

Children of Hope Child Development Center

November 2023

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



We really enjoyed having our families on campus for our annual Halloween party! The kids were so excited! We hope you all had a fun morning with your child. Thanks for being here!

With Halloween in the books, we have now officially kicked off a wonderful time of year at preschool. We have lots of fun holiday things planned for these next two months!

We are also very excited to travel as a staff to Nashville for the annual NAEYC Conference. I promise you that lessons learned there will immediately take effect in our classrooms that will benefit all!

As a reminder the Penguin class will meet as usual with Mrs. Mueller and Mr. Caleb during this time. Ducklings and Penguins will **not** meet on 11/15 and 11/16. Refunds on tuition have been processed on Brightwheel for those affected.

We continue to collaborate with our Smart Support consultant, Aphrodite. She is a tremendous resource to us and our students in our classrooms and she supports the social-emotional climate in our classrooms. We believe strongly in this aspect of our curriculum, especially in light of the recent tragedy at our local high school. Below is the Social-Emotional Standard that we implement from the AZ Early Learning Standards.

[Arizona Early Learning Standards \(azed.gov\)](https://azed.gov) - [read more here](#)

Strand 1: Self-Awareness and Emotional Skills

- Concept 1: Self-Awareness
- Concept 2: Recognizes and Expresses Feelings
- Concept 3: Self-Regulation

Strand 2: Relationships and Skills

- Concept 1: Attachment
- Concept 2: Social Interactions
- Concept 3: Respect

Happy Birthday!



November 11th:
Mrs. Paterson

Mrs. H 😊

#fillyourchildwithhope



ALL ARE WELCOME!
New Worship Experience for Families!



Playin' & Prayin'
with Deacon Connie
November 19,
December 17, January 21

On these designated Sundays, Deacon Connie will take **children ages 2-6** to the Duckling classroom for some playin' & prayin' time (Bible story & activities), allowing parents to remain in worship for the service and sermon!

Deacon Connie will bring the children back to the sanctuary to join their families near the end of the worship service, in time for communion and dismissal.

We look forward to this special time with your children and hope it will bring a warm invitation to your family to worship with us at Esperanza.

FAMILY CHAPEL TIME



PARENTS!
We invite you to
Family Chapel Time!
WEAR YOUR SCHOOL SHIRT

8:30AM

Frogs: Monday, 11/06
Ducklings: Tuesday, 11/07
Penguins: Wednesday, 11/08

Donations to Kyrene Resource Center will be accepted at Chapel Time.

These include:
Cereal
Rice
Beans
Canned Meat (chicken, Spam, tuna)
Shampoo
Conditioner

BUT THE FRUIT
of the Spirit IS...



LUNCH BUNCH



NEW LUNCH BUNCH PICK UP TIMES **STARTING IN JANUARY**

Pick Up at 1:00pm: \$15

OR

Pick Up at 2:00pm: \$20

Will invoice via Brightwheel

We have found that the 12:30pm pick up time barely allows the children time for play and to eat their lunch. Starting in January we will offer two pick up times for Lunch Bunch that are more conducive, allowing the kids ample opportunity to play and not rush through their lunch.

NO LUNCH BUNCH ON Thursday, 11/16 and Tuesday, 11/28

3 Places Families Should Make Phone-Free (and tablet-free)

Take back family time and set an example for your kids by creating tech-free zones in the most important areas of your life.

Topics: [Cellphones and Devices](#)



You're sitting down to dinner and -- buzz, buzz! -- your phone starts vibrating. You're driving your kid to practice and -- beep, beep! -- a call comes in. You're tucking your kid into bed and -- squawk, squawk! -- an app begs to be played. It never fails: Technology interrupts our most treasured family moments.

Sure, our devices keep us connected, informed, and engaged. But meals, bedtimes, and even time in the car are the three times when we need to just say no. Kids are beginning to complain about the amount of time parents spend on their phones. And if we don't draw the line on our own phone use, who will? Creating no-phone zones is key to taking back important family time. It also sets an important example for our kids. Here's how to carve out three important tech-free areas -- and why.

The dinner table. Everything from better grades to a healthier lifestyle have been credited to eating together as a family. Phones at the table can block those benefits. Author Sherry Turkle says that even the presence of a phone on the table makes people feel less connected to each other. The solution? Have a Device Free Dinner. Once the food is ready, ask everyone to turn off their phones, silence them, or set them to "do not disturb." Or set out a box and make everyone drop their phones in it. And if you're tired of getting no response when you ask how your kids' day was, start talking about something funny you saw on your phone, and they'll soon chime in with their own stories.

The bedroom. There's scientific proof that the blue light emitted from cell phones disrupts sleep. Poor sleep can affect school performance, weight, and well-being. Also, if kids are texting with friends until the wee hours, they're more likely to say or post something they'll regret in the light of day. While it's useful to take advantage of devices' built-in controls to reduce brightness and make the colors warmer (i.e. less blue), such as in iPhone's Night Shift setting, using the phone is still a stimulating activity and will eat into important sleep time. Set a specific time before bed for kids to hand over their phones, and charge them in your room overnight.

The car. We're not even talking about texting and driving, because you would never, ever do that, right? Right? Phones in the car also interfere with those conversations you tend to have with your kids when you're driving them around. Maybe it's because you're not face to face, or maybe the open road makes kids open up. So store your phones in the glove compartment until your arrival. Sometimes the car is the place where the deep talks take place. And no one wants to interfere with that.



Caroline is *Common Sense Media's* former parenting editor. She has many years of editorial and creative marketing writing experience and has held senior-level positions at Walmart.com, Walmart stores, Cnet, and Bay Area Parent magazine. She specializes in translating complex information into bite-sized chunks to help families make informed choices about what their kids watch, play, read, and do.

[Check out these recommendations from Common Sense Media!](#)

[Sensical Selections for Kids | Common Sense Media](#)

[Best Preschool TV Shows | Common Sense Media](#)

[Marvel Age-by-Age Guide | Common Sense Media](#)

[YouTube Kids Channels for Kids Who Love Stories | Common Sense Media](#)



Three Ways to Increase Connection and Cooperation

I LOVE YOU RITUALS

Weave I Love You Rituals throughout your day to add consistent, playful connection.

1 : 1 PLAY

Take a five-minute play break and fully engage in your child's favorite play with them.

TOUCH + CONVERSATION

Add extra hugs, cuddling, and conversation throughout your day.



Conscious Discipline®

3/4

Conscious Commitment for the Week:

"I am willing to try one new **I Love You Ritual** this week with my children. These brain-building interactions facilitate optimal development for young children and create **lifelong bonds** between children and adults."



Conscious Discipline®

The four key elements
required for meaningful
connection with

I Love You Rituals:

- 1- Eye contact
- 2- Gentle touch
- 3- Playfulness
- 4- Presence



Twinkle Twinkle

SONGS FOR I LOVE YOU RITUALS VOL. 1

Lyrics: Dr. Becky Bailey & Music: Mar. Harman

Twinkle, twinkle, little star.

Adult and child face each other and recite, wiggling
and touching the tips of each others fingers

What a wonderful child you are!

Adult and child smile at each other

With bright eyes and nice round cheeks,

Adult traces child's eyebrows and cheeks

A talented person from head to feet.

Adult gently taps child's head and feet

Twinkle, twinkle, little star,

Adult and child face each other and recite, wiggling
and touching the tips of each others fingers

What a wonderful child you are!

Adult and child hug

Wishing you well,
Mrs. H

UPCOMING EVENTS

Preschool Board Meeting



Tuesday, November 21st

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 and implement our school year.

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

Thanksgiving Feast



Tuesday, November 21st

10:45am

Lower Courtyard

All are welcome to join us for our school wide Thanksgiving Feast!

Polar Express Day



Thursday, November 30th

Please dress your child in their Christmas pajamas this day. We will enjoy a special snack and activities!

Breakfast with Santa



Saturday, December 2nd

9:00 - 11:00am

\$10.00 per person (no charge for children under 2)

**Enjoy a continental breakfast and crafts while you wait to visit
with Mr. & Mrs. Claus!**

Don't miss this *adorable* event!

Invite your friends!

Reservation forms in parent mailboxes soon!

**Would you like to help with Breakfast
with Santa? Let us know!**

Annual Christmas Program

Thursday, December 14th



8:30am: Drop all children off in the classroom as usual

Ducklings: will perform some songs for you in the classroom right away and will be finished by 9:00am so parents of Penguins and/or Frogs can go to the sanctuary for their performance

Penguins: dress your child in their favorite Christmas outfit and we will meet you in the sanctuary at 9:00am for our performance

Frogs: Please arrive in costume (coming home soon) and we will meet you in the sanctuary for our performance at 9:00am

Don't miss this very special morning!



Please make drop off and pick up times with your child

Cell Phone Free Zones 😊 Your child really wants your attention at this time and it's helpful too if we need to communicate any blessings or concerns with you.

Thank you!

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, 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