



The Bear Facts

Celebrating 65 Years of Early Childhood Education

JANUARY 2023



Dear Parents,

Welcome back to school! I hope your winter break was filled with fun!

We are thrilled to announce BHP CNS is the recipient of the **Best of Bethesda Award for Best Preschool/Day Care!** We couldn't be prouder of this recognition and thank each of you for taking the time to vote for Bradley Bear.

A new year brings new opportunities and 2023 will be no exception. I am excited to share our 2022-2027 Strategic Plan with you. This plan was a collaboration of current and former parents, staff, and BHP CNS and will guide our decision making over the next five years. Please take a moment to review our [Strategic Plan](#) and provide us with important feedback in this brief [survey](#).

Throughout January, your child's teachers will be busy creating a snapshot of your child's development at BHP CNS. Teachers will be using an age appropriate checklist of milestones to determine and document your child's developmental progress. These playful activities are done in a fun and engaging manner. Their Observational Reports will build off the ASQ-3 questionnaire you completed in the fall and provide another snapshot of your child's overall growth and development. Our observations will be shared with parents during Parent/Teacher conferences scheduled for February.

The holidays have always been celebrated at BHP CNS as a season of giving. Thank you for the many wonderful holiday treats for the office, teachers, and staff at BHP CNS. We are grateful for your generosity with class parties, gifts to our staff, and donations to our toy drives. We appreciate all that you do for our school and the greater community. A special thank you to the Parents' Group, particularly Amanda Munson, for the Blossom Kits delivered to the entire staff in December.

Thank you, most of all, for your children. They are an amazing gift that you share with us each day.

Liz Sobrino
BHP CNS Director



January 1st - Happy New Year!

- Tuition Due

January 3rd

- Welcome Back to School

January 5th

- Stay & Play Pilot Program for 2s Begins

January 6th

- Last day to order cookie kits

January 8th

- BHP CNS Day at American University
2:00 pm Tip off (Bender Arena)

January 9th

- Kindergarten Readiness Coffee
9:15-10:30 am (Church Library)
- Builders & Makers Enrichment Program
2:30-3:30 pm (BHP CNS)

January 12th

- Story Tellers Enrichment Program
2:30-3:30 pm (BHP CNS)

January 16th

- SCHOOL CLOSED
Martin Luther King Jr. Day

January 25th

- Dance Recital
1:45 pm (Memorial Hall)

January 31st

- Best of Bethesda Celebration
TTh Classes & MTWThF 3s
John Henry England, Guitar Playing Man

February 1st

- Best of Bethesda Celebration
MWF Classes & MTWThF Pre-K Classes
John Henry England, Guitar Playing Man

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

STAY
CONNECTED





Readers' Pick,
Best Preschool/Day Care

BHPCNS is voted BEST PRESCHOOL/DAY CARE in Best of Bethesda Magazine for 2023!

Thank you to all the families who voted for
BHPCNS. We are honored that you think so
highly of our school, teachers, and programming.

Let the celebrations begin!

We will have John Henry England, The Guitar-Playing Man on January 31st
& February 1st for singing & dancing followed by a classroom ice-cream
party. Hooray!



Readers' Pick,
Best Preschool/Day Care

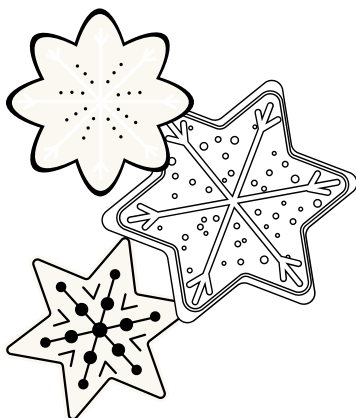
BHPCNS PARENTS' GROUP



Happy New Year, everyone! We hope you had a fantastic Winter Break. We thank you for your involvement with the Parents' Group. 2022 was a fantastic year. More good things to come in 2023!

UPCOMING EVENTS

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!).



LEDO PIZZA DINE IN/CARRY OUT NIGHT!

Monday, January 9th from 5:00-9:00 pm

Whether to celebrate BHPCNS WINNING BEST OF BETHESDA or because you're planning to order take-out for the College Football National Championship game that evening.



Call 301-469-6700 OR order online OR dine in.
10301 Westlake Drive
Bethesda, MD 20817



**Make sure to tell the cashier that you're with the BHPCNS FUNDRAISER
when picking up or dining in so our school receives credit.**

20% of all proceeds will go back to the BHPCNS Parents' Group to fund events, teacher appreciation, and other 2023 efforts.

PARENT COFFEE with GROWING MINDS

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

Kindergarten



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



WINTER CLOTHING UPCYCLE

January 9th-and on...

Need motivation to purge those closets in the New Year?

Bring any children's sized (2T to 6T to fit the nursery school kids) winter gear such as snow boots, coats, hats, mittens etc. to the school hallway and place it in the bins labeled by size.

You can swap your gently-loved gear for the size you need, donate it without taking something, or take something if you don't have anything to give.



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



Kaeli Duggan

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Cass Price

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Parents' Group Co-Chairs



BHEPCNS BOARD OF DIRECTORS

Dear Parents,

Happy 2023! We hope you and your children had a fun-filled winter break. The BHEPCNS Board and Bradley Hills Presbyterian Church welcome BHEPCNS staff, children, and parents back for the second half of the school year.

The Board will meet on January 18 at 7:30 pm to approve next year's budget and the 2023-2024 school calendar. If you have any topics you would like included on the meeting agenda, please contact the Board at board@bhpcns.org to have your topic added. You can use the Board email address to share questions, concerns, and ideas with the Board anytime during the year.

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





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



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



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*

Our 2023- 2024 school year registration process is well under way. Classes are filling up! If you have not yet submitted an application for the upcoming school year, please get one into the office ASAP. Applications can be found at www.bhpcns.org.

We are busy processing the applications we have already received and will get acceptance and wait list letters sent home in late January.



SCHOLARSHIP FUND

Did you know BHP CNS has a scholarship fund? We strongly believe all children deserve a quality pre-school experience. If the Covid pandemic or other situations are stressing your family's resources, please consider applying for aid from the school. More information is available by clicking [HERE](#) or by calling the office at 301-365-2909.



Current Scholarship Families: if you would like to renew your scholarship aid for the 2022-2023 school year, please submit your paperwork before **January 13th**. Thank you!

2023 SUMMER CAMP: OUTER SPACE



It may be cold.
 We may only be half way through the school year.
 But it's never too early to start planning your child's summer fun.

BHP CNS will open registration for our annual summer camp program soon. Be on the lookout for details coming home soon.

We will have 2 sessions of camp:

- Session 1 will be June 5th thru June 15th.
- Session 2 will be June 20th thru June 30th.



JANUARY BIRTHDAYS

Emiliano Castillo-Vargas
 Norah Javers
 Elias Scheich
 Ryan Derakhshandi
 Charlie Lazare
 Mila Baker
 Shane Gordon
 Aiden Kalantari



Riley Jack
 Bryson Odulio
 Lucy Brown
 Kate Barrett
 Rhys Banashak
 Patrick Mullen
 Levi Dill
 Nell Barrett

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.

INTRODUCING STAY & PLAY FOR 2s!

STARTING
 IN
 JANUARY

BHPCNS 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 lsobrino@bhpcns.org.

THURSDAYS
 &
 FRIDAYS



CALMING RETURN TO SCHOOL ROUTINES



Returning to school after a break, especially one filled with family time and lots of fun can be difficult for children. Click [HERE](#) for suggestions from the Child Mind Institute on how to help your child overcome any back to school anxieties. If you don't have time to read the whole article, we strongly recommend you create a good bye routine, say goodbye and leave. The teachers will calm your child and they will quickly engaged in playing in their classroom.



WINTER DANCE RECITAL

January 25th at 1:45 pm in Memorial Hall

It's Almost Snow Time for the Bradley Hills Dance Company!

Our Bradley Bear Dancers have been working hard to prepare for their big performance! Our dance moves will have you smiling from ear to ear and our art projects will transform the stage and walls of Memorial Hall into a Winter Wonderland.

All are welcome to attend this must see event!



SCHOOL PICTURE DAYS

March 13th, 14th, and 15th

Schedule those haircuts & shine those shoes for Picture Day fun! More details to come in February.



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

TRANSPORTATION DAYS

May 17th & 18th

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 children love to explore, ask questions, and learn all about transportation! Contact Ilene Jones ijones@bhpcns.org or 301-365-2909 if you have a vehicle to share.

**PLAYGROUNDS at BHPCNS**

The playgrounds are maintained by the Nursery School but are available to the communities surrounding BHPCNS 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.

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.

**LOST & FOUND BINS**

The Lost and Found bin, outside the Rainy Day Room is getting filled with warm jackets, hair bows, sweaters, and other lost items. Please check the bin for any missing belongings.

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 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.
- Prior to conference a survey will be sent home for families to share topics they would like to cover at the conference.
- Conferences may be in person or set up as a phone/conference call or via Zoom. Please indicate your preference when you sign up.
- Conferences are for adults only. All BHP CNS 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 BHP CNS 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.
- The Director of the school, Liz Sobrino, will work with the teachers to ensure we are providing the best possible experience for your child. It's possible Liz 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 she is at your conference. She is there as a resource, support, educator, for your child and family.
- Please let Liz know if you have any questions or would like her to participate in your child's conference. Working together as a team is important to each child's progress in preschool.

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.



SPECIAL PROGRAMMING

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

Mrs. Goodstein reports: In January in ASL we are going to learn all about the weather. We will talk about our favorite seasons and follow along with a maple tree as it transitions from Spring to Summer to Fall and to Winter.

After we've talked about the changes in seasons, we will learn the signs for different clothing. Which season matches the article of clothing? For every garment the kids can remember the sign for - Mrs. G. will put that item of clothing on. You won't believe how silly she looks!

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

Happy 2023!!! We are looking ahead to many more fun projects and experiments.

Art and Science are in the same week and the lessons will be related. In Art, we are designing camouflage pictures, hiding an animal in a close variation of a color background. And we will have fun playing Hide & Seek.

In Science, we will learn about animal adaptations. We will talk in greater detail about hibernation and camouflage.

Have a great start to 2023, and stay warm!

SINGING with Ms. Casey (*all ages*)

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 BHPCNS' favorite holiday songs. It's always a joy to witness their wonder at the things to come.



STAY & PLAY PROGRAMMING

MONDAYS

sports & games



Coach Cardoni Reports:

It's January and that means Basketball!!!! Each week our Bear Squad warms up and cools down with stretches to protect our bodies from injury and we make sure we're practicing good sportsmanship. The first three weeks of January we will learn dribbling, teamwork, passing and shooting baskets. Each week we also play a game of Duck, Duck, Goose or Stone, Bridge, Tree, a relay race or another game to practice teamwork, patience and turn taking.

TUESDAYS & WEDNESDAYS

dance

Dancer Snyder Shares:

"It is a Winter Wonderland in dance class. The Bradley Bears Dance Company is having a great time preparing for their January show. Ballet walks, posse marches, ballet arm position, leaping, and saute (jumping with two feet) in first position and parallel are the skills rounding out our movement retention work. A big part of memorizing a dance, and putting on a performance, is anticipating what comes next and that executive functioning skill is what we will be focusing on in the coming weeks."



Our Winter Recital is January 25th and 1:45 pm. All are welcome. Hope to see you there!

TUESDAYS

science

Chief Scientist Mrs. Vargas Reports:

Our wiggling wizards will be discovering our five senses. We'll start with taste and learn how different spots on our tongue determine whether something sweet, salty, sour or bitter. Later, we will focus on the sense of smell. We will blindfold the children and see if they can guess what's in the jar. The third week will touch. They will use their hands to determine the shape of various objects in box. At the month's end, we will investigate the sense of hearing by playing a game where the children are once again blindfolded and have to point to the direction where the sound came from. We will also talk about how and why we rely on our senses; the roles each plays; their interdependence and what may happen once sense is removed.



WEDNESDAYS

cooking



When a child cooks a new food or dish on their own. They are more likely to eat it — or at least try it. With that in mind, In the Kitchen with Bradley will be making some creative sandwich combinations during the month of January. We'll start with relatively tame grilled peanut butter & banana sandwiches, progress to tomato & avocado sandwiches, get crazy when we mash chickpeas for our chickpea salad and end the month with sloppy joes made with tempeh. Bon appetit!

THURSDAYS

geography

Travel Agent Frid Reports:

We are headed across the Atlantic Ocean to Northern Africa and the country of Morocco! We will discover some of their foods, school life for children, and cultural heritage. (And the fact that they made it to the World Cup semi-finals!) We will also talk about the Sahara desert which covers half the land and the coastline and mountain ranges. Morocco has it all! After we finish up with Morocco, it's off to China!

World Explorer Choi Reports:

We will arrive in China in time to celebrate Chinese New Year! In 2023 it falls on Sunday, January 22nd. This will be the year of the rabbit. We will write Chinese letters and eat our snacks with chopsticks.



FRIDAYS

yoga



Yogi Cardoni Meditates:

Even though it's cold outside, our Yogi Bears will be keeping warm! In January, we will move our bodies through a sequence of yoga poses and imagine ourselves as Winter Olympians, Pirates, Superheroes and Snowflakes. We will ski in Chair Pose, do planks like Pirates, fly in Warrior 3 Pose and float like snowflakes in Savasana. We will also practice mindfulness through our weekly mindful eating activity. Come join us! Namaste.

BRADLEY HILLS PRESBYTERIAN CHURCH

Happy New Year and best wishes for a healthy 2023 free of colds, flu and Covid!



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 the link [HERE](#). We also offer "Children's Church" in person for ages 3- fifth grade during the service (see details below).

Children's Worship Workshop – We will hold a Worship Workshop for second graders and their parents across three weekends (1/29, 2/5 and 2/12). The workshop will cover the sacraments of Baptism and Communion and teach children about how our worship service is organized, the special place where we worship, and how we praise God through song. Activities will be hands-on and child friendly. On the last day of the workshop, the church will give each child who participated in the workshop their own Presbyterian Church (USA) Hymnal at the 10:30 am worship service.

Family Connections Lunch - After church on Sunday, January 22, we are holding a Family Connections Lunch for families with children from birth to 5th grade. Members of the Strategic Visioning Task Force will be present to solicit input from parents on their priorities for children and families and BHPC over the next five years. Lunch will be served and childcare and activities for children provided.

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.

It was wonderful seeing so many BHP CNS families attend our Christmas Services. Thank you for joining us and for helping spread light and love this holiday season.

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

