

# January 2019 Newsletter

## *The Bear Facts*

Celebrating 61 Years of Early Childhood Education

Dear Parents,

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

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

If your family is affected by the current government shut-down, please contact the office and let us know. We can make exceptions for the January 15<sup>th</sup> tuition deadline and we will not charge your family any late fees.

January will be another busy month at school. We are excited to welcome 14 new "Young Twos" to our program beginning January 8<sup>th</sup>. Vision Screening for all our 3s' and 4s' classes will take place on January 10<sup>th</sup> and 11<sup>th</sup>. Practice sheets have been sent home. Please practice with your child. We will also have a special guest reader share her new book with classes on January 29, 30, and February 1. See page 4 for more information.

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

Our 2019-2020 school year registration process is well under way. Classes are filling up! If you have not yet submitted an application, please get one into the office ASAP. For the applications we have received we are busy processing them and will be getting acceptance and wait list letters sent home in late January.

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

Liz  
Liz Sobrino  
BHCNS Director



### PARENT/TEACHER CONFERENCES



Parent/Teacher Conferences will be scheduled in February and March. More details will be coming from your child's teacher and the office as we get closer to conference time. Guidelines:

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

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

## PARENTS' GROUP NEWS

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

As mentioned in December's newsletter, the Parents' Group organizes lunches for our wonderful teachers during their monthly staff meetings. Thank you to those who have already signed up to help! We are still looking for a few more volunteers to help with meetings scheduled for **Thursday, February 21** and **Thursday, May 2**. It tends to work best if a few families volunteer for each date, so if you and another parent are interested in providing a staff lunch, please reach out to Maggie or Sarah. If you would like to be paired with another family, we're happy to coordinate that as well!



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



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

Maggie Maloney

[MaggieWMaloney@gmail.com](mailto:MaggieWMaloney@gmail.com)

Sarah McGovern

[SarahLothrop@hotmail.com](mailto:SarahLothrop@hotmail.com)

## BHPCNS' WINTER GALA: SAVE THE DATE

Save  
the  
Date

Winter Gala

**March 8, 2019**  
**7:00 to 11:00 pm**  
**Bethesda**  
**Country Club**

The **Winter Gala** is around the corner and tickets are selling fast! Join us **March 8, 2019** from 7:00 – 11:00 at Bethesda Country Club for a night of surprises, cocktails, great food, and lots of fun all while raising money for the new **Outdoor Discovery Center**. Don't miss the opportunity to bid on front row seats for Graduation, Dance Recitals, Holiday Sing-Alongs, and so much more!

Visit our one stop **auction hub** at <https://bradley.givesmart.com> for a **sneak peek at auction items, sponsorship opportunities and ticket sales**. Keep an eye out for some **surprise announcements** on the site coming soon!

Tickets are **\$75 a person** and include an **evening to remember with dinner, beer and wine included in your ticket purchase**. **Anyone and everyone is welcome** to join us, so spread the word to family and friends. **BHPCNS alumni** are invited to join us for the evening as well. **NEW** for 2019 alumni or parents may pop over for the **cocktail hour between 7:00 and 8:00 pm**, at the reduced rate of \$40 a person. Details are on the website.

We are looking forward to celebrating the night away with our wonderful community in support of a wonderful cause for our children and many generations to come. Questions? [Details are on the site](#) or you can reach out to Claire Adams [Claire.adams09@gmail.com](mailto:Claire.adams09@gmail.com) or Brigitte Koch [Brigitte.b.koch@gmail.com](mailto:Brigitte.b.koch@gmail.com).

## BHPCNS BOARD NEWS

Happy New Year from the Board! As of the December 18 press time, we don't have much new news to report. We will have more news next month. Budget planning continues for the 2019-2020 school year. We expect to have that wrapped up by the middle of January. We remain in good shape financially.

The BHPCNS Board consists of parents as well as church and teacher representatives. A full list of members can be found on the Nursery School website. The Board meets 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. The Board encourages parents to engage with us directly. You can reach us directly at [Board@bhpcns.org](mailto:Board@bhpcns.org) or anonymously via the online form on the Board of Directors portion of the Nursery School website. In addition, we encourage parents to join us for Board meetings. If you are planning on attending the meeting, please let me know. We want to have enough chairs at the table. The next Board meeting is scheduled for January 31st at 7:00pm.

Souheil Inati, Chairman of the BHPCNS Board

## ILLNESS AND NURSERY SCHOOL

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



### From the Parent Handbook regarding Illness:

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

We are often asked: "How do you know when to keep a child home?" Here are some guidelines:

- Do not send your child to school within 24 hours of a fever.
- Do not send your child to school within 24 hours of diarrhea.
- Do not send your child to school within 24 hours of vomiting.
- If prescribed an antibiotic, your child must be given the medication by his/her parent or legal guardian and observed for at least an hour, to be certain there is not an allergic reaction, before your child may return to school.

Please note the 24 hour rule in the above guidelines.

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

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

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

**A child may not be readmitted to school after an absence of 3 consecutive days or more due to illness without a written statement from the parent or physician that the child may return to a regular schedule.**

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

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

## CATHRINA GABA, AUTHOR & ILLUSTRATOR, GUEST READER AT BHCNS



Guest Author & Illustrator Cathrina Gaba  
(Daughter of Mrs. Jacob)  
January 29, 30, and February 1 at  
BHCNS for all classes!



Cathrina Gaba, author and illustrator has published her first book, Mary Sue Ellen Samantha McClue. It's a wonderful story of a young girl fulfilling her dreams. The book can best be described as:

**One Little Girl**  
**One Big Adventure**  
**Life's Greatest Lesson**

Mrs. Gaba will autograph copies of her book when she comes to read to the children. [The book is available on Amazon](#). We are also hoping to have copies of the book available for sale when Mrs. Gaba is here at BHCNS. Details to follow as the date for our guest reader gets closer.



## BHPCNS JANUARY BIRTHDAYS

Maia Folio  
Claire Houlding  
James Mense  
Griffin Rickett  
Leo Hoopes  
Caroline Alafoginis  
Mayu Tamaoki



Johnny Pratt  
Ako Yokoyama  
Avery Teeters  
Audrey Chua  
Camila Bejarano  
Nathaniel Sandick  
Milan Tripathi

### Wish these Bradley Bear Cubs a happy day!

Reminder: When sending in birthday treats, please send in small cupcakes, mini muffins, fruit kabobs, etc. Remember to label the treats with the ingredients used so we can keep everyone safe at school. We typically share birthday treats at snack time. If you have any questions, please reach out to your child's teacher or the office.

## BHPCNS FUTURE BRADLEY BEAR PHOTOS



### Is there a new baby in your house?

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



## WEATHER RELATED CLOSINGS AND DELAYED OPENINGS

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

**If MCPS schools are closed, BHPCNS will be closed.**

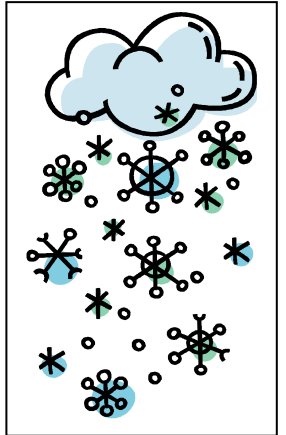
**If MCPS has a 2 hour delay, BHPCNS will begin the school day at 11:00 am, except Early Morning with Bradley Bear students who may arrive at 10:00 am.**

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

Stay and Play will be held at its regular schedule.

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

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



## VISION SCREENINGS FOR BHPCNS STUDENTS



**Vision Screenings:** For all 3 and 4-year-old classes will take place on January 10<sup>th</sup> and 11<sup>th</sup>. The Society for the Prevention of Blindness will perform the screenings. We are sending home practice sheets. Please review with your children.

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

## SPEECH AND OCCUPATIONAL THERAPY FOLLOW-UP CALLS with Liz Sobrino

Throughout the month of January, I will be reaching out to parents whose children who were recommended for speech therapy or for occupational therapy. These conversations will be to discuss the next steps in how we are supporting your child's development at school and how we can help prepare your child for the rest of the school year and the following school year. Early Intervention can make a tremendous difference in your child's social, academic, fine and gross motor success. I am looking forward to speaking with you.

## 2019 SUMMER CAMP: HERE WE GO A WANDERING: Camping Camp with Bradley Bear



*Here we go a wandering!  
BHP CNS Summer Camp!*

This year our campers will be exploring all things related to camping. Our 2019 camp programming is changing a bit from previous years. There will still be lots of fun both inside and outside.

- There will be one camp session that runs for 9 days. Camp will run between Monday, June 17<sup>th</sup> and Thursday, June 27<sup>th</sup> between 9:00 am & 12:30 pm.
- There will be early morning drop off available too.
- All currently enrolled BHP CNS children, including those in our 2s' programs, may attend camp. For children not completely potty trained there will be an additional fee.
- For more details, stop by the office. Registration forms have gone home in your child's tote bag. Additional copies are available outside the office.
- Register by February 28 for an Early Bird discount.

## PARKING FOR PREGNANT MOTHERS AND FAMILIES WITH NEW BABIES



### RESERVED PARKING:

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



## MARK YOUR CALENDARS FOR THESE IMPORTANT SCHOOL HOLIDAYS:

**January 21: BHP CNS Closed: Martin Luther King Holiday**

**February 18: BHP CNS Closed: Presidents' Day**

## MORE IMPORTANT NEWS:

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

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

### Transportation Days:



Transportation Days are coming in May. If you have any cool vehicles for land, air, water, construction equipment, fancy cars, horses, motorcycles, drones, etc. we'd love to have them be part of our transportation display. The dates are May 13<sup>th</sup> and 14<sup>th</sup>. The children love to explore, ask questions, and learn all about transportation! Contact Sue Reidy at [Sreidy@bhpcns.org](mailto:Sreidy@bhpcns.org) or 301-365-2909 if you have a vehicle to share.

## NEW YEAR, NEW PARENTING GOALS!



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

Do your 2019 resolutions include being a better parent? Maintaining your cool when your children push your buttons? Wanting your children to be better listeners? Providing positive redirection when your child is not cooperating? Check out some of these local resources to help support you to be the best parent you can be!

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

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

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

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

### **Technology and Preschoolers:**

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

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

**Webinar:** Disrupting the Progression from Early Screen Use to Screen Addiction, Monday, January 14, 3:30 pm. Most conversations about children and screen time focus on a particular age range, such as young children, tweens, or teens. This webinar will connect the dots between early excessive screen use and youth media addiction. Join experts Cris Rowan, occupational therapist and founder of Zone'in Programs, and Hilarie Cash, Ph.D., co-founder and Chief Clinical Officer of reSTART Life, PLLC, as they provide specific, practical, early interventions that prevent children's screen use from impacting their future. Accounts that come from children themselves illustrate exactly how early, unrestricted screen time and media content undermined their relationships, education, and opportunities. [Click here to register](#).

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

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

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

## STAY AND PLAY NEWS:



### **Mondays: The Artist Corner**

#### **Artist McCullough Reports:**

In January, our budding artists will be inspired by the Great Masters of Art. The first artist we will study is Claude Monet (my favorite artist) and impressionism. We'll read a book about Monet's beautiful gardens in France, and create our own lily garden.

#### **Chief Scientist Mrs. Myers Reports:**

Well rested from their holiday break, our budding scientists are spending the next few weeks learning about the 5 senses. From taste testing items and distinguishing flavors to experimenting with balance, investigating the sense of touch, learning what the eye can see and what the nose knows, our scientists will discover new and exciting things about how their bodies work!



### **Mondays: Wigglin' Wizards**



### **Tuesday & Wednesday Bradley Bear Dance Company**

#### **Ms. Lisa Reports:**

Happy New Year! Our dancers will be kicking, jumping, twisting, and twirling into the New Year with upbeat music and classical favorites. This month we will be focusing on percussive movements and music styles (think jazz style dance). Familiarity with basic rhythms builds greater musicality in all styles of dance.

**Dance Uniform Update:** Dancers may wear any clothing that allows them to move freely, leotards and tights can be pink or black, leggings, tshirts, sweat pants, skirts that move, etc. Ballet slippers in black, or pink are required.

#### **Chef Choi Reports:** Happy New Year! Bonne Anne!

The Bradley Bear Chefs will be welcoming the New Year by cooking up some traditional delights. We will cook scrambled eggs, croissants, pancakes and dumplings. Each week we will enhance our cooking skills like cracking eggs, measuring and forming shapes with dough. We can't wait for 2019 and to taste our delicious masterpieces.



### **Tuesdays: In the Kitchen w/ Bradley Bear**



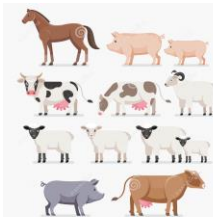
### **Wednesdays: Where in the World is Bradley Bear**

#### **African Explorer Senarathne Reports:**

After celebrating Christmas in Greece, we will be landing in the Pearl of Africa, Uganda. Our journey will include exploring African clothing and costumes, making masks, trying out authentic foods, going on a safari, using binoculars to see our animals, and taking pictures to make a photo album of animals we see during our safari.

#### **Farmer Heather Reports:**

This month in Bradley's Barnyard, our farmers will learn about the animals on the farm. They will "milk" a cow, and make butter and taste ice cream. We will read the book From Cow to Cone depicting a real farm in Delaware. Our Farmers will do a sensory activity involving washing farm animals. Finally, the children will also learn about pigs, goats and horses!



### **Thursdays: Bradley's Barnyard**



### **Friday: Yogi Bears**

**Yogi Leon Meditates:** Even though it's cold outside, our Yogi Bears will be keeping warm! In January, we will move our bodies through different sequences of yoga poses and imagine ourselves as winter Olympians, circus performers, and superheroes! We will float like snowflakes, sled downhill and bend like acrobats. We will also practice mindfulness through our weekly mindful eating activity. Come join us! Namaste.



## MONTHLY SPECIALS



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

### Ms. Beth Sings:

Winter weather is here and music classes are singing, telling stories, playing instruments, and dancing all about it! "The Snow Fell Softly" and "Five Little Snowmen" are the recent favorites for January!

**The snow fell softly through the night.**

**It made a blanket soft and white.**

**It fell on houses, flowers and ground**

**And did not make a single sound.**

[You can hear/download them here](#), (tracks #7 and 8), along with other music from *Weather or Not* album to enjoy at home or in the car!

### Chief Scientist Delfin Reports:

In science this month, we will explore the moon. We will learn about the 4 basic phases of the moon and its path around the earth. We will discover why the moon is covered with craters and experiment with mini asteroids. We may even find ourselves on the surface of the moon where we can jump 3 times further than on earth with the same amount of energy and then return to earth to gaze at the full moon in the night sky.



**Science Class**  
3s, & 4s



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

### Mrs. Stevens Reports:

In preparation for the Parent/Teacher conferences, we will be assessing the children's gross motor skills. The children will skip, hop on one foot, and walk backwards to the *Freeze Dance*. They will dance to the Beanie Bag Dance to show their ability to listen and follow directions. The 3 and 4 year olds will throw a bean bag to hit a target. Finally, all the children will get a chance to "drive" the firetruck, "climb" the ladder, and "squirt" the water to the song "Hurry, Hurry Drive the Firetruck."

### Señora Cardoni Reports:

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



**Spanish 3s, & 4s**



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

### Ms. Casey Shares:

What an amazing way to kick off the holiday season! Our three, four and five year-olds put on a magnificent performance – 13 songs is quite a set list for our small musicians! Thank you too all of the family members who came out to our holiday concerts. Your children worked very hard over the last month preparing for their big moment on stage. These concerts are a unique opportunity for the older kids to become role models for the younger kids. They remember back when they were three, learning all of the new songs and experiencing performing live for the first time. The "big kids" embrace their role and it's a beautiful thing to see the younger children look up to them in admiration. During this time, the twos' classes also got into the holiday spirit as well by dancing along to many of the songs that they will learn to sing next year. How appropriate that we enter 2019 with a renewed sense of hope and wonder at our children's potential and what they are capable of achieving. Happy New Year!