

The Bear Facts

MAY 2023

Celebrating 65 Years of Early Childhood Education



Dear Parents,

In May, we celebrate Teachers and Mothers and remember those who have served our country. Thank you to all the amazing moms who are part of the BHPCNS extended community. Thank you to the best staff imaginable. And thank you to the men and women who have served, and continue to serve, our country.

BHPCNS will close on Friday, May 26th after our sing-along and goodbye fun to prepare for camp. We are looking forward to blasting off into space for Session 1 on June 5th. And then again for Session 2 beginning on June 20th. There are still a few spaces available for camp and it's not too late to register.

I want to give a special shout-out to our Parents' Group chairs, Kaeli Duggan and Cass Price, for their time, energy, and enthusiasm throughout the year. They have done so much to support our staff and school, create a welcoming community for our parents, help others in need, and organize events we will forever remember. Thank you, Kaeli & Cass!

This will be my last newsletter until September. On behalf of everyone at BHPCNS, I want to thank you for trusting us to provide a safe and loving school environment for your child(ren). We have had an amazing year! We have one last month to laugh and play together. We will miss those families not returning in the fall and hope they will add BHPCNS to their holiday card list or drop us a note now and again. We love to receive updates about all our alumni families.

For many families, we look forward to seeing you again during camp or when school resumes in September. I wish everyone a safe, healthy and fun-filled summer!

Liz Sobrino BHPCNS Director

P.S. If you haven't had a minute to complete our survey about your experience this year, please try and do so. Your input is valuable and will help guide us and our programming in the coming years. Thank you!

Survey

INSTAGRAM / GOOGLE GROUPS /

May 1st

• Tuition Due

May 1st-4th

• Field Trips to Woodend Sanctuary

May 3rd

Parents Only - Happy Hour
 6:00-9:00 pm at Barrel & Crow

May 8th - 12th

• Teacher Appreciation Week

May 10th

• Fun-in-the-Sun Safety for Pre-K classes

May 14th

• Mother's Day

May 15th

 Parent Coffee w/GROWING MINDS SLEEP CHALLENGES
 9:15 am in BHPC Library

May 17th

Dance Recital
1:45 pm in Memorial Hall

May 17th & 18th

• Field Days for 3-year old & Pre-K classes

May 24th

End of Year Picnic
 5:30-7:00 pm on BHPCNS Field

May 25th

• Last Day of School Parties for TTh Classes

May 26th

 Last Day of School Parties for MWF & MTWThF Classes

June 5th - 15th

• Summer Camp Session 1

June 20th - 30th

• Summer Camp Session 2

STAY CONNECTED



WEBSITE /



FACEBOOK /







BHPCNS PARENTS' GROUP

UPCOMING EVENTS

PARENTS ONLY - HAPPY HOUR



Wednesday, May 3rd from 6:00-9:00pm

Meet and mingle with the awesome BHPCNS parent community at:

Barrel & Crow 4867 Cordell Avenue Bethesda







Special thanks to BHPCNS parent, Melissa Zarych, for her help in organizing this fun event!

TEACHER /STAFF APPRECIATION WEEK

May 8th thru 12th

We're so grateful for their dedication and commitment to our children.

A huge thank you to all Bradley Bear staff
from our parents' group community.

An extra thanks to BHPCNS parent, Kelsey Brown, for handling the coordination of this amazing week. And thank you to all of our parents who are chipping in! Tell us how you can help <u>HERE</u>.



ANNUAL SUMMER SEND-OFF PARTY

May 24th from 5:30-7:00pm



Join us for the musical delights of John Henry and enjoy cool treats from the Kona Ice truck.

Dinner will be available for pre-order/purchase from Potomac Pizza and will be delivered to the event.

Order forms coming soon!



Please <u>RSVP</u> - Your help is needed to make this event a success!



BRACKETS with BRADLEY BEAR

Thank you! Together, we raised <u>over \$3,000</u> to support the Alla Johnson Memorial Scholarship Fund.

Congratulations to our winners:

FIRST PLACE WINNERS

Men's pool: Matt Mense Women's pool: Guinevere Seaward

SECOND PLACE WINNERS

Men's pool: Cass Price Women's pool: Jesse Klempner

First place winners won \$100 + 1 free "drop-in" (choice of Early Mornings with Bradley Bear, Lunch Bunch, or Stay + Play)

Second place winners won 1 free "drop-in" (choice of the above) + a Bradley Bear umbrella, tote bag, or lunch bag

BHPCNS PARENTS' GROUP CONTINUED

PAJAMA BREAKFAST

The Rainy Day Room was packed with parents and cubs wearing pajamas! What a wonderful turnout and fun way to start the day. Special thanks to Carol Jacob DeGroff, Lauren Murphy, Robin Falabella, and Emmaline Olson, our parent volunteers, who helped make this event a success.



CONNECT WITH BHPCNS PARENT COMMUNITY



Looking to start a soccer team for your class? Interested in finding childcare? Connect directly with the BHPCNS parent community HERE! Simply request access - to see updates, search posts or create your own request. This is a PERFECT place for any planning or questions.



Thank you parents for a wonderful year! We are grateful for your contributions to fundraising efforts; your attendance and assistance at social, educational and community-building events; your time and energy as room parents; and your generosity and support of our amazing teachers. You are one of the MANY reasons BHPCNS is so special!



Kaeli Duggan

Parents' Group Co-Chairs

kaeli.duggan@gmail.com

Cass Price

cass.price@gmail.com



BHPCNS BOARD OF DIRECTORS

Dear Parents.

The 2022-23 school year has flown by! The last regularly-scheduled Board meeting for the year will be on May 17th at 7 pm. If you have any topics you would like included on the meeting agenda, please contact the Board at board@bhpcns.org.

Bradley Hills Presbyterian Church joins the Board in thanking the wonderful BHPCNS staff for another great year helping the children you entrust in our care to Play... Grow... Learn.

Each year, the BHPCNS Executive Board meets with Mrs. Sobrino to review her performance over the past year. Getting input from parents is an important part of the review process. Please be on the lookout for an email from the Executive Board with a link to a survey where you can reflect on the 2022-23 school year and share your thoughts. The survey is completely anonymous unless you provide identifying information. Survey results will be compiled by the Executive Committee and reported on in an aggregate manner without names attached. We appreciate you completing the survey by Sunday, May 21.

The Board wishes BHPCNS families and staff a summer of rest and time together and new adventures!

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

FIELD TRIP

Woodend Sanctuary

MONDAY, MAY 1st

Mrs. Cardoni (108 MWF) & Mrs. Kebler (113)

TUESDAY, MAY 2nd

• Mrs. Biggs (105) & Mrs. Martin (108 TTh)

WEDNESDAY, MAY 3rd

• Mrs. Barnett (104 MWF) & Mrs. Juhasz (111)

THURSDAY, MAY 4th

Mrs. Richards (117) & Ms. Vargas (102)

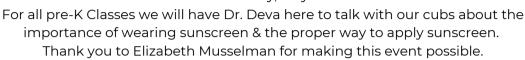


FIELD TRIP REMINDERS

- Wear your red t-shirt
- Dress for the weather we go rain or shine!
- Be on time (we must leave promptly and need to have enough time for you to install your child's car seat)
- Label your car seat with your name
- Make sure to call the school if you're going to be absent (301-365-2909)
- Sorry, no siblings allowed



Wednesday, May 10th





PARENT COFFEE with GROWING MINDS

Monday, May 15th from 9:15-10:30am

SLEEP CHALLENGES GROWING MINDS & BHPCNS Parent Gatherings

MONDAY, MAY 15TH 9:15-10:30AM BHPC LIBRARY



IMPORTANCE OF SLEEP

Sleep impacts attention, cognitive performance, mood, resiliency, vocabulary acquisition, learning, and memory.

IS YOUR CHILD GETTING **ENOUGH SLEEP?**

A child that's short on sleep can swing between being grumpy and hyperactive. Sleepiness can also affect your child's ability to pay attention.

HAVE YOU ESTABLISHED A BEDTIME ROUTINE?

Research shows that a consistent bedtime routine is helpful for making sure your child gets enough sleep. Try to do the same routine each night in the same order so your child knows what to expect.

SLEEP PROBLEMS

Events like a new sibling, teething, an illness, a new caregiver. a change in schedule, or minor complaints like allergies, colds, and ear infections can all take a toll on your child's sleep.

Join other parents & GROWING MINDS to discuss sleep issues and techniques that encourage healthy sleeping.

> All are welcome to attend. Childcare will be provided in the adjoining nursery.



FIELD DAYS

May 17th & 18th

On your mark, get set, go! Field days are here.

Our 3 year-old and pre-K classes will be spending the day playing games, running races, navigating obstacle courses and eating lots of watermelon.



- Mrs. Barnett (104 MWF)
- Mrs. Cardoni (108 MWF)
- Mrs. Juhasz (111)
- Mrs. Kebler (113)

THURSDAY, MAY 18th

- Mrs. Biggs (105)
- Mrs. Martin (108 TTh)
- Mrs. Richards (117)
- Ms. Vargas (102)





We would love for you to join in the fun. RSVP HERE to volunteer for the morning.



DANCE RECITAL

Wednesday, May 17th at 1:45pm

The Bradley Hills Dance Troupe will present Bradley Bear's Under the Sea dance performance at 1:45 pm in Memorial Hall. Doors will open at approximately 1:30 pm. All are welcome to attend this delightful performance complete with all sorts of magical sea creatures!

Everyone is invited to stay after the performance for refreshments.



END OF YEAR CELEBRATIONS



Tuesday/Thursday classes will have their end of year celebrations on Thursday, May 25th at 11:00 at your child's classroom. There will be singing, a special end of the year party, and lots of hugs. Family members are invited to attend. Children will be dismissed at 11:30.

Lunch Bunch will be available until 12:30.

Stay + Play will be available until 2:30.

Monday/Wednesday/Friday classes will have their end of year celebrations at 10:00 on Friday, May 26th at your child's classroom. There will be a songs, a special end of the year party, and lots of hugs! Family members are invited to attend. Children will be dismissed after their party between 10:30 and 11:00. Lunch Bunch will not be held.

Tuesday/Thursday class will perform a selection of their favorite songs on Thursday,
May 25th in our amphitheater. The program will begin at 11:30 am. Following the
performance, there will be a party in the classroom. Family members are invited to attend.
Children will be dismissed after their party at 12:30.
Stay + Play will be available until 2:30.

Monday/Wednesday/Friday and Monday thru Friday classes will perform their favorite songs outside the main church doors at 9:30 am on Friday, May 26th. Following the performance, there will be class parties. Family members are invited to attend.

Children will be dismissed after their party between 10:30 and 11:00.

There will be no Stay + Play.





Monday/Wednesday/Friday and Monday thru Friday classes will perform their favorite songs outside the main church doors at 9:30 am on Friday, May 26th. Following the performance, there will be class parties. Family members are invited to attend. Children will be dismissed after their party between 10:30 and 11:00. There will be no Stay + Play.

The May 17th Dance Performance and both the May 25th & May 26th Sing-Alongs will be professionally recorded.

Downloadable links will be sent out mid-June which may be shared with those unable to attend.

BIRTHDAYS

Aray Garg Warren Munson Finn Haney Kinsley Fauguier

Arav Garg Aurora Einstein Elena Chun Mateo Arce Gualana Lewis Horowitz Michael Goldman Willem Straatman Kian Dewan Graham Lieberman Sarah Swanzey Julian Canning Ryan Penfold Mina Patel Teddy Dixon Serafina Munson Sean Keehn Leandro Rivera

Teddy Barker
Juno Choi
Louise Duggan
Daphne Hertig
Paul Musselman
Grayson Rickett
Matthias Reynolds
George Brown
Aliyar Halici
Phoenix Brevil
Yuhi Mori
Sawyer MacDonald
Zion Miller
Lionell Magere

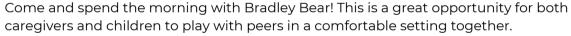
Elena Hamaguchi
Beckett Nolen
Linus Pal-Goetzen
Ruby Sciolli
Jimmy Davis
Teagan Rickett
Madi Walk
Madeline Burton
Isla Desai
Marielle Trevisan
Rosemary Jennings

Kinsley Fauquier
Avril de Raet
Ben Klempner
Kanika Sanwal
Oliver Wolfe
Leyla Toufanian
Will Forbes
Taylor Caine
Perry Fager
Catherine Cohen
Harry Sharkey
Lucas Fauquier
Parker Price-McDonald

MAY 2023

BRADLEY BEAR'S CUB CLUB

Starting in October 2023 Thursdays from 9:15-10:45am



Aarish Deva

Arthur Sloan



- Storytime
- Music

- Creative Movement
- Arts & Crafts
- Fun!

Only two children per caregiver. Enrollment will be limited.

Register HERE.

TWO'S RULE

We have been having SO MUCH FUN in Two's Rule Stay & Play that we have decided to continue this program next year.

Starting in October, Monday through Friday from 12:30-2:30pm, we will offer a two-year-old Stay & Play Class.

- 12:30-1:00 welcome time and play
- 1:00-1:20 rest period for children
- 1:20-2:00 free play, snack, story, singing, dancing, or activity
- 2:00-2:30 outdoor or Rainy Day Room play
- 2:30 pickup





PLAYGROUND ATTIRE & TIPS



As the weather gets warmer, our cubs spend more time outdoors enjoying our fabulous campus.

Shoes and Socks

To be able to run and play on the playgrounds children need to have on closed toed shoes with socks to keep the mulch and sand out and their feet from getting hurt.

Shorts under Dresses and Skirts

When wearing dresses and skirts, children should wear shorts underneath for modesty sake when climbing and swinging. Shorts also make it more comfortable when playing in the sandbox or mulch.



Sunscreen and Bug Spray

Warm weather also brings sunburns and bug bites. Protect your child by applying sunscreen and bug spray before coming to school. If you would like us to re-apply, complete this FORM.



PYRAMID MODEL IMPLEMENTATION



BHPCNS uses social stories to help children understand how to be a friend, how to handle frustrations and more. You've probably heard your child talk about being a Super Friend or thinking like Tucker the Turtle when they are upset.

For more information on using social stories at home, or if you are looking for summer reading books that encourage friendship skills, patience, understanding, and more, check out Vanderbilt University's Center for the Social and Emotional Foundation for Early Learners here. Check out their Families Tab and their Teachers and Caregivers Tab to access beneficial resources. Their Book Nook is filled with wonderful stories you can get at the library or on Amazon and fun activities to do at home to extend the books lesson. Another resource is their Book List, categorized by topics that will support a child's social – emotional development.

BHPCNS has been selected as one of 5 Pilot Sites for the Implementation of the Maryland Pyramid Model. This unique honor will provide BHPCNS with 2 Pyramid Model coaches to support our programming for the next 18 to 24 months. The coaches will be onsite assisting BHPCNS staff as we continue to support each child's unique social-emotional development. The coaches will be working with and teaching BHPCNS teachers, administrators, students and parents all aspects of the Pyramid Model.

To learn more about the Pyramid Model, please visit the <u>National Center for Pyramid Model Innovations</u> (NCPMI) and the <u>National Pyramid Model Consortium</u>.





SUMMER OFFICE HOURS



The office will be CLOSED during the last 2 weeks of July. The office will reopen on August 4 th. Office hours will be Monday through Thursday between 10:00 am until 2:00 pm. The office will be closed Fridays in August. Carolyn and Liz will be checking phones, email, and snail mail throughout the summer.

During August, the office will be sending out emails with information about the upcoming school year and forms that need to be completed. If you'd like to get a jump start on the forms visit the <u>BHPCNS website</u>. Go to the top right and click on the Application/Registration Tab, scroll down to the bottom of the page for the forms for the 2023-24 school year. Returning students do not need to complete the medical forms. They will need to complete new allergy forms if they have any allergies.

1,000 BOOKS TO READ BEFORE KINDERGARTEN



Montgomery County Public Libraries: 1000 Books Before Kindergarten. Many of these titles are favorites of our Bradley Bear cubs. Books are a wonderful way to teach children about the world around them and to start meaningful discussions at home. These titles are new and old favorites for kids and adults. Happy Reading!

For additional resources visit HERE.

WHERE IN THE WORLD IS BRADLEY BEAR?

Be on the lookout for "Flat Bradley". He will be coming home in your child's tote bag soon.

Going to Grandma and Grandpa's? Going to the pool? Going across the country, the world? Take "Flat Bradley" with you!

Send us pictures of your family or child with Bradley Bear enjoying your summer. We will print and post the pictures in our hallway for everyone to see when school resumes in September.

Feel free to post your pictures on Facebook and Instagram, too (tag Bradley Bear!)
Email your photos to <u>kgoodstein@bhpcns.org.</u>



SPECIAL PROGRAMMING

AMERICAN SIGN LANGUAGE (3-year-old & Pre-K) with Mrs. Goodstein

Mrs. Goodstein reports: In May, we will put all our time spent learning the alphabet to use and learn to sign our own names. I will send each child home with a printout so they can practice the entire alphabet all summer long.

I am so very proud of all you have learned this year. Have a wonderful summer!



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



In Art, our cubs will make, what we hope will become family keepsakes, self-portraits. Our pre-K classes will be given a photograph of one side of their face and asked to complete the other half. Our 3-year-olds and 2-year-olds will be given a bit more freedom. We will talk about how many eyes, ears, mouths, and noses we each have as we draw. And see what they come up with.

As always, we look forward to seeing their creativity on paper.

SINGING with Ms. Casey (all ages)

Ms. Casey Shares: April showers have finally made way for May flowers! Warmer weather once again has us celebrating the changing of the seasons through music. The children seem to have grown so much this past year. They are more aware of their surroundings than ever before. Planting seeds to grow flowers, caterpillars morphing into butterflies, and bees purposefully searching for pollen and nectar are some of the changes that songs teach us to be more mindful of. With most of the school year behind us, the 2s have fully embraced the dance party vibe of music class and eagerly share their observations and stories about family. In May, the 3s, 4s - and now 5s! - are hard at work learning new songs and sign language in preparation for our big year-end concert. We can't wait to share our "small voices" with you.



STAY & PLAY PROGRAMMING

MONDAYS

sports & games



Coach Cardoni Shares:

"Love" is in the air...for Tennis that is! The Bear Cubs will be finishing up the Baseball unit and then learning all about tennis. As always, we will be sure to warm up our bodies to prepare for learning a new sport. We will be working with an agility ladder to build speed in our lower bodies. We will also be learning how to hold the racket and practice drills with balloons, scarves and finally a tennis ball. Each week the children are also learning how to take turns, cheer on their teammates and work together. The last class of the year we will revisit sports we covered earlier in the season; basketball, line dancing, gymnastics, lacrosse and/or baseball. It's been a great season!

TUESDAYS & WEDNESDAYS

dance



The Bradley Bear Dance Troupe is busy wrapping up their 2022-2023 dance season. Our dancers have been busy working on their dance moves and have been very busy crafting and creating beautiful accourrements to decorate Memorial Hall for their end-of year-dance performance on Wednesday, May 17th at 1:45 pm.

We are very grateful to Colleen Snyder and the Bethesda Dance Conservatory for all their dance expertise. Thank you to the BHPCNS dance teachers for providing such a great time for our dancing cubs!

TUESDAYS

science

Scientist Vargas writes:

For our last month of Stay & Play, we will conduct experiments that are bursting with fun. Our cubs will learn how to make their very own bubble solution. We will talk about density and demonstrate with a simple science experiment using oil and water. For our last class, our Wigglin' Wizards will make colorful elephant toothpaste and watch an explosive experiment featuring a bottle of soda and a Mentos mint chew.



WEDNESDAYS

cooking



We have had such a fantastic time cooking with our little chefs! It's hard to believe that we are entering our last few weeks of culinary school.

For May, we are bringing back a kid (and grown-up!) favorite—Waffle tots, followed by Vegan Oreo Ice Cream. Our last recipe of the month will be dill pickles which will be sent home to finish the pickling process in your refrigerator for a couple weeks.

What a great journey we've had slicing, dicing and more—don't let those skills grow stagnant over the summer! Bon Appetit!

THURSDAYS & FRIDAYS

two's rule

Mrs. Kebler shares:

We have painted with watercolors, tempera sticks and even water outside on a sunny day. Snack time is a big hit, but rest time not so much. The 2s like to pull out their mats, get their lovies and blankets and get cozy, which lasts for about 5 minutes and then they are up, down, rolling around, talking and asking when is rest time over. We usually last about 15 minutes and then call that naptime has ended. The children have gotten used to Mrs. Vargas and I as their stay and play teachers and we are all having lots of fun.



THURSDAYS

geography

Travel Agent Mydlarz shares: Witajcie w Polsce! (Welcome to Poland). Our little explorers with their packed bags, boarded the plane and left beautiful and colorful Kenya. We will land in Poland where we spend the next three weeks learning about Polish geography, culture and most recognized Poles in world history like Nicolas Copernicus, Frederic Chopin, Maria Curie-Skłodowska, and Pope John Paul II. We will learn what life is like for children in Poland and what schools they go to. We will even learn the Polish national dance Polonez. We will talk about Polish traditions and will taste some traditional dishes like pierogi, kiełbasa and sweet crescent with poppy seed and raisins and kids' all time favorite traditional jello (galaretka) with whipped cream. During our last class, before we part for the summer, we will take a little quiz about all the countries we have visited over the year and hand out their passports.

FRIDAYS



yoga

Yogi Cardoni Wraps up our Yoga Practice: The Yogi Bears continue adding to their repertoire of yoga poses in May. The themes during May include Ocean, Camping and Gratitude. The Yogi Bears begin each session with a deep breathing exercise they move on to sun salutation, yoga poses and finally reflect during Savasana. Weekly, the yogis practice mindful eating and end each session appreciating and acknowledging the light in each of their friends. Namaste!

COMMUNITY AT 6601 BRADLEY BOULEVARD

BRADLEY HILLS PRESBYTERIAN CHURCH

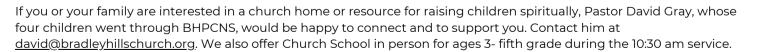
It's hard to believe we are almost to summer! Children's Ministry sends our congratulations to the dedicated staff, teachers, children, and parents at the nursery school who have made it through another winter of sickness, and our hope the fresh air of spring brings health to all! As plans for summer camps, vacations, and other activities get underway, here are a few opportunities at Bradley Hills Presbyterian Church.

May 21 – All Church Visit to the Josiah Henson Museum in Rockville after church. This trip is a great way to introduce your children to the history of the county and to a county resident, Josiah Henson, who was one of the model's for "Uncle Tom" in Uncle Tom's Cabin by Harriet Beecher Stowe and who led many slaves to freedom in Canada. Click HERE for more information.

June 4 – All Church Picnic. Plan to attend the picnic with games for children and food for all ages! All are welcome.

Vacation Bible School – Monday, August 21, to Thursday, August 24. This year, for the first time, we will be partnering with Geneva Presbyterian Church. Cali Bronkema, Director of NextGen Ministries at Geneva, will co-lead the program with our Director of Christian Education, Matt Nabinger. We are encouraging early registration. If you register by May 28th, the cost is \$80/child. If you register by June 25th, it's \$90, and by August 6th, it's \$100/child. The registration link can be found HERE.

Weekly Church Services - We continue to have in-person Sunday worship services at 8:30 and 10:30am. The 10:30am service is available on-line. Watch Services Live <u>Click Here</u>.



Service Opportunity for Families - 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.



























