

January 2020 Newsletter

The Bear Facts

Celebrating 62 Years of Early Childhood Education

Dear Parents,

Welcome back to school! I hope your holidays were filled with fun!

Thank you for wonderful holiday treats for the office, teachers and staff at BHP CNS. Your generosity with the class parties, your gifts to teachers, and your donations to the Angel Giving Tree were amazing and we appreciate all that you do for our school and the greater community. Thank you, also, to the Parents' Group chairs, Maggie Maloney and Sarah Lothrop, for the pretty Christmas poinsettias delivered to the entire staff in December.

January will be another busy month at school. We are excited to welcome 10 new "Young Twos" to our program beginning January 14th. Vision Screening for all our 3s' and 4s' classes will take place on January 23rd and 24th. Practice sheets will be sent home. Please practice with your child. We will be kicking off our 3 month drama program for our 4s classes on January 15th. There will be a rescheduled Pajama Day on the 17th! At the end of the month, just in time for February's Dental Health month, Dr. Marko will be here teaching our 3s and 4s about what a dentist does and how to care for their teeth. On January 29th we will have our Winter Dance Recital at 1:45 pm.

During January, the teachers will be busy assessing your child's development at school. Teachers will be using a developmentally age appropriate checklist of tasks/milestones with your child. These assessments are done in a fun and playful manner. The results will be shared at our Parent/Teacher conferences. See sidebar for more details. These assessments build off the ASQ-3 questionnaire you completed in the fall and provide another snapshot of your child's development, this time in their school setting.

Our 2020-21 school year registration process is well under way. Classes are filling up! If you have not yet submitted an application, please get one into the office ASAP. For the applications we have received we are busy processing them and will be getting acceptance and wait list letters sent home in late January.

Thank you again for your generosity. Most of all thank you for your children. They are an amazing gift that you share with us each day.

Liz Sobrino
BHP CNS Director



PARENT/TEACHER CONFERENCES



Parent/Teacher Conferences are scheduled for the first 2 weeks of February. More details will be coming from your child's teacher and the office as we get closer to conference time. Guidelines:

- Signing up for a conference time will be done using Sign-Up Genius. Links will be going home in January via teacher email.
- Conferences are scheduled for 15 minutes. In an effort to keep the conferences moving smoothly it is vital to adhere to the 15 minutes scheduled. Please be on time or notify the office if you are running late for your conference. If you think you will need more than 15 minutes, please make special arrangements with your child's teacher in advance.
- For families with multiple children in the school, we will work with you to schedule your conferences back-to-back wherever possible.
- Conferences are for adults only. Classes will be held during conferences. Baby-sitting arrangements should be made for siblings.

BHP CNS is blessed with a truly remarkable staff who want to share their experiences with your child with you. If you have any questions, contact your child's teacher or the office at any time for a discussion.

PARENTS' GROUP NEWS

Happy New Year! We hope that you enjoyed the holiday season and wanted to thank all of the parents who made the classroom winter parties such a success. We know the children enjoyed the festivities, and we hope that it was a fun opportunity for you to see your child in his/her classroom setting.

Calling all event planners! Do you love to throw a good party or organize an event? The Parents Group is looking for two parents to co-chair the 2021 Gala. This biennial event is not only a fun social event for the parent community, but the funds raised will go toward supporting the nursery school and new initiatives to benefit the children. If you think that you would be interested in chairing the event, please let Maggie or Sarah know.



And finally, as we enter the season for cold, snowy weather, please don't forget to label all coats, hats, mittens, and boots. If your household is in need of additional labels, please consider ordering from LabelDaddy at bhpcns.labeldaddy.com. At checkout, enter code "BHPCNS" and you will receive 10% off your order and LabelDaddy will give 15% back to BHPCNS!



As always, thank you for your continued support of our school. Please feel free to contact Maggie or Sarah with any questions, concerns, or suggestions!

Maggie Maloney

MaggieWMaloney@gmail.com

Sarah McGovern

SarahLothrop@hotmail.com

BHPC NEWS

**BHPCNS
Family
Connections
Luncheon
January 12
at 11:45!
All are
welcome to
attend.**

Happy New Year, BHPC Nursery School families. We hope that you had a festive holiday season.

Upcoming activities of interest at the church:

- January 12 will be the Family Connections Lunch at 11:45 a.m.
- On January 26, February 2, and February 9, second graders and their parents will have an opportunity to learn about the parts of our worship service, read in the Bible about Jesus' baptism and Last Supper with his disciples, and have a scavenger hunt in the Sanctuary. Corinne Silva and Rosanna Morrison will lead this three-session worship from 9:15-10:15 am.

May 2020 be filled with blessings for your family and the Bradley Hills Nursery School family.



BHPCNS BOARD NEWS

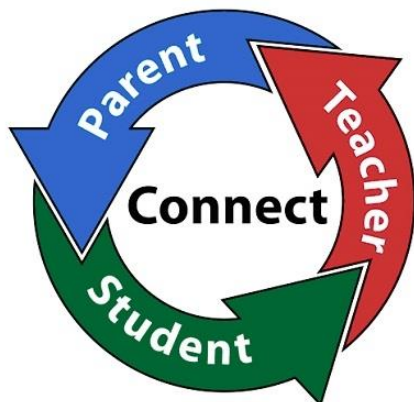
Happy New Year from the Nursery School Board!

- We hope that everyone had a wonderful break and enjoyed some well-deserved downtime with family.
- The Board has a lot of ongoing work that will continue through the second half of our school year. As we mentioned in our December update, we will be sharing a survey for parents in several formats. [Click here](#). See page 5 for more information. This survey will help guide the strategic vision for the Nursery School, so please take some time to fill it out.
- If you have any questions about this or any of the work going on with the Nursery School Board please do not hesitate to reach out.
- The Nursery School Board's next meeting is January 16, 2020 at 7pm. Parents are welcome to join us for the open portion of our Board meeting. Please send an email to Board@bhpcns.org to get more details.
- If you have other feedback for us, please contact us via that email address or fill out an anonymous form on the Board portion of the school website.

Have a great month!



BHPCNS PARENT/TEACHER CONFERENCES IN FEBRUARY



Parent/Teacher Conferences are scheduled for the first 2 weeks of February according to this schedule:

- February 3: Ms. Allen's MWF 2s
- February 4: Mrs. Martin's T/Th 2s and Mrs. Coulton's M-F 3s
- February 5: Mrs. Quijada's MWF 2s and Mrs. Barnett's MWF 4s
- February 6: Mrs. Jacob's T/Th 2s
- February 7: Mrs. Jacob's MWF 3s and Mrs. Myers' M-F 3s
- February 10: Mrs. Mac n Cheese's MWF 3s
- February 11: Mrs. Quijada's T/Th 2s and Mrs. Beck's M-F 4s
- February 12: Mrs. Hauck's M-F 4s and Mrs. Richard's M-F 4s
- February 13: Mrs. Cardoni's T/Th 3s

Your child's teacher will be sending out a SignupGenius Link for you to select your conference time. For families with more than one child we

will work with you, as best we can, to have conferences for both your children on the same day.

Here are some tips to get the most out of the conference experience.

- Conferences are scheduled for 15 minutes. Please be on time or notify the office if you are running late for your conference. If you think you will need more than 15 minutes, please make special arrangements with your child's teacher in advance to have a longer discussion.
- Conferences are for adults only. All classes will be held during conferences. Babies are welcome to attend, however baby-sitting arrangements should be made for older siblings.
- Conferences are an opportunity for us to share your child's strengths, concerns, readiness, with you and for you to share what's special, unique or concerning you about your child.
- As the Director of the school, I work with the teachers to ensure we are providing the best possible experience for your child. It's possible I will sit in on your child's conference to learn more about your child, support a teacher, offer ideas on your child's development. Please, do not worry if I'm at your conference. I am there as a resource, support, educator, for your child and family.

Please let me know if you have any questions or would like me to participate in your child's conference. Working together as a team is important to each child's progress in pre-school.

BHPCNS IS A BETHESDA MAGAZINE TOP VOTE GETTER



BHPCNS is a Bethesda Magazine Top Vote Getter for 2020!

Thank you to all the families who voted for BHPCNS in Bethesda Magazine's bi-annual Best of Bethesda Schools edition.

BHPCNS is honored that you believe so highly in our school, teachers, and programming.



NEW YEAR, NEW PARENTING GOALS?



Does parenting sometimes make you feel like pulling out your hair and screaming???
Concerned about how to best use that new iPad your parents gave your child???

Do your 2020 resolutions include being a better parent? Maintaining your cool when your children push your buttons? Wanting your children to be better listeners? Providing positive redirection when your child is not cooperating? Check out some of these local resources to help support you to be the best parent you can be!

Dr. Rene is a local early childhood developmental psychologist. She provides blogs, parenting workshops and more to parents and preschools in the area. Check out her website by [clicking here](#). Enjoy these sample blogs from her recent newsletter.

Here's an excellent [blog from Dr. Rene](#) on how to get your children to listen without repeating yourself.

Check out this blog [from Dr. Rene](#) on how to give children positive directions. For example, say, walk instead of don't run.

PEP: [Parenting Encouragement Program](#) is another excellent resource for parents to help navigate the highs and lows of parenting. They have online classes, in-person classes, seminars, speakers, and more.

Technology and Preschoolers:

Did you receive new tablets, phones, computers this holiday season? Are you wondering how best to use these technologies with your children? Are you trying to figure out how much time your child should be on a device?

[Read here](#) for an article on should your child or preschooler be using an iPad and how to use it safely and effectively with your child.

If your child did receive an iPad you might be interested in [clicking here](#) for some games/activities apps for your new technology that you and your child may enjoy.

[Washington Parent](#) and [Family Magazine](#) are available outside the office in the NEWS wall. They are always filled with helpful articles on parenting, local child-friendly activities, camp and school information, and much more. I loved this article on [Playful Parenting](#).

Lastly, if you have concerns or questions, stop by the office. We are happy to support our families in any and all ways possible.

The winter months will mean more germs & illnesses, especially with young children. For the sake of the other children, parents, teachers, & staff, keep your child at home if they are ill.



From the Parent Handbook regarding Illness:

The teacher checks each child in the morning as he/she arrives, and reserves the right to request that the child return home if the child appears to be ill. If a child becomes ill during school, the parents/legal guardians will be notified immediately. If the parents/legal guardians cannot be reached, we will notify the emergency contact(s) provided to us on your Emergency Form. Other children and teachers suffer by contact with blossoming colds, coughs, fevers, etc. In a Nursery School environment, germs can spread very quickly. If your child is sick, please keep him/her at home where he/she will be more comfortable and get well faster.

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. A child needs to be fever free for 24 hours without medication before they may return to school.
- Do not send your child to school within 24 hours of diarrhea.
- Do not send your child to school within 24 hours of vomiting.
- If prescribed an antibiotic, your child must be given the medication by his/her parent or legal guardian and observed for at least an hour, to be certain there is not an allergic reaction, before your child may return to school.

Please note the 24 hour rule in the above guidelines.

Children with head lice may return to school once they have been treated. For more information regarding head lice, go to: www.cdc.gov/lice/head/treatment.

If your child is not well, or if you are taking a holiday, please contact the school office and let the school know that your child will not be present that day.

If your child sustains an injury while not in school, please advise the teacher. This is especially important in the case of sprains, stitches, staples, possible fractures, and/or concussions.

Parents or legal guardians **MUST** call the school if their:

1. Child is ill with a communicable disease or condition (i.e. chicken pox, strep infection, pink eye, head lice, etc.). Note that in the event it is necessary to notify a class regarding a communicable disease, BHPCNS WILL NOT RELEASE the name of the student who is ill. We simply send home a flyer or email the class advising that there has been a case of _____ reported and will inform the class of that disease's symptoms.
2. Child has any allergies that could require treatment during the school day.
3. Child's behavior is concerning them.
4. Child is taking any medications, prescribed or over the counter, which may affect their behavior.

BHPCNS' BOARD'S LONG TERM PLANNING COMMITTEE SURVEY!



Please lend your voice to the long term planning process being formulated by the BHPCNS Board. Completing this survey will help BHPCNS to formulate a long term strategy which will help us prepare to meet the needs of families today and in the future. [CLICK HERE](#) to complete the survey. Questions, contact the office. Thank you!

BHPCNS JANUARY BIRTHDAYS

Josie Maloney
Leonardo Zampetti
Cameron Laeng
Griffin Rickett
Jack Urbanczyk
Caroline Alafoginis
Ako Yokoyama
Nathaniel Sandick



Wish these Bradley Bear Cubs a happy day!

Reminder: When sending in birthday treats, please send in small cupcakes, mini muffins, fruit kabobs, etc. Remember to label the treats with the ingredients used so we can keep everyone safe at school.

BHPCNS FUTURE BRADLEY BEAR PHOTOS



Is there a new baby in your house?

Send a picture of your little one to the office and we will post the picture on the bulletin board outside the office for all to see our Future Bradley Bears.



WEATHER RELATED CLOSINGS AND DELAYED OPENINGS

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

If MCPS schools are closed, BHPCNS will be closed.

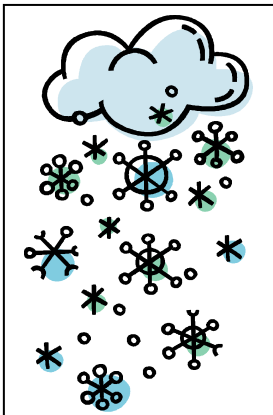
If MCPS has a 2 hour delay, BHPCNS will begin the school day at 11:00 am, except Early Morning with Bradley Bear students who may arrive at 10:00 am.

Students in the 2-year-old program may come at 11:00 am and stay until 12:30 pm. We will provide a hearty snack. Lunch Bunch is cancelled for that day.

Stay and Play will be held at its regular schedule.

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

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



VISION SCREENINGS FOR BHPCNS STUDENTS



Vision Screenings: For all 3 and 4-year-old classes will take place on January 23rd and 24th. The Society for the Prevention of Blindness will perform the screenings. We will be sending home practice sheets. Please review these sheets with your children.

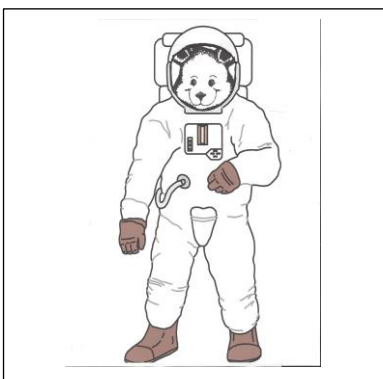
If you have any questions or concerns, please call the office and let us know. Thank you.

SPEECH AND OCCUPATIONAL THERAPY FOLLOW-UP CALLS with Liz Sobrino

Throughout the month of January, I will be reaching out to parents whose children who were recommended for speech therapy and/or for occupational therapy. These conversations will be to discuss the next steps in how BHCNS is supporting your child's development at school, how working together we can help prepare your child for the rest of this school year and their future school success. Early Intervention can make a tremendous difference in a child's development. If you prefer to speak sooner, please call me. If not, I look forward to speaking with you soon.



2020 SUMMER CAMP: THE PRESCHOOLERS GUIDE TO THE GALAXY:



*The Preschooler's
Guide to the Galaxy!*

This year our campers will be exploring outer space with Bradley Bear. Our 2020 camp programming will be packed with be lots of fun both inside and outside for our young space explorers.

- There will be one camp session that runs for 9 days. Camp will run daily between Tuesday, June 16th and Friday, June 26th between 9:00 am & 12:30 pm.
- There will be early morning drop off available too between 8:00 and 9:00 am.
- All currently enrolled BHCNS children, including those in our 2s' programs, may attend camp. For children not completely potty trained there will be an additional fee.
- For more details, stop by the office. Registration forms will be going home in your child's tote bag. Additional copies are available outside the office.

FRONT ROW PARKING, BY THE SIDEWALK



PREFERENTIAL PARKING:

The front row of parking spaces is earmarked for pregnant mothers and families with infants, or families with several young children or if you have an injury. If you are dropping off one child at BHCNS, PLEASE park out in the lots away from the sidewalk and RESERVE these front spaces for families who are lugging several children, a baby, school supplies, etc. into the school. If you have any questions or concerns, please contact the office and we will be happy to assist you.



MARK YOUR CALENDARS FOR THESE IMPORTANT SCHOOL EVENTS:

January 17: Rescheduled Pajama Day!

January 20: BHCNS Closed: Martin Luther King Holiday

February 13 and 14: Valentine's Day Breakfasts: Details to follow

February 17: BHCNS Closed: Presidents' Day

February 25, 26, and 27: School Picture Day

MORE IMPORTANT NEWS:

Lost and Found Bin: The Lost and Found bin, outside room 117, is getting filled with warm jackets, hair bows, sweaters, and other lost items. Please check the bin for any missing belongings.

Playgrounds at BHP CNS: All children and their families are welcome to use the playgrounds as long as a class is not present on the playground. Please come out and play in the afternoons and on the weekends.

Transportation Days:



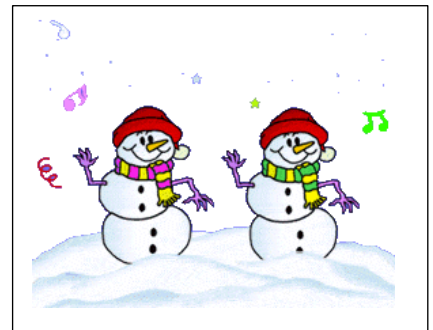
Transportation Days are coming in May. If you have any cool vehicles for land, air, water, construction equipment, fancy cars, horses, motorcycles, drones, etc. we'd love to have them be part of our transportation display. The dates are May 11th and 12th. The children love to explore, ask questions, and learn all about transportation! Contact Dorene Michael at DMichael@bhpcns.org or 301-365-2909 if you have a vehicle to share.

It's Almost Show Time for the Bradley Hills Dance Company:

The Bradley Bears Dance Company is hard at work preparing for the big show! We are working on our choreography for the Big Day as well as leaping, turning, and weight shifting. Our new movement vocabulary includes jete, plie, tendu, and rond de jambe. Dance, Freeze, Melt is our favorite dance game!

Showtime at 1:45 p.m. on January 29th in Memorial Hall.

All are welcome to attend!



SPEECH SCREENINGS January 17th

There will be an opportunity on January 17th to have your child's speech screened. If your child was not screened this past fall and you would like your child's speech screened, notify Liz, ASAP. Our screener will be in the building on the 17th to conduct some additional speech screens.

SCHOOL PICTURE DAYS:

School Pictures will be taken on February 25, 26, and 27th. Individual and classroom pictures will be taken by [Stone Photography](#). We are excited to be working with Stone Photography, a local photography company.

Details will follow in a few weeks. Schedule those haircuts and shine those shoes for Picture Day fun!



**YOU
ARE
HEART**



Valentine's Day Fun:

On February 13 and 14 we will be having a special breakfast between 8:30 and 9:00 for the children to come to school with their special Valentine, Mom, Dad, Grandma, Sister, Nanny, Au Pair, whom ever they'd like to come to breakfast with them in Memorial Hall. Details to follow in February.

Lending Library:

BHP CNS loves books and not only do we love to share them throughout the day with our students, we love to send books home too. Visit our lending library located just outside the school office. Select a book. Bring it to the office to be checked out. And return in a few days for another books. It's a great way to share our favorite stories.



STAY AND PLAY NEWS:



Mondays: The Artist Corner

Artist McCullough Reports:

Brrr... Feeling a bit frosty, we'll celebrate our snowperson in 3D style. Inverted tube socks will be used to create a stuffed snowperson with a snowy texture. Then the last week of January we'll start a collage project celebrating my favorite artist - Monet!

Chief Scientist Mrs. Biggs Reports:

This month our scientific exploration will focus on explosions! Pop, fizz, and crackle. Volcanic eruptions! Kaboom! Coin poppers! Make a bottle cap out of a penny and watch it blow! Do different coins make a difference? We'll find out. Science is fun, but things that blow up are something else. The magic of fizz never bores anyone – and neither will exploding chalk paint!



Mondays: Wigglin Wizards



Tuesdays: Bradley's Barnyard

Farmer Skoff Reports:

Over the next few winter months, Bradley's farmers will start learning about some of the animals who live on a farm and how farmers take care of them. In January, we will talk about the different types of cows and how important they are to the farm and its community. We will be "milking" a cow and make ice cream from the milk. We will then, move to goats and learn what their uses are and even be able to see like goats do using special vision goggles.

Chef McCauley Reports:

Breakfast was the star during the first several weeks of cooking class. We will now turn our focus to the next meal of the day—Lunch! We'll be practicing our spreading, flipping and rolling skills as we make classic grilled cheesed sandwiches, turkey roll ups and pigs in a blanket. We'll talk about the different breads we used—how they're the same and how there are different. Which do you think will be your child's favorite-basic sandwich bread or tortillas or crescent rolls? Our last class in January will also be the day of Bradley Bear's Creative Dance Company's recital. We will go to the show to see our friends dance, but before we do we'll use our measuring skills to make a yummy snack mix to add to the table for the reception afterwards. Bon appetit!



Tuesdays: In the Kitchen w/ Bradley Bear



Thursdays: Where in the World is Bradley Bear?

World Explorer Mydlarz Reports:

Our little explorers will start New 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 in 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! Next the children will head to China to welcome the Year of Rat during Chinese New Year festivities.

Yogi Myers Meditates:

Brr...as the weather gets colder, our Yogi Bears will stay nice and warm, practicing old poses while learning new ones. In January, we will move through a sequence of yoga poses, imaging ourselves as winter Olympians, superheroes and circus performers. By incorporating mindfulness into our practice, our Yogi Bears will reflect the peace and stillness of the season. Namaste.



Friday: Yogi Bears

MONTHLY SPECIALS



Little Hands Music
2s, 3s, & 4s

Ms. Beth Sings:

Little Hands Music this winter presents a collection of wonderful stories and songs called "Sing Me a Story." From the pages of lovely children's books spring themes of the evening sky (*Grandfather Twilight*, *Twinkle Twinkle*, and *I See the Moon*), cats and mice (*Completed Hickory Dickory*, *Old Grey Cat*, and *Lucy at the Library*), and head-to-toe dancing with some animal friends! (*From Head to Toe*, *Dancing Feet*, and *Head and Shoulders, Baby!*) We'll enjoy singing, moving and learning the patterns of some great familiar tunes as well as some soon-to-be favorites! You can find the "Sing Me a Story" songs [here](#)! Happy New Year!

Chief Scientist Delfin Reports:

January 2020 brings chilly weather and lots of changes to animal habitats so this month in science, we will learn about hibernation! We'll explore the different homes that animals create to survive the cold winter months and discover how it is possible for animals to sleep through the winter! We'll go on an animal hunt to uncover hibernating animals and play the role of big sleepy bears searching for a cave to hibernate through the cold.



Science Class: 3s, & 4s



Creative Movement
2s, 3s & 4s

Mrs. Stevens Reports:

This month in Creative Movement we will be assessing the children's gross motor skills in preparation for the Parent/Teacher conferences. Depending on their age, the children will jump, kick a ball, pedal a tricycle, run, climb stairs, and catch a ball. The 3 and 4-year-olds will throw a bean bag to hit a target. They will dance to "The Beanie Bag Dance" to demonstrate their ability to listen and follow directions. All the children will "drive" the fire truck, "climb" the ladder, and "squirt" the water to their favorite song "Hurry, Hurry Drive the Fire Truck".

Señora Cardoni Reports:

We will continue to practice our new vocabulary words for food in January. We are working on speaking in full sentences "*Yo quiero pan*" I want bread, and responding "*Yo tengo pan*" I have bread by playing the much loved "Matching Game". In addition to new vocabulary and lessons we review colors, numbers, and weather in every class. Mid-January we will begin our lesson on body parts. We will learn several new songs including *Mi Cuerpo* - My Body, and *Cabeza, Hombros, Piernas, Pies* (Head, Shoulders, Knees (legs) and Toes (feet)). ¡Feliz Año Nuevo!



Spanish: 3s, & 4s



Singing with Ms. Casey
2s, 3s, & 4s

Ms. Casey Shares:

Happy New Year! What a miraculous holiday season. After Thanksgiving, time seems to speed up exponentially. The 3s and 4s (and a few 5s!) worked diligently on their holiday songs in preparation for the big concert and WOW did it ever show. I'm so very proud of all of them for singing, gesturing and generally holding it together for what was for many their first public performance. This month we'll talk about how that experience felt and then share songs about the winter season and celebrate the dreams of Martin Luther King. The 2s had a wonderful time being introduced to all of the holiday songs and a few even watched the big kids' rehearsals. It's always a joy to witness their wonder at the things to come.