



The Bear Facts

Celebrating 65 Years of Early Childhood Education



Dear Parents,

Happy February! I am looking ahead to another fun and exciting month at BHCPNS!

We will be celebrating Valentine's Day on February 13th & 14th. Children should bring a valentine for each child in their class (for combo kids-this means both classes). Sign your child's name on each card (but leave the to: part blank). Include a card for your child. They like to put a card in for themselves! Thank you in advance to all our amazing room parents for making Valentine's Day so much fun!

We will be closed on February 20th in honor of Presidents' Day. Prior to the holiday, our cubs will be learning about the importance of Presidents Washington and Lincoln in their classrooms.

Covid-19 and other illnesses continue to impact our students, staff, and families. Thank you for continuing to report positive cases and illnesses to the school office. Each reported case of the virus is unique and the administration, working with the Montgomery County Health Department, continues to implement the appropriate protocols to lessen the spread of the virus. We have many families who have young babies, or who are pregnant, or who have family members with compromised immune systems, etc. Please keep your child home if they are not feeling well. If you have questions, contact the office.

On a lighter note, February is a time to remind those who are important to us how much they are loved. The staff and I love and adore your children. Thank you for sharing them with us and thank you for all you do to make us feel loved.

Stay warm and well!

Liz
Liz Sobrino

February 1st

- Tuition Due
- BEST of BETHESDA Celebration
2 and 3-year-old MWF Classes & Pre-K
John Henry the Guitar Playing Man

February 3rd

- BHPCNS Closed
Funeral Service at BHPC

February 1st thru 10th

- Teacher Conferences

February 6th

- Promoting Sibling/Social Relationships
Coffee with GROWING MINDS
9:15-10:30 am (Church Library)

February 6th & 7th

- Vision Screenings
All Classes

February 13th

- Valentine's Day Party
MWF Classes

February 14th

- Valentine's Day Party
TTh & MTWThF Classes

February 20th

- SCHOOL CLOSED
Presidents' Day

February 23rd & 24th

- Dental Hygiene with Dr. Marko
All classes

March 1st

- Tuition Due
- Field Trip to Imagination Stage
Pre-K Classes

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

STAY
CONNECTED



UPCOMING EVENTS

WINTER GEAR SWAP

January & February

Our winter clothing swap is ongoing through the month of February. You can swap your gently-loved mittens, hats, coats, boots, and snow pants for the size you need.



Take what you need and give what you can.

Donations are in bins along the hallway.

PARENT COFFEE with GROWING MINDS

Monday, February 6th from 9:15-10:30 am



Promoting Siblings/Social Relationships
GROWING MINDS & BHPCNS
COFFEE &
Parent Gatherings

Do your children bicker?
Do they sometimes push each other's buttons?
Are you looking for ways to help your child be a good friend/sibling?
If yes, join other parents and Growing Minds to discuss techniques that encourage positive relationships.

MONDAY, FEBRUARY 6TH
9:15-10:30 AM
BHPC LIBRARY

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

LEDO PIZZA DINE IN/CARRY OUT NIGHT FUNDRAISER

Monday, April 3rd from 5:00-9:00 pm

Thank you, Bradley Bear families, for your support in participating in the first dine out of the year at Ledo Pizza. We had a great turnout and hope everyone enjoyed it.



Save the date for our next Dine Out at Ledo's Westlake on Monday, April 3rd!

MINTED FUNDRAISER

minted.

Minted Partnership: A friendly reminder that BHPCNS has a partnership with Minted and you can use the code FUNDRAISEBHPCNS at www.minted.com to save 20% on cards, labels and much more on their site. 15% of your purchase will go back to the school! Thanks to everyone who used Minted to order their cards this Holiday Season.



SILVERGRAPHICS ONLINE ART SHOP

BHPCNS SilverGraphics private Online Art Shop is still open! If you didn't order any items during the holiday fundraiser, it's not too late! To order, follow the link shown below and enter our school Access Code. All orders will ship to the address you specify at checkout and arrive 3-4 weeks after the date placed. All orders still benefit the school and this shop will be open until June 30, 2023. SilverGraphics art keepsakes are perfect for Mother's Day, Father's Day, teacher gifts, and special occasions of all sorts!



Go to: <https://www.silvergraphics.com/shop/>
Enter Access Code: ArtHills22



COOKIE KIT FUNDRAISER

Thanks to everyone who ordered a winter cookie decorating kit. We hope everyone enjoyed decorating (and eating!) them over the long MLK weekend.

Big thanks to Mackenzie Clark (@thecookiemackster on Instagram) for the beautiful and delicious cookies.

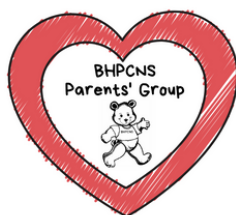


Thanks to everyone for your continued support. Please contact the Parents' Group with any questions at parentsgroup@bhpcns.org

Kaeli Duggan

Cass Price

Parents' Group Co-Chairs



kaeli.duggan@gmail.com

cass.price@gmail.com



Dear Parents,

Bradley Hills Presbyterian Church joins the BHEPCNS Board in congratulating BHEPCNS on being voted best preschool for 2023 by the voters of Bethesda magazine—a well-deserved honor!

We hope that everyone received a letter in early January announcing the release of BHEPCNS's 2022-2027 Strategic Plan—a set of goals and objectives to help guide the school's decision making over the next 5 years. The Plan can be found on the school's website, www.bhepcns.org, and via this QR code.



The Plan's objectives are organized under the following goals:

- Creative, Safe & Healthy Learning Environment
- Top-Tier, Play-Based Program
- Welcoming, Inclusive & Diverse Community
- Comprehensive Communications Strategy

As we continue to move the Plan forward, the Board would like to hear your thoughts. The January letter included a link to a short survey to allow parents to share their comments and ideas for implementing the Plan's goals and objectives. The survey can be accessed by going to the school's website or via this QR code.



The school is also looking for volunteers to help make the Plan's goals and objectives a reality. If you are in a position to help, please reach out to Liz Sobrino at lsobrino@bhepcns.org or the Board at board@bhepcns.org.



At our January meeting, the Board approved the 2023-24 school calendar and tuition levels for 2023-24, which will provide the funds for the school to continue providing a top-tier, play-based preschool experience for BHEPCNS children and families.



Please reach out to the Board at any time to share questions, concerns, and ideas about the school. The next Board meeting will be in mid-March.

Happy February!

Rosanna Morrison, BHEPCNS Board Chair
and
Vicki Petrides, BHEPCNS Board Vice Chair



BEST IN BETHESDA CELEBRATION



We know how to celebrate!

John Henry England, The Guitar-Playing Man, never disappoints!

We heard giggles galore while our children sang along to silly lyrics and wiggled and danced until they were exhausted.

Thank you for voting BHEPCNS the BEST Preschool/Daycare in Bethesda.



PARENT / TEACHER CONFERENCES



Parent/Teacher Conferences are scheduled for the first 2 weeks of February:

- ROOM 102 Ms. Vargas - Thursday, February 9th & Friday, February 10th
- ROOM 103 Mrs. Choi - Wednesday, February 1st & Thursday, February 2nd
- ROOM 104 Mrs. Barnett - Monday, February 6th
- ROOM 104 Ms. Frid - Tuesday, February 7th
- ROOM 105 Mrs. Biggs - Monday, February 6th
- ROOM 107 Mrs. Quijada - Wednesday, February 1st & Thursday, February 2nd
- ROOM 108 Mrs. Cardoni - Friday, February 3rd
- ROOM 108 Mrs. Martin - Tuesday, February 7th
- ROOM 111 Mrs. Juhaszne - Wednesday, February 8th & Friday, February 10th
- ROOM 113 Mrs. Kebler - Friday, February 3rd
- ROOM 117 Mrs. Richards - Wednesday, February 8th

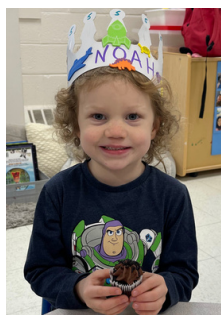
Your child's teacher will be sending out a SignUpGenius Link for you to select your conference time. For families with more than one child we will work with you, as best we can to have conferences for both your children on the same day.

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

- Conferences are an opportunity for your child's teacher to share a snapshot of your child in a school setting.
- Completing the Parent-Teacher Conference Survey sent home in your child's tote bag is a wonderful way to help your child's teacher focus the conference on the topics you'd like to cover during your conference time.
- Conferences are scheduled for 15 minutes. If you think you will need more than 15 minutes, please make special arrangements with your child's teacher in advance.
- Please be on time or notify the office if you are running late for your conference. Conferences are for adults only. Classes will be held during conferences. Babies are welcome to attend, however baby-sitting arrangements should be made for older siblings.
- 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, and 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 preschool.

FEBRUARY BIRTHDAYS

Sebastian Favretto
Norah Hamann
Abby Gropper
Leia-Rose Mason
Dan Yamaguchi
Ayan Garg
Ibuki Nakamura
Julien Nicolo



Sami Trad
Avery Sellers
Ben White
Taylor Tugberk
Alexis Simoneau
Emily Simoneau
Alice Mae Pittman

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.

2023 SUMMER CAMP: THE PRESCHOOLER'S GUIDE TO THE GALAXY



BE AN ASTRONAUT, BE AN ALIEN... JUST BE HERE!

TWO SESSIONS OF SUMMER CAMP:

JUNE 5 - 15

JUNE 20 - 30

\$495* PER SESSION

9:00 am - 12:30 pm

Campers will be served a mid-morning snack provided by BHPCNS.

Campers should bring a lunch from home.

Early Drop-off:

**Campers may be dropped off at 8:00 am
for an additional \$150 per camp session**

Stay & Play:

**Campers may stay until 2:30 pm
for an additional \$280 per camp session**

Ages:

Two-year-olds**

Three, Four & Five-year-olds

Rising Kindergartners & First Graders for Fall 2023

*An additional \$85 fee for any child who is not fully toilet trained. BHPCNS considers a child fully potty-trained when the child is able to articulate their need to go to the bathroom, can manage their clothing, and does not have recurring accidents at school.

** Must be 2 years of age by September 15, 2022
and currently enrolled at BHPCNS for the 22-23 school year.

IMPORTANT KINDERGARTEN INFORMATION

kindergarten

Private School Options:

Many BHP CNS alumni and current families are exploring both public and private school options for their children. Within the BHP CNS community there are families whose children attend an array of private programs in our area, including but not limited to, St. Jane de Chantal, St. Bartholomew, Our Lady of Mercy, The Woods Academy, Brookwood School for Girls, Stone Ridge, Norwood School, Primary Day School, Bullis School, St. Andrews, and Washington Episcopal School. To explore the private school options, contact these schools as soon as possible to inquire about your child attending. BHP CNS will provide any supporting information requested to complete a child's application.

Montgomery County Public Schools:

The majority of BHP CNS families' children will enroll in Montgomery County Public Schools, MCPS. MCPS needs to know if your child will be attending one of their schools in the fall of 2023. To register your child for MCPS, call your local elementary school. It is very helpful to the elementary schools to know the number of children attending for next fall as soon as possible. Based on projected enrollments your child's elementary school may need to add another class, add another teacher, increase class size, and/or close a class. While your child won't start school until September, the elementary schools are already making their staffing projections for the fall.

Ashburton: 240-740-1300
 Bannockburn: 240-740-1270
 Bells Mill: 240-740-0480
 Bethesda: 240-204-5300
 Beverly Farms: 240-740-0200
 Bradley Hills: 240-204-5210
 Burning Tree: 240-740-1750 Carderock
 Springs: 240-740-0540
 Chevy Chase: 301-657-4994

Garrett Park: 240-740-0700
 Kensington Parkwood: 240-740-3700
 Ritchie Park: 240-740-6310
 Rosemary Hills: 301-920-9990
 Seven Locks: 240-740-0940
 Somerset: 240-740-1100
 Westbrook: 240-740-1040
 Wood Acres: 240-740-1127
 Wyngate: 240-740-1080

When contacting your local elementary school ask if they are hosting any informational kindergarten meetings for parents. Several schools offer virtual tours to give you an overview of their school.

For more information about MCPS and Kindergarten, visit the MCPS website by clicking [here](#).



MRS. KEBLER'S GIRLS SCOUTS TROOP 5906

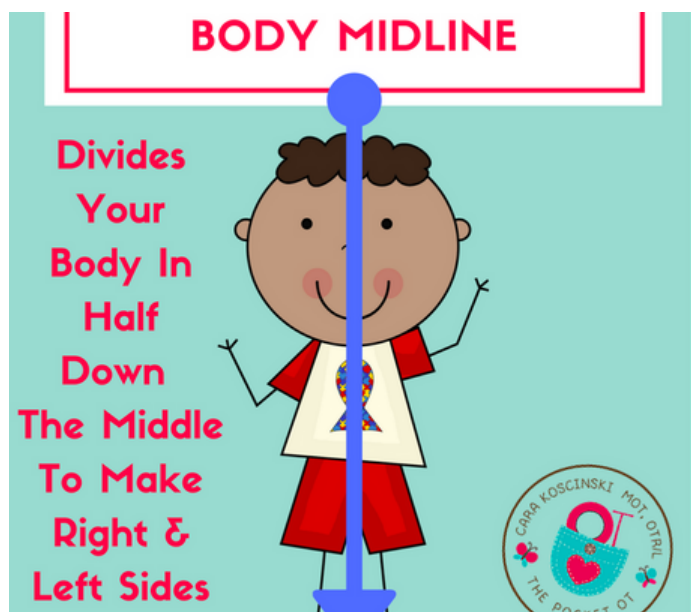


In addition to being an amazing pre-school teacher, Sandy Kebler also leads her daughter's Girl Scout troop. This is their 6th year collecting books for the Maryland Book Bank, a non-profit dedicated to getting books into the hands of children and adults. Please consider donating new or gently used books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

WHY CROSSING THE MIDLINE IS IMPORTANT

Have you ever wondered, "What is crossing the midline and why is it important?" Here's a brief description and a link to the entire article. The term crossing midline is often used to describe the skill of moving your arm or leg across the imaginary line down the middle of your body. You'll see this term used a lot by Occupational Therapists and other professionals when they are working with children who have a decrease in fine motor skills, gross motor skills, or handwriting problems. Click [here](#) for the entire article.



Here are Crossing the Midline Activities for Kids of All Ages:

1. Playing with rhythm scarves
2. Playing with blocks (stacking)
3. Dancing to music
4. Dusting or sweeping
5. Playing patty-cake
6. Playing with cars on a large path
7. Playing flashlight tag
8. Washing the car
9. Painting with a large roller
10. Completing cross crawls (touching hand to opposite foot or knee)
11. Wiping off a table with a towel using one hand
12. Throwing a water balloon or bean bag or ball at a target
13. Drawing a large figure 8 on a chalkboard or sidewalk
14. Playing Simon Says
15. Playing Twister

SENSORY FRIENDLY MORNINGS

Port Discovery, 35 Market Place, Baltimore's Inner Harbor

FROM 9 - 11 AM

February 19
March 19
April 16
May 21
June 18
July 17
August 20
September 18
October 15
November 19
December 17

Limited attendance
Port Discovery staff to guide activities
Sound & light reduction
Sensory kits
Dedicated quiet zone area

SPECIAL ACTIVITIES:

Sensory Bins
Obstacle Course
Movement Lab
Construction Building Zone
Mystery Boxes
Light Box
Pudding Paint



Learn more at: PortDiscovery.org/Access



SCHOOL PICTURE DAYS

March 13th, 14th, and 15th

Additional details on ordering pictures, what to wear, etc. will be sent home in mid-February.



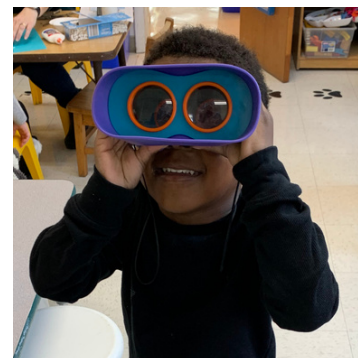
We are excited to be working with Stone Photography again. Individual, classroom, and sibling photos will be taken.

2023-2024 ACCEPTANCE LETTERS



It may be only February, but the 2023-2024 school year acceptance letters are coming home via your child's tote bag. Please be on the lookout for an envelope containing your child's acceptance letter, details about how to confirm their space, and our Parent Handbook.

When returning your acceptance form, be sure to complete both sides of the form.



Thank you for continuing to have your child PLAY, GROW and LEARN at BHPCNS!

SPRING BREAK

March 31st - April 11th



BHPCNS will close Friday, March 31st at 12:30 pm. There will be Early Morning and Lunch Bunch on Friday, the 31st but no Stay + Play. We will reopen on Tuesday, April 11th. Early Morning, Lunch Bunch, and Stay & Play will be held on April 11th.

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. Stay & Play will be held.

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.



BOOTS FOR OUTDOOR PLAY

Please continue to send your children to school with boots, labeled with their name, which can be worn outside to the playgrounds. Snowy or muddy playgrounds will not keep us indoors!

SPECIAL PROGRAMMING

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

Mrs. Goodstein reports: In February we are going to learn many different signs related to the Great Outdoors. We will learn lots of farm, zoo, and wild animal signs.

Most animals have a distinguishing feature that sets them apart from other animals. This unique feature is often recreated as part of the animal's ASL sign. Which makes them all easy to remember. Ask your son/daughter which animal signs they learned.



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



Mrs. Mac 'N Cheese shares: In Art Class, we will all become Michelangelo and paint our version of the Sistine Chapel. Kids will lay on their backs and use oil pastels to draw on the underside of a table. We don't have 4 years to finish our masterpieces. But I am certain they will turn out beautifully.

In Science Class, we will learn about gravity. We will talk about this incredible invisible force and conduct many experiments to demonstrate its existence.

SINGING with Ms. Casey (all ages)

What a glorious month to start of the year. It's not always that we can sing about snow as it blankets the ground. For some of our smallest friends, this is the first time they'll remember snow, making snow angels, sledding, making snowmen - and their enthusiasm is contagious! The 3s and Pre-K classes shared their New Year's resolutions, giving us all a glimpse of the potential the year ahead holds. "I want to learn to ride a bike without training wheels! More sleepovers! I want to learn not to be scared of cats!" I have faith in all of them to reach their goals. We also celebrated the birthday of Martin Luther King Jr. through song and how he believed that true peace was only attainable through equality. The children already understand that everyone is happier when there are enough warm beds and cupcakes to go around (just ask them!) See you in February!



STAY & PLAY PROGRAMMING

MONDAYS

sports & games



Coach Cardoni Shares:

The Bradley Bear Coaches are excited to start a unit on Gymnastics. The athletes will stretch, balance and somersault like real gymnasts. We will be working on core strength and upper body conditioning. A unit on Line Dancing mid-month is sure to get the blood pumping while the athletes are having a lot of fun. In addition to dancing, jumping rope will also be introduced to improve coordination, spatial vision and reflexes in all participants. Come out and play with us!!

TUESDAYS & WEDNESDAYS

dance



Dance Maestro Snyder Shares: Wow! What a show! We are so very proud of your dancers and their BIG return to stage in the Winter Wonderland Performance. Now comes the fun of planning the Spring Show. As we prepare we will be working on posse', arabesque, battement, as well as locomotion movements such as chasse, bouree, and skipping. You may catch them showing off their new moves in a round of freeze dance at home.

TUESDAYS

science

Chief Scientist Juhaszne Reports:

In the month of February, we will learn all about magnets. Magnets can be so much fun for kids to play with and learn from. The invisible force of the magnetic field seems almost like magic!

We will harness this incredible power to paint a picture without a paintbrush, move cars around without touching them, make pipe cleaners dance in a closed plastic bottle, and more. We are looking forward to experimenting together with you!



WEDNESDAYS

cooking



It is hard to believe that you can teach a three, four or five-year-old to cook, but trust us you can! Learning how to crack an egg, make fresh-squeezed juice, flip a pancake makes a child confident, teaches math, increases vocabulary and teaches them an essential life skill all while making (usually) a big mess and having lots of fun. So why not do it? Each week we send home recipes and hope our little chefs are showing off their newly acquired culinary skills in their own kitchens.

This month, the sweetest month, we'll be making sweet treats to recreate at home. Peanut Butter Balls, Blueberry Cobbler, Molten Lava Cake and Bananas Foster recipes will have us rolling, measuring, stirring, folding and saying, "Yum!" . Bon Appetit!

THURSDAYS

geography

Travel Agent Choi Shares:

We have celebrated Lunar New Year in China and now we board a plane destined for Italy!

Once in Italy, we stamp our passports and head out to explore. With so much to experience, it will be hard to cover it all. We will study ancient architecture, admire art master pieces and talk about the culture. We will taste delicious Italian food and imagine what it feels like to dip our toes in one of their stunning lakes. Viva, Italia!



FRIDAYS

yoga

Yogi Cardoni Reports:

Weekly our Yogi Bears practice poses, breathing techniques, and mindfulness. During February we will use our imagination as we pretend we are Fairies in a magical forest. We will move and pose with partners for Valentine's Day celebrating family, friends and love. Finally toward the end of the month we will take a yoga-inspired tour of Washington DC in honor of President's Day and master poses inspired by forest animals awakening from hibernation. Namaste.



BRADLEY HILLS PRESBYTERIAN CHURCH

Valentine's Day is on the horizon! We celebrate the day by reaching out to members who are shut in due to COVID, surgery, or other issues. Please contact Matt Nabinger (matt@bradleyhills.org) if your family would like to participate. This activity was such a bright spot for senders and recipients last year. We invite you to participate!



Weekly Church Services - We are holding in-person church services at 8:30 and 10:30 with Virtual Worship Services at 10:30 am on Sundays at [this link](#). We also offer "Children's Church" in person for ages 3- fifth grade during the service (see details below).



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.

If you'd like to pray with a pastor, talk about baptism, or discuss joining the church, contact pastor David at david@bradleyhillschurch.

