

Children of Hope Child Development Center

September 2020

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director

Welcome to our School Family!



I can't begin to tell you how happy we are to be back on this campus with children laughing, playing, and learning! What a long, unexpected time away. We truly missed this special place, one another, and all of you.

We are looking forward to a wonderful year together! Even though we have started off small, we anticipate as the Covid numbers go down and school districts return to campus, our preschoolers will also return to campus. Please **INVITE YOUR FRIENDS**...we would love to welcome them to our school family!

Happy Birthday!



August 18: Mrs. Johnson

August 26: Mrs. Dolny

Sept. 12: Mrs. Gerrish

In the meantime, we thank you for starting the year with us and for the trust you have placed in us to care for your child. Science tells us that a child's brain grows 90% in these first 5 years, and we know that the relationships and lessons that occur in these early years really matter. We do not take this responsibility lightly and we thank you for sharing your child with us during these very formative years. My teachers are committed to providing the nurturing, supportive, safe environments & experiences that your child needs to foster brain development and social growth, laying a strong foundation for learning.

Welcome to Hope...we are so glad you are here!

Mrs. H



ALL ARE WELCOME!

In -person services to resume soon!

**8:30am Traditional Service
10:30am Contemporary Service**

Sunday School for Kids ages 4 -5th grade during the 10:30am Service with Deacon Connie!



Nursery Care is available to children 3 years and under in Room 2



CHAPEL



September 23 & 24

Each month **Deacon Connie** will spend some time with the children introducing them to a **Fruit of the Spirit**, (these being love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) and illustrating for them how Jesus personified these traits and how we can, too! We will also enjoy some music and movement activities that complement each Fruit.

This month's lesson will focus on **JOY**
This month's song is
"I've Got the Joy...Down in My Heart"

Wear your school shirt for Chapel!

Optional Chapel Offering

Each month the children are welcome to bring an optional Chapel Offering.

- **Skeins of yarn, Bars of Ivory Soap, Newborn Diapers, Fleece**

For the **Arizona Needy Newborns** organization here at Esperanza

Cash donations will be given to **Feed My Starving Children**

Special drives may occur throughout the year...stay tuned.

LUNCH BUNCH



Lunch Bunch offers our students opportunities for additional socialization through mealtime, extended activities and play. We provide a safe, nurturing place where the children can eat lunch with their peers, while learning to manage and clean up their own space, with the bonus of added time to socialize and play with their friends.

With the company of our supportive teachers, Lunch Bunch kiddos can acclimate to a longer school day, can make mistakes (such as spills) and be helped to fix them, and can gain confidence and independence.

Lunch Time is very fast in elementary school and here at Hope we believe in providing Lunch Bunch as an opportunity for our students to practice the “soft skills” needed for kindergarten success.

Available Daily

Sign up Book is located outside Mrs. H's office

Pick Up at 12:30pm: \$10

Pick Up at 1:30pm: \$15

Pick Up at 2:00pm: \$20

Must be enrolled in 3's or Pre-K.

Not available to our Toddler Class due to diapering/licensing issues.

***NO LUNCH BUNCH ON Wednesday, September 23rd
due to STAFF MEETING**

**Our handwashing protocols really help reduce the number of absences!
Keep practicing this skill at home! Singing songs for 20 seconds helps!**

Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the [five easy steps for handwashing](#)—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



LIFE IS BETTER WITH



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CB310275-A

Handwashing can prevent

1 in 3
cases of diarrhea



1 in 5
respiratory infections,
such as a cold or the flu



Give frequent reminders

Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

What if soap and water aren't available?

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

Did you know?

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.



Remember to make handwashing a healthy habit at home, school, and at play!

First Things First created **Quality First** to work with child care and preschool providers across Arizona to improve the quality of their early learning settings. Currently more than 1,000 early learning programs in communities across Arizona participate in Quality First. All of these programs are licensed and regulated but participating in Quality First is voluntary. These programs are committed to quality improvement, **going beyond** regulatory requirements to help the infants, toddlers and preschoolers in their care be ready for success in school and beyond.

Quality Improvement

Child care centers, home-based providers and preschools participating in Quality First are supported with training and coaching to help improve their programs in ways that nurture the emotional, social, and academic development of every child.

First Things First supports child care and preschool programs enrolled in Quality First with:

- Coaching to build on what's great about a program and identify opportunities to improve
- Funding for the purchase of educational materials, equipment, and other resources
- Financial support for teachers and caregivers to expand their knowledge of early childhood and how to nurture the development of young children
- Specialized assistance from a team of experts in child health, mental health and supporting children with special needs

Star Ratings

To measure progress in quality improvement, each program participating in Quality First is assessed and given a Quality First Star Rating, ranging from 1 to 5 stars. Star Ratings are based on what research shows are the key components of quality early care and education:

- **Health and safety practices** that promote children's basic well being
- **Staff qualifications**, including experience working with infants, toddlers, and preschoolers as well as training or college coursework in early childhood development and education
- **Teacher-child interactions** that are positive, consistent and nurture healthy development and learning
- **Learning environments**, including age-appropriate books, toys and learning materials that promote emotional, social, language and cognitive development
- **Lessons** that follow state requirements or recommendations for infants, toddlers, and preschoolers
- **Group sizes** that give young children the individual attention they need
- **Child assessment and parent communication** that keeps families regularly informed of their child's development

The standards are high. Programs are assessed every one or two years and receive a new Star Rating with each assessment.

Going beyond licensing requirements

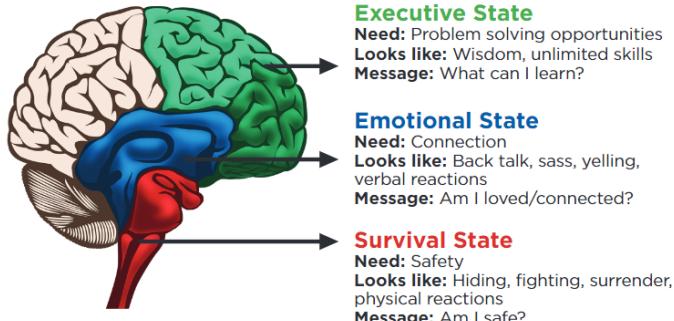
No matter a program's current Star Rating level, families can be assured that child care providers participating in Quality First are committed to making improvements that help prepare kids for school and life. They are dedicated to providing **care that exceeds** the basic requirements of the Arizona Department of Health Services, Department of Economic Security Child Care Administration or tribal or military authority that provides regulation and oversight of their program.



Our school's character education and behavior management program is called Conscious Discipline. Conscious Discipline is an evidence-based, self-regulation program that integrates social-emotional learning and discipline. The program, developed by Dr. Becky A. Bailey, empowers adults to consciously respond to daily conflict, transforming it into an opportunity to teach critical life skills to children.

Conscious Discipline is a way of organizing schools and classrooms around the concept of a school family. Each member of the family, both adult and child, learn the skills needed to successfully manage life tasks such as learning, forming relationships, communicating effectively, being sensitive to others' needs, and getting along with others. The skills include composure, empathy, integrity, assertiveness, responsibility, the ability to make good choices, and the ability to see the best in others.

Conscious Discipline® Brain State Model



The Conscious Discipline Brain State Model helps us understand how the brain works in relation to discipline. An upset adult is always a threat to children's sense of safety. We must actively calm ourselves if we are to help children calm themselves. Taking three deep breaths helps us calm down by shutting off the stress response in the body.

Do not try to reason with your child when he/she is in **Survival State** (ex: in the throws of a tantrum). Wait until your child is calm to try and reason. Deep breathing helps a child to calm.

Once he/she is calm, the upset can be revealed and conversation can begin in the **Emotional State** (ex: he won't share with me, I don't want to leave the park, she pushed me, etc).

Feelings of upset can be discussed (ex: Your arms are folded like this and you are crying. I see you are frustrated. You wanted the blue truck and you are angry that your brother won't share).

The goal is to get your child to the **Executive State** of their brain where problem solving can occur. The Executive State of the brain is in the frontal lobe and is the **last** area of the brain to fully develop, at age 25. You may have to lend **your** Executive State/Frontal Lobe to your child to help solve the problem by modeling a solution (ex: let's talk to your brother and tell him that when he's done with the blue truck that you want a turn).

See more at consciousdiscipline.com



THE APP IS HERE!

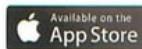
We're excited to launch the all-new
Birth to Five Helpline app!

The Birth to Five helpline app allows you to easily one-click call, text or email the Birth to Five Helpline early childhood specialists directly from your phone.

Plus, you can visit BirthToFiveHelpline.org, donate or visit the Southwest Human Development and First Things First websites directly from the app!

The best part? Once the app is downloaded on your phone, there is no need to memorize the phone number!

DOWNLOAD THE APP TODAY!



Birth to Five HELPLINE
"Nothing Out of the Question" **1-877-705-KIDS (5437)**

FOR ALL YOUR MOMENTS

Because there is no rulebook for raising a child and at times it can be overwhelming, especially if a family is facing challenging times.

The Birth to Five Helpline is a free resource for anyone who has questions or concerns about young children - parents, grandparents, caregivers, early childhood and medical professionals. No problem is too big or too small for our early childhood specialists answering your call.

At **1-877-705-KIDS (5437)**, our bilingual and compassionate specialists are available Monday through Friday from 8 a.m. to 8 p.m. Every child is different and we work with you to address your concerns and provide the right resources, right away, to support you and your child.

Challenging Behaviors
Child Development
Feeding and Nutrition
Parenting Concerns

Potty Training
Sleep, Fussiness or Colic
Support for Professionals



SUPPORTED BY
FIRST THINGS FIRST



Parent-Teacher Conferences

Fall Conferences Coming Soon!

Focused on transition/acclimation into school and social/emotional skills

Be sure to watch Bloomz to sign up for your conference.



Please make drop off and pick up times with your child **Cell Phone Free 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 child care providers. Due to hazards from exposure to second-hand smoke and as a recognized Empower child care facility, it shall be the policy of this child care facility to provide a tobacco-free environment for children, staff members, child care providers, and parents.



Cleaning & Disinfecting
Services



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Children of Hope Preschool/
Child Development Center of
Ahwatukee**