

BRADLEY HILLS PRESBYTERIAN CHURCH NURSERY SCHOOL

September 2020 Newsletter

The Bear Facts

Celebrating 63 Years of
Early Childhood Education



Dear Parents,

So many changes happen at the beginning of September. It's the first start of meteorological fall and typically as the leaves start to turn and it gets a little cooler everyone's thoughts turn to the start of the school year. In years past this week was always filled with lots of hustle and bustle as BHCNS teachers and the school administrators prepared for the start of a new school year. Unfortunately, due to circumstances beyond our control BHCNS, as you know, will not be opening our doors this fall. It is my sincerest hope and wish that circumstances change and allow us to reopen at some point in the foreseeable future. Thank you to everyone for your understanding, your kind words, your generous donations, and for believing in BHCNS. While being closed is not what we had hoped for, the school will be using this unexpected time advantageously to enhance our programming and physical space.

Carolyn McCauley and I continue to work on behalf of the school. We are grateful for the opportunity to work to make BHCNS the best it can be and to maintain a connection with you and your children. Our beloved teachers are leading pods, tutoring, teaching at other programs, spending time with family, and more. They, too, can't wait for the day BHCNS reopens!

I am writing this newsletter from the school office. Outside there are several families playing on the playgrounds, despite the hot and humid weather. It's wonderful to see so many friends, even if their smiles are hidden by a mask, playing and having fun. Please continue to come and take advantage of these play spaces. I was chatting with one mom about how much of our lives are happening indoors, without friends and the social-emotional impact and gross and fine motor impact on her children. (See additional information in this newsletter on how to bolster these skills in your child/ren.)

Also happening at school - The finishing touches on our long-awaited security upgrades are being completed. Our new security systems are helping Montgomery County police with a stolen car that was abandoned in our parking lot. The new exterior camera system has taped the thief as he hit the car on the barn-like doors hiding the trash dumpsters, parked the car, and then walked away. (See additional information on the security enhancements in this newsletter.)

During the summer other improvements have been made to the facility as well.

- Exhaust fans have been added to improve ventilation
- The former Bethesda Jewish Congregation Education Office on the lower school level, has become part of the school. We are very excited to have this additional space as part of the school. We will be converting this space into:
 - A lending library, where children can check out books and go for story time and/or small group instruction

- A meeting space and working space when the school office becomes a bit too crowded or a specialist/therapist is on site to work one on one with a child. This means no more meetings in the stairwells!
- An infirmary for when a child needs to receive care of rest while awaiting a care giver to collect them.

In the weeks and months to come there will be purging, painting, reorganizing, inventorying, and more, all in anticipation of reopening.

In past years, each September, I have sent an ASQ-3 questionnaire home for every child in our care. (A full description appears after my letter.) If you would like a questionnaire for your child/ren, please let me know. I am happy to email you the questionnaire and have you return it to me for scoring. If there are any questions or concerns we can set up a video call to discuss the results.

Most importantly, just because our doors are closed to the physical school building that does not mean the school is closed to you. I am happy to answer questions about your child, provide parenting resources, discuss most child rearing topics, and more! We plan to hold a virtual Potty Training seminar in October. This is always a hot topic for the parents in our 2s' programming! Details will be sent out as soon as we have them finalized. I will continue to send home monthly newsletter with information about what's happening at school and ideas to keep you child/ren thriving in these most unusual times. Please reach out – no question or concern is too big or too small. Interacting with you and your children is the absolute best part of my job – I miss you all.

Be well and stay safe.
Liz Sobrino
BHPCNS Director

MORE ABOUT THE ASQ-3 SCREENING TOOL & THE IMPORTANCE OF EARLY INTERVENTIONS FOR CHILDREN'S DEVELOPMENT



At BHPCNS we believe that early intervention for any developmental delay can make a tremendous difference in a child's life. There is a wide range of normal development in children. Most developmental delays in children are not serious and with interventions children can quickly catch up to their peers. Even children who do have serious delays can make big improvements when treatment begins as early as possible.

Each September BHPCNS sends home an ASQ-3 questionnaire as the first step in determining if a child may possibly have a developmental delay. After completing the questionnaire, parents return the form to school and I evaluate and score the questionnaire. Results and recommendations are shared with parents. Any recommendations for a more thorough developmental assessment will be discussed with parents by me. Please email me, Lsobrino@bhpcns.org, or call me, 301-642-8166, if you would like to receive an-age appropriate questionnaire for your child/ren.

How Developmental Delays May Present In Young Children

There are 5 main types of developmental delays in infants and young children. They include problems with:

- language or speech - articulation, expressive, and/or receptive language
- vision – ability to see properly
- movement – fine and gross motor skills, understanding boundaries, controlling one's movements
- social and emotional skills – age appropriate interactions with adults and peers
- cognitive skills - thinking and processing information

Language and/or Speech Delays in toddlers and young children are common. In fact, language and speech problems are the most common type of developmental delay. Speech refers to verbal expression, including the way words are formed.

Language is a broader system of expressing and receiving information, such as being able to understand gestures, respond appropriately to questions, being able to follow the give and take of daily conversation and more.

Vision Developmental Delays can be difficult to recognize. Until about 6 months a newborn's vision is normally blurry. After 6 months a child's vision improves as the child begins to coordinate sight in both eyes. Sometimes this does not happen and vision problems such as farsightedness, near sightedness, lazy eye, may develop impacting a child's sight.

Motor Skill Developmental Delays may be related to problems with gross motor skills, such as crawling or walking, or fine motor skills, such as using fingers to grasp a spoon, hold a pencil or crayon, or more. Some children have challenges controlling their movements, they may be bouncy, or have challenges recognizing where they are in space leading to walking into things or obstacles, and/or understanding personal boundaries.

Social and Emotional Developmental Delays may be when a child experiences problems interacting with adults or other children. Other challenges include excessive tantrums, hurting themselves, being inconsolable, and difficulties forming attachments, among others.

Cognitive Developmental Delays may present as a child not "learning" age-appropriate concepts, such as their colors or shapes, or when a child is challenged following sequential directions and developmental norms.

[Click here](#) for additional information from the Center for Disease Control on Pediatric Developmental Monitoring and Screening.



BHPCNS PARENTS' GROUP

Happy September--We hope every family is doing well and found enjoyable moments during this unprecedented summer! The Parents Group and BHPCNS administration will be brainstorming over the next few weeks on ways to keep our families and school connected during this closure as we miss everyone's smiling faces! With that being said, we would love to hear your ideas and suggestions. Please forward any creative ideas to Maggie Maloney or Sarah McGovern. For those families that are new to the school this year, the Parents Group typically hosts a variety of activities throughout the school year to not only connect families but also to support our school in new initiatives. All parents and guardians are automatically included in the Parents Group--no need to sign up! If you have any questions about how to be involved in the Parents Group, please contact Maggie at Maggiewmaloney@gmail.com or Sarah at Sarahlothrop@hotmail.com.



NEW SCHOOL YEAR MESSAGE FROM THE BHPCNS BOARD CHAIR

Happy September! The Nursery School Board will continue to be working to support the nursery school in the weeks and months to come!

As the school year wrapped up in June, the Long Term Planning Committee completed a five-year plan for improving our programming. Liz and Carolyn will be working on many of these objectives and goals while the school is closed.

The Board will be meeting as needed to discuss issues related to reopening. Feedback from parents is very helpful to us. You can reach the Board directly at Board@bhpcns.org or fill out an anonymous form on the Board portion of the school website. We hope you remain well and safe in the weeks to come.

Missy Banashak - BHPCNS Board Chair

SUMMER SECURITY ENHANCEMENTS



The safety and well-being of the children entrusted to BHPCNS has always been our top priority. To that end BHPCNS has been working with security experts for the past two plus years to determine the best ways to keep our children, their families, and are staff as safe as possible while still enjoying all the BHPC campus has to offer. Based on those recommendations many key action items have been implemented.

SECURITY ENHANCEMENTS

- New doors have been installed where the main school (brown) doors are located. These doors are stronger and safer than the previous wooden doors and they look great too. At this entrance a new entry system, similar to an apartment building has been installed. This will allow families and visitors to the building to directly contact the building users they are to coming to see, i.e. the school, the church, the BJC, the Friends Club.
- New security cameras have been installed inside the entire building and the exterior of the property. These cameras will provide the school office, and other building users, the opportunity to see what's happening in real time via monitors in their offices.
- A building side, unified mass communication system has been installed. This new system will sent silent and loud speaker messages in the event of an emergency anywhere on the property. All building users, including teachers and BHPCNS staff will be able to communicate quickly and directly with everyone in the building at once.
- Additionally, all the doors leading to the lower level of the building, where the school is located, have been replaced with new doors which can lock automatically and will be opened by using a code, thereby preventing non-BHPCNS visitors from mistakenly entering the school area.

SEPTEMBER BIRTHDAYS!!!!

Razi Knobel
Cruz Harcourt
Ella Folio
James Trunk
Jack Grant
Tommy Grant
Hunter Grant
Palmer Long
Emily Kelly
Lily Hutchins
Sadie Hutchins
Gracie Mense

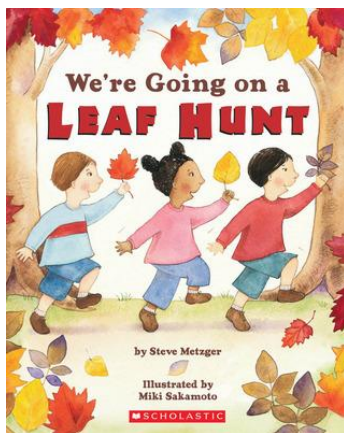


Brody Wiggins
Cameron Mense
Cora Cappel
Anna Katherine Joseph
Nola de Vault
Caroline Monica
Perry Brown
Anushka Kasarabada
Rory Palmer
Audrey Moulton
Lily Smith
Isabelle Montesinos
Sadie Smith

We wish all our bear cubs a very happy birthday month!

SEPTEMBER FUN!

Go on a Nature Walk:



One of our favorite September books is *We're Going on a Leaf Hunt*. Use this book as a jumping off opportunity to go on a leaf/nature hunt and collect beautiful fall leaves and then have a wonderful time:

1. Sorting the leaves by color, reds, yellows, green, or size, or match shapes. Activities such as these help a child develop pre-math skills needed to form the foundation for formal math programming.
2. Have your child count the number of leaves you collect by placing a finger on each leaf and counting one, two, three, etc. This process is another pre-emergent math skills, called one to one correspondence.
3. Glue leaves, twigs, acorns, grasses, to a piece of construction paper and make a collage. This is an excellent fine motor, open-ended art activity.

4. You can also make a mobile to hang in your child's room by tying leaves and fall finds on different lengths of string and hanging them from a twig you collect.
5. You can show your child how the veins of the leaf look like the veins on the back of their hands. Get a magnifying glass to inspect the veins, leaves, and your child's hands more closely.
6. Another fun activity is to preserve your child's favorite leaves. [Click here for ways to press leaves.](#)
7. While you are on your nature walk you can, lay on the ground and watch the clouds. See if your child can identify shapes in the clouds. You can look for birds, worms, squirrels, chipmunks. See if you can find their homes. Talk about what the animals do as the weather gets colder.
8. Make a bird feeder to hang in a tree in your yard. [Here's a favorite BHPCNS birdfeeder.](#) You can substitute any kind of nut butter for the peanut butter. Another favorite bird feeder to make, that doubles as a fine motor activity is [a cheerio and pipe cleaner birdfeeder.](#) For older children make the bird feeder using colored O shaped cereal, like Fruit Loops, and have your child create and replicate a pattern on their pipe cleaner. This is another great pre-math skill.
9. As you hike about looking for leaves and other signs of fall, mix up how you walk, take giant steps, small mouse steps, swing your arms, wave them above your head, hop on one foot or jump with both feet. (All these activities keep your child's gross motor skills growing stronger.)

Additional leaf explanations and activities can be found [here](#).

FAVORITE BHP CNS FALL SONGS

The More We Get Together

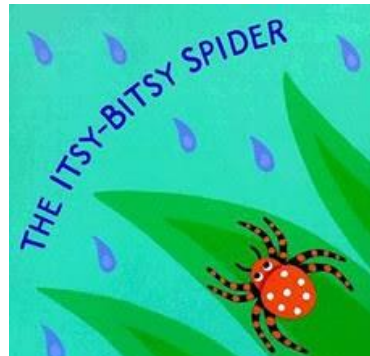
The more we get together, together, together (play, sing, laugh)
The more we get together, the happier we'll be (with James, and Peter, and Lucy and etc.)
For your friends are my friends and my friends are your friends.
The more we get together, the happier we will be.

The Itsy Bity Spider

The itsy bitsy spider went up the water spout
Down came the rain and washed the spider out
Out came the sun and dried up all the rain
And the itsy bitsy spider went up the spout again

Oh, look out, here he comes again

The itsy bitsy spider went up the water spout
Down came the rain and washed the spider out
Out came the sun and dried up all the rain
And the itsy bitsy spider went up the spout again



Twinkle Twinkle Little Star

Twinkle, twinkle, little star,
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.



If You Are Happy and You Know It

If you are happy and you know it, clap your hands.
If you are happy and you know if, clap your hands.
If you are happy and your know it,
Then your face will surely show it.
If you are happy and you know it clap your hands.
(repeat with stomp your feet, shout hooray, do all three)



If You Want to See a Star

Sung to the tune of If You Are Happy and You Know It

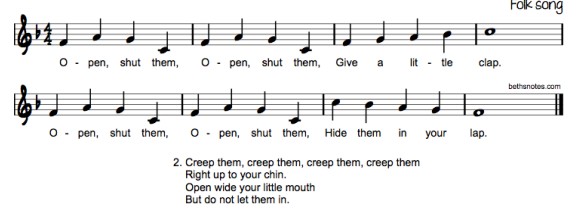
If you want to see a star, look at me, look at me, look at me
I am special you will see, there is no one quite like me
If you want to see a star, look at me.



Open Shut Them

Open shut them, open shut them, give a little clap
Open shut them, open shut them, put them in your lap
Creep them, creep them, right up to your chin
Open up your little mouth, but do not let them in.

Folk song



O - pen, shut them, O - pen, shut them, Give a lit - tle clap.
O - pen, shut them, O - pen, shut them, Hide them in your lap.
2. Creep them, creep them, creep them, creep them
Right up to your chin.
Open wide your little mouth
But do not let them in.

The Doors of the School

Sung to the Tune of the Wheels on the Bus

The doors of the school go open and shut, open and shut, open and shut
The doors of the school go open and shut every single day.

The teachers at the school say, "Come on in. Come on in. Come on in."
The teachers at the school say, "Come on in" every single day.

The mommies at the school say, "Be back soon. Be back soon. Be back soon."
The mommies at the school say, "Be back soon" every single day.

The children at the school say, "We'll have fun. We'll have fun. We'll have fun."
The children at the school say, "We'll have fun" every single day.



The Fingerband

The fingerband is coming to town(3x) (hands moving from behind back to front)
The fingerband is coming to town so early in the morning.

This is the way they march and march(3x) (stretch out legs and march hands on legs)
This is the way they march and march so early in the morning.

This is the way they play their drums(3x) (open arms wide and clap hands together)
This is the way they play their drums so early in the morning.

This is the way they wear their hats(3x) (pointy fingers together above the head)
This is the way they wear their hats so early in the morning.

The fingerband is going away(3x) (hands move behind the back)
The fingerband is going away so early in the morning.

The fingerband has gone away(3x) (whisper)
The fingerband has gone away so early in the morning.

ABC Song

A - B - C - D - E - F - G
H - I - J - K - L - M - N - O - P
Q - R - S - T - U - V,
W - X - Y and Z.
Now I know my ABC's
Next time won't you sing with me.



COLOR WEEKS

Each fall BHP CNS celebrates a color a week. We sing songs, have special snacks, play games, do crafts, to celebrate and learn our colors. Each color gets its own week and we focus on that color all week. At the end of the week the children wear that week's color to school. They love to see all their classmates and teachers wearing the same color shirt. Here are the songs that we sing to accompany our color celebrations.

YELLOW Song

Sung to the Tune of If You're Happy and you Know It

Y-E-L-L-O-W spells yellow
Y-E-L-L-O-W spells yellow
Like the early morning sun
When the day has just begun
Y-E-L-L-O-W spells yellow



BLUE Song

Sung to the Tune of Are you Sleeping

B-L-U-E
B-L-U-E
That spells Blue
That spells Blue
Blueberries are Blue
Eyes & Skies are too
Blue, Blue, Blue

ORANGE Song

Sung to the Tune of Ten Little India

O-r-a-n-g-e
O-r-a-n-g-e
O-r-a-n-g-e
Orange is what that spells.
Jack-o-lanterns are always orange.
Carrots are always orange.
Oranges are always orange.
O-r-a-n-g-e

GREEN Song

Sung to the Tune of BINGO

There is a color that I know
and Green is its name-o
G-R-E-E-N
G-R-E-E-N
G-R-E-E-N
And Green is its name-o

RED Song

Sung to: "Three blind mice"

R-E-D
R-E-D
Red is the word.
Red is the word.
Apples & Strawberries both are red.
Tomatoes & Cherries are also red.
R-E-D
R-E-D

PURPLE Song

Sung to the Tune of This Old Man

P-U-R-P-L-E
Spells the color Purple
Like the grapes on a vine,
Or flowers in the field
P-U-R-P-L-E

Visit the BHP CNS website for lots more activities and resources to help keep you and your little ones happy, healthy, and on the right track. If there is anything you need or if you have any questions, please reach out to me.

Upcoming events to note (details to follow):

1. Winter coat drive
2. Food collection for Manna Center
3. Holiday toy drive

Donations
are GREATLY
appreciated!