

October 2018 Newsletter

The Bear Facts

Celebrating 61 Years of Early Childhood Education

Dear Parents,

In the blink of an eye September has flown by. BHP CNS is thrilled to have over 200 children enrolled for the 2018-2019 school year and a dedicated staff of 38 who love and care for your children. The teachers have been busy getting to know your children and the children have been equally as busy making friends and learning classroom routines. We are all excited for a school year filled with playing, learning, and growing!

Thank you to all the parents who brought coffee and treats the first week of school. We appreciate everything everyone did to make all feel welcome!

The Back to School Picnic was a HUGE success. Thank you to the Parents' Group, especially Sarah McGovern and Maggie Maloney for organizing a fabulous picnic on a hot and sunny afternoon. Thank you to all of the parents who volunteered, brought food, set-up, cleaned up, and the manned welcome table and the moon bounces to make this a special day for the children!

Thank you to everyone who has returned the ASQ-3 questionnaires. Scoring is almost completed and results will be shared via tote bags soon. This is the first step in our screening plan to assess children who may benefit from early intervention.

The fun will continue in October as we begin our Creative Movement, Music with Little Hands, Singing with Ms. Casey classes for all of the children. Our 3s and 4s will begin their Science classes. Spanish classes will meet every other week for our 3s and weekly for our 4s.

October highlights include:

- Back to School Night on October 4 this is an **Adult Only Event!**
- Potty Training Seminar on October 16 at 7:30 pm
- Donuts with Dad October 18 and 19 at 8:30 am
- 2019-2020 Registrations for Siblings and Friends
- Speech Screenings on October 22, 23, and October 24

Please remember to check your child's folder for your class monthly calendar of activities and other notes. Questions? Pop into the office or give us a call.

Thank you for your children. I love to see their smiling faces every day! Wishing you all a wonderful, safe, and happy October and Halloween.

Liz Sobrino, Director



UPCOMING EVENTS

BACK TO SCHOOL NIGHT OCTOBER



This adult only event will take place in your child's classroom on Thursday evening, October 4th.

7:00 to 7:30 pm

All Tuesday/Thursday Classes &
Rooms 105, 108, and 113

7:45 to 8:15 pm

All MWF & MTWThF Classes

OCTOBER 30 AND 31

HALLOWEEN FUN

Halloween can be a scary time for young children. At BHP CNS we keep the celebrations simple. Instead of costumes, the 3s and 4s make masks to wear to our Halloween sing alongs. (Please do not send your child to school in a costume.) There will be classroom parties for all of the classes, including 2s. Party planning will be arranged by the Room Parents. Thank you in advance for making our celebrations fun and festive!



PARENTS' GROUP NEWS

The Back to School Picnic was the perfect kick-off to the school the year! Thank you to all of the parents who volunteered their time, lent supplies, and brought dishes to share – we couldn't have done it without all of you! And thank you to the parents who have volunteered as room parents; the teachers and Parents' Group are grateful for your help! We met with most Room Parents on September 24th and 25th after drop-off. Room Parents will be coordinating coffees and activities in the coming weeks.

By now you should have received a flyer in your child's tote bag regarding our exciting new Fall/Holiday fundraiser. We're so thrilled to offer an opportunity to celebrate your child's artwork while supporting BHP CNS. As a reminder, you will be receiving art from your child's teacher on October 25th or 26th with order forms. Orders are due back to the Parents' Group on November 7th, and all items will be delivered to the school and distributed the first week of December. Come visit the Parents' Group bulletin board in the downstairs hallway to see a sampling of the items that are available to order. This is a great way to get a head start on your holiday shopping!

The cooler weather will be here before we know it, so we wanted to remind you of our ongoing fundraising partnership with Label Daddy. Label Daddy sells peel and stick labels perfect for labeling coats, hoodies, jackets, hats and water bottles that often get misplaced at school. These labels are machine washable and don't require ironing or sewing. They also offer customizable designs that kids love. Label Daddy will give you 10% off your entire order and donate 15% back to BHP CNS when you visit their website bhpcns.labeldaddy.com and enter code **BHP CNS** at checkout.

If potty training is in your future, be sure to mark your calendars for Tuesday, October 16th for a seminar in Covenant Hall with Sally Neuberger. Many parents have effectively used her tips over the years to make a tricky process a little less painful! Please RSVP to the office if you plan to attend.

Did you know that your Parents' Group co-chairs are members of the BHP CNS Board of Directors? All parents are encouraged to contact either Maggie or Sarah if you have an issue or concern that you would like raised with the BHP CNS board. To contact the board anonymously, you may also visit the BHP CNS website and check the Board of Directors Tab under "About Us".

Lastly, as you begin your holiday shopping, don't forget to place your Amazon orders through smile.amazon.com and select Bradley Hills Presbyterian Church to donate a portion of every order back to BHP CNS.

Maggie Maloney
MaggieWMaloney@gmail.com

Sarah McGovern
SarahLothrop@hotmail.com

SAVE THE DATE FOR THE WINTER GALA: MARCH 8TH AT 7:00 P.M.

Save the Date!

- ❖ The Parents' Group will be hosting a Winter Gala on Friday, March 8th at 7:00 at Bethesda Country Club.
- ❖ Mark your calendars now to ensure you can dance the night away, as we raise money to create an outdoor musical playground designed to promote and foster creativity, imagination and play in young children.
- ❖ Keep an eye out for more information on how you can help as the year progresses.
- ❖ If you have any questions feel free to contact your auction co-chairs, Claire Adams claire.adams09@gmail.com and Brigitte Koch Brigitte.b.koch@gmail.com.
- ❖ More details to come in the future, and as always, thank you for your support!



BHPCNS BOARD NEWS

The Nursery School Board welcomes families back to Bradley Hills for the 2018-2019 school year. The Board consists of parents as well as church and teacher representatives. A full list of members can be found on the Nursery School [website](#). We meet bi-monthly throughout the school year to discuss a proactive agenda to advance the school and support our Director, as well as reacting to issues and concerns related to the school that may need Board attention. Currently, the Board is in the process of finalizing the Nursery School By-Laws and updating the school's Philosophy and Mission Statement.

The Board encourage parents to engage with us directly. We can be reached individually by contacting board members via email or phone, or if you prefer you may contact us anonymously via a newly formed Board email; Board@bhpcns.org. In addition, we encourage parents to join us for Board meetings. The next Board meeting is scheduled for November 29th at 7:00pm. We look forward to meeting many of you throughout the school year! Missy Banashak, Vice Chair of the BHPCNS Board

SCREENINGS AT BHPCNS & THE IMPORTANCE OF EARLY INTERVENTION

At BHPCNS we believe that early intervention for a developmental delay can make a tremendous difference in a child's life. There is a wide range of normal development in children. Most developmental delays in children are not serious and with interventions children eventually catch up. Even children who do have serious delays can make big improvements when treatment begins as early as possible. To determine if a child requires early intervention we use a variety of tools:

1. The ASQ-3 Questionnaire
2. Speech Screenings, scheduled for October 22, 23, and 24. Additional details on page 5.
3. Occupational Therapy Screenings, scheduled for November 4, 5, 6, and 7. Additional details on page 6.
4. Vision and Hearing Screenings in early winter

LIZ SOBRINO REPORTS ON THE ASQ-3 QUESTIONNAIRE - NEXT STEPS

Parents have asked what is the ASQ-3. The ASQ-3 is a set of questionnaires about children's development. It has been used for more than 20 years to make sure children are developing well. A screening provides a quick look at how children are doing in important areas, such as communication, physical ability, social skills, and problem-solving skills. ASQ-3 can help identify your child's strengths as well as any areas where your child may need support.



Where are we in the ASQ-3 process? As of October 1st, I have received over 145 questionnaires. Thank you to everyone who has returned a questionnaire. If you have not returned a questionnaire for your child(ren), I will be sending a follow-up email in the coming days, as a gentle reminder to get your questionnaire completed as soon as possible. (If you need another copy, please send me your child's name and their birthdate and I will get you another copy ASAP.) The completed questionnaires provide teachers with insights into your child's development and will enable them to plan appropriate activities to meet your child's strengths and to help any child's areas of weakness.

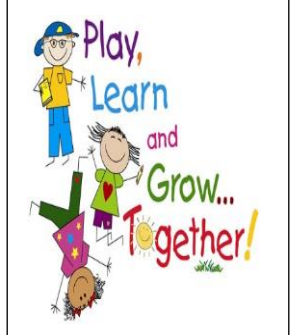
What happens next in the process? I will be completing the scoring process and sending individual letters to the parents of each child with an Informational Summary Sheet that shares your child's scores, enclosed. If there are any areas of concern I will be enclosing activities for you to do at home with your child and we will be focusing on supporting the child's development in that area as well. Once you have reviewed the information, your child's teacher and I will be available to confer with you on any questions you may have or anything else you'd like to discuss regarding the ASQ-3 and your child's progress.

Lastly, I am interested in your feedback about the ASQ-3 process. Did you find the process helpful in getting to know your child's strengths and weaknesses better? Was it a fun experience for your family? How can I improve the process next year? Please email me at lsobrin@bhpcns.org or call me at 301-365-2909 to discuss your thoughts.

BHPCNS REGISTRATION BEGINS NOW FOR SIBLINGS & NEW CHILDREN!

Registration for Current BHPCNS Students: (BHPCNS currently enrolled students have priority.)

Registration for **children currently enrolled at BHPCNS** will be December 6th and 7th. Applications will be available on the BHPCNS website at www.bhpcns.org, after Thanksgiving. Download and complete the application. Applications should be returned to BHPCNS no earlier than December 5th and no later than December 6th in order to be given priority in enrollment. Please recognize that children currently enrolled in our 2s and 3s program as well as those children who are enrolled in the 4s program but are not age eligible for Kindergarten, are guaranteed a place, but, it may not be your first choice. Acceptance is based on a first-come, first-serve basis. Families will be notified in late January as to their child's placement for the 2019-2020 school year.



Registration for Siblings of Current Students at BHPCNS is Happening NOW:



October is the time to submit an application for the 2019-2020 school year for siblings of currently enrolled children. Applications are available in the office and online now for children who will be starting BHPCNS in September 2019. Registration for currently enrolled students will begin this December. Acceptance or Wait List notifications will be sent home in late January, 2019. Applications are available on the BHPCNS website at www.bhpcns.org. Children must be two by September 1, 2019 to be considered for enrollment.

Registration for Friends, and Neighbors is Happening NOW:

Encourage your friends and neighbors to call the office to learn more about BHPCNS and to schedule a tour of our school. New families say they chose Bradley Hills because their friend, neighbor, co-worker, spoke highly of our program. We love that you love us! Help us spread the word about what a wonderful place BHPCNS is for all children to play, grow, and learn! Spots fill up quickly. The sooner we receive an application the more likely we will be able to offer a new family a place next year. Applications are available by [clicking here](#).

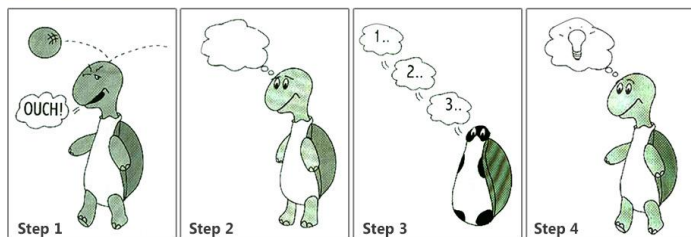
SCRIPTED SOCIAL STORIES: TUCKER THE TURTLE



Tucker Turtle Takes Time to Tuck and Think

A scripted story to assist with teaching the "Turtle Technique"
By Rochelle Lentini, University of South Florida

Center on the Social
and Emotional Foundations
for Early Learning



For more information on Social Stories, visit Vanderbilt University's SEFEL website by [clicking here](#).

Scripted Stories for Social Situations are being used at BHPCNS to help children understand social interactions, situations, expectations, social cues, the script of unfamiliar activities and/or social rules. As the title implies, the stories are brief descriptive stories that provide information regarding a social situation. When children are given information that helps them understand the expectations of a situation, their problem behavior within that situation is reduced or minimized.

We've kicked off the school year with Tucker the Turtle. He's a little turtle that has trouble controlling his emotions. Using 4 simple steps he quickly learns how to: Stop, Think, Count to 3, and Find a solution. Ask your child about tucking and thinking. Everyone loves Tucker the Turtle!

November's Newsletter will introduce you to "[How to be a Super Friend](#)."

For a sneak peek [click here](#).

EVERYTHING ABOUT POTTY TRAINING & MORE! OCTOBER 16TH @7:30 PM

Is toilet training your child in your future? Are you struggling with toilet training your child? Are you thinking there must be a better way to reach this childhood milestone? If you've answered yes to any of the above questions, you MUST come to our Potty Training seminar, sponsored by the Parents' Group on October 16th at 7:30 pm in Covenant Hall. Sally Neuberger, the Potty Training guru, will be here to share her expertise about all things potty, how to train, how to deal with setbacks, when to train, and more! Bring your questions, but not your child. This is an adult only program. RSVP by signing up on the clipboard outside the office or go to: <https://www.signupgenius.com/go/pottytraining>



POTTY TRAINING
101 – OCT. 16th

NOTED PARENTING AUTHOR SERIES HOSTED BY PEP IS NOW ONLINE!

PEP brings experts to talk on the most compelling topics for parents of all ages of kids. During the 2018-19 year, four authors will discuss their latest books and answer your questions in these four online presentations:

Julie Morgenstern

*Time to Parent:
Organizing Your Life to
Bring Out the Best in Your
Child and You*

November 15, 2018
8:00-9:30 PM ET \$25

Tina Payne Bryson

*The Yes Brain: How to
Cultivate Courage,
Curiosity, and Resilience
in Your Child*

January 30, 2019
8:00-9:30 PM ET \$25

Julie Lythcott-Haims

*How to Raise an
Adult: Break Free of the
Overparenting Trap and
Prepare Your Kid for Success*

March 21, 2019
8:00-9:30 PM ET \$25

Katherine Reynolds Lewis

*The Good News About Bad
Behavior... or Why Kids Are
Less Disciplined Than Ever –
and What to Do About It*

May 15, 2019
8:00-9:30 PM ET \$25



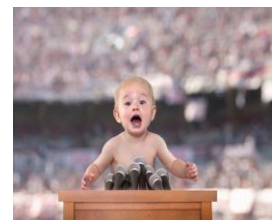
For more information or to register [click here](#).

CONSULTANTS AT BHPCNS

Throughout the school year there will be consultants working with BHPCNS staff and students. The consultants working with the children and staff may include para educators, speech pathologists, occupational specialists, physical therapists, interns exploring the early childhood education field, social and emotional development specialists, overall best practice in child development mentors, and more. These specialists could be from the Montgomery County Public School system, Montgomery County Social Services, or private practices. It's possible your child will come home and share that there was an extra "teacher" in their classroom. These "extra" teachers will all be approved by the office prior to working in our school. Please let me know if you have any questions.

SPEECH SCREENINGS: OCTOBER 22, 23 AND 24

On October 22nd, 23rd and October 24th, BHPCNS will have a speech pathologist at school to screen children for speech issues. It is a brief screening and not a formal assessment. Teachers will recommend children to be screened. The office will send you a letter telling you that your child has been referred to be screened. You may opt out of the screening by returning the form to school. Parents may also request a speech screening. Please notify Liz via email at Lsobrino@bhpcns.org or your child's teacher by October 20th if you'd like your child screened. Include the reason for the screening and your child's birthdate. Reports will be sent home to parents after the screening.



**Speech
Screenings**

OCCUPATIONAL THERAPY SCREENINGS: THE WEEK OF NOVEMBER 5TH

OCCUPATIONAL THERAPY

enables children to complete meaningful tasks independently. OT can address:

Fine Motor * Hand Skills * Writing and Drawing * Gross Motor * Sensory Needs including Picky Eaters * Attention * Visual Perception * Meeting Developmental Milestones * & More.....

During the week of November 5th, BHP CNS will have Occupational Therapists from [Canyon Kids](#), at school to screen children for fine, gross motor, sense of space, personal boundaries, and more. Flyers on the benefits of Occupational Therapy will be distributed at Back to School Night on October 4th. We will convert Covenant Hall into a play space to observe children's development. This will be a brief screening and not a formal assessment. We will identify children for the screenings using one or more of the following methods:

1. ASQ-3 Questionnaires
2. Teacher and Specialists Observations
3. Parent Requests

The office will send you a letter telling you that your child has been referred to be screened. You may opt out of the screening by returning the form to school. Parents may also request an OT screening for their child. Please notify Liz via email at Lsobrino@bhpcns.org or your child's teacher by October 30th if you'd like your child screened. Include the reason for the screening and your child's birthdate. Reports will be sent home after the screening with recommendations.

THE IPAD GENERATION: FINGERS NOT READY TO WRITE?



As we continue to review the ASQ-3 questionnaires that have been returned to us, we are seeing a trend with fine motor delays. BHP CNS will be adding even more fine motor activities to our daily rotation of classroom experiences, playdough, using tweezers to sort, pipettes to paint, peg boards, legos to build, and more. We will also be sharing [fine motor activities](#) with parents to do at home in an effort to strengthen our little ones fingers. For more information as to why children's motor skills are delayed read: [Fine Motor Delays](#).

BHP CNS OCTOBER BIRTHDAYS

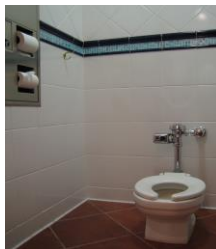
Emily Ketchum
Isabelle Montesinos
Becket Torti
Sutton Torti
Reza Merchant
Teddy Supple
Christopher Greeves
Pearl Nelson



Julianna Shea
Charlie Fiorentino
Emma Feyen
Graham Sterling
Izzy Horowitz
Hawkins Varga
Delaney Kane
Julian Lee

Reminder: If sending in birthday treats, please send in **small** cupcakes, mini muffins, fruit kabobs, etc., keeping classroom food allergies in mind. We share birthday treats at snack time! Questions, reach out to your child's teacher or the office! For home baked treats, please bring an ingredient list.

BHPCNS IMPORTANT INFORMATION



BHPCNS BATHROOMS ARE FOR CHILDREN ONLY:

Unisex bathrooms located on the school level are for children's use ONLY during the school day. This includes when you are dropping off or picking up your child. Adult bathrooms are available upstairs for adults to use throughout the day.

This is a Maryland State Department of Education licensing requirement.

No exceptions can be made to this rule.

DID YOU KNOW THAT BHPCNS HAS A YAHOO GROUP?

The BHPCNS Yahoo group is an excellent way to be in the know about all things related to BHPCNS and the greater community. Looking for a nanny, post a message. Want to sell outgrown clothing, place an ad. Want to volunteer at BHPCNS, opportunities are posted on Yahoo. To join go to:

<http://groups.yahoo.com/group/bhpcnsstudents/>.

You will need to set up a Yahoo profile and user name if you do not already have one. Once your account is set up you may choose digest or individual message format. Contact the office if you need assistance signing up.



BHPCNS is on Facebook. Like our Business Page, Bradley Hills Presbyterian Church Nursery School, for informative articles and info about BHPCNS. Friend our Bradley Hills page to see what Bradley Bear's cubs are doing.

To follow-up on all the fun at BHPCNS, join us on Instagram at:
bradley_hills_bear
We are excited to add Instagram to our Social Media!



Tuition Payments: Payments are due the first of each month, Sept.- May, and are considered late if not received by the 15th of the month. If your payment is not received by the 15th, a 10% late fee will be assessed. If you have set up an automated "bill payer" system, please be sure the words Nursery School appear on the check to make sure your payment is received at the Nursery School and not deposited with the Church's donations by mistake.

Student Absences: 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. We will never identify your child but we are obligated to share communicable disease information with the other families.

Student Records: We are doing a thorough check of all our student's records. We will notify you of any missing paperwork, immunizations, etc. We appreciate your help in making sure our records are compliant with state regulations.

School Directory: The school directory will be coming home in October. The Directory is a great way to connect with other parents and children at BHPCNS.

Parent Bulletin Board: Located by the first floor bathrooms is a parents' bulletin board. We post information about parenting classes, upcoming special events, programming for children announcements, and the like on our bulletin board. Check it out.

Donations: Before you throw it out donate it to BHP CNS.

- Large oatmeal canisters to be crafted into drums.
- We participate in the Ronald McDonald House Pop Tab Recycling Program. Pull off those tabs from your soda cans, cat food cans, and other cans that have one. When you've got a bunch, bring them to school and we will send them off!
- See below for Consignment Donation Information

Children's Lunches: BHP CNS provides organic 1% milk at lunch each day, per Maryland State Department of Education regulations. Children are offered a choice of milk or water at lunch time. You do not need to pack a drink with your child's lunch.

Please pack healthy, nutritious lunches for your children. BHP CNS teachers are not allowed by our licensing agency to make the children eat their "growing" foods first. If you pack a cookie and your child wants to eat that instead of their sandwich, we are technically not allowed to have them eat their sandwich first. We will send home any easily wrapped, uneaten lunch foods. Uneaten yogurts, apple sauce cups, etc. will be tossed.

Lunch is a social time. Children like to talk and share their lives at lunch. Sometimes this gets in the way of eating their whole lunch. Many children choose to finish their lunches in the car on the way home.

Lunch Bags: Soft sided, small lunch bags **without** freezer packs and bento boxes are perfect for our refrigerators. Large, rigid, lunch boxes and containers are not acceptable for school. Questions? Pop into the office.

BHP CNS Open Door Policy: Thank you to everyone who has popped into the office with a question or concern! If at any time during the school year, you have a concern, complaint, an idea, or suggestion, please email, text, come to the office, or call us. We truly want to know your thoughts. Your ideas, suggestions, and critiques provide us with vital information that we can use to improve our programming. No issue is too small.

PARKING LOT ETTIQUETTE & ACCIDENTS: MINOR OR MAJOR



The parking lots are very busy in the mornings and afternoons. Please be exceedingly cautious when driving. Parents are responsible for the safety of the children when crossing to the playgrounds or walking to their cars. If your car accidentally hits another car, please come to the office and report the accident. We have had several cars damaged this year and no one has owned up to the accidents. Accidents happen. Accept responsibility for any dents. BHP CNS has installed high-definition video cameras to monitor the parking lots at all times.

FLU SHOTS

Flu season has begun. We have had one case of the flu reported to the office. The flu vaccine is an effective way to protect your child from most flu strains. Please consider having your child vaccinated. For additional flu prevention tips, check out Parenting Magazine's Guide to Cold and Flu prevention by [clicking here](#) or Healthy Children by [clicking here](#).



CONSIGNMENT DONATIONS

We are currently collecting the following items:

In keeping with good stewardship of the earth, Bradley Hills Presbyterian Church Nursery School is conducting two on-going recycling fundraisers. There's nothing to buy. We are simply asking you to help protect the environment by donating your used consumer electronics and unwanted, broken or mismatched fine jewelry, as well as gently used adult clothing and accessories and small household items (artwork, knickknacks, china, etc.). Your used item(s) may be tax deductible and will be sold* at a consignment shop or recycled in accordance with EPA regulations. 100% of the proceeds will help fund programming at Nursery School, directly benefiting your children.

Cell Phones	iPads & Tablets	Inkjet Cartridges	Smart Watches	Gold, Silver & Platinum Jewelry
Adult Clothing	Formal Wear	Costume Jewelry	Accessories	Knickknacks
China	Glassware	Artwork	Coffee Table Books	

Please drop off any items you would like to recycle/donate at the school office. Tax receipts available.

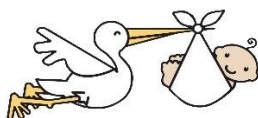
CONSIGNMENT DONATIONS

CHRISTMAS WREATH SALE TO BENEFIT LOCAL CHARITIES



It's never too early to start thinking about the holidays. BHPCNS is happy to be helping the GFWC Metropolitan Community Women's Club sell beautiful 22" double-sided balsam wreaths with a red bow. Each wreath is only \$25 and the proceeds are used to support local charities. Order your wreath by Friday, October 12 and it will arrive at school the first week of December. Order forms have come home in the tote bags. Extra forms are available outside the office. Drop off completed forms and checks in the envelope in the office.

IS THERE A NEW BABY IN YOUR HOUSE?



Is there a new baby in your house? Send us a picture of your bundle of joy for our New Bradley Bear Cubs display! Any and all photos are welcome; a picture of your baby by him/herself, with the family or with their siblings.

DONUTS WITH DAD: OCTOBER 18TH AND OCTOBER 19TH AT 8:15 A.M.



Dads or any special person in your child's life are invited to breakfast in Memorial Hall.

Come out for coffee, juice, and donuts!

T/TH classes are invited to come on October 18. Register by [clicking here](#).

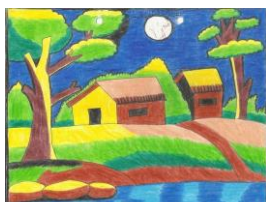
MWF classes are invited to come on October 19. Register by [clicking here](#).

MTWThF Classes may come either date. Register via the links above.

Join us between 8:15 and 9:00 am.

If you could pick up the donuts and coffee either morning, please contact the office to help!

STAY AND PLAY NEWS!



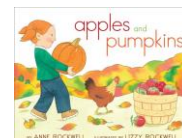
Mondays: Art

Mrs. Mac n Cheese Reports:

Art Stay and Play will start off with the basics. For the first class we'll make a color wheel and look at all the color values. Next up we will discuss physical features and how to draw them. We will round out the month of October with a landscape scene and a study of depth perception.

Scientist Myers Reports:

Science Stay and Play will be a year of questioning and discovery. Our cub scientists will explore the world of science, from chemistry to biology and physics, through fun, hands-on experiments. We will learn about hypotheses, the scientific process and how to formulate a conclusion. After an introduction to *What is Science*, our cub scientists will learn about apples, acorns, and bats and enjoy some very special Halloween fun.



Mondays: Wigglin' Wizards



Tuesdays: In the Kitchen with Bradley

Chef Meyers Reports:

This year we will learn how to measure, pour, mix, chop, and prep new and interesting foods. Recipes have been selected to allow our Bradley Bear chefs to make and enjoy their own afternoon snacks. For our first class we introduced our budding chefs to cooking terms, supplies we will use, and the importance of following kitchen safety rules. After a tour of the kitchen, we began our gastronomical journey with a simple favorite, grilled cheese. We enjoyed reading about cooking with [Tony's Bread by Tomie DePaola](#). **Bon Appetit!**

Ballerina Lisa Shares:

This October we will run, jump, spin, and stretch to fun and funky music of different styles. We will use our bodies to create rhythms and shapes, learn names of positions and basic dance steps, and use props such as scarves to expand their range of motion, all while learning the structure of a dance class. The creative movement skills we learn will lead up to the combinations performed in our December Recital on December 5th at 1:45 pm. Don't know what size dance shoes to get? Dance shoes will be fitted on 10-2 and 10-3 and notes will be sent home with your child's shoe size. All dancers will be receiving a Bradley Bear Dance Company t-shirt. The t-shirt may be worn with black sweat pants or black leggings and for the dance classes.



**Tuesdays &
Wednesdays: Bradley
Bear Dance Co.**



Wednesdays

Travel Agent Senarathne Shares Bradley Bear's Flight Plans:

During the next eight months the Bradley Bear cubs will be visiting 10 different countries, at least one from each continent. We will be learning about the continent, location, climate, flag, food, clothes, music, sports and games children play. At the end of the year, we will play a Trivia game and have a party with special snacks to represent each country we visited.



**Where in the World is
Bradley Bear?**

STAY AND PLAY NEWS CONTINUED

Farmer Leon Reports:

We are so excited to begin our exploration of farms! In October, we will learn about some of the things that come from a farm, and create our own barn. We will also learn about the autumn harvest by making homemade applesauce and harvesting potatoes. Finally, we will get our hands dirty and plant daffodil bulbs that will make the school more beautiful in the spring!



Thursdays:
Bradley's Barnyard

Fridays: Yogi Bears



Yogi Cardoni Shares:

Our Yogi Bears will learn and practice poses every week, we will work on breathing techniques and practice mindful eating and gratitude. Each week the yoga session will be centered on a theme. During October we will be practicing yoga to Shapes, Feelings, Nocturnal Animals and Halloween. I wonder if you can guess some of the poses we'll be learning this month!!

MONTHLY SPECIALS AT BHPCNS



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

Little Hands Music Shares:

We'll start our "**Let's Ride**" journey in music classes with car activities. Here's one you can enjoy at home:

(to the tune of Row, Row, Row Your Boat)

Drive, drive, drive the car

Safely down the street

Merrily, merrily, merrily, merrily

Don't forget to Beep! (BEEP!)

Drive, drive, drive the car

All around the town

Merrily, merrily, merrily, merrily

Up the hills and down!

During class, we'll use the slide whistle (up and down the hills), sand blocks (as imaginary "**Scooty Scooters**" track 19 on the Let's Ride album,) drums for playing along with "**Boom Makaleli**" (track #10 on the album.) A favorite is always the **Maxi and the Taxi rhyme**. ("Maxi drove the taxi that went beep-beep-beep, He picked up all the people in a heap-heap-heap. Drove them to the farm to see the sheep-sheep-sheep. Then Maxi and the Taxi went to sleep-sleep-sleep!") which we'll do with our hands, and many instruments! The focus of the month is up and down, as well as stop and go.

Please note that you can access music produced and recorded by Little Hands for this fall's classes. To sing at home:

<https://shop.littlehands.com/products/lets-ride>

We all love making music with your children and look forward to lots of fun and learning with the staff and students at Bradley Hills!

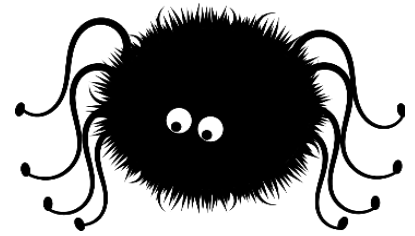
Warmly,

Miss Beth and Miss Jael (Mondays), Miss Sandy and Miss Caiti (Thursdays)

MONTHLY SPECIALS

Mrs. Stevens Reports:

This month the children will start Creative Movement where they will run, skip, hop, gallop and develop their listening skills. The children will fly like bats, crawl like spiders, stomp like monsters, and dance like skeletons. They will freeze to the "Freeze Dance" song and play firefighter to "Hurry, Hurry Drive the Fire Truck". Studies show that movement is crucial for a child's developing mind. Movement helps children improve their coordination, strength, balance, spatial orientation, posture, and sleep. Movement helps to enhance a child's emotional skills, concentration, social skills and self-confidence. So, get up and MOVE!!!



Creative Movement For 2s, 3s, & 4s



Music Ms. Casey For 2s, 3s, & 4s

Ms. Casey Sings:

Welcome back to school! As my returning students well know, October is Ms. Casey's favorite time of year!

Some of the songs we'll be singing this month will be familiar to the children while some they will be hearing for the first time as three and four year-olds (they grow up so fast!) Music has been shown to accelerate brain development that ultimately aids in language acquisition and reading skills, so don't forget to turn the radio up at home too!

Mrs. Delfin Shares:

In Science, we are excited to begin to observe and investigate the world around us. We will kick off the school year with our October lesson by learning about Owls. We will be investigating how they see their surroundings, what they like to eat and their sleep habits. We will compare how an owl is similar and dissimilar to us. We will become little scientists and go on owl hunt around the school property with all the necessary supplies. I hope we end up spotting one!



Science Class For 3s & 4s



Spanish for 3s & 4s

Sra. Cardoni Reports: In October we will start our weekly Spanish class with the 4s and bi-weekly classes in the 3s. We will be learning how to greet each other Hello, how are you? *Hola, como estás?* We will be talking about the weather in Spanish, learning numbers, colors, counting and singing many songs to help us remember all our new words. Toward the end of the month we will be singing our very popular Halloween song The Monsters! *Los Monstruos!* and will learn how to say spider-*araña*, ghost-*fantasma*, witch-*bruja*, bat-*murcielago*. All very important words this time of year! [Click here](#) to learn our song!

