

# Children of Hope Child Development Center

February 2024

## Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger  
Preschool Director



Mrs. Dolny and I had a wonderful time at Early Childhood Day at the Capitol! We got to sit in on a legislative session where Rep. Stacey Travers gave us a shout out in the gallery, we visited Rep. Stacey Travers and Senator Mitzi Epstein and asked for their support on House Bill 2266 that supports early care and education, and we sat in on a panel discussion with several legislators as they spoke on the upcoming budget and support of early ed. What a cool experience! Thanks, Mrs. Dolny for joining me and being a voice for our families!

We are all looking forward to our Parent/Teacher Conferences with you this month! We love a chance to brag on your kiddos and share with you all the growth that is happening.

We are also happy to share a valuable gift with you. We were recently introduced to a supplemental Social-Emotional curriculum for you, the families, at home. Each month you will receive a short video discussing a SE topic (challenging emotions, processing anger, navigating technology, and more). The Frog class will receive their first lesson this month, so they have time to access it before they graduate. All classes will have access starting in August. Please thank your preschool board for their investment in this curriculum designed especially for you, the families.

Warmly,  
Mrs. H



No February Birthdays for Staff



**ALL ARE WELCOME!**  
*Sunday Worship Service*  
9:00am

*Meet Pastor Chris Heller!*



*Esperanza has called a new pastor, and we are happy that he will begin serving here on February 26<sup>th</sup>!*

*A father of three children under the age of 8, and a big believer and supporter of our work here at the preschool, Pr. Chris is looking forward to meeting all of the COH children and families.*

*Stay tuned for opportunities to meet and chat with Pastor Chris!*

*Playin' & Prayin'  
With Deacon Connie*



*Sunday, February 25th during worship  
All kiddos ages 3 and up  
are welcome!*

## FAMILY CHAPEL TIME



**8:30am**

Frogs: Monday, February 5  
Ducklings: Tuesday, February 6  
Penguins: Wednesday, February 7

**Lesson: Fruit of the Spirit**  
Galatians 5:22-23

**WEAR YOUR SCHOOL SHIRT**

**SPECIAL DONATION DRIVE**  
this month to benefit Kyrene Resource Center

**Souper Bowl of Caring**  
Please bring, if you wish:

**Granola Bars  
Bags of Rice  
Dry Pinto Beans  
Jelly  
Spaghetti Sauce  
Cereal**



# LUNCH BUNCH



## NEW LUNCH BUNCH PICK UP TIMES EFFECTIVE NOW

Pick Up at 1:00pm: \$15  
OR

Pick Up at 2:00pm: \$20

Will invoice via Brightwheel

**\*NO LUNCH BUNCH on Thursday, February 15th  
due to Staff Meeting**

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## PLAYGROUND

We love when the kiddos stay after school and play! We especially love the friendships that the moms foster during this time! All are welcome!

Please help us remind the kids of our playground rules after school:

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- Keep gates closed until a grown up opens them for you – the kids are often tall enough to open the gates, but we don't want that to become a habit at recess
  - Do not climb over the fences
  - Keep sand and mulch separate
  - Keep shoes on since we do see an occasional scorpion
-



We use I Love You Rituals every day in our classrooms and the kids love them!

### I Love You Rituals

I Love You Rituals are structured **connecting** activities that include eye contact, touch, presence and playfulness.

1/5



These rituals promote optimal brain development, increase **attention span**, reduce hyperactivity, build self-esteem, amplify **cooperation** and facilitate language development.

2/5



### Families

**Families** benefit from I Love You Rituals at bedtime, morning routine, before or after meals, when saying goodbye, while on the changing table, and more.

3/5



Check out this short overview here: [I Love You Rituals - Your Guide For Meaningful Connections \(youtube.com\)](#)

Example 1: [\(5\) Video | Facebook](#)

Example 2: [\(6\) Video | Facebook](#)

## Birth to Five Helpline



### WHO IT'S FOR:

Families with young children (birth to age 5) anywhere in Arizona

### WHY IT MATTERS:

You're going to have questions when it comes to supporting your child's wellbeing, development, and growth. There will be times when you can use some advice from an expert.

### WHAT IT IS:

Free parenting help is a phone call away. Call 877-705-KIDS (5437).

The Birth to Five Helpline is a free service available to all Arizona families with young children, as well as parents-to-be, with questions or concerns about their infants, toddlers and preschoolers. You can ask about anything, including:

- Sleep
- Feeding, eating
- Fussiness, tantrums, challenging behaviors
- Potty training
- Child development
- Health and nutrition
- Parenting
- Child care
- Other services and programs

Call to speak with an early childhood specialist, on duty Monday through Friday from 8:00 a.m. to 8:00 p.m. You can also leave a voicemail or submit your question online anytime. Helpline staff includes experts in early childhood development, registered nurses, disabilities specialists, early literacy specialists and mental health counselors. The Birth to Five Helpline is operated by Southwest Human Development, Inc., with support from First Things First.



**1-877-705-KIDS (5437)**

**FUN FRIDAYS!**

# **Groovin' to the Music**

**with Mrs. H & Mrs. Angilletta**



**2 Fridays: 2/09 and 2/16**

**8:30 – 11:30am**

**\$70.00 includes both days**

**Offered to Penguins & Frogs**

**Send Mrs. H a message on BW to sign up**



[garden-of-eatin-admin@googlegroups.com](mailto:garden-of-eatin-admin@googlegroups.com)

Do you like to garden? Raised beds are available for rent in our community garden. Please note each bed is private so please do not take any samples from the beds. The preschool rents the bed closest to the playground fence, with the Sitzmann Family tending it for us. Want to help? Reach out to Jane & Leah's mom, Cassidi!

# **DO YOU HAVE YOUR TEAM YET?**



**Saturday, February 24, 2024**  
**6:00 - 9:30pm**

**Gather a Team of 6 Adults**  
**Name your team, Pick a theme,**  
**Decorate your table, Enjoy the fun!**

## **Cost**

**\$30 per person**

**Includes buffet dinner - each table is B.Y.O.B.**

## **Prizes**

**Winning Team receives \$600 cash prize!**

**Prize for best decorated table and more!**

## **SIGN YOUR TEAM UP HERE!**

**<https://www.signupgenius.com/go/20F0849ADAA2FA5FB6-39587642-trivia>**

## Preschool Board Meeting



Tuesday, February 20<sup>th</sup>

6:00 - 7:00pm

Fellowship Hall

If you would like to volunteer for our preschool board, please see Mrs. H. We would love to have you as we plan our school year.

7 Meetings total will be held the 3<sup>rd</sup> Tuesday in September, October, November, January, February, March, and April

## Ahwatukee Easter Parade & Spring Fling

Saturday, March 30<sup>th</sup> @ 10:00am



PARADE ROUTE North on 48th St. for about one mile from Warner Road to Elliot Road.  
Entry line up by 9:00 a.m. Rain or shine.

YOU ARE INVITED! See the invite here:  
<https://acrobat.adobe.com/id/urn:aaid:sc:us:c93fd078-b707-4389-8506-4a7c646c6477>

Looking for someone creative who could make a banner and/or who has ideas for decorating bikes, wagons, strollers, etc. with Easter gear! We want to have a presence this year!

See Mrs. H if you'd like to help!

I know when Mamas get together, great things can happen! 😊



# Parent-Teacher Conferences

**February 26 - 29**

Your child's teacher will post a sign up on Brightwheel.

Mrs. H and Mr. Caleb will watch your child during your conference time.

We look forward to sharing your child's progress with you!



**2024- 25 School Year**

**Current Families:** NOW through Thursday, February 29<sup>th</sup>  
Spot is guaranteed if paperwork is received by 2/29

**New Families:** Opens Friday, March 1<sup>st</sup>

Enrollment Packets available via BW and Website



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



**FORCE SHIELD**  
FOG • DISINFECTION • PROTECT

find us on  
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Insta!**

**Also, join our Private Group**  
Children of Hope Preschool/  
Child Development Center of  
Ahwatukee