

Children of Hope Child Development Center

November 2025

Hope Happenings: News from Mrs. Mueller's Office

Jessica Mueller
Preschool Director



October flew by . . .

Is it really already November?

We have completed part of our assessment—the **ERS (Environmental Rating Scale: ECERS/ITERS)** process. The next step is the **CLASS** portion of the assessment. This focuses on the transitions, conversations, and language teachers share with your children. Tone, inflection, building confidence, helping children problem-solve, and encouraging deeper thinking are all things the assessors will be looking for.

Happy Birthday!



STAFF BIRTHDAYS

11th - Mrs. Paterson
15th - Mrs. Baldwin

If you've ever been a fly on the wall during morning meetings, snack time, or outside play, you know there are some *fantastic* conversations happening here! Once the final CLASS assessments are complete, those results will be combined with our ERS scores and sent to Quality First to determine our star rating. Please give your teachers a pat on the back—these assessments are intense and require a great deal of preparation and planning.

November tends to fly by, and we'll end the month together with one of my favorite events: the **Thanksgiving Feast**. This is a time for all the classes to come together and appreciate what we are thankful for. Please join us! I know that I am thankful for each and every one of our 37 students—and their families.

is my fervent hope that even though this season is busy, you can find time to slow down and enjoy this magical time of childhood. The days are long, but the years are short.

Warmly,
Mrs. Mueller 😊

#fillyourchildwithhope



Church Events:

November 26th- Thanksgiving Eve Service @Mt. View

Sunday School Nov. 2nd, 9th, and 16th

Praying and Playing Nov. 23rd

Chapel this month:



November 17-Gliders

November 18th- Owlets

November 19th- Penguins

Chapel starts at 8:30 and everyone is welcome to attend.

Don't forget to wear your purple school shirt on your chapel day!

LUNCH BUNCH



Pick Up at 1:00pm: \$15

Pick Up at 2:00pm: \$20

Will invoice via Brightwheel weekly

NO LUNCH BUNCH Thursday, November 20th due to staff meeting

UPCOMING EVENTS

Veteran's Day- Nov. 11th No school



Thanksgiving Break Nov. 26th-27th

Thanksgiving Break



In the season of thankfulness, we are so glad that you are part of our school community!

Preschool Board Meeting

Tuesday,
November 18th, 2025
6:00 - 7:00pm



Family Restaurant Day
4825 E Warner Rd.
10:30 AM- 10:30 PM

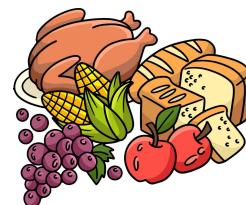
Mention COH and use ZZEEKS15 if ordering online.

Butter Braids



Butter Braid pick up is on November 17th at the school.

Thanksgiving Feast



Our Thanksgiving Feast is a time for all our classes to come together in the lower courtyard. The children will all find their place at the tables and will be served a fine feast of Chicken pieces, rolls, fruit and cookies. Parents are invited and encouraged to attend.

There is no Lunch Bunch this day.



Christmas Store Donations are gladly being accepted now.



National Center for
Pyramid Model
INNOVATIONS



Backpack Connection Series

About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model

The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit ChallengingBehavior.org.

More Information

More information and resources on this and other topics are available on our website, ChallengingBehavior.org.



National Center for
Pyramid Model
INNOVATIONS

ChallengingBehavior.org

How to Help Your Child Recognize & Understand Disappointment

Brooke Brogle, Alyson Jiron & Jill Giacomini

Disappointment is a normal, though difficult, part of growing up. Your child is likely to experience disappointment as she makes new friends, tries new things and experiences the ups and downs of her world. Whether it's a trip to the park that is ruined by rain or missing a birthday party, life is full of little and big disappointments. When you allow your child to feel, experience and learn from little disappointments at an early age, you help her to create the skills she will need to successfully handle the bigger disappointments she will experience later in childhood and as an adult.



Try This at Home

- Notice and label when you, your child or others are disappointed. Explain that everyone, including adults, feel disappointment. You might say:
 - ✖ About yourself: "I am disappointed. Grandma was supposed to come for a visit but she is home sick. I'm going to make her a Get Well card."
 - ✖ About your child: "You have tears in your eyes. I see you are disappointed. You really wanted to go to the park but it is raining. I wonder what we can do on a rainy day like today?"
 - ✖ About others: "That little girl is really disappointed. Her mommy told her she could not have an ice cream. I wonder what she can do to feel better in her body."
- Practice ways to handle disappointment before a potentially disappointing incident occurs. For example, if you know that your child will be disappointed if someone else is on her favorite swing, come up with appropriate solutions ahead of time. You could say, "When we go to the playground, someone else might be on your favorite swing. You might feel disappointed. What could you do to stay calm?" Come up with some solutions such as asking the child for a turn, saying please, or bringing a shovel and pail to play in the sandbox while the other child is on the swing.
- Encourage and teach problem solving. "I know you are disappointed to miss Sophie's birthday party. You are a great card maker and I bet you will find a way to wish her a happy birthday."
- Disappointment can quickly lead to feelings of anger if not acknowledged. Simply acknowledge her feelings without overreacting. "You really wanted the red cup. Your sister has the red cup today. Do you want the blue or the green one?"

- Role model how small disappointments can sometimes end up being positive. "I was so disappointed that the car was getting fixed today but I ended up having so much fun with you. It was a great day!"

Practice at School

Children can become disappointed at school when their excitement or expectations about a toy, activity or person don't turn out the way they want. Each child handles disappointment differently and teachers help children to recognize how they are feeling and begin to think about ways to find solutions for their problem so they can feel positive again. As a class, children learn by watching their peers solve their own problems and try to think about solutions themselves.

The Bottom Line

Disappointment can be a healthy and positive, although unpleasant, emotion in young children. The disappointment of not getting to wear the princess dress, dropping the ice cream cone or not being first in line prepares children to deal with life's greater obstacles in later childhood and adulthood. Parents can help their children recognize and understand disappointment, soothe themselves and problem solve. While tempting, it is not helpful for parents to try to keep their children from feeling disappointment and have life always flow smoothly. Parents can help their children so much more if they instead teach them how to recognize and cope with all of their feelings (i.e. anger, joy, excitement and disappointment) and teach children how to cope with emotions instead of expressing themselves with challenging behaviors.

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Connection Requires Four Critical Elements:

Eye Contact



Get down on the child's level to achieve **eye contact** for a brief moment. When eyes meet, a wireless connection is created between the orbital frontal areas of the prefrontal lobes. From this connection, we download inner states into one another. The eyes contain nerve projections that lead directly to key brain structures for empathy and matching emotions. As soon as you have eye contact, download calm, "There you are. You're safe. Breathe with me. You can handle this." "Mirror neurons ensure the moment someone sees an emotion on your face, they will at once sense the same feeling within themselves."

- Daniel Stern

Presence



Being present in the moment means your mind and body are in the same place. Your mind is free from chatter. You are still enough to see the beauty in the child. Presence is about acceptance as we join together to share the same moment. The present moment is where joy lies. Relax into it.

Touch



Touch is the only sense we cannot live without. The skin and brain are made up of the same embryonic tissue. The skin is the outside layer of the brain. Touch creates a hormone that is essential to neural functioning and learning. If we want smart, happy kids, then we need to provide more appropriate, caring touch.

Playfulness



Playfulness helps build bonds and creates a biochemistry in the brain for dopamine. Dopamine says, "Pay attention, stay focused." Playful situations strengthen the dopamine system, increase attention spans and boost social development.



Please make drop off and pick up times with your child
NO CELL PHONE ZONES ☺

SMOKE-FREE ENVIRONMENT

We at **Children of Hope Child Development Center** are committed to providing a smoke-free environment for children, staff members, and childcare providers. Due to hazards from exposure to second-hand smoke and as a recognized Empower childcare facility, it shall be the policy of this childcare facility to provide a tobacco-free environment for children, staff members, childcare providers, and parents



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Child Development Center of
Ahwatukee**

