



The Bear Facts

Celebrating 65 Years of Early Childhood Education

DECEMBER 2022



Dear Parents,

December is a short month, but a busy one at BHP CNS. Our children will be making surprises for their families, learning holiday songs, and exploring December as a season of giving.

Angel Gift Tree Donations: Thank you for your generosity and support of our Angel Gift Tree which will bring joy to the children of the clients of the Women's Collective in Washington D.C.

Holiday Cards: We invite you to bring your family's holiday card to the office to be part of our display in the front hallway. We love seeing your smiling faces!

2023-2024 Registration Happens in December: Registration for children currently enrolled at BHP CNS will be December 8th and 9th. Applications are available on the BHP CNS website at 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 8th and 9th. (For full registration details see page 8.)

Coffee & Conversations with Growing Minds: Join us for another morning coffee, Monday, January 9th, as we discuss Kindergarten Readiness and how you can prepare your son/daughter for success.

Strategic Plan: In January, we look forward to presenting you with BHP CNS' 5-year Strategic Plan. This plan has been several years in the making and will help guide the school's decision making over the next several years.

On behalf of myself, Carolyn, Kim, Ilene, 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 2023!

Liz Sobrino
BHP CNS Director

December 1

- Tuition Due

December 2

- Angel Gift Tree Donations Due

December 8th & 9th

- Enrollment for 2023-24 School Year

December 13th

- Pajama Day all TTh Classes

December 14th

- Pajama Day all MWF & M-F Classes

December 15th

- Holiday Party all TTh Classes

December 16th

- Sing-Along & Holiday Party
all MWF & M-F Classes
- No Stay & Play

December 19th - January 2nd

- SCHOOL CLOSED
Christmas Break

January 3rd

- School Resumes

January 6th

- Deadline to order Cookie Kits

January 9th

- Coffee & Conversation w/Growing Minds
Kindergarten Readiness
9:15 BHPC Library

[WEBSITE](#) / [FACEBOOK](#) / [INSTAGRAM](#) / [GOOGLE GROUPS](#) / [YOUTUBE](#)

STAY
CONNECTED





Happy Holidays, everyone! We hope you all had a fantastic Thanksgiving. It's been a busy and FUN couple of weeks at BHP CNS. We'd like to extend a big Bradley Bear shout-out to several of our wonderful parent volunteers for their amazing efforts!

- A big thank you to Melissa Zarych for putting together an awesome parents-only happy hour at Tommy Joe's - it was a fun and much deserved evening out for parents!
- We'd also like to thank all the parent volunteers who helped make Donuts with Dates a success: Vanessa Goldman, Alex Kim, Lauren Murphy, Hannah Harlan, Kimberley Miller, Robin Falabella, and Emma Dill. It was a "sweet" way to start the school day.
- A HUGE thank you to Andie de Vaulx and Kelsey Brown for their hard work in facilitating the SilverGraphic fundraiser this year. We're grateful for their amazing efforts and for making this year's fundraiser a success.

UPCOMING EVENTS

MINTED FUNDRAISER

It's holiday card time! A friendly reminder that BHP CNS has a partnership with Minted and you can use the code **FUNDRAISEBHP CNS** at www.minted.com to save 20% on holiday cards and more on their site.

15% of your purchase will go back to the school!



Regardless of how you print your holiday cards, please share them with the rest of Bradley Hills. Bring your card to the office to hang at the school entrance. We love seeing all your smiling faces!

CALLING ALL COOKIE LOVERS!



Cookie kits are back by (very) popular demand! We've partnered with local business @thecookiemackster to offer winter cookie kits for your kiddo(s) to take home and decorate over the long MLK weekend. Each cookie kit comes with 8 winter themed cookies, 2 icings and 2 toppings for decorating (\$28 per kit).

Order [HERE](#) by January 6th (or while supplies last!).



PARENT COFFEE with GROWING MINDS

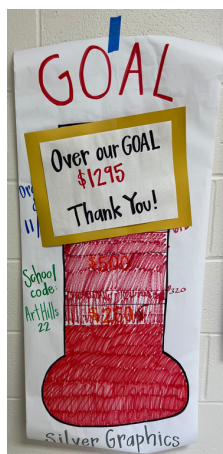
Monday, January 9th from 9:15-10:30 am

All are welcome to join in the conversation with Jill Jerome, licensed clinical social worker, from [Growing Minds](#). Jill will be here to answer parenting questions and/or challenges you are facing. This week we will start the conversation with, **Kindergarten Readiness**. Hope to see you there!

- Church Library on Main Floor
- Coffee will be served
- Please [RSVP](#) so we know how many seats to set up
- Babysitting Provided



SILVER GRAPHICS FALL FUNDRAISER



We thank you for placing your SilverGraphics orders. We raised **\$1,295!** The Parents' Group will use this money for BHPCNS community building events, parent social and educational opportunities and teacher appreciation efforts.

- For school delivery, your items are on schedule and will be delivered to your child's classroom & placed near the children's tote hooks the week of 12/5.
- For home delivery, items are scheduled to be delivered 2-3 weeks after your order was placed.

If you have any questions, contact our SilverGraphics gurus,

Andie andie.devaulx.helps@gmail.com

Kelsey kelseylee0221@yahoo.com



Thanks to everyone for your continued support. Please contact the Parents' Group with any questions at parentsgroup@bhpcns.org.

Kaeli Duggan & Cass Price
Parents' Group Co-Chairs

kaeli.duggan@gmail.com

cass.price@gmail.com



BHPCNS BOARD OF DIRECTORS

Dear Parents,

On November 21, the Board approved the nursery school's 2022-2027 Strategic Plan—a set of goals and objectives to help guide the school's decision making over the next five years. Creating the Strategic Plan was a multi-year, collaborative project incorporating input from parents, teachers, administrators, and Board members. The plan has been shared with key members of the Bradley Hills Presbyterian Church's (BHPC) leadership who are excited about the school's goals. More information about the Strategic Plan will be shared with families in January. We are looking forward to hearing your ideas for implementing the plan's goals and objectives.

Our next Board meeting will be on January 18, 2023 at 7:30 pm. If you have any topics you would like included on the meeting agenda, please contact the Board at board@bhpcns.org. Throughout the school year, please feel encouraged to reach out to the Board through this same email address with your questions, concerns, or thoughts about the school.

Bradley Hills Presbyterian Church invites interested families to our Advent and Christmas activities, including our 2nd annual Christmas tree lighting on December 4 at 5 pm. This event takes place outside the church office along with a craft activity and carol sing, followed by a chili cookoff in Memorial Hall. More information about Christmas activities and services can be found at the end of this newsletter and on the BHPC website: bradleyhillchurch.org.

On behalf of BHPC and the BHPCNS Board we wish everyone a very happy holiday season!

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





Winter 2023 Enrichment Programs for Social-Emotional Learning and Beyond *ages 3-5*



Facilitation of play, feelings, and social skills development,
developed by Growing Minds and led by Kirstin Springer, Early Childhood Specialist



Builders and Makers

6 Mondays: Jan 9, 23, 30, Feb 6, 13, 27
2:30-3:30 pm

Children engage in social-emotional, fine and gross motor development, and problem solving through playful experiences of building together. Each weekly session involves an opportunity to use a variety of materials to build a collaborative structure based on a story or problem that your child can help solve. Participants practice planning, taking turns, frustration tolerance, compromising, and communicating.

Story Tellers

6 Thursdays: Jan 12, 19, 26, Feb 2, 9, 16
2:30-3:30 pm

Does your child love books and stories? What about performing or creating their own plays and shows? In this class, children are engaged in social-emotional and literacy development through familiar and self-created stories. They get opportunities to practice a wide range of skills such as cooperation, turn taking, problem solving and self-regulation, as well as body movement and verbal language to communicate their thoughts and ideas.



REGISTER HERE



Each 6 session program costs \$200.

Make checks payable to BHPCNS
and bring to the office.

Find out more: KirstinS@growingmindstherapy 301-235-9927 x7

SPACE

Supportive Parenting for Anxious Childhood Emotions

Parenting children who struggle with anxiety can be challenging. This 7 week course led by GROWING MINDS can help parents understand their child's anxiety and reduce their own accommodating responses to it. Parents learn to engage in a manner that helps their child feel confident to confront their anxiety, and ultimately improves your child's ability to effectively cope with anxious thoughts and feelings.

Wednesdays 10:00 - 11:30 am
Starting December 14th

REGISTER HERE



REGISTRATION OPTIONS:

TWO YEAR-OLD PROGRAMS

2 days, Tuesday & Thursday

3 days, Monday, Wednesday & Friday

5 days, Monday, Tuesday, Wednesday, Thursday & Friday*

THREE YEAR-OLD PROGRAMS

2 days, Tuesday & Thursday

3 days, Monday, Wednesday & Friday

5 days, Monday, Tuesday, Wednesday, Thursday & Friday

Pre-K PROGRAMS

3 days, Monday, Wednesday & Friday

5 days, Monday, Tuesday, Wednesday, Thursday & Friday

**Children in this program will be enrolled in both the MWF & TTh programs*

REGISTRATION FOR NEW STUDENTS

Applications for the 2023- 2024 school year for NEW STUDENTS and SIBLINGS of currently enrolled students are now being accepted and are available online at www.bhepcns.org.



PLEASE CONTINUE TO SHARE THE LOVE!!!

Parent referrals are what have kept our classrooms full for 65 years. We love meeting new families. They are welcome to tour the school and learn more about our program by calling the office at 301-365-2909.

Children must be 2 years old by September 1, 2023 to be eligible for enrollment at BHEPCNS. *Siblings are given priority over families new to BHEPCNS.* Acceptance or Wait List notifications will be sent home mid to late January 2023.

REGISTRATION FOR CURRENTLY ENROLLED STUDENTS

Registration for children currently enrolled at BHEPCNS will take place on December 8th and 9th. Applications have been sent home and are available on the BHEPCNS website at www.bhepcns.org.



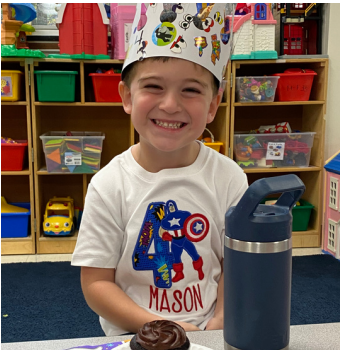
Applications should be returned to BHEPCNS no earlier than December 8th and no later than December 9th in order to be given priority in enrollment. Please recognize that children currently enrolled in our 2s' and 3s' programs, as well as those children who are enrolled in the Pre-K program, but are not age eligible for Kindergarten, are guaranteed a place, however, it may not be your first choice.

Acceptance is based on a first-come, first-serve basis. Families will be notified in mid to late January as to their child's placement for the 2023-2024 school year.

BHEPCNS follows Montgomery County Public Schools with regard to birthdate cut-off dates for admission.

Children must be... 2 by September 1, 2023 to enroll in the 2s,
3 by September 1, 2023, to enroll in the 3s,
and 4 by September 1, 2023 to enroll in Pre-K.

DECEMBER BIRTHDAYS



George Rolls
Chloé de Vault
Bronwyn Shore
Jack Amann
Noah Giragosian
Halima Meniefield
Zeke Reynolds

Sheridan Brodeur
Riley Gilday
Logan Makumbe
Liliana Reister
Callan Morris
Issla Jue
Matilda Sloan



When sending in birthday treats, please send in small cupcakes, mini muffins, fruit kabobs, etc. Keep classroom food allergies in mind. We share birthday treats at snack time! There is a snack ingredient form outside the office and on our website. Please complete the allergen form or send in a list of ingredients so we can be aware of any possible allergens. If you have any questions, please reach out to your child's teacher or the office.

HOLIDAY CELEBRATIONS AT BHPCNS



- TTh 2-Year-Old Classes will sing for and celebrate with their families in their classrooms on Dec. 15th at 11:00 am.
- TTh 3-Year-Old Class will sing for and celebrate with their families in their classroom on Dec. 15th at 11:30 am.
- MWF & M-F 3-Year-Old & Pre-K Classes will sing together for their families outside the Main Church Doors on Dec. 16th at 9:30 am. Parties will occur in individual classrooms immediately following the performance.
- MWF 2-Year-Old Classes will sing for and celebrate with their families in their classrooms on Dec. 16th at 10:15 am.

SHARE YOUR HOLIDAY TRADITIONS WITH YOUR CHILD'S CLASS

Parents, family members, and friends are welcome to share their family's holiday traditions with their child's classrooms. Contact your child's teacher if you or a family member would like to read a special story, bring a beloved family recipe for a class snack, make a traditional craft, or more to share with your child's class. If you have any questions, please contact your child's teachers or the office about visiting your child's class.

ANGEL GIFT TREE



At BHPCNS we celebrate December as a season of giving. The children will make "gifts" for their families. We will talk about how this season is for giving to others. During this season of giving, please talk with your child about helping others, especially those less fortunate.

The Angel Gift Tree is a wonderful way to show your child the importance of giving to others. This year, unwrapped gifts were donated to the children of the clients of the Women's Collective in Washington D.C.

Thank you for your generosity!

STUDENT ABSENCES OR ILLNESS

If your child is ill and will be missing school, please call the office or send us an email. If your child has a communicable disease, strep throat, head lice, etc. we need to know to be able to share that information with the rest of the class. Your child will remain anonymous when informing the class. In some cases, we are obligated to share communicable disease information with the Montgomery County Health Department.

We are often asked: "How do you know when to keep a child home?"

Here are some guidelines:

- Do not send your child to school within 24 hours of a fever.
- Do not send your child to school within 24 hours of diarrhea.
- Do not send your child to school within 24 hours of vomiting.
- Do not send your child to school if they have not been symptom free for 24 hours without the use of medication.
- Do not send your child to school if they are heavily congested and/or coughing.

Please note the 24 hour rule in the above guidelines.

We share EVERYTHING at preschool. Sometimes, even colds and viruses. The flu vaccine and COVID-19 vaccines are an effective way to protect your child from these viruses. Please consider having your child vaccinated. We want to keep our Bradley Bear cubs as healthy as possible.

EMERGENCY CLOTHING

PLEASE LABEL ALL BELONGINGS

The children have all grown so much since the start of the school year and the weather has gotten much cooler. 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.



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](#).

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 10:00 am.

Students in the 2-year-old program may 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, 12:30 for 2-year-olds who participate in Lunch Bunch, 12:30 for the 3-year-old and Pre-K classes. Stay & Play will be cancelled.



IS THERE A NEW BABY IN YOUR HOME?

CONGRATULATIONS!

We'd love a picture of them to add to our Future Bradley Bear Cub display. Please drop off a photo of your newest family member in the office and we will add your picture to our display across from the office.



BRADLEY BEAR IS LOOKING FOR ADDITIONAL SUBSTITUTE TEACHERS



1. Do you love children?
2. Are your children growing up too fast?
3. Do you want to be part of our loving community?
4. Are you looking for a meaningful way to spend your mornings?

If you've answered yes to these questions and are interested in learning more about becoming a substitute teacher, please contact Liz or Carolyn for more details.

MRS. KEBLER'S GIRLS SCOUTS TROOP 5906 BOOK DRIVE

In addition to being an amazing pre-school teacher, Sandy Kebler also leads her daughter's Girl Scout troop. This is their 6th year collecting books for the Maryland Book Bank, a non-profit dedicated to getting books into the hands of children and adults. Please consider donating new or gently used books to support young and old readers in MD.

Book donations can be dropped off in the bin by the office at BHP CNS. Books will be collected through March of 2023.

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 or other building user is not present on the playground. Please come out and play in the afternoons, on the weekends, and during the holidays.



HELPING CHILDREN BY USING A VISUAL SCHEDULE AT HOME



Visual schedules give kids the information they need about what is happening, when it's happening, and any changes to their routine when transitioning from one activity to another. Depending on your child's age and abilities, a visual schedule may include objects and pictures or just words.

Implementing a visual schedule can be a game-changer for your kids. Using a visual schedule can help your kids know what to expect and mentally prepare for transitions or challenging activities throughout the day.

Visual schedules can help your child to become more independent. They'll know what to expect and won't need to be reminded of the day's events.

Need help implementing a visual schedule at home?
Contact Liz at lsobrino@bhpcns.org



EARLY MORNINGS, LUNCH BUNCH, and STAY & PLAY

These programs are available on a drop-in basis as space allows. Need an extra 2 hours one afternoon for holiday shopping? Consider Stay & Play as an option for your 3 or 4-year-old. 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.

INTRODUCING STAY & PLAY FOR 2s!

BHP CNS will be piloting a 2-year-old Stay & Play Program starting in January 2023. 2s' Stay & Play will be offered Thursdays & Fridays only from 12:30-2:30 pm.

Our 2s will spend their afternoons playing, snacking, and resting.

Interested?

Email Liz at lsobrinob@bhpcns.org

STARTING
IN
JANUARY

THURSDAYS
&
FRIDAYS

**SINGING with Ms. Casey (*all ages*)**

Wherever did November go? It seemed we barely had time to learn about the Wampanoag families that came before us and revel in our thankfulness for our own family and friends. Lucky for us, the winter holidays bring even more gifts of time spent with those we love. The children are already learning holiday songs to help brighten the season. By incorporating signs learned in ASL class into songs, the kids are strengthening their hand-eye coordination, sharpening imitation and fine motor skills, and improving their social interactions. It also helps those of us who may process things visually better than aurally. I hope you'll sing along at home if you hear your children practicing and then join us for the holiday sing-along and parties at school. Safe, multigenerational gatherings strengthen a child's sense of community and there's no better universal gift than music to bring us all together

STAY & PLAY PROGRAMMING**MONDAYS****sports & games**

Coach Cardoni Reports: In December our Sporty Bears will concentrate on learning the game of Field Hockey. We will continue to build on all of the benefits of soccer: coordination and balance, agility, improving social skills and promoting sportsmanship with the added benefits of hand eye coordination and upper body strengthening using the hockey stick to move (dribble) the ball down the field. We will be working on self-constraint because every time you hit the ball it doesn't need to cross the entire field.

Join our team and let's get going!



TUESDAYS & WEDNESDAYS

dance



Choreographer Colleen Snyder Shares: I am so proud of how our Bradley Bear dancers are growing this season. They are learning basic Ballet shapes and positions. Their first and second positions look good and their galloping chasse looks great. They are learning weight shifting activities along with body part identification and isolation through movement games. Best of all, they are working on the Winter Wonderland Dances to show you in January. They are dancing up a (snow) storm and so very excited. Our dancers are also very busy crafting all kinds of winter wonderland projects to decorate the stage for the show in January!

Our Winter Recital is January 25th and 1:45 pm

TUESDAYS

science

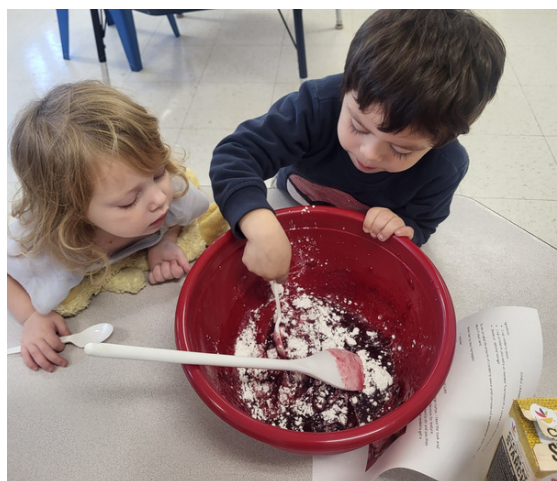
Scientist Choi Shares: As we enter the colder months, we will be expanding STEM minds by waterproofing our boots. We will color boots and explore various options before we spray water on them. We will make hypothesis and observe any reactions.

Our last experiment of the year will be an optical illusion with holiday spirits. We will create ornaments and try and understand why the brain is tricked into thinking things are moving when actually they are still. There is a lot of confusion and maybe these wiggling wizards will crack the codes.



WEDNESDAYS

cooking



The flour has been flying in the Kitchen with Bradley!

We started the month with pancakes and waffles and ended on a little bit of sweet note with coffee cake. 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!

In December, our recipes (Asparagus Wrapped with Phyllo Dough & Chocolate Dipped Candy Canes) will be the hit of your holiday feasts.

Bon appetit!

THURSDAYS

geography

Travel Agent Mydlarz Reports: Our little explorers will finish this year with a trip to Antarctica. The coldest and the driest continent in the world is not really an inviting place, especially in winter. Nonetheless, the children will have a lot fun with this snowy environment. We will learn how animals and scientists who live there can survive six months without sun and an average temperature of -58 F in winter. We will experiment with blubber and ice cold water, make our own penguins and even eat some penguins too (Oreo ones, no worries!).

The last class before the Holiday break we will spend on learning about Christmas traditions from countries we have or we will visit this school year. We will share the Christmas wafer (like it is done in Poland, one of our destinations) making wishes to one another for health and prosperity in the New Year!!



FRIDAYS

yoga



Yogi Cardoni Shares: Our Yogi Bears will start December by going on an adventure to the North Pole. We will practice old poses and learn some new ones - toboggan, triangle and bow. We will return safe and warm to BHP CNS where we will end our practice pretending we are snowflakes falling and wafting through a crisp December sky. Throughout the month, the Yogi Bears will continue their practice with gratefulness and mindfulness, both in thought and action. Our Christmas yoga class will be a celebration of friendship with all of the yoga students joining together for our weekly practice. We hope your child joins us for some calm, relaxing fun. Wishing all of our Yogi Bears and their families a safe and peaceful holiday season. Namaste!

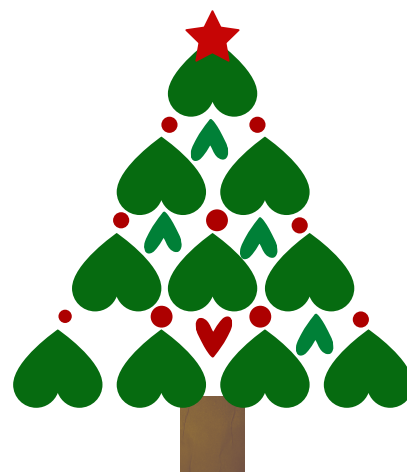
Reminder - no Stay & Play on Friday, December 16th

BRADLEY HILLS PRESBYTERIAN CHURCH

ANGEL GIFT TREE

Thanks to all our families who participated in the collection of gifts for the children of clients at the Women's Collective in Washington, DC.

We have many Christmas activities this month and invite you to join any and all that appeal to your family!



UPCOMING BHPC EVENTS

Sunday, December 4 at 5:00 pm: We will have the second annual Christmas tree lighting outside the church office along with a craft activity and carol sing followed by the Chili Cookoff in Memorial Hall. Come for all or part of the festivities.

Wednesday, December 14 at 12:00 and 7:30 pm: We offer a Blue Christmas service for all who would like to remember someone or something that they miss or are “blue” about this year.

Sunday, December 18 at 10:30 am: We will have worship and then after worship a Christmas brunch and caroling party. All are welcome.

Saturday, December 24, Christmas Eve: Bradley Hills will offer 3 services:

- 4:00 pm in person and on line Christmas Pageant where the Christmas story is told for and by children of all ages. BHPCNS families are welcome. No rehearsal necessary. Just come at 3:30 to get a costume and instructions.
- 6:00 pm service with special music, Christmas carols, and Pastor David preaching, “Good News of Great Joy.” This service will also be offered in person and via livestream.
- 10:00 pm service that is the same as the 6:00 pm service.



Sunday, December 25, Christmas Day at 10:30 am: We will have a family friendly service, both in person and via live stream.

Weekly Church Services during Advent - We will have Sunday worship services at 8:30 or 10:30 am. The 8:30 am service is held in person. The 10:30 am service which includes a children's time and Church School is held in person in the sanctuary and is live-streamed [HERE](#).



Sunday Nursery Services during church – We offer care for young children during worship. Caregivers are fully vaccinated and boosted when eligible as well as wear N-95 masks. Children age two and up are encouraged to wear a mask. For children two years old and younger, there is a limit of six children total. When there are three-year-olds, there is a limit of nine children total. Only adult caregivers are allowed in the nursery space. Windows are cracked open for ventilation.

Children's Church School: After the Children's Message in the sanctuary (between 10:45 and 10:50 am), all children ages 3 – 5th grade are invited to join our classes which are being held outside when possible. Children aged 3 – 2nd grade will participate in the Godly Play model of church school with experienced teachers who are trained in that model. Children in 3rd-5th grade will participate in a different curriculum geared to their age group. Masks and physical distancing are required for all participants as we encounter God's word together and respond with prayer, thanksgiving, and creative projects.

Additionally, if you want to help children learn about the Bible or communion, we have specific classes coming up. If you'd like to pray with a pastor, talk about baptism, or discuss joining a church, contact pastor David at david@bradleyhillchurch.org.

