

# November 2021 Newsletter

## *The Bear Facts*

**Celebrating 64 Years of Early Childhood Education**

Dear Parents,

It's November! Time to celebrate Food, Family and Fun! We will be busy at BHP CNS thinking, talking, and singing about the things that make us happy and thankful.

We continue to explore the autumn season, especially now that there's a bit of a chill in the air and the leaves are falling down. Please dress your child in layers of easy-to-wear jackets and fleece. Also, label their jackets, coats, boots, etc. You'd be amazed at how many children have the same jacket.

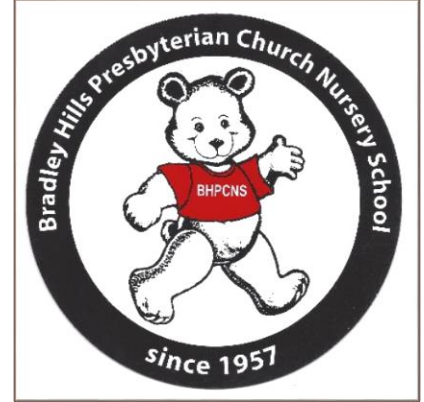
If you or family members are starting to think about holiday gifts, this article from the Washington Post, [\*Popular this year: Toys that soothe, comfort and pop!\*](#) has ideas for toys that help children make sense of emotions and calm their anxiety. It's been a tough 20 plus months for the children and their families. I see more anxiety in this year's students than in previous years and therefore it's important we give children the words and tools to express their feelings.

In November we will be conducting our annual OT screenings. These screenings are important to determine if a child's fine motor, gross motor, sensory motor, motor planning, receptive language, and social play are all developing appropriately. As our screenings are brief assessments/snapshots in time, a more comprehensive evaluation may be suggested for some children to determine if interventions are needed for a child's development. Early intervention will have a positive impact on a child's ability to be successful in school, play sports, to run, ride a bike, to be able to speak and play with their peers, find coping skills for sensory issues, and so much more. Please take advantage of these free screenings. Contact the office or your child's teacher for more details.

Registration for new students for the 2022-23 school year has begun for students who would be new to BHP CNS. Registration for **children currently enrolled at BHP CNS** will be December 9 and 10. Full details can be found on page 9.

Please contact me with any questions. [Lsobrino@bhpcns.org](mailto:Lsobrino@bhpcns.org) or call me at 301-365-2909.

Liz Sobrino - BHP CNS Director



**WELCOME!**

*Welcome*  
**New Families**

Since the school year began on September 8<sup>th</sup>, BHP CNS has welcomed more than a dozen new families to our program. We are very happy to have so many new children and their parents joining the program. If there is a new student in your child's class, please reach out to them to welcome them to school. Many of our new families are new to Bethesda and are looking to make new friends.

**HAPPY THANKSGIVING!**

At BHP CNS we are thankful for your children, and their wonderful parents. I am personally thankful to the amazing staff of dedicated teachers who care for your children each day. Wishing everyone the happiest of Thanksgivings!

*Happy*  
**Thanksgiving**

## WE NEED YOUR HELP WITH REINFORCING RULES & SAFETY WITH CHILDREN

Parents often ask if there are things they can do to support the school and their children. There are some key safety areas where we need your help to provide safe community for your child. The pandemic has curtailed many activities children normally would have experienced, such as trips to the grocery store or an outing for new shoes. Overwhelmingly, we are seeing children needing support with their peer-to-peer interactions, their personal-social skills, and exhibiting a lack of awareness about dangerous situations, especially in the following areas:

1. **Safety:** Parking lots, sidewalks and during the class day:
  - a. Please hold your child's hand and use walking feet in the parking lots and on the school sidewalks to the entry doors with you. Drop-off and Pick-up are not times to run around the car or along the sidewalks. Running in the parking lots is dangerous with so many cars entering and exiting at pick-up and drop-off. Running on the sidewalks can mean running into other children and people and causing falls. Please practice these important life skills wherever you take your child out and about.
  - b. Talk with your child about the dangers of running away from their classmates and teachers during school. Not only does it scare the teacher, but it is dangerous to the child's well-being to be out of sight of an adult.
  - c. It's important that school and home have the same rules for the children to have consistent messaging. This is especially important when it comes to safety in parking lots, on sidewalks, and staying with your class, parents, grandparents, babysitter, etc. when moving from point a to point b.
2. **Rules:** Create simple home rules for your child to follow. We have class rules that we expect the children to follow. Typically they are to:
  - a. Be kind and respectful of our classmates and teachers' personal space. Meaning when we walk or play together we maintain appropriate space between ourselves and keep our hands to ourselves to keep everyone safe.
  - b. Help one another and keep our play spaces neat by picking up toys, throwing away trash, helping a friend, setting out snack, holding the door, etc.
  - c. Use friendly language in talking with our friends and teachers. We are experiencing children being defiant about putting things away, wearing bike helmets, washing hands, and repeating behaviors they have been asked to stop. Please, work with us to teach your children to be respectful to the people who are in a position to care for them.
  - d. Whatever your home rules are help your child to understand that these rules are for their well-being and to help their family. Hold your child accountable when they don't follow the rules.
3. **Appropriate Voices and Language** - Kind and Respectful Voices – reiterate with your child that yelling over family members and classmates is not how to talk to friends and family. We talk about indoor and outdoor voices and the appropriate times to use those voices. Another method is to have Lion, Cat, and Mouse. You can use a Lion voice outside. Inside we use a Cat voice and when we need to be quiet we use a Mouse voice. Practice using these different voices outside. Using please and thank you as appropriate is another sign of respect.
4. **Following Directions** – Make following directions into fun games. Role play and practice rules and directions with your children. Make the directions age-appropriate and fun and teach your child responsibility at the same time.
5. **Natural Consequences** – when a child does something we don't want them to do or they break a rule, there should be a natural consequence. For example, a child who won't pick up the toy they were playing with cannot play with that same toy later in the day. The child who refuses to wear a bike helmet will not be allowed to ride bikes until they put on a helmet.

At BHP CNS we follow the principals outlined above to keep the children safe while they are at school. We teach the children how to follow the school rules for their safety and well-being. Please help us keep your child safe by talking with them about "school rules" and why your child needs to listen and follow the teachers directions.

Thank you for supporting us as we support your child.

## PARENTS' GROUP NEWS

We are so grateful to everyone who has volunteered to be room parents and/or part of a Parents' Group Committee this year. We have a lot of fun to look forward to in the Bradley Bear community thanks to all of your volunteer time and effort. We are so grateful for the support and your help is invaluable!

For our Pre-K and TK families: interested in touring a Kindergarten or knowing more about schools available to you next year? [Check out our 2021 Kindergarten Tours list.](#) They are happening now at some schools.

### Parent-Only Happy Hour 11/4, 6:30pm -8:30 - [RSVP here](#)

Please join us for this great opportunity to mingle and meet other BHP CNS parents - sorry kiddos, you'll have to sit this one out! The Parents' Group has secured our own space and will provide light appetizers at the start of the event. We have also secured special happy hour prices for the group. Tommy Joe's is located in downtown Bethesda and we have reserved the outdoor Tiki Bar - *please dress accordingly* :)



### Donuts with Dads (or another special person) 11/15 & 11/16 8:30-9am

Join us for this BHP CNS tradition and enjoy a sweet treat with your children prior to drop off on the days mentioned. There is no cost to attend :)

- MWF Students - [please register for the Monday, 11/15 event](#)
- T/Th Students- [please register for the Tuesday 11/16 event](#)
- M-F students can attend either event, please register to the one you plan to attend!

### SILVERGRAPHICS - IMPORTANT REMINDERS!

Our Fall/Holiday SilverGraphics Art Fundraiser is under way and we look forward to seeing order forms come through to transform your child's artwork into totes, ornaments, mugs, t-shirts and other fun keepsakes just in time for holiday gifting (arriving by early December!).



### Two reminders in order to take part in this awesome fundraiser:

1. Pick up your child's large envelope from your teacher and return it with the art you're choosing and your completed order forms **no later than NOVEMBER 15th** to the bin outside of your classroom
2. Remember that each piece of art that you'd like to be printed on a keepsake needs to be accompanied by its own order form! If you would like extra forms, please stop by the table inside in the hall near entrance #15. You can also email [Kaeli.duggan@gmail.com](mailto:Kaeli.duggan@gmail.com) and ask for a copy that can be printed at home. And don't forget that siblings can participate using art from home, too! Just make sure to include an additional order form per piece of artwork. This is a great way to get your holiday shopping done while supporting BHP CNS! **Any other questions can be emailed to [Andie.devaulx.helps@gmail.com](mailto:Andie.devaulx.helps@gmail.com) or [kelseylee0221@yahoo.com](mailto:kelseylee0221@yahoo.com).** Another huge thank you to these two for their ongoing efforts in making this fundraiser a success!

## PARENTS GROUP NEWS CONTINUED:

### COATS, HATS, MITTENS - OH MY! Label them to avoid the lost & found bin!

NAME LABELS

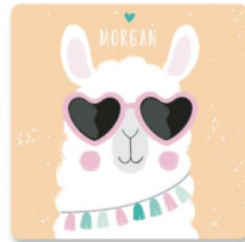
STATIONERY

NOTEBOOKS

POUCH SETS

KID'S ROOM DECOR

CALENDARS



With the cold weather approaching, now is the time to start labeling coats, hats, mittens, and boots! Check out [www.LabelDaddy.com/BHPCNS](http://www.LabelDaddy.com/BHPCNS) or [minted.com](http://minted.com) (use our minted. code FUNDRAISEBHPCNS) for labels that are machine washable and don't require any ironing or sewing AND 20% will be donated back to the school.



**Is it really almost time for holiday cards?!** Sure is...and who doesn't love 20% off of holiday cards?! Our minted code mentioned above also works for holiday cards! **Use code FUNDRAISEBHPCNS** at [minted.com](http://minted.com) checkout for 20% off and 15% back to the school!

Thanks to everyone for your continued support - we are looking forward to seeing you all soon. With questions, please contact [parentsgroup@bhpcns.org](mailto:parentsgroup@bhpcns.org).

Kaeli Duggan and Nicole Urbanczyk

Parents' Group Co-Chairs

## UPCOMING HOLIDAY FUN AT BHPCNS

### Thanksgiving Fun in the Classroom!

MWF 2s and 3s classes and the Pre-K and TK classes will have their Thanksgiving celebrations on Monday, November 22.

TTh classes, and our 5-day-3s' classes will have their Thanksgiving celebrations on Tuesday, November 23.

Room Parents will be reaching out on ways to help classes celebrate.

BHPCNS will be closed for the Thanksgiving holiday November 24 – 26. School resumes on November 29<sup>th</sup>.

### Christmas Sing Alongs!

#### Christmas Sing-Alongs for 3-year-old, Pre-K and TK classes\*

**When:**

Thursday, December 16<sup>th</sup> at 9:30 am for the TTh 3-year-old classes

Friday, December 17<sup>th</sup> at 9:30 am for the MWF 3-year-old & Pre-K classes and the M-F 3-year-old, -Pre-K and TK classes.

**Where:** Outside on the field between the playgrounds. Guests will bring chairs and blankets to sit on the ground.

Hot chocolate and cookies to follow.

**\*Tentative plan – Full details in December**



## BHPCNS BOARD UPDATE



Dear Parents,

We hope you will join us in giving a big “THANK YOU!” to Missy Banashak and Ed Hauck for their steadfast and wise leadership on the BHPCNS Board, especially during these challenging pandemic times. Bradley Hills Presbyterian Church greatly appreciates their combined 13+ years of service to the church and to the school.

The church’s Children’s Lay Ministry committee approved our appointments as BHPCNS Board Chair (Rosanna Morrison) and Vice Chair (Vicki Petrides) last month. Rosanna is in her 2<sup>nd</sup> year of her 3-year term as an Elder on the church’s Session, and she is the Session liaison to Children’s Lay Ministry. Rosanna’s four daughters attended BHPCNS, and her grandchild is enrolled in the Young 2s’ class starting January 2022.

Vicki has served on the BHPCNS Board since 2019 and is currently a member of the church’s Youth Lay Ministry committee. She served many years as a Sunday school teacher and on the church’s Children’s Lay Ministry committee. Two of Vicki’s three children are BHPCNS alumnae, one of whom still talks about the time she travelled to India via a magic carpet in the Rainy Day Room.

We look forward to leading a Board dedicated to assuring the financial stability of BHPCNS and to providing the children with a safe and positive learning experience. If you have any questions or comments for the Board, please contact [board@bhpcns.org](mailto:board@bhpcns.org)

Happy Fall to all!

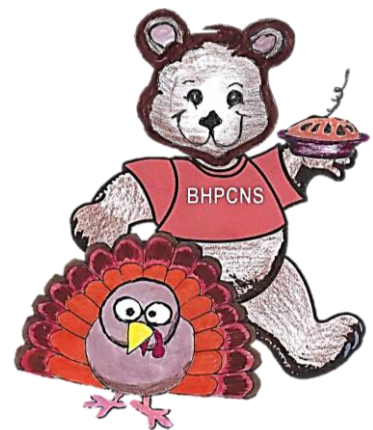
Rosanna Morrison, BHPCNS Board Chair &  
Vicki Petrides, BHPCNS Board Vice Chair



## THANKSGIVING FUN AT BHPCNS

November is a time to be thankful and grateful for our families, friends, and relatives. At BHPCNS we spend the month of November focusing on Family, Food & Fun, and what it means to be thankful with our bear cubs. It’s always fun to hear what the children are most thankful for – of course we have to explain what it means to be thankful first. But once they understand, preschool-aged children are overwhelmingly thankful for YOU!

The staff and I are thankful and grateful to watch your children play, grow, and learn each and every day.



Thanksgiving Bradley Bear illustration by Nancy McCullough

### What is Thanksgiving?

- **Thanksgiving** is a traditional North American holiday to give thanks at the end of the harvest season.
- North Americans celebrate Thanksgiving by getting together with loved ones to give thanks for the good things in life, such as prosperity, health, and the love of friends and family.

### Wondering how to explain the story of the first Thanksgiving to your children?

[This recently updated](#) article from Parents magazine provides a historical look at Thanksgiving for slightly older children. The key facts of the article can be made age-appropriate for younger children too. The article also has some book suggestions for learning more about Thanksgiving.

### Looking for ways to make Thanksgiving meaningful for you and your children?

[Check out this article](#) from Bright Horizons for ideas on how to create a special Thanksgiving with young children.

Here are some resources on how to create fun Thanksgiving season traditions to share with your children for years to come. Preschool aged children live in the here and now. They will enjoy sharing these traditions for years and years to come.

### Fun Thanksgiving ideas include:

1. Plan a special Thanksgiving breakfast or Friday morning breakfast and have your child help you make it.
2. Involve your child with the Thanksgiving menu planning and where possible, have your child help with the cooking.
3. Make turkey hats for everyone in the family. Label the feathers with what you are thankful for or makes you happy. [Here's one example of a turkey hat.](#)
4. Make special Thanksgiving placemats, table decorations, door wreaths, etc. with your children.
5. Send homemade Thanksgiving cards to those who can't be with you. Have your child tell the recipient why they are special to your child.
6. Organize a neighborhood bike, stroller, pet, marching parade. Wear costumes or not ☺ Cone off the street or use driveways to set up tables with hot cider and cookies, Thanksgiving crafts, face painting, etc. to celebrate.
7. Google Preschool Thanksgiving Crafts or Ways to Show Gratitude for many, many, more activities to do at home or at a relative's house.
8. If there are family members who cannot gather with you, you can always gather via Zoom or FaceTime:
  - have them read a Thanksgiving story to your child
  - have your child teach someone a Thanksgiving song or finger play
  - have someone teach/create a holiday craft with your child
  - simultaneously watch sports or a Thanksgiving program, maybe the Macy's Thanksgiving Parade

However you celebrate, may your Thanksgiving holiday be filled with love and gratitude.



## BRADLEY BEAR CUBS NOVEMBER BIRTHDAYS!!!!



Wishing our November birthday Bear cubs a wonderful birthday!

Tommy Hennessey  
AnaBarbara Robalino-Tellez  
Aidan Wolfman  
Sammy Hertz  
Charlie Jennings  
Lauri LaRose  
Mason Lieberman  
Caroline Carhart

Yeri Yun  
Eleanor Brown  
Luke Harlan  
Colton Papa  
AJ Takem  
Cason Yang  
Emma Zleit  
Ines Granados

## CLOTHING FOR COOLER WEATHER

We are outside every day. Please dress your child in layers for active play both indoors and outdoors. This includes well fitting, closed-toed shoes, and socks. Shoes must stay on a child's feet when running and climbing. Loose fitting pants, leggings, sweat pants, shirts, jackets allow children to move about freely on our play equipment. For our dress loving bear cubs we ask that the children wear shorts underneath. Questions, check with your teacher or office. Please label all clothing items.



## OCCUPATIONAL THERAPY SCREENINGS AT BHP CNS & VOLUNTEERS NEEDED

**Canyon Kids** will be onsite the week of November 9<sup>th</sup> through the 12<sup>th</sup> to conduct occupational therapy screenings. Each child will need a completed permission slip to receive a free screening.

- If your child brought home an OT permission slip, please return it to school ASAP. Complete the form if you would like your child to partake of a free screening.
- If you choose not to have your child screened, please return the form with a notation to not screen your child.
- If you'd like your child to be screened and did not receive a permission slip, contact the office and we will get one to you.

If you are available to volunteer to help run children to and from the OT screenings, [please sign up here.](#)

**Gross Motor Skills** are key to not only a child's physical development but their social emotional development too. Read more about how gross motor skills affect the play and development of children by [clicking here.](#)

**Fine motor Skills** are needed for so many daily and educational task, eating, dressing, writing, and more. Learn more about fun ways to build fine motor skills through play by [clicking here.](#)

**PLAY BASED DEVELOPMENTAL RESOURCES**



## SUPER FRIEND – A SOCIAL STORY FOR BUILDING FRIENDSHIP SKILLS!

Scripted Stories for Social Situations are used at BHPCNS to help children understand social interactions, situations, expectations, social cues, the script of unfamiliar activities, and/or social rules. As the title implies, the stories are brief descriptive stories that provide information regarding a social situation. When children are given information that helps them understand the expectations of a situation, their problem behavior within that situation is reduced or minimized.

[How to Be A Super Friend.](#) A Super Friend is a child who learns how to play and interact with his friends and family. At BHPCNS we read social stories and model appropriate behaviors to help children learn the give and take of play in a group setting. Stories also help children identify their feelings and how they can be Super Friends. Ask your child about being a Super Friend. Social stories can be easily customized. If you'd like a copy of the story for home, let me know.

**I Can Be a  
SUPER FRIEND!**



## THE IMPORTANCE OF PLAY DATES

We love having your child in our classes and activities where there is lots of large group socialization. To supplement the large group experience we recommend playdates. Playdates provide children with the opportunity to play one on one with a peer, the chance to share, take turns, practice manners. These are all very important skills for our children to master. Talk with your child about who their special friends are at school and arrange a playdate at your home or the park. While a school setting provides lots of group dynamics it's important for a child to just play with a friend in an unstructured environment. For more information on playdates [click here](#).

**Playdates are great for  
our Bear Cubs!**



## ENCOURAGE YOUR CHILD'S PRETEND PLAY

Did you know that Scholastic Books has wonderful parent resources? Here's the first paragraph of a great article about the importance of pretend play. *Young children learn by imagining and doing. Have you ever watched your child pick up a stone and pretend it is a zooming car, or hop a Lego across the table as if it were a person or a bunny? Your child is using an object to represent something else while giving it action and motion. But this pretend play is not as simple as it may seem. The process of pretending builds skills in many essential developmental areas.* [Click here](#) to access the full article.





## TRANSITIONAL KINDERGARTEN AT BHCNS



BHCNS has developed a transitional program specifically geared to those children who meet the age-eligibility for Kindergarten, but would benefit from another year in a play-based, developmentally appropriate, nurturing atmosphere. Transitional Kindergarten (TK) at BHCNS is designed to give children who have already completed a Pre-K or four-year-old preschool program an additional year of preparation, providing the gift of time as they continue to grow academically, socially, and emotionally.

Transitional Kindergarten students are challenged with Kindergarten-level instruction in the core subjects of language arts, math, science, and social studies. They enjoy rich peer-to-peer social interactions, role playing, and group discussion centered on social skill development. During this year, independence is fostered as students master foundational concepts needed to thrive in a kindergarten classroom.

### **Benefits of Transitional Kindergarten Include:**

#### **Academic Preparedness**

Increased literacy, language, and math skills as a child transitions to kindergarten

#### **Executive Function Skills**

Fostering positive behaviors such as self-control, flexibility, independence, and organization that are vital for successful learning.

#### **Individual Attention**

With a small class size, students benefit from one-on-one attention from teachers and staff.

#### **Successful Transitions**

Students move onto kindergarten with confidence to succeed and grow throughout their childhood and educational years.

### **Eligibility Requirements for BHCNS' TK Program**

TK is for students who are age eligible for Kindergarten (age 5 on or before September 1, 2022) and are looking for a bridge year between preschool and Kindergarten.

**To learn more about the TK program, please contact the office or Liz. If you have family or friends whose children would be a good fit for the Tk program, please have them contact us. Thank you!**



## BHPCNS 2022-2023 REGISTRATION INFORMATION

### 2022-2023 Registration Information

#### Registration Options:

5-day Transitional Kindergarten

Monday through Friday

5-day Pre-K, Monday through Friday

3-day Pre-K 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

Young 2s program will be determined in spring 2022 and is dependent on classroom allocations.



#### Registration for Current BHPCNS Students:

Registration for the 2022-2023 school year will soon be underway for all students currently registered at BHPCNS.

- Applications will be available for current students at the BHPCNS website, [www.bhpcns.org](http://www.bhpcns.org) under the Application/Registration tab after the Thanksgiving break and will also be sent home via their tote bags.
- Your child's completed application along with the \$80 application fee should be returned either December 9 or December 10. **Returning students must have their applications turned in no later than Friday, December 10 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 Pre-Ks who do not meet the age eligibility for public school kindergarten, **we cannot 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 9 will be placed after those received on December 10.

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

October and November are the months to submit applications for siblings of currently enrolled students who will attend BHPCNS for the first time beginning with the 2022-2023 school year. Applications are available in the office and online for your children who will be starting BHPCNS in September 2022. Acceptance status letters will be sent home mid to late January.

#### 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 or in the office.

BHPCNS follows Montgomery County Public Schools with regard to birthdate cut-off dates for admission. Children must be 2 by September 1, 2022 to enroll in the 2s, 3 by September 1, 2022, to enroll in the 3s, and 4 by September 1, 2022 to enroll in Pre-K. If you have any questions, please contact the office.

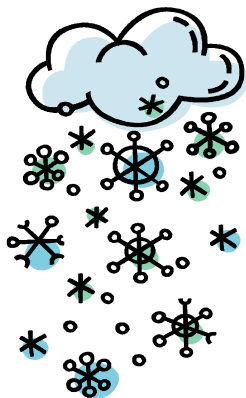
Play,

Grow,

Learn ..... With Bradley Bear



## WEATHER RELATED CLOSINGS



BHPCNS follows Montgomery County Public Schools, MCPS, emergency weather closings. To be in the know sign up for MCPS Alerts [click here](#).

In a nutshell here's what we do:

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

**If MCPS has a two hour delay, BHPCNS 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 come at 11:00 am and stay until 12:30 pm. Lunch Bunch will be cancelled. We will provide a hearty snack.

**If MCPS closes schools early, BHPCNS will close at 11:30 for the 2s and 12:30 for the 3-year-old, Pre-K and TK classes and those 2s who stay for Lunch Bunch. Stay and Play will be cancelled.**

## MUSIC WITH MS. CASEY & AMERICAN SIGN LANGUAGE WITH MRS. GOODSTEIN



### Ms. Casey Reports:

What a magical time of year! Autumn is one of the more dramatic seasons of change, not least because - after a year of relative isolation - the children are adapting brilliantly to all of the sounds and excitement that school brings. In October (Ms. Casey's favorite!) we felt the skeletons inside of us, learned that feeling scared and feeling surprised are closer than you think, and started to notice the shift in our natural surroundings. November brings even more wonders, as we explore through music the changing trees, cooler weather, and embrace a season of being thankful for our blessings and those who love and care for us. We'll sing about the people who lived on the land before we did, and how Native American families loved and cared for one another a lot like we do. Near the end of the month time will seem to speed up as we usher in the holiday season - so don't blink!

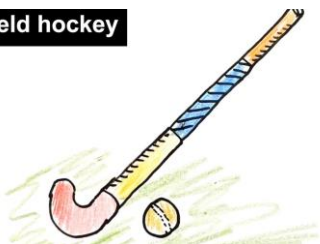
### Mrs. Goodstein Shares:

This month in ASL we are HUNGRY! And we will learn many signs associated with eating and drinking. Signs like hungry, thirsty, more, full, finished. We will also learn the signs for many of our favorite foods. And our 3, Pre-K, and TK children will continue learning the alphabet. In ASL, many words have their own sign but some words need to be spelled out. It is a challenge for little fingers to make these letters - but they seem to be enjoying it!



## NOVEMBER STAY & PLAY NEWS

### Field hockey



**Coach Cardoni Reports:** The cubs have been mastering control of a soccer ball. They know how to dribble and control the power of their kick, while watching out for their teammates. In November, we wrap up soccer season and learn a new sport, Field Hockey! The cubs will learn how to control a ball with a hockey stick and practice good sportsmanship. Every week we warm up with jumping jacks and stretch to prevent injury. We finish each session with a relay race, Duck, Duck, Goose or Ring Around the Rosey. We're learning new games too! Stone, Bridge, Tree was an October favorite! Join our team to get in on the fun!

## NOVEMBER STAY & PLAY NEWS CONTINUED

**Scientist Juhazsne Shares:** The air is filled with the smell of the Thanksgiving feast. Turkey, stuffing, and cranberry sauce, mashed potatoes and gravy, fresh bread, butter and apple pie. But what is the science behind all these delicious meals? How do apples turn brown in the pie? Why does the bread rise and why is the butter so creamy? Is it just me, or does the cranberry sauce look like red slime? The Wiggly Wizards are looking for the answers to all these questions in November.



**Dance:** While everyone else is busy getting ready for Thanksgiving, our dashing dancers are preparing for their big show in January. It will be a Wonderful Winter Wonderland performance unlike anything you've ever seen! Mark your calendar for January 26<sup>th</sup> at 1:30 to see all the fun. There will be dancing, crafts to view, and yummy snacks for all guests and performers.

**Artist Barnett Opines:** Leaves and colors are everywhere. In November we will go on a hunt to find the most colorful natural signs of fall, leaves, nuts, twigs and more! All our bounty will all be crafted into wonderful collages and some 3 dimensional art.



**Travel Agents Frid and Biggs Report:** Bradley Bear touched down in the good ol' USofA for the first country in our travels! What makes the USA unique from the rest of the world? Why this country is dubbed "Land of the free?" We explored our traditions, symbols, landmarks and songs along with the fact that we are a "melting pot" of the rest of the world that makes us, US!

From America we will fly off Argentina. Where we will learn all about Buenos Aries and city life, then we may take a trek up the Andes Mountains and last but not least we will all learn to tango. South America here we come!

**Resident Yogi Cardoni Shares:** Yoga is a wonderful practice that helps children develop self-confidence and reduce anxiety. Our yogi bears have learned lots of yoga poses and practice mindfulness in lying still in Savasana and practicing mindful eating. Each week the yoga poses focus on a theme. In November we will move like nocturnal animals and celebrate friendship and Thanksgiving. Namaste.







**Bradley  
Hills**  
PRESBYTERIAN CHURCH

It's hard to believe we are already getting ready for Thanksgiving! We are grateful that the nursery school is providing a safe place for children to gather and learn.

**Children's Church**, a worship service designed specifically for children, continues. 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 will be required for all participants as we encounter God's word together and respond with prayer, thanksgiving, and creative projects.

We are continuing to **Worship on Sundays** at 10:30, both in person and virtually. Starting in November, the 8:30 service will move indoors.

[WATCH SERVICES LIVE CLICK HERE](#)

### Interfaith Service

On Sunday, November 14, we will have our annual Interfaith Service at 10:30 am. For more details, please contact the church at 301-365-2850.



### Service Opportunity:

We invite you to join in our interfaith effort to collect Thanksgiving meals for 60 families in our area! Bring the list below with you on your next trip to the grocery store and include some of the items listed below to help a family enjoy a thanksgiving meal over the holidays in coordination with National Center for Children & Families and A Wider Circle.

Please deliver to MEMORIAL HALL by **Sunday, November 7** so the youth can organize everything in preparation for the Interfaith Assemble-a-Basket activity on November 14.

A monetary donation enables us to include grocery store gift cards for each family to purchase a turkey or other perishable items for their meal. Please note: if you would like to donate \$25 gift cards from Giant, please deliver to Matt Nabinger or the BJC office. Monetary donations may be made payable to either Bethesda Jewish Congregation or Bradley Hills Presbyterian Church with "Thanksgiving Drive" as the memo.

Shopping List of NON-PERISHABLE food items: ♦ Canned yams or sweet potatoes ♦ Canned corn ♦ Canned green beans ♦ Other canned vegetables ♦ Canned fruit ♦ Jarred applesauce ♦ Canned cranberry sauce ♦ Gravy (can, jar, or packet) ♦ Box or bag of stuffing mix ♦ Box of cornbread mix ♦ Box of cake/frosting, Jello, or pudding mix ♦ Box or bag of pasta ♦ Rice or rice mix ♦ Can of soup or ramen noodles ♦ Pair(s) of white socks-children or adult sizes ♦ New re-useable shopping bag Halloween sized candy donations welcome for us to include in baskets

