

## December 2019 Newsletter

# *The Bear Facts*

**Celebrating 62 Years of Early Childhood Education**

Dear Parents,

December is a short month, but a very full one at BHP CNS. The children are going to be very busy making lots of fun surprises for their families. We invite you to bring your family's holiday card to school to be part of our display in the front hallway. Just bring your card to the office to be displayed.

On warm days, please explore our new Outdoor Discovery Center. This wonderful new space is getting lots of use by the children who just love all the space has to offer. We are still awaiting one last musical piece to be installed.

Registration for **children currently enrolled at BHP CNS** will be December 12<sup>th</sup> and 13<sup>th</sup>. Applications will be attached to the email accompanying this newsletter, available on the BHP CNS website at [www.bhpcns.org](http://www.bhpcns.org), and have been sent home via tote bags. **Applications may be mailed or dropped off early, but they will not be processed until after those received on December 12th and 13th.** (For full registration details see page 4.)

Our annual Christmas Sing Alongs for our 3s' and 4s' classes will be on December 17th and 18th. All our holiday performances will be professionally videotaped and be available to families by a link sent to you a few days after the show. All the singers will receive the link at no charge. (For full details see the side bar at right.)

Thank you to everyone who supported the Parents' Group Silver Graphics Fundraiser. These keepsake gifts will be distributed to you shortly. Thank you to Maggie Maloney and Sarah McGovern for managing this fundraiser for BHP CNS. We are grateful for their support and your support.

On December 6<sup>th</sup> we will say goodbye to Korny and Marshmellow. The children have enjoyed meeting our feisty rented chickens and using the eggs for our cooking lessons. In the spring we will be hatching chicks!

On behalf of myself, Carolyn, Dorene, and the entire staff at BHP CNS we wish you and your families a joyous holiday season filled with safe travels, good friends, family reunions, holiday traditions, and much happiness. Wishing you all the best in 2020!

Liz  
Liz Sobrino  
BHP CNS Director



### DECEMBER SHOWS!

**Mark Your Calendars for Our  
December Performances!**



**Christmas Sing Alongs**

**December 17<sup>th</sup> & 18<sup>th</sup>**

**For our 3s and 4s classes**

On **Tuesday, December 17th** our T/TH 3s in Room 105 will perform a selection of holiday songs in Covenant Hall. The program will begin at 9:30 am.

On **Wednesday, December 18th** our MWF and M-F 3s & 4s will perform a selection of holiday songs in the Sanctuary at 9:30 am.

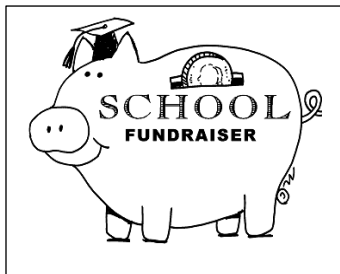
Following the performances there will be parties in the classrooms. Children will be dismissed for the winter break after their classroom party between 10:30 and 11:00 am.

**Both Sing- Alongs will be professionally recorded. Each family will receive an electronic link of the show!**



## PARENTS' GROUP UPDATE

Happy Holidays, everyone! We hope you all had a wonderful Thanksgiving. December is a busy and FUN time at BHP CNS!



### Fall Fundraiser Update:

We are excited to share our second annual Fall Art Fundraiser was another hit! We received over 140 orders and raised just under \$2,000 for the Parents' Group which will help fund Teacher Appreciation week and upcoming community building and social events. We can't wait to see the finished products which will be delivered to school by December 9th. Thank you all for the support!

### Mom's Night Out and Upcoming Social Events:

Our first Moms' Night Out of the year on November 21st was a blast! Thanks to everyone who joined us. We are planning another social event for the new year, so stay tuned for details!



### MINTED HOLIDAY CARDS:

We want to remind everyone of our ongoing partnership with Minted.com for the month of December. Use code **FUNDRAISEBHP CNS** on Minted.com to receive 20% off your order for the entire month of December. Get those holiday cards DONE while supporting the BHP CNS Parents' Group! We'll receive 15% back from Minted.com for every order placed using our code! There's still time to get your card designed, ordered, shipped before the holidays. Don't forget to bring a card to school for the holiday greetings display in our main hallway!

### Dine Out Fundraiser at Ledos Pizza:

Our first Dine Out of the year is coming up on **Tuesday, December 10th** at Ledo Pizza - 10301 Westlake Drive. Take a break from cooking and join fellow BHP CNS families for a pizza party while supporting the BHP CNS Parents' Group. Ledo will donate 20% of every dine-in AND carry-out order between 5-9pm back to BHP CNS!



Thanks for the ongoing support!

Maggie Maloney  
[Maggiewmaloney@gmail.com](mailto:Maggiewmaloney@gmail.com)

Sarah McGovern  
[SarahLothrop@hotmail.com](mailto:SarahLothrop@hotmail.com)

# THANK YOU



Happy Holidays from the Nursery School Board! Our Board met this month to discuss all of the great work going on within our Board subcommittees. Both the Safety subcommittee and the Long Term Planning subcommittee are actively engaging on some exciting things for the school! In fact, in early January please be on the lookout for a parent survey from the Long Term Planning committee. We hope you will take a few minutes to fill it out as it will help guide our strategic vision for the school. If you have any questions about this or any of the work going on with the Nursery School Board please do not hesitate to reach out. Or better yet, come join us for our meeting! The Nursery School Board's next meeting is January 16, 2020 at 7:00 pm. Please send an email to [Board@bhpcns.org](mailto:Board@bhpcns.org) to get more details. If you have other feedback for us, please contact us via that email address or fill out an anonymous form on the Board portion of the school website. We hope you all have a wonderful holiday and enjoy some well-deserved downtime with family.

## BHPC DECEMBER ACTIVITIES FOR FAMILIES

December is a special month in the life of the church. We invite you and your family to join us for this magical season. Sunday worship is at 8:30 and 10:30 am.

- On Christmas Eve, we offer services at 4, 6 and 10 pm. 4:00 pm is a special Christmas pageant for families. All children are welcome to participate in the pageant. No rehearsal necessary; just come at 3:30 to Covenant Hall to get a costume. Our 6:00 pm and 10:00 pm candlelight services feature special music, prayers and preaching.
- December 15 is an "open house" Sunday with kids' choirs, alternative gifts market and a special Christmas brunch after worship where we will sing Christmas Carols together. Come join us.
- Each weekday from Dec 2-23, Pastor David will offer a mid-day devotional prayer time at noon in the sanctuary. All are welcome.
- December 18 at noon and 7:30 pm we offer a "Blue Christmas" service to remember the pain this time of year can bring if we have experienced a loss. It's a beautiful time of reflection.
- December 8 we offer a performance of Handel's Messiah at 10:30, followed by a family connectional lunch where all families are invited. There will be carol singing for children during church. December 22 is a special Lessons and Carols service. There will be special music all season.



## FALL SPEECH SCREENINGS HAVE BEEN COMPLETED



&



# Updates!

Next Steps for children screened for Speech this fall:

1. For children who received a speech screening, reports have been sent home. If you have not received your child's results, please contact the office for another copy.
2. If your child's report indicated they have passed, then no further action is required at this time.
3. For children whose report says to monitor their progress and rescreen in 6 months, we suggest:
  - a. Having your child participate in the spring time when we will have speech screenings again to monitor the children's progress.
4. For children where a comprehensive evaluation was recommended we highly recommend you:
  - a. Contact your child's pediatrician for another opinion
  - b. Reach out to either Infants and Toddlers or Child Find, depending on your child's age, and setting up a comprehensive evaluation.
  - c. Working with a private speech pathologist to have a comprehensive evaluation.
5. If you have any questions, please contact your child's teacher, or the office, or the screener.

## OT SCREENINGS WILL CONTINUE UNTIL WINTER BREAK

It's not too late to have your child's fine motor, gross motor, sensory skills, motor planning skills, visual processing skills, and more screened. Come by the office for a permission slip and we will screen your child in the coming weeks.

1. If your child has already been screened, results have been sent home. If you have not received your child's results, please contact the office for another copy.
2. If your child's report indicated they have passed, then no further action is required at this time.
3. For children whose report says to monitor their progress and rescreen in 6 months, we suggest:
  - a. Work with your child on their skills at home with the recommended activities.
  - b. Having your child participate in the spring time when we will have OT screenings again to monitor the children's progress.
4. For children where a comprehensive evaluation was recommended we highly recommend you:
  - c. Contact your child's pediatrician for another opinion
  - d. Reach out to either Infants and Toddlers or Child Find, depending on your child's age, and setting up a comprehensive evaluation.
  - e. Working with a private OT therapist/agency to have a comprehensive evaluation.
5. If you have any questions, please contact your child's teacher, or the office, or the screener.

To learn more about why BHCPNS believes in early intervention and the need to bolster fine motor skills, please read:

[Losing our grip: More students are entering school without fine motor skills.](#)

[Help Your Child Build Fine Motor Skills](#)

[Fine Motor Skills and Academic Achievement](#)



## HOLIDAY FUN (DON'T TELL YOUR CHILD IT'S GOOD FOR FINE MOTOR SKILLS)

### Fine Motor Activities Can Be FUN!!!!!!

- Gift wrap cutting activities... Chances are your family will have lots of wrapping paper leftover after opening the gifts. Have your child use the leftover wrapping paper to cut. Some children may cut strips, others may cut out designs.
- Stringing pony beads on pipe cleaners and bending them into bracelets or necklaces
- Stringing cheerios on pipe cleaners to make bird feeders.
- Stir cookie dough, pancake mix, bread dough, etc.
- Chop vegetables with children friendly knives.
- Swing from monkey bars, climb the playground ladders, dig in the dirt....
- For more ideas contact the office!

## DEVELOPMENTAL MILESTONES

Did you know the CDC, Centers for Disease Control and Prevention, website has wonderful information regarding a child's development? I especially like this website because not only does it list age appropriate milestones, there are photos and videos of children performing the age-appropriate milestones as well.

<http://www.cdc.gov/ncbddd/actearly/milestones/>



## DECEMBER BIRTHDAYS

Clara Mayer  
Jacob Barr  
Chloé de Vault  
Benjamin Sherman  
Ishaan Schouten  
Lila Brzytwa  
Aanya Weldon  
Kiran Weldon  
Jacob Sherman



Kiarad Derakhshandi  
Amelia Sherman  
Grayson Sullivan  
Sebastian Fredriksson-Lidman  
Jacob Barr  
Palmer Gales  
Madeline Gensch  
Matthew Iverson  
Cora Brzytwa

When sending in birthday treats, please send in **small** cupcakes, mini muffins, fruit kabobs, etc., keeping classroom food allergies in mind. If you send in a homemade treat, list the ingredients on the treat so we can check for allergies. We share birthday treats at snack time. If you have questions, speak with child's teacher or the office.

## ANGEL GIFT TREE & SANTA'S WORKSHOP DONATIONS



Bradley Hills Nursery School and Bradley Hills Church sponsor a toy drive each December. Toys donated will be shared with the children at the Women's' Collective, A Wider Circle, and the Amigo Program. During this season of giving, talk with your child about helping others, especially those less fortunate than they are. Donations should be geared to children between 2 and 16 years of age. Bring an unwrapped gift to the Christmas tree outside the office by December 6<sup>th</sup>. Thank you!

## REGISTRATION FOR THE 2020-21 SCHOOL YEAR

### 2020-2019 Registration Information

#### Registration Options:

5 day Pre-K, Monday through Friday  
3 day Pre-Ks, Monday-Wednesday-Friday  
5 day 3s, Monday through Friday  
3 day 3s, Monday-Wednesday-Friday  
2 day 3s, Tuesday-Thursday  
3 day 2s, Monday-Wednesday-Friday  
2 day 2s, Tuesday-Thursday



**BHPCNS**  
**2020-21**  
**Registration**  
**December**  
**12<sup>th</sup> and 13<sup>th</sup>!**

#### Registration for Current BHPCNS Students:

Registration for the 2020-21 school year is soon!

- Applications have been sent home, are available in the office, are attached to the email with the newsletter and are available for current students at the BHPCNS website, [www.bhpcns.org](http://www.bhpcns.org) under the Application/Registration tab.
- Complete an application and return the form along with the \$70 registration fee, on either December 12 or December 13. **Returning students must have their applications turned in no later than Friday, December 13 to guarantee placement.**
- Remember to indicate a first and second choice. While we guarantee placement for students currently enrolled in our 2 and 3-year-old programs and for students enrolled in the 4s' who do not meet the age eligibility for public school kindergarten, **we do not guarantee your first choice.**
- Acceptance is based on a first-come, first-served basis. The earlier you submit your application, the greater your chances of being accepted into your first choice program.
- Applications received before December 12 will be placed after those received on December 13.
- Acceptance or Wait List notifications will be sent home in late January.

#### Registration for Siblings Not Currently Enrolled in BHPCNS:

Applications for the siblings of currently enrolled students for the 2020-21 school year may be submitted at any time, and are available in the office and online for your child who will be starting BHPCNS in September 2020.

#### New Applicants to BHPCNS:

Encourage your friends and neighbors to call the office to learn more and schedule a tour of BHPCNS. New families say they chose Bradley Hills because their friend, neighbor, co-worker spoke highly of our program. We love that you love us! Help us spread the word about what a wonderful place BHPCNS is for children to play, grow, and learn! Applications are available online for new students and may be submitted at any time.

**BHPCNS follows Maryland State Department of Education guidelines with regard to birthdate cut-off dates for admission. Children must be 2 by September 1, 2020 to enroll in the 2s, 3 by September 1, 2020 to enroll in the 3s, and 4 by September 1, 2020 to enroll in the Pre-K program.**

**IF YOUR CHILD HAS A SUMMER BIRTHDAY AND YOU ARE CONSIDERING HAVING THEM DELAY THE START OF KINDERGARTEN PLEASE CONTACT THE OFFICE TO DISCUSS POSSIBLE OPTIONS**

Play,  
Grow,  
Learn .....



with Bradley Bear

## WEATHER RELATED CLOSING INFORMATION

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

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

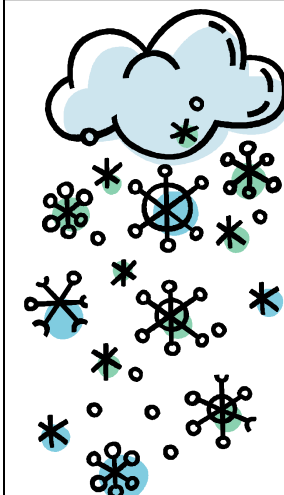
**If MCPS has a 2 hour delay, BHPCNS will begin the school day at 11:00 am, except Early Morning with Bradley Bear students who may arrive at 10:00 am.**

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. Children will be dropped off and picked up from their classrooms. Lunch Bunch is cancelled.

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

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



## INFORMATION YOU DON'T WANT TO MISS



**Please be respectful  
of our performers  
and our guests.**

### Recording and Photography of the Sing-Alongs

Our performers are very young. Singing and dancing in front of an audience can be very difficult for the children. We ask that you refrain from recording and using flash photography during the performances. If you wish to record the performances, we ask that you set up your equipment at the back of the hall or in the balcony of the sanctuary. This includes recording the shows on an iPad or iPhone. There will be lots of opportunities to take pictures during the parties following the performances. Please be respectful of the children and your fellow audience members and not record or take pictures during the shows.

### All our December performances will be professionally recorded.

Every family will be provided a link to the performance at no additional cost. Please share these links with family and friends and do not personally record the show.



### BHPCNS Family Holiday Cards Wanted:

Please drop a holiday card off in the office to be posted on the walls when you come into the school. This annual tradition is a wonderful way for all our families to share their holiday greetings.

The children love to see their friends and families in their holiday finery and festive situations. If you have former BHPCNS friends ask them to send their cards too.

**Drop In to Early Morning, Lunch Bunch, and Stay and Play:** These programs are available on a drop in basis as space allows. Need an extra 2 hours one afternoon for holiday shopping? Consider dropping your 3 or 4-year-old into Stay and Play. Emergency dental appointment at 8:30 am? Consider dropping your child off at Early Morning. Two-year-olds can “drop into” Lunch Bunch too. Signup sheets are outside of the office. Tell your child’s teacher when you sign your little one up as a drop in.

## IMPORTANT INFORMATION CONTINUED:

### December Prorated Early Morning, Lunch Bunch, and Stay and Play Fees:

Please check in the office about your child's fees for December. For children who participate in these programs the fees will be prorated because it's a short month. Carolyn will be available to calculate your fees.

### Playgrounds at BHP CNS:

The playgrounds are maintained by the Nursery School but are available to the communities surrounding BHP CNS to use at their own risk. 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, on the weekends, and during holidays!



### Emergency Clothes:

The children have all grown so much and the weather has gotten much cooler, so now is the time to swap out the summer emergency clothing with winter clothing for your child's extra clothes in their tote bags. Please send in warmer clothing, pants, a shirt, possibly a sweat shirt, socks, and underwear. Thanks! Don't forget to label all the items you send to school.

### Future Bradley Bear Photos/Baby Pictures:

If there's a new baby in your home we'd love a picture of them to add to our Future Bradley Bear Cub display. Please drop off a picture of your new family member in the office and we will add your picture to our display across from the office.



**Future  
Bradley  
Bears  
Photos**

### American University BASKETBALL EVENT!



### BHP CNS BASKETBALL DAY AT AMERICAN UNIVERSITY

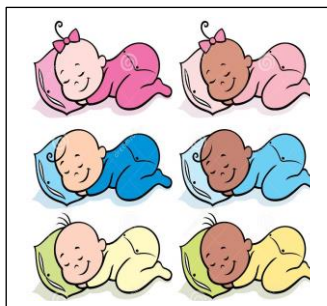
**Saturday, December 21, at 2:00 pm in the Bender Arena**

BHP CNS students receive a free ticket to the AU Eagles Basketball Game against Stony Brook University's Seawolves. Additional tickets can be purchased at discounted prices.

Flyers were sent home via tote bag mail and extra flyers are available outside the BHP CNS office. For questions, please call 202-885-TIXX. Registration forms are due in the BHP CNS office by 12-17-2019!

### Do you have a toddler who naps?

The University of Maryland Brain Scientists are looking to learn more about preschoolers who nap. This is a paid research study for children between 3 and 5 years old who still regularly nap. Children who qualify for the study will receive \$240, prizes, and a custom t-shirt with t-shirt with your child's brain on it. To learn more: contact the Neurocognitive Development Lab at [kidbrainstudy@umd.edu](mailto:kidbrainstudy@umd.edu) or call 301-405-5922.





## HELPING CHILDREN SOLVE PROBLEMS WITH A SOLUTIONS KIT



Does your child ever come to you to solve an issue with a peer or sibling? If they have and you've wondered how to empower the children to solve the issue themselves, using the CSEFEL Solutions Kit may provide the answers for your family. At BHP CNS we “teach” the children solutions to their problems within the classroom. There are 9 solutions, including get a teacher, share, take turns, set a timer, ask nicely, and more. You'd be amazed at how quickly children internalize and start using these techniques. As promised in November here's the link to the CSEFEL website where you can create solution kits for your homes. Take photos of your child and family in action and use them to create cue cards for when you need to problem solve. To see samples: [click here](#).

BHP CNS implements many of the strategies being shared with you from Vanderbilt University's Center for the Social Emotional Foundations for Early Learners, CSEFEL.

These resources are available at the [CSEFEL website](#).

Their Book Nook and Book List contain wonderful books to enhance your child's social and emotional development. They also make terrific holiday gifts. Watch for profiles on these materials in the coming months.

In the meantime your child's teacher or Liz Sobrino can help you utilize these tools with your child(ren).

## CHILDREN FRIENDLY LUNCHES FOR SCHOOL

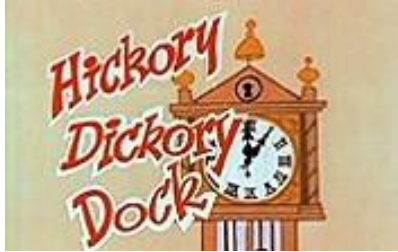
- At BHP CNS we are required by licensing to keep lunches refrigerated throughout the day. Because of this we ask that you send in soft sided lunch bags that can easily fit in our bins and on the shelves of our refrigerators.
- We serve organic milk and filtered water at lunch time. You do not need to send in a juice box or another beverage for your child's lunch. This will also keep lunch boxes from being too big for the refrigerator.
- When packing lunches please consider:
  - Cutting sandwiches into quarters or smaller pieces for children to easily pick up and eat.
  - Fruit and vegetables should also be cut into smaller pieces. It's much easier for a child to eat apple wedges than to eat a whole apple. For smaller children their fruits and vegetables should be cut small enough that they are not a choking hazard.
  - Including foods your child likes. Their lunch box is not the time to send in a new recipe or leftovers the child did not enjoy before.
  - Sending 5 or 6 small servings of a variety of foods so your child is likely to eat something. This could include, half a sandwich, some fruit, some vegetables, a crunchy item, etc.
  - If you send in a treat, a cookie, a chocolate, etc. licensing does not allow us to tell the child to eat their “healthy” or “growing” foods first. If you include a treat it's possibly your child will eat it first and leave the more nutritious foods for later. Save treat for the afternoon or when the children are out of school.



Please let your child's teacher or the office know if you have any questions.

## MONTHLY SPECIALS AND GUEST READERS

**Creative Movement, Music with Little Hands, and Science will be on hiatus in December to allow our classes time to prepare their holiday surprises and get ready for our Christmas concerts.**



**Music Class for 2s, 3s and 4s**

### **Miss Beth Reports:**

Happy Holidays from Ms. Kaley, Ms. Caitlin and Ms. Beth! Little Hands loves making music at Bradley Hills! We look forward to our new set of music and activities in 2020. "Sing Me a Story" is all about favorite characters from beloved stories (Grandfather Twilight, the little mouse from Hickory Dickory Dock, e.g.) as well as a new friend, Lucy who "lives at the Library!" Songs with tongue twisters and silly words are another theme we'll explore throughout the next months.

### **Ms. Casey Reports:**

It's hard to believe that the holidays are already in full swing! Leading up to Thanksgiving, our younger children enjoyed dancing to silly songs about food escaping holiday feasts and pet turkeys. In our 3s' and 4s' classes we sang about the things we're grateful for and learned that the Native American families of the Wampanoag people were not unlike our own in how we care for those we love. As the season of thankfulness and giving continues, the older children are working excitedly to prepare for one of the biggest performances of their young careers: The 2019 Christmas Program! This show is not to be missed, as much for illuminating the joys of the season as for the adorability factor. See you there!



**Singing for  
2s, 3s and 4s**

### **Sharing Holiday Traditions**



### **Special Holiday Story Time in the Sanctuary**

Mrs. Jeanne Tustian, a former BHPCNS teacher and our Literature Lady is back to share the story of Christmas with our students. She will be reading to all the classes in the church sanctuary surrounded by a beautiful crèche. We are excited to have Mrs. Tustian back to share this special story with our children.

### **Share Your Family's Holiday Traditions at BHCPNS**

Parents, Family Members, and Friends are welcome to share their family traditions in their children's classrooms. Contact your child's teacher if you'd like to read a story, bring a special snack, make a traditional craft, or more to share with your child's class.

### **Sra. Cardoni Shares:**

We're taking a break for the holidays and our last Spanish class of 2019 will be the first week of December. We'll pick up weekly/bi-weekly classes the first week of January 2020. We started learning about food-*comida* and play a very popular matching game where the children try to match the food for example: "I want grapes"-*Yo quiero uvas*. If they have a match they say "I have grapes"-*Yo tengo uvas*. They are becoming comfortable speaking in full sentences in Spanish and listening for words they already know! In December we learned a Spanish Christmas carol-*Villancico Navideño*. *Feliz Navidad!!!*



**Spanish for the 3s & 4s**

## STAY AND PLAY UPDATES

### Monday: The Artist Corner



### Artist in Residence Mrs. Mac. 'n Cheese Reports:

Our little artists will be busy making holiday “keepsake” surprises for their families during December.

Have a great holiday and see everyone in the New Year!

### Scientist Barnett Shares:

In science this month we will be studying crystals and convection currents. We will be making our own crystals using Borax and hot water. The crystals will form around pipe cleaners. Also, we will discover how hot water and cold water interact with each other – called convection currents. The students will watch how these temperatures interact with each other using food coloring.

Have a wonderful holiday and see you in the New Year!

### Monday: Wigglin' Wizards



Tuesday &  
Wednesday:  
Bradley Bear  
Dance Company

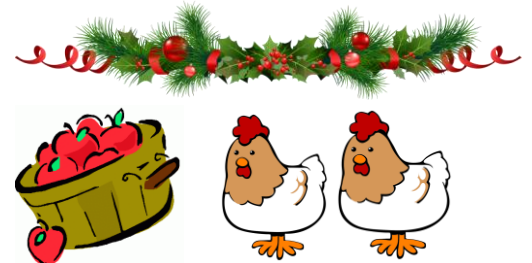
### Show Choreographer Colleen Snyder Shares:

Mark your calendars for our Winter Wonderland SNOW SHOW on January 29<sup>th</sup> at 1:45 pm in Memorial Hall. Our dancers will be presenting an exciting show with dancing snowmen, snow fairies, and more. The children have all been working hard on their dance moves and creating beautiful artwork to be part of the staging and scenery. It's a show not to be missed.

### Farmer Skoff Shares:

This short month our Bradley farmers will continue with our three R's of farming; Reduce, Reuse, Recycle. The first week we will make a holiday garland from greens that we find, (reuse), around the school grounds and bring them home to decorate your homes. The second week we will make our own apple cider for a holiday celebration where we will review all that we have learned.

We will also say goodbye to our chickens as they head back to the farm for the winter months.



Thursday: Bradley's Barnyard



Wednesday:  
In the Kitchen with  
Bradley Bear

### Chef McCauley Shares:

The flour has been flying in the Kitchen with Bradley! We finished out the month of November with homemade pancakes and waffle. These were homemade, homemade—not from a box. Yes, that's right we measured out several ingredients including baking powder, salt, and flour. Think of all the math we did without even thinking! We are very happy to report that one of our cooking goals has been met. Several parents have told us that their children are now eating spinach thanks to the spinach omelets we made. Popeye, we know, would be so very proud (as are we!). In December, we will continue our breakfast theme making Banana Oatmeal and French Toast. Bon appetit!

## STAY AND PLAY UPDATES

**Mrs. Mydlarz's Travelogue:** Witajcie w Polsce! (Welcome to Poland). Our little explorers packed their bag packs, boarded the plane and left beautiful and colorful India. Over the next couple of weeks we will learn about Polish geography, culture, and the most recognized Poles in world history like Nicolas Copernicus, Frederic Chopin, Maria Curie-Sklodowska, and Pope John Paul II. We will find out how the life of children in Poland is and what schools they go to. We will even learn the Polish national dance, Polonez. Before we had home for holidays we will learn about Polish Christmas traditions and will taste some traditional dishes like pierogi, kielbasa and a Christmas Eve Dinner "must have" - sweet noodles with poppy seed and raisins and Polish soft ginger bread cookies. After the break we will head to Antarctica and then to China. Have a wonderfully holiday and see you in New Year!



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



**Friday: Yogi Bears**

### **Yogi Leon Shares:**

In December, our Yogi bears will be getting ready for winter! We will pretend to visit the North Pole, and celebrate Christmas. Our Christmas yoga class will be a celebration of friendship, with all the yoga students joining together for our weekly practice. We hope your child joins us for some calm, relaxing fun! Namaste.

## HOLIDAY GIFT SUGGESTIONS

These gift suggestions include recommendations from BHP CNS teachers and parents.

### **For the 2s:**

- Stacking and sorting blocks and cups
- Stickers
- Aquadoodle
- Trains
- Duplos
- Books
- Stuffed Animals
- Playdough
- Colorforms

### **For the 3s:**

- Dramatic play, dress-up, and pretend kitchens, etc.
- Scissors and stickers
- Todd Parr's Emotions Book
- Magnatiles
- Hess Trucks
- Trains
- Mudpuppy Mini Memory Game

### **For the 4s:**

- Magnatiles
- Lincoln Logs
- Stuffedies
- Candyland
- Chutes and Ladders
- Jenga
- Daniel Tiger Board Game
- Pop the Pig Game
- Alphabots
- Todd and Frog Books

[Scree Free Parenting](#) also has some wonderful suggestions when looking for holiday gifts.



BHP CNS will close for our Christmas break after classroom parties on Wednesday, December 18<sup>th</sup>. We will reopen on Monday, January 6<sup>th</sup> at 8:00 am for Early Drop Off, regular school hours, and Stay and Play classes.