

# Children of Hope Child Development Center

February 2021

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

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Preschool Director



### Love is...

Love is...was a popular comic strip when I was a child. I used to enjoy reading them and often clipped them out of the newspaper to save them (dating myself!)

I am currently reading a book entitled “Love is the Way” by Bishop Michael Curry, the man who delivered the sermon at the wedding of Prince Harry and Meghan Markle. I am only a few chapters in, but I have already found my eyes filling with tears more than once with the spirit to do more and love more.

Love is so many things here at the preschool every day. Love is watching my teachers rally around each other when one or more need a boost. Love is seeing our parents rally around one another when one suffers a loss. Love is the friendships that have formed on this campus that have lasted well into the high school years, between students and parents alike. Love is a child’s small hand resting on a teacher’s arm at Circle Time. Love is one child helping another climb the playground structure. Love is hearing a child remind another of the Fruits of the Spirit. Love is watching a child put a jar of peanut butter or box of cereal in the Kyrene Resource Center shopping cart at Chapel. Love is alive and well on this campus every day and it is a sight to see!

We love your child in this month of Valentine’s Day, and every month. I hope you can see and feel that.



“Love is patient, love is kind.” 1 Corinthians 13

No February  
Staff Birthdays



## Welcome Pastor Annemarie!



*Check out Pastor Annemarie's sermons virtually until in-person services resume*

Worship - Esperanza Lutheran Church  
(myesperanza.org)

## SUNDAY SCHOOL



Until we meet in person, Deacon Connie is posting Sunday School lessons that you can enjoy as a family. This week's lesson is the parable of the House on the Rock.

She also hosts Confirmation Zoom meetings so if you have a middle schooler who would like to join in, let her know!

<https://myesperanza.org/education/sunday-school/>

## CHAPEL



February 17 & 18

**Songs:**  
**Fill Your Bucket Song**  
**My God is So Big**

Fruit of the Spirit: Faithfulness  
Story of the Good Samaritan &  
Jesus is a faithful friend

We are recording 1 Chapel session each month until parents can attend.  
January's Chapel Time has been posted on Bloomz. Check it out!

Each month we introduce the students to a **Fruit of the Spirit**, (these being love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) and illustrate how Jesus and other characters from the Bible personified these traits, and how we can, too!

Wear your school shirt for Chapel!

**Optional Chapel Offering**

We continue to collect **boxes of cereal** for Kyrene Resource Center.

# WHY 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, February 10<sup>th</sup>**



# Mom to Mom Nutrition

## 50+ Preschool Lunch Ideas

*Add your child's favorite from each group to build a nutritious lunch*

### MAIN DISH

- Peanut Butter and Jelly Sandwich
- Hummus and Whole Grain Crackers
- Tuna or Egg Salad with Crackers or Bread
- Waffle or French Toast Sticks
- Lunch Meat and Cheese Sandwich or Wrap
- Crackers with Meat and Cheese or Peanut Butter
- Hummus Wrap with Sliced Vegetables
- Sun-Butter Roll-Up with Jelly
- Dinner Leftovers
- Pasta with Marinara Sauce
- Hot Dog on Whole Wheat Bun
- Cheese Quesadilla or Grilled Cheese Oatmeal or Yogurt Parfait

### FRUIT

- Sliced Apples
- Unsweetened Applesauce
- Banana
- Grapes
- Fresh Berries
- Orange/Clementine
- Sliced Pears
- Avocado
- Watermelon
- Peaches

### VEGETABLE

- Raw Baby Carrots
- Celery Sticks
- Sliced Cucumber
- Sliced Bell Pepper
- Sugar Snap Peas
- Cherry Tomatoes
- Precut Broccoli
- Precut Cauliflower
- Green Beans
- Corn

### Sweet Potato Sticks

### DRINK

- Water
- 100% Fruit Juice 2%
- or Skim Milk

### VEGETABLE

- Veggie Sticks/Straws
- Pretzels or Pita Chips
- Mozzarella Cheese Stick
- Yogurt
- Boiled Egg
- Granola Bar
- Trail Mix
- Mixed Nuts
- Graham Crackers
- Popcorn
- Mini-Muffin or Snack Bites
- Pudding
- Rice Cakes Jerky
- OPTIONAL
- Hummus for dipping
- Ranch for dipping
- Nut Butter for dipping
- Sliced cheese for protein
- Small piece of chocolate

For more delicious recipes head over to <http://momtomonnutrition.com>



## Parenting Help is a Phone Call Away. Call 877-705-KIDS (5437).

Young children don't come with an instruction manual. You're going to have questions. There will be times when you can use some advice. Sometimes you just need someone to listen. The Birth to Five Helpline is here to help.

### Connect with an expert. It's free.

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. 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.

The Helpline is staffed by early childhood development specialists, registered nurses, disabilities specialists, early literacy specialists and mental health counselors.

### You can ask about anything, including:

- Sleep
- Feeding/Eating
- Fussiness
- Tantrums/Challenging Behaviors
- Potty Training
- Child Development
- Health and Nutrition
- Parenting



SUPPORTED BY  
 FIRST THINGS FIRST

The Birth to Five Helpline is operated by Southwest Human Development, Inc., with support from First Things First.



# CHOICES for children

## Two Positive Choices

Step 1:

Breathe deeply and make a conscious decision to focus on what you want the child **to do**.

Focus on the behavior you want to see, rather than the undesired behavior.



Conscious Discipline®

## Two Positive Choices

Step 2:

Tell the child, "You have a choice!" in an upbeat tone.

Our positive attitude will lighten the situation, especially if the child is resistant.



Conscious Discipline®

## Two Positive Choices

Step 3:

Clearly state two choices that will achieve the goal.

Say, "You may \_\_\_ or you may \_\_\_."

For older children, you could say, "Feel free to \_\_\_ or \_\_\_."



Conscious Discipline®

## Emotional State Tool of the Week:

**C** = Choices

Two positive choices help children **direct** their attention when they're having trouble focusing, **recover** from situations where they feel powerless, and **calm** down after an emotional state episode.



Conscious Discipline®

Ex: You may pick up the blocks or the baby dolls, what is your choice?

Ex: You may walk to the car or jump to the car, which do you choose?

Ex: You may go to bed in 1 minute, or 2 minutes, what is your choice?

Ex: You may get a bath or a shower, which do you choose?



We are really looking forward to our conferences with you **in March!** Sign-ups will be posted on Bloomz. To help us best prepare, we ask that you fill out the **ASQ** that will be coming home in your mailboxes soon. This tool helps us to get a good understanding of your child's behavior at home. When combined with our observations at school, we can really have a productive conversation, and a successful partnership, to best support your child.



### Tell me more about ASQ-3.

ASQ-3 is a set of simple questionnaires trusted for more than 20 years to check child development. There are 21 ASQ-3 questionnaires for use with children from 1 month to 5½ years old (one questionnaire for each age range). Here are the five important areas of development that each questionnaire looks at:

1. **Communication:** Your child's language skills, both what your child understands and what he or she can say.
2. **Gross Motor:** How your child uses their arms and legs and other large muscles for sitting, crawling, walking, running, and other activities.
3. **Fine Motor:** Your child's hand and finger movement and coordination.
4. **Problem Solving:** How your child plays with toys and solves problems.
5. **Personal-Social:** Your child's self-help skills and interactions with others.

### Can a questionnaire really capture my child's true skills and developmental progress?

Yes! Studies have shown that parent-completed screeners like ASQ® are very effective at pinpointing child progress. Information parents give about their children is usually highly accurate. Plus a parent-report tool like ASQ calls for **your unique perspective** on how your child behaves and performs skills in natural settings like your home. That means it can capture the big picture of your child's development better than a screening that takes place in an unfamiliar setting.



As of this writing, more than half of our teaching staff has had the first of two Covid vaccines!



## **Exclusively for our Pre-K Students!**

**SESSION BEGINS ON FRIDAY, MARCH 19<sup>th</sup>**  
**SIGN UP NOW!**

Give your kiddo an extra boost of confidence this spring in preparation for kindergarten. Join Mrs. H and get some **extra practice on the skills kindergarten teachers are looking for:** including practice in math, letter sounds, fine motor grip, problem solving, emotional regulation and deeper thinking. With activities from the nationally recognized program, "Get Set for School" combined with research based best practice, you can give your budding kindergartener an extra boost!

Friday mornings 8:30 – 11:30am  
3/19, 3/26, 4/09, 4/16, 4/23, and 4/30

\$175 for the session



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 • DISINFECT • PROTECT

find us on  
**Facebook**

 **Instagram**

Like our Facebook  
Page/Follow us on  
Insta!

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