

September 2018 Newsletter

The Bear Facts

Celebrating 61 Years of Early Childhood Education

Dear Parents,

With the start of the 2018-2019 school year BHCNS marks its 61st anniversary as a community preschool of excellence. BHCNS began as a playgroup for BHP families. Over the decades the school has grown to become one of the longest tenured programs in the Bethesda area. Since 1957 there have been many changes to the early childhood education field. While embracing change, BHCNS has stayed true to its belief that each child learns best through play! We are excited to begin our 61st school year with your children as they PLAY, GROW, and LEARN!

Some summer highlights include:

- Redesign of the arts and crafts storeroom into a teacher workroom. (Thank you to Maggie Maloney and Claire Adams for their hours of sorting through Elfa designs and products to create the perfect workroom.)
- New furnishings have been assembled and placed into classrooms.
- Rooms 102, 103, 104, 105, 107, arts supply storeroom, and the Rainy Day Room have been freshly painted.
- New classroom supplies and equipment have been purchased, including many STEAM products.
- New tire swings installed, sand boxes filled and playgrounds and garden beds, freshly mulched.
- Design work has begun on our new children's garden and discovery center. Installation will happen this fall!

NEW for 2018-2019 Water bottles. Please have your child bring a labeled water bottle to school each day. We are looking out for our Mother Earth by cutting down on the number of paper cups we use!

Communication is vital to the success of our school and your child's experience here. To stay in the know, join our Facebook page, friend's page and like our Facebook business page, join our Yahoo Group, and follow us on Instagram, and read and save the updates sent by the office and your child's teacher. Pop in, call the office, or email any time you have a question, concern or comment. If we don't know, we can't change, help, or adapt!

Thank you for sharing your child with BHCNS.

Liz Sobrino
BHCNS Director



UPCOMING EVENTS

ANNUAL PICNIC: SEPTEMBER 22



Our annual Back to School Picnic, sponsored by the Parents' Group will be on September 22nd between 4:00 and 6:00 pm at the playgrounds and field outside the school building. There will be a bounce house, yummy food, and lots of fun.

Rain location will be Memorial Hall.

Join new and old friends for a wonderful BHCNS tradition. If your last name begins with A-L, bring a main dish to share. If your name begins with M-Z, bring a side dish to share.

Kona Ice will be here for snow cones.

The Parents' Group provides paper goods and drinks.

Volunteers will be needed to help with set-up and clean-up. Volunteering is a great way to meet parents. [Click here to volunteer.](#)

Bring a blanket to spread on the ground!

Two families will gather by the red balloons. 3's will gather by the blue balloons. 4's will gather by the yellow balloons. To make it easier to identify age groups, please consider dressing your child in their age-group color!

Looking forward to seeing everyone at this fun event!

BHPCNS PARENTS' GROUP

The BHPCNS Parents' Group is looking forward to another amazing year! The volunteer-run Parents' Group is responsible for organizing social events, community events, coordinating fundraising efforts, and much more. All BHPCNS families are automatically members of the Parents' Group – there are no fees or commitments to join! If you would like to volunteer your time to the Parents' Group keep an eye out for emails from ParentsGroup@bhpcns.org for volunteer opportunities in the coming weeks and months!

During the first week of school, the Parents' Group will provide coffee and snacks in the Rainy Day room. This is a great opportunity to meet and mingle with other parents while you wait for your little ones during the shortened schedule. Our first big event is the Back to School Picnic on September 22nd from 4:00 – 6:00pm. Look for an email from the Parents' Group with a Signup Genius link requesting volunteers!

We also want to remind everyone of two fantastic ongoing partnerships:



We're partnering with LabelDaddy again this year! These labels are machine washable and don't require any ironing or sewing. LabelDaddy will give you 10% off your order AND give 15% back to BHPCNS when you visit LabelDaddy.com and enter BHPCNS at checkout. Now is a great time to place an order to ensure all of your children's' back to school clothes are labeled!



Did you know that BHPCNS has an AmazonSmile account? To take advantage of this amazing fundraising opportunity simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile. Then select **Bradley Hills Presbyterian Church** - you only need to select the school once! Be sure to visit smile.amazon.com for BHPCNS to receive a portion of the proceeds on every purchase made!

Lastly, please check BHPCNS.org and select the Parents' Group tab to check up-to-date information on current events and fundraising efforts.

We're looking forward to working with all of you this year!

Maggie Maloney
Maggiewmaloney@gmail.com

Sarah McGovern
Sarahlothrop@hotmail.com



THE COMMUNITY AT BRADLEY HILLS PRESBYTERIAN CHURCH (BHPC)

There are many building users at BHPC. The Nursery School shares the building with the Bradley Hills Presbyterian Church, The Friends Club: a support group of men with early onset Alzheimer's and The Bethesda Jewish Congregation, (BJC). Occasionally events for these groups may require closing or a change in the Nursery School schedule. **BHPCNS will be closed on September 19, 2018 for BJC's celebration of their high holiday.**



Bethesda Jewish
CONGREGATION



The Friends Club

BHPCNS MORNING DROP OFF AND END OF SCHOOL DAY DISMISSAL

Morning Drop-Off:

Children are to be dropped off at their classroom doorways in the morning. The children will be greeted at the classroom by their teachers. Drop off is a time to say good morning to the teacher, sign-in, and good bye to your child. We ask that you keep your goodbyes, simple and sweet! If your child is crying their teachers will comfort them while you are in the Rainy Day Room. We will get you if needed.

Dismissal:

Children are to be collected at their classroom door at dismissal time. Please identify yourself and the child you are collecting to the teacher. If will take us a week or two to match children and caregivers.

Please be prompt at drop off and pickup. Drop off and pick up are times to focus on your children. It is not the time to discuss your child with their teacher.



WHAT YOUR CHILD SHOULD BRING TO SCHOOL EVERYDAY!



Your child will need to bring their tote bag to and from school every day to carry all their school stuff!



Your child is to bring a water bottle to school each day. We will refill as needed.



If your child is staying for lunch, they must have a small, soft-sided bag. We refrigerate all lunches.



Folders, school provided, are to go to and from school each day. They will contain important information.



For your child's comfort on the playgrounds they are to wear closed toe shoes and socks.

Label all belongings with your child's name!

STAY IN THE KNOW AND SUPPORT BHPCNS

To be up to date on soccer classes, yard sales, and other great community news join the BHPCNS Yahoo group. Click here: <http://groups.yahoo.com/group/bhpcnsstudents/>
You will need to set up a Yahoo profile and user name.



Find us on
Facebook

Friend Bradley Bear at <http://www.facebook.com/bradley.bear2>
Like Bradley Hills Presbyterian Church Nursery School's Page!
And if you'd like to give us a review, that would be great too!

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



amazonsmile
You shop. Amazon gives.

Do you shop on Amazon? If you do, please designate Bradley Hills Presbyterian Church as your charitable donation. It's easy: On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from our list of eligible organizations. Sign in to smile.amazon.com.

If this is your first child in a school setting you may not have set up a SignUp Genius account, but it's important that you do ASAP. The school and Parents' Group will be using SignUp Genius for many events, field trips, room parents, volunteers for events and more. To create an account go to: <https://www.signupgenius.com>. Click on Log In and create an account.



**Bradley Hills
Presbyterian Church
Nursery School
Website**

Bookmark the BHPCNS website:
<https://www.bhpcns.org/> to stay up to date on all things BHPCNS including recent newsletter, classroom calendars, snack schedule and more.

BETHESDA JEWISH CONGREGATION & BHPCNS FOOD DRIVE FOR MANNA FOOD



**Food
Collection**



manna
food center

BHPCNS is excited to partner with the Bethesda Jewish Congregation, BJC, to collect needed food supplies for the Manna Food Center. Please consider donating by September 21st. Items needed include:

GRAINS: instant oatmeal, brown rice, whole grain pasta

PROTEIN: canned tuna, salmon, chicken in water, dry/canned beans, nut butters

FRUITS & VEGGIES: canned vegetables, canned fruit in juice, fruit cups

Return donations in the brown bags sent home at Orientation or drop-off your contributions in Covenant Hall. Let's see if we can cover the entire floor with donations.

DEVELOPMENTAL DELAYS AND EARLY INTERVENTION AT BHCNS

At BHCNS 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 has a developmental delay we do several screenings at BHCNS, including the ASQ-3 for all our children, vision screenings for our 3 and 4-year olds, hearing screenings for our 3 and 4-year olds, speech screenings for children identified as possibly having a speech or language delay, and occupational therapy screenings for children identified as possibly having gross, or fine motor delays. All of the screenings are performed by vetted professionals and done in a fun and age appropriate manner. Results and recommendations are shared with parents. Any recommendations for a more thorough developmental assessment will be discussed with parents in a parent/teacher/director conference. Contact the office with questions, comments or concerns.

How Developmental Delays May Present In Young Children

There are 5 main types of developmental delays in infants and young children. They include problems with:

- language or speech - articulation, expressive, and/or receptive language
- vision – ability to see properly
- movement – fine and gross motor skills, understanding boundaries, controlling one's movements
- social and emotional skills – age appropriate interactions with adults and peers
- cognitive skills - thinking and processing information

Language and/or Speech Delays in toddlers and young children are common. In fact, language and speech problems are the most common type of developmental delay. Speech refers to verbal expression, including the way words are formed. Language is a broader system of expressing and receiving information, such as being able to understand gestures.

Vision Developmental Delays can be difficult to recognize. Until about 6 months a newborn's vision is normally blurry. After 6 months a child's vision improves as the child begins to coordinate sight in both eyes. Sometimes this does not happen and vision problems such as farsightedness, near sightedness, lazy eye, may develop impacting a child's sight.

Motor Skill Developmental Delays may be related to problems with gross motor skills, such as crawling or walking, or fine motor skills, such as using fingers to grasp a spoon, hold a pencil or crayon, or more. Some children have challenges controlling their movements, they may be bouncy, or have challenges recognizing where they are in space leading to walking into things or obstacles, and/or understanding personal boundaries.

Social and Emotional Developmental Delays may be when a child experiences problems interacting with adults or other children. Other challenges include excessive tantrums, hurting themselves, being inconsolable, and forming attachments.

Cognitive Developmental Delays may present as a child not "learning" age-appropriate concepts, such as their colors or shapes, or when a child is challenged following sequential directions and developmental norms.

[Click here](#) for additional information from the Center for Disease Control on Pediatric Developmental Monitoring and Screening.



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.

Automated Bill Payer System:

If you have set up an automated “bill payer” system, include the words Nursery School on the check to make sure your payment is received at the Nursery School and not deposited with the Church’s donations by mistake.

Classroom and Office Email Communication:

By now, you should have received at least one email from your child’s classroom teacher. If you have not received an email, please email your child’s teacher so they may capture your email address. (Occasionally messages land in spam/trash folders.) BHPCNS staff emails all follow the same format. The teacher’s first initial and last name at BHPCNS. Example: Lsobrino@bhpcns.org.

Student Records:

We will be doing a thorough check of all our student’s records. We will notify you of any missing paperwork, immunizations, etc. We ask that you submit any missing paperwork promptly. We appreciate your help in making sure our records are compliant with state regulations.

Healthy Kiddos:

BHPCNS is committed to keeping children healthy. If your child is not feeling well, please keep them home, and call BHPCNS’s office to let us know that they will be out. We have a 24 hour fever free, vomiting free, rule and ask that you abide by that timeline.

Here at school we are:

- Asking you to wash your child’s hands with soap and warm water before coming into the classrooms. Hand sanitizer is available but is not as effective as washing with soap and water.
- We will be cleaning and disinfecting classroom surfaces and toys regularly.
- Asking you to follow the CDC recommendations for flu vaccine and immunizations.

Label all Belongings:

PLEASE label all your child’s belongings, jackets, tote bags, lunch bags, anything that they bring to school should be labeled with your child’s name. You would be amazed at how many children don’t recognize their own belongings and how many children have the same jackets, and bags. Lost and Found is outside of Room 117.

Early Morning with Bradley Bear, Lunch Bunch, and Stay and Play Programming,

Forms for these additional programs can be collected outside the office, or downloaded from our website, www.bhpcns.org. All three programs will begin on October 1, 2018. Teachers, parents and the office will all be part of determining if/when a child is ready for additional programming.

School Snacks:

BHPCNS has a school wide snack schedule. A calendar of the snack schedule is posted on the bulletin board outside the office and on our website. You may request a hard copy from the office. We serve 2 of the following food groups daily:

- A protein, i.e. organic vanilla yogurt, string cheese, etc.
- A fruit or vegetable, i.e. apple slices, carrot sticks, grapes, etc.
- A carbohydrate, i.e. graham crackers, gold fish, etc.

Children's Lunches:

BHPCNS provides organic 1% milk at lunch each day. Children are offered a choice of organic milk or filtered 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. BHPCNS 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.

Children's lunches should be foods children are familiar with and should be cut into appropriate sized servings. Sandwiches cut into quarters are much easier for little ones to eat. **Gogurts are not permitted at nursery school.** We send home any easily wrapped, uneaten lunch foods. Uneaten yogurts, apple sauce cups, etc. will be tossed out. 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. Don't worry as your child settles into school they will eat more of their lunch.

Donations: Before you throw it out donate it to BHPCNS

- 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!
- BHPCNS also collects used ink cartridges to be recycled. Drop yours by the office.
- Baby food jars are always needed to hold paint, push pins, etc. Please drop yours off in the office.
- Large oatmeal canisters to be crafted into drums.
- We can never have too many toilet paper or paper towel rolls.
- And you wouldn't believe how much newspaper we can use each month.

If your family can donate any of these items, we'd be thrilled to collect them from you in the office.

Parent's Bulletin Boards:

Across from the office is the BHPCNS' bulletin board. This space is updated regularly with our school monthly calendar, children's birthdays, and flyers about school events.

Another bulletin board by the bathrooms is used to share flyers about community programs, parenting events, sports programs, etc. that may be of interest to families. Please check these board occasionally.

BHPCNS Open Door Policy:

If at any time you have a concern or praise for something that is happening at BHPCNS, please stop by the office to share your thoughts. Without your input we don't know where we need to improve or what we are doing correctly. We value all input😊

SEPTEMBER BIRTHDAYS!!!!

Zoe Greaser
Valentina D'Angelo
Fiona Neabore
Audrey Moulton
Luke Maloney
Mia Banashak



Liam Parker
Lucy Giannattasio
Sydney Caine
James Trunk
Ethan Chernyakov
Gracie Mense
Emily Kelly

When 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! There is a snack ingredient form outside the office. Please complete this form so we can be aware of any possible allergic complications. If you have any questions, please reach out to your child's teacher or the office.

ALERT MONTGOMERY

Montgomery County has an Alert system that sends you texts or emails in the event of an emergency. You can customize the system to send alerts only about items that interest you. I strongly recommend signing up for this alert system to receive messages about Montgomery County Public Schools, MCPS, and school closings. BHCPCNS follows MCPS with regard to delayed openings, and school closings.

To register to have alert messages emailed or texted to you go to:

<https://member.everbridge.net/index/1332612387832009#/login> to set up your account.

IMPORTANT UPCOMING CALENDAR DATES

September 19: BHCPCNS closed for BJC High Holiday

September 21: Red day in the 4s' classes. Details to follow from your teacher. All ages are welcome to wear red!

September 21: Deadline for donations for the food drive

September 22: Back to School Picnic between 4:00 and 6:00

September 28: Yellow day in the 4s' classes. Details to follow. All ages are welcome to wear yellow.

October 1: Early Morning, Lunch Bunch, and Stay and Play Programs begin

October 4: Back to School Night

7:00 to 7:30 pm Tuesday/Thursday classes

7:45 to 8:15 pm Monday, Wednesday, Friday classes and Monday through Friday classes

(Times are tentative and may change. Classroom teachers will share more information.)

October 13: DC Walk to Defeat ALS: Bradley Bear Stompers for ALS and Wimala (Details to follow.)

October 18 and 19: Donuts with Dad at 8:30 am. (Details to follow.)

October 24: Potty Training seminar with Sally Neuberger at 7:30 pm. (Details to follow.)

DISTRIBUTION OF THE BEAR FACTS NEWSLETTER

At the beginning of each month the office will send electronically a copy of the BEAR FACTS to every registered household. Be on the lookout for an email at the beginning of each month with the newsletter attached. It is important to read the newsletters and accompanying emails as they are filled upcoming events, important information, parenting tips, and more! To stay in the know, read your monthly BEAR FACTS and save it for future reference. If you would prefer to receive a hard copy of our newsletter, return the form below.

Newsletter Distribution Preference: Name of Child: _____

BHCPCNS publishes a monthly newsletter to be distributed to all families. Please check if you wish to receive a hard copy of the newsletter (sent home in your child's tote bag) in addition to an electronic copy.

Yes, I'd like to receive a hard-copy of the BHCPCNS monthly newsletter

BRADLEY HILLS PRESBYTERIAN CHURCH NURSERY SCHOOL

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