Covid safety, takeout is encouraged, however the restaurant will accommodate dine in as well for our fundraiser. Please mention to your server that you're a part of the BHP CNS Fundraiser if you will be dining in.

## 2. **BHP CNS SilverGraphics private Online Art Shop!**

If you didn't order any items during the fundraiser- it's not too late!! To order, follow the link shown below and enter our school Access Code. All orders will ship to the address you specify at Checkout and arrive 3-4 weeks after date placed. All orders still benefit the school and this shop will be open until June 30, 2022. We will remind you of this as other holidays approach 😊

Go to: <https://www.silvergraphics.com/shop/>  
Enter Access Code: **ARTatBH21**



Thanks to everyone for your continued support. Please contact the parents group with any questions at [parentsgroup@bhpcns.org](mailto:parentsgroup@bhpcns.org)

Kaeli Duggan and Nicole Urbanczyk  
Parent's Group Co-Chairs

Keep an eye out for upcoming activities and fundraisers such as cookie kits as we near Valentine's Day! Stay tuned for more details in the coming weeks.

## BHPCNS BOARD NEWS

Dear Parents,

Happy 2022! We hope you and your children had a fun-filled winter break. The BHPCNS Board and Bradley Hills Presbyterian Church welcome BHPCNS staff, children, and parents back for the second half of the school year.

The Board will meet on January 12 at 7:30 pm to approve next year's budget and school calendar. If you have any topics you would like included on the meeting agenda, please contact [board@bhpcns.org](mailto:board@bhpcns.org) to have your topic added. You can use the Board email address to share questions, comments, and ideas with the Board anytime during the year.

Rosanna Morrison, BHPCNS Board Chair  
Vicki Petrides, BHPCNS Board Vice Chair



## CALMING RETURN TO SCHOOL ROUTINES



Returning to school after a break, especially one filled with family time and lots of 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, we strongly recommend you create a good bye routine, say goodbye and leave. The teachers will calm your child and they will quickly engaged in playing in their classroom.

## 2022-2023 REGISTRATION, ACCEPTANCE LETTERS & SCHOLARSHIP REQUESTS

Our 2022-2023 school year registration process is well under way. Classes are filling up! If you have not yet submitted an application for the upcoming school year, please get one into the office ASAP.

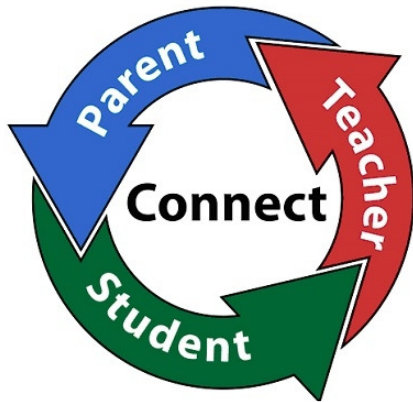
For the applications we have received we are busy processing them and will be getting acceptance and wait list letters sent home in late January.



Did you know BHPCNS has a scholarship fund? We strongly believe all children deserve a quality pre-school experience. If the Covid pandemic or other situations are stressing your family's resources, please consider applying for aid from the school. More information is available by [clicking here](#) or by calling the office at 301-365-2909.

**Current Scholarship Families:** if you will be asking for scholarship aid for the 2022-2023 school year, please submit your paperwork before January 14<sup>th</sup>. Thank you!

## BHPCNS PARENT/TEACHER CONFERENCES IN FEBRUARY



Parent/Teacher Conferences are scheduled for the first 2 weeks of February according to this schedule:

Monday, February 7 – Mrs. Hauck & Mrs. Kebler (MWF 2s)  
Tuesday, February 8 – Mrs. Hauck (continued) & Mrs. Kebler (TTh 2s)  
Wednesday, February 9 – Mrs. Cardoni & Mrs. McCullough  
Thursday, February 10 – Mrs. Juhaszne & Mrs. Myers  
Friday, February 11 – Mrs. Quijada (MWF 2s) & Mrs. Juhaszne (continued)  
Tuesday, February 15 – Mrs. Biggs & Mrs. Martin  
Wednesday, February 16 – Mrs. Richards & Mrs. Barnett  
Thursday, February 17 – Mrs. Quijada (TTh 2s)

Your child's teacher will be sending out a SignupGenius 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 minutes. Please be on time or notify the office if you are running late for your conference. If you think you will need more than 15 minutes, please make special arrangements with your child's teacher in advance to have a longer discussion.
- Prior to conference a 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 or via Zoom. Please indicate your preference when you sign up.
- Conferences are for adults only. All classes will be held during conferences. Babies are welcome to attend, however baby-sitting arrangements should be made for older siblings.
- Conferences are an opportunity for us 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.
- As the Director of the school, I work with the teachers to ensure we are providing the best possible experience for your child. It's possible I will sit in on your child's conference to learn more about your child, support a teacher, offer ideas on your child's development. Please, do not worry if I'm at your conference. I am there as a resource, support, educator, for your child and family.

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

## BHPCNS IS A BETHESDA MAGAZINE TOP VOTE GETTER



### **BHPCNS is a Bethesda Magazine Top Vote Getter for 2022!**

Thank you to all the families who voted for BHPCNS in Bethesda Magazine's bi-annual Best of Bethesda Schools edition.

BHPCNS is honored that you think so highly of our school, teachers, and programming.





## BHPCNS JANUARY BIRTHDAYS

Josie Maloney  
Jack Urbanczyck  
Kate Barrett  
Devyn Schwartz  
Charlie Lazare  
Logan Openchowski  
Adya Muthukumar



Everett Rhoads  
Ryan Derakhshandi  
Norah Javers  
Holden Reilly  
Emiliano Castillo-Vargas  
Yota Yokobori  
Sofia Howard

**Wish these Bradley Bear Cubs a happy day!**

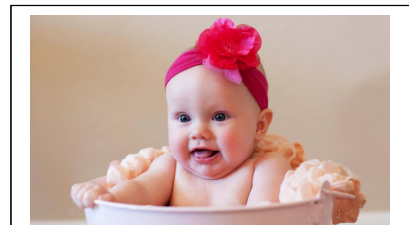
Reminder: When sending in birthday treats, please send in small cupcakes, mini muffins, fruit kabobs, etc. Remember to label the treats with the ingredients used so we can keep everyone safe at school.

## BHPCNS FUTURE BRADLEY BEAR PHOTOS



### Is there a new baby in your house?

Send a picture of your little one to the office and we will post the picture on the bulletin board outside the office for all to see our Future Bradley Bears.



## WEATHER RELATED CLOSINGS AND DELAYED OPENINGS

BHPCNS follows Montgomery County Public Schools, MCPS, and emergency weather closings.

**If MCPS schools are closed, BHPCNS will be closed.**

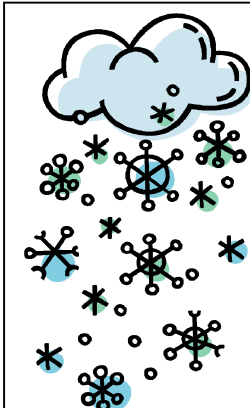
**If MCPS has a 2 hour delay, BHPCNS will begin the school day at 11:00 am, except Early Morning with Bradley Bear students who may arrive at 10:00 am.**

Students in the 2-year-old program may come at 11:00 am and stay until 12:30 pm. We will provide a hearty snack. Lunch Bunch is cancelled for that day.

Stay and Play will be held at its regular schedule.

**If MCPS closes schools early, BHPCNS will close at 11:30 for the 2s, and 12:30 for the Lunch Bunchers, 3s and 4s. Stay and Play will be cancelled.**

Signup for Montgomery County Alerts by [clicking here](#).



## VISION SCREENINGS FOR BHPCNS STUDENTS



### Vision Screenings:

BHPCNS will be conducting vision screenings for all students on Tuesday and Wednesday, January 25 and 26<sup>th</sup> by the society for the Prevention of Blindness. In the past only 3-year-old and Pre-K classes participated. Because of new testing methodologies, all children will be able to have their visions screened this year.

If you have any questions or concerns, please call the office, 301-365-2909, and let us know. Thank you.

Parent volunteers will be needed to help on these days. If you can spare an hour or two, please notify the office!

## SPEECH AND OCCUPATIONAL THERAPY FOLLOW-UP CALLS with Liz Sobrino

Throughout the month of January, I will be reaching out to parents whose children were recommended for full evaluations for speech and/or OT. These conversations will be to discuss the next steps in how BHP CNS is supporting your child's development at school, how working together we can help prepare your child for the rest of this school year, and their future school success. Early Intervention can make a tremendous difference in a child's development. If you prefer to speak sooner, please call me. If not, I look forward to speaking with you soon.



## 2022 SUMMER CAMP: S'MORES AND MORE



- It may be cold.
- We may only be half way through the school year.
- But before you know it BHP CNS will be busy registering for our annual summer camp program. Details will be out to in-house families by mid-February.
- We will have 2 sessions of camp.
- Session 1 will be between June 7 and the 17<sup>th</sup>.
- Session 2 will be between June 21 and July 1<sup>st</sup>.

Mark your calendars now and start planning your child's summer fun!

## PARKING FOR PREGNANT MOTHERS AND FAMILIES WITH NEW BABIES



### PREFERENTIAL PARKING:

The front row of parking spaces is earmarked for pregnant mothers and families with infants, or families with several young children or if you have an injury. If you are dropping off one child at BHP CNS, PLEASE park out in the lots away from the sidewalk and RESERVE these front spaces for families who are lugging several children, a baby, school supplies, etc. into the school. If you have any questions or concerns, please contact the office and we will be happy to assist you.



## MARK YOUR CALENDARS FOR THESE IMPORTANT SCHOOL EVENTS:

January 10: School Reopens  
January 11: Young 2-Year-Old Program Begins  
January 17: BHP CNS Closed: Martin Luther King Holiday  
January 25 and 26: Vision Screening by the Society for the Prevention of Blindness  
January 25: Dine Out for BHP CNS at Ledo's Pizza  
February 10 and 14: Classroom Valentine's Day Celebrations  
February 15, 16, 17: School picture days – plan those haircuts now!  
February 21: BHP CNS Closed: Presidents' Day  
February 25, 26, and 27: School Picture Day

## MORE IMPORTANT NEWS:

### Lost & Found Bin!

#### Lost and Found Bin:

The Lost and Found bin, outside room 117, is getting filled with warm jackets, hair bows, sweaters, and other lost items. Please check the bin for any missing belongings.

#### Playgrounds at BHP CNS:

All children and their families are welcome to use the playgrounds as long as a class is not present on the playground. Please come out and play in the afternoons and on the weekends. When you are finished playing, please return sand toys to the sandboxes and replace the covers.



#### Transportation Days:

Transportation Days are coming in May. If you have any cool vehicles for land, air, water, construction equipment, fancy cars, horses, motorcycles, drones, etc. we'd love to have them be part of our transportation display. The dates are May 11<sup>th</sup> and 12<sup>th</sup>. The children love to explore, ask questions, and learn all about transportation! Contact Kim Goodstein at [Kgoodstein@bhpcns.org](mailto:Kgoodstein@bhpcns.org) or 301-365-2909 if you have a vehicle to share.

#### It's Almost Show Time for the Bradley Hills Dance Company:

The Bradley Bears Dance Company is hard at work preparing for their big show! We are working on our choreography for the Big Day as well as leaping, turning, and weight shifting. Our new movement vocabulary includes jete, plie, tendu, and rond de jambe. Dance, Freeze, Melt is our favorite dance game! Our arts and crafts to decorate the stage and hall are not to be missed.

**Showtime at 1:30 p.m. on January 26<sup>th</sup> in Memorial Hall.**  
**All are welcome to attend!**



#### SCHOOL PICTURE DAYS:

School Pictures will be taken on February 15, 16, and 17th. Individual and classroom pictures will be taken by [Stone Photography](http://StonePhotography.com). We are excited to be working with Stone Photography, a local photography company.

Details will follow in a few weeks. Schedule those haircuts and shine those shoes for Picture Day fun!

## STAY AND PLAY NEWS



**Mondays:**  
**Sports and Games**

#### Coach Cardoni Reports:

It's January and that means Basketball!!! Each week our Bear Squad warms up and cools down with stretches to protect our bodies from injury and we make sure we're practicing good sportsmanship. The first three weeks of January we will learn dribbling, teamwork, passing and shooting baskets. Each week we also play a game of Duck, Duck, Goose or Stone, Bridge, Tree, a relay race or another game to practice teamwork, patience and turn taking.

## Chief Scientist Mrs. Vargas Reports:

Our wiggling wizards will be discovering our five senses. We'll start with taste and learn how different spots on our tongue determine whether something sweet, salty, sour or bitter. Later, we will focus on the sense of smell. We will blindfold the children and see if they can guess what's in the jar. The third week will touch. They will use their hands to determine the shape of various objects in box. At the mouth's end, we will investigate the sense of hearing by playing a game where the children are once again blindfolded and have to point to the direction where the sound came from. We will also talk about how and why we rely on our senses; the roles each plays; their interdependence and what may happen once sense is removed.



**Tuesdays:  
Wigglin' Wizards**



**Tuesdays & Wednesdays:  
BHPCNS Dance Company**

## Dancer Snyder Shares:

"It is a Winter Wonderland in dance class. The Bradley Bears Dance Company is having a great time preparing for their January show. Ballet walks, posse marches, ballet arm position, leaping, and saute (jumping with two feet) in first position and parallel are the skills rounding out our movement retention work. A big part of memorizing a dance, and putting on a performance, is anticipating what comes next and that executive functioning skill is what we will be focusing on in the coming weeks."

## Artist Juhaszne Paints:

Winter is the season that comes after Fall and before Spring. When we think of winter we think of cold temperatures, warm clothing, snow, and fewer hours of sunlight. In our artist corner, we are going to celebrate winter by creating winter-themed artworks. We will use creative materials to make snowflakes, a snowman, and animals, we can see around even in the cold months.



**The Artist's Corner  
Wednesdays**



**Thursdays:  
Where in the World is  
Bradley Bear?**

## World Explorer Mydlarz Reports:

Our little explorers will start New Year with a trip to Russia. The world's largest country occupies one-tenth of all the land on Earth. It spans 11 time zones across two continents (Europe and Asia) and has shores on three oceans (Atlantic, Pacific and Arctic Ocean). We will be learning about diversity of Russian nature (Siberian tiger, polar bears, Baikal seal), culture (Tchaikovsky, Kandinsky, Pushkin, Gogol), architecture (Moscow, Kizhi, St. Petersburg) and many achievements (like the first man in space - Yuri Gagarin or the world's longest railroad line - The Trans-Siberian Railroad). Next the children will head to South Korea to welcome the Year of the Tiger during Lunar New Year (Seollal) festivities.

## Yogi Cardoni Meditates:

Even though it's cold outside, our Yogi Bears will be keeping warm! In January, we will move our bodies through a sequence of yoga poses and imagine ourselves as Winter Olympians, Pirates, Superheroes and finally the Seasons. We will ski in Chair Pose, do planks like Pirates, fly in Warrior 3 Pose and float like snowflakes in Savasana. We will also practice mindfulness through our weekly mindful eating activity. Come join us! Namaste



**Friday: Yogi Bears**



## BHPCNS MONTHLY PROGRAMMING SPECIALS

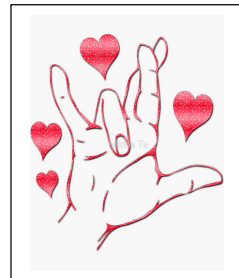


### Ms. Casey Shares:

Happy New Year! What a miraculous holiday season. After Thanksgiving, time seems to speed up exponentially. The 3s and 4s (and a few 5s!) worked diligently on their holiday songs in preparation for the big concert and WOW did it ever show. I'm so very proud of all of them for singing, gesturing and generally holding it together for what was for many their first public performance. This month we'll talk about how that experience felt and then share songs about the winter season and celebrate the dreams of Martin Luther King. The 2s had a wonderful time being introduced to all of the holiday songs and a few even watched the big kids' rehearsals. It's always a joy to witness their wonder at the things to come.

### American Sign Language Teacher Mrs. Goodstein Shares:

In January in ASL we are going to learn all about the weather. We will talk about our favorite seasons. And the different clothing we wear for Fall/Winter/Spring/Summer. We will dress up Bradley Bear for all different types of weather and see how silly he looks.



## BRADLEY HILLS PRESBYTERIAN CHURCH NEWS



### Children's Ministry News!

Happy 2022: a year of health and reopening!

We hope everyone enjoyed the Christmas Tree Lighting on December 12 and look forward to your feedback on whether it was an event we should continue to hold each year!

We are continuing to offer **Children's Church**, a worship service designed specifically for children. After the Children's Message in the sanctuary, all children ages 3 – 5<sup>th</sup> grade are invited to join Matt and two co-leaders for Children's Church in Memorial Hall. Masks and physical distancing are required for all participants as we encounter God's word together and respond with prayer, thanksgiving, and creative projects.

Please reach out to any member of Children's Lay Ministry if you have further input or questions: Rosemary Christiaens, Cathie Lutter, Cheryl Martel, Amanda Owens, Rosanna Morrison (Session Liaison), Kris Rosfjord, Katie Young, or to Matt Nabinger. Our next meeting will be Wednesday, January 5, via Zoom at 6:30 pm. Be in touch with Matt for Zoom info.

Contact  
US

## Volunteer Opportunities



### Service Opportunities for Families

**Smart Sacks on Sunday Mornings:** We encourage all families who are attending church to consider volunteering to help the **Smart Sacks Team** which gathers in the hallway between Memorial Hall and the Lounge after church each Sunday. Volunteers put grocery items in bags for delivery to Weller and JoAnn Leleck Elementary Schools. Smart Sacks helps bridge the gap between Friday and Monday by providing nutritious foods for children and their families who might not have another meal until after the weekend. The food is provided by Manna Food Center, a nonprofit striving to end hunger in Montgomery County.



**Welcoming a New Baby!** BHPC, BJC, and the nursery school have partnered together to help a recently resettled family from Afghanistan acclimate to life in Montgomery County. The family of four, will become a family of five in early March and are in need of baby supplies, and a few additional household supplies. If you are able to donate any of the following items, the family would really appreciate your help. We ask that all items are clean and in excellent condition.

- Crib and crib sheets
- Changing table with drawers if possible and/or changing pad
- Bassinet with sheets
- Stroller and car seat in excellent condition (or we may need to purchase), preferably fitting together
- Baby bathtub
- High chair or feeding chair
- Newborn clothes, neutral colors or for baby boy, (0-6 months)
- Newborn sleep sacks & receiving blankets/swaddling blankets
- Nursing pillow & burp cloths
- Waterproof pads
- Baby Bjorn or similar carrier
- Playmat
- Newborn diapers and wipes
- Anything else you think a newborn and his parents may need

In addition we are looking for

- a stove top pressure cooker
- a blender and
- an iPhone 8 (or so) with good battery



Please e-mail Brigitte Burgett: [bkburgett@gmail.com](mailto:bkburgett@gmail.com) or sign up through by [clicking here](#) if you would to donate any of these items as soon as possible so that we know what we need to purchase. We and the parents would be so grateful for your support.