



# Hope PDO & Preschool

## From the Directors...

Dear Parents,

Happy New Year! We hope that you had a wonderful Christmas and an outstanding two weeks, enjoying family, friends, and the holiday season. It is a busy time at Hope Preschool with registration beginning this month. Registration for current and alumni students will be Wednesday, January 18<sup>th</sup>. Papers are going home this week, and the information is on the website as well, [Hopechangeslives.org](http://Hopechangeslives.org). We have a few changes to the registration process. We are not using a website to do registration forms this year - they will be in your packet and available on the website. We will need a registration form for each child. Also, we are trying a new priority number website. The website is Eventbrite, and the information about Eventbrite is in the packets you will receive and will also be on the website. This is a new procedure for us, so we are praying that it all goes smoothly.

If you have any questions, or need any help with registration, please feel free to stop by the office and talk with us! If you have a friend or neighbor interested in our program, Open Registration is Tuesday, January 24<sup>th</sup>. Feel free to take a registration packet to them!

### So many thank yous...

We would like to thank you for your support of our Christmas Program! It is always a stupendous evening, filled with children dressed in their Christmas best, smiles, singing, laughter and love!

Thank you also for supporting Christmas for 20 children and parents, donating food and new and gently used toys! It is such a blessing to have so many wonderful, caring and giving families among us. You are all extraordinary!!

Once again, the staff enjoyed a delicious breakfast provided by some of our wonderful parents...Allyson Dailey, Lindsey Bye and Sara Morris. What a treat it is for us to have breakfast, thank you!

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## Directors' Letter (continued from page 1)

### Noteworthy and Newsworthy...

- We cleanup our playground toys at the end of each day, and cover the sandboxes. We have two big tubs filled with toys by the sandboxes. We kindly ask for your help in keeping our playground clean if you are playing after school. Thank you!
- Enrichment activities are starting up again... Dance and Stretch and Grow will start the week of January 9<sup>th</sup>. Spanish will start January 23<sup>rd</sup>. There are forms in the folders on the shelf by the office if you are interested.
- As the seasons change, please remember to change out those spare clothes in your child's tote. If you happen to have any spare clothes, socks or undies that your child has outgrown, we would appreciate any help to replenish our spare clothes for all ages of children.
- Book Orders will be sent home next week and will be due Friday, January 22<sup>nd</sup>. It's easy to order books online! If you need help ordering, just ask Robyn and she will be happy to help you.
- Monday, January 16<sup>th</sup> is Martin Luther King Day - there is no school that day.
- A reminder that if Cherry Creek School District is closed for a snow day, so are we. If they are on a delayed start, we are on our regular schedule and start at 9:30am.

Love and Blessings,  
Robyn Maxum and Courtney Taylor



## Nursery Rhymes

In keeping with our belief that kindergarten readiness begins at birth, we will be stressing several nursery rhymes each month. Children love Mother Goose because "she enchants the ears and knows how to make words sound wonderful." This is a big part of phonemic (the sounds that letters make) awareness and is a necessary pre-reading tool. Help your children learn these rhymes and have fun! Below are the nursery rhymes for September and October. The nursery rhymes we will be using are taken from *Mother Goose: A Treasury of Best-Loved Rhymes* illustrated by Tim and Greg Hildebrandt and edited by Watty Piper.

### January

#### Little Bo Peep

Little Bo Peep has lost her sheep,  
And can't tell where to find them.  
Leave them alone,  
And they will come home,  
Wagging their tails behind them.

#### Little Miss Muffet

Little Miss Muffet  
Sat on a tuffet,  
Eating her curds and whey.  
Along came a spider  
Who sat down beside her,  
And frightened Miss Muffet away.

#### Old MacDonald

Old MacDonald had a farm,  
EIEIO  
And on that farm he had a cow, EIEIO  
With a MOO! MOO! here,  
And a MOO! MOO! there,  
Here a MOO! There a MOO!  
Everywhere a MOO! MOO!  
Old MacDonald had a farm,  
EIEIO  
And on that farm he had a ...  
Sheep BAA!  
Duck QUACK!  
Dog WOOF!

### February

#### Georgie Porgie

Georgie Porgie, pudding and pie,  
Kissed the girls, and made them cry.  
When the boys came out to play,  
Georgie Porgie ran away.

#### Pat-A-Cake

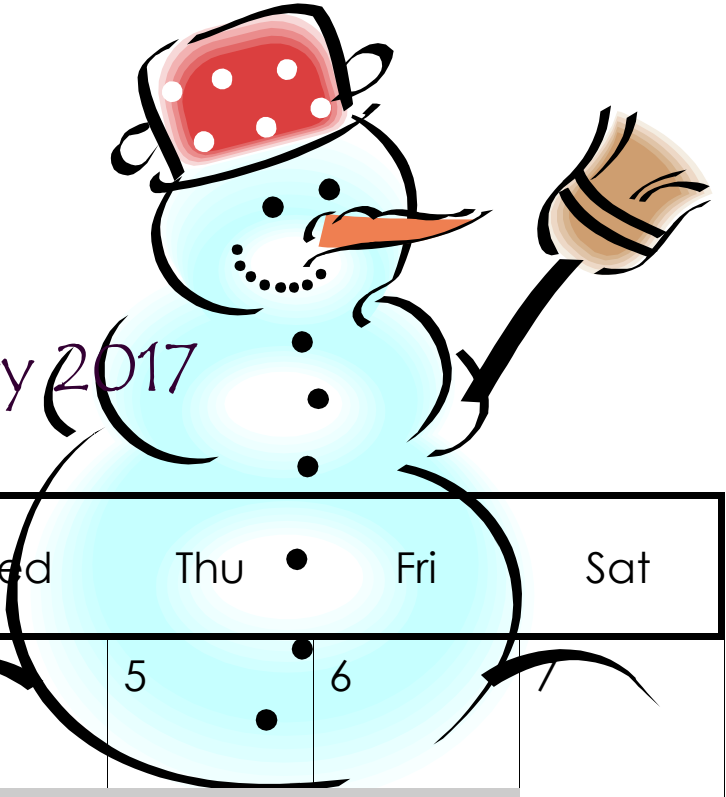
Pat-a-cake, pat-a-cake, Baker's Man  
Bake me a cake as fast as you can.  
Pat it and prick it and mark it with "B"  
And put it in the oven for Baby and Me.

#### I See The Moon

I see the moon  
And the moon sees me,  
God bless the moon  
And God bless me.



January 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No School	3	4	5	6	
Letter: L, l Color: White Shape: Oval Unit: Winter, Snow						
8	9	10	11	12	13	14
Review I, J, K Color: White Shape: Oval Unit: Farm, Stock Show						
15	16 MLK Holiday	17	18 Hope Registration	19	20	21
Letter: M, m Color: White Shape: Oval Unit: Mother Goose, Fairy Tales						
22	23	24	25	26	27	28
Letter: N, n Color: White Shape: Oval Unit: Dental Health and Nutrition						
29	30	31				
Letter: O, o Color: Pink Shape: Heart Unit: Outer Space						



# February 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
Letter: O, o Color: Pink Shape: Heart Unit: Outerspace						
5	6	7	8	9	10	11
Letter: P, p Color: Pink Shape: Heart Unit: Pizza, Pancakes, PJ's						
12	13	14	15	16	17	18
Review M, N, O, P Color: Pink Shape: Heart Unit: Valentine's Day						
19	20 Presidents' Day No School	21 Presidents' Day No School	22	23	24	25
Letter: Q, q Color: Pink Shape: Heart Unit: Math Fun/100's Day						
26	27	28				
Letter: R, r Color: Green Shape: Rectangle Unit: Dr. Seuss, Rhyming						



## Emergency Volunteers

The volunteers for each day should check in at the office. If you've saved a different day, please see Robyn.

### January

**Tuesday, Jan. 3**  
 Maureen Witten  
 Christi Strong  
**Wednesday, Jan. 4**  
 Kara Schmahl  
 Amy Whitmore  
**Thursday, Jan. 5**  
 Christi Strong  
 Jenn Hofmann  
**Friday, Jan. 6**  
 Krista Weber  
 Kristin Paulsen  
**Monday, Jan. 9**  
 Allison Muldowney  
 Tarin Trobec  
**Tuesday, Jan. 10**  
 Julie Jensen  
 Kristin Paulsen  
**Wednesday, Jan. 11**  
 Colleen Madden  
**Thursday, Jan. 12**  
 Krista Weber  
 Kristin Paulsen  
**Friday, Jan. 13**  
 Sarah Silva  
 Jennie Preece  
**Tuesday, Jan. 17**  
 Jen Bailey  
 Julie Orton  
**Wednesday, Jan. 18**  
 Shannon Hackett  
 Ernst Pintar  
**Thursday, Jan. 19**  
 Julie Orton  
 Christie Carron  
 Katie Langford  
**Friday, Jan. 20**  
 Kristin Fuerst  
 Alisa Felin  
**Monday, Jan. 23**  
 Shannon Hackett  
 Lisa Joslyn  
**Tuesday, Jan. 24**  
 Christie Carron  
 Ernst Pintar  
**Wednesday, Jan. 25**  
 Shannon Hackett  
 Amy Whitmore  
**Thursday, Jan. 26**  
 Ernst Pintar  
 Tara Terella

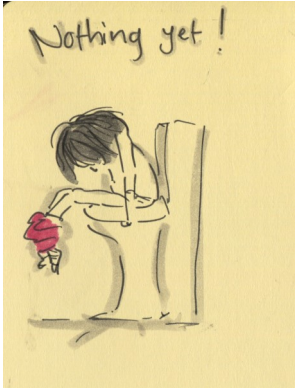
**Friday, Jan. 27**  
 Amy Whitmore  
 Jennifer Wright  
**Monday, Jan. 30**  
 Shannon Hackett  
 Jenn Hofmann  
**Tuesday, Jan. 31**  
 Ernst Pintar  
 Mya Mccabe

### February

**Wednesday, Feb. 1**  
 Shannon Hackett  
 Kara Schmahl  
**Thursday, Feb. 2**  
 Ernst Pintar  
 Mya Mccabe  
**Friday, Feb. 3**  
 Catherine Jay  
 Kim Ziegler  
**Monday, Feb. 6**  
 Heather Thompson  
**Tuesday, Feb. 7**  
 Kate Lenig  
 Stephanie McGee  
**Wednesday, Feb. 8**  
 Kara Schmahl  
 Tarin Trobec  
**Thursday, Feb. 9**  
 Julie Jensen  
 Allyson Dailey  
**Friday, Feb. 10**  
 Alex Smart  
 Christi Johnson  
**Monday, Feb. 13**  
 Kacey Whittenburg  
 Rachael Boyko  
**Tuesday, Feb. 14**  
 Alisa Felin  
 Emily Becker  
**Wednesday, Feb. 15**  
 Stephanie McGee  
 Shanna Ash  
**Thursday, Feb. 16**  
 Kirsten Jacobs  
 Kim Ziegler  
**Friday, Feb. 17**  
 Alex Smart  
 Jenny Emerson  
**Wednesday, Feb. 22**  
 Shanna Ash  
 Christi Johnson  
**Thursday, Feb. 23**  
 Dawn Hovanec  
 Jenny Emerson  
**Friday, Feb. 24**  
 Alex Smart  
 Corine Kampf  
**Monday, Feb. 27**  
 Amy Hunt  
 Jessica Morton

**Tuesday, Feb. 28**  
 Ashley Visser  
 Molly Bump





Potty training is a big step for kids and parents alike.  
The secret to success?  
Timing and patience.

### Is it time?

Potty-training success hinges on physical and emotional readiness, not a specific age. Many kids show interest in potty training by age 2, but others might not be ready until age 2 1/2 or even older — and there's no rush. If you start potty training too early, it might take longer to train your child. Is your child ready? Ask yourself these questions:

- Does your child seem interested in the potty chair or toilet, or in wearing underwear?
- Can your child understand and follow basic directions?
- Does your child tell you through words, facial expressions or posture when he needs to go?
- Does your child stay dry for periods of two hours or longer during the day?
- Does your child complain about wet or dirty diapers?
- Can your child pull down his or her pants and pull them up again?
- Can your child sit on and rise from a potty chair?

If you answered mostly yes, your child might be ready for potty training. If you answered mostly no, you might want to wait — especially if your child has recently faced or is about to face a major change, such as a move or the arrival of a new sibling. A toddler who opposes potty training today might be open to the idea in a few months.

### Ready, set, go!

When you decide it's time to begin potty training, set your child up for success. Start by maintaining a positive attitude — and recruiting all of your child's caregivers to do the same. Then follow these steps.

#### Pull out the equipment

Place a potty chair in the bathroom or, initially, wherever your child is spending most of his or her time. Have your child decorate the chair. Encourage your child to sit on the potty chair — with or without a diaper. Make sure your child's feet rest firmly on the floor or a stool.

Help your child understand how to talk about the bathroom using simple, correct terms. You might dump the contents of a dirty diaper into the potty chair to show its purpose, or let your child see family members using the toilet.



### Schedule potty breaks

If your child is interested, have him or her sit on the potty chair or toilet without a diaper for a few minutes several times a day. For boys, it's often best to master urination sitting down, and then move to standing up after bowel training is complete.

Read a potty-training book or give your child a toy to use while sitting on the potty chair or toilet. Stay with your child when he or she is in the bathroom. Even if your child simply sits there, offer praise for trying — and remind your child that he or she can try again later. To maintain consistency, try to bring the potty chair or a portable potty with you when you're away from home with your child.

### Consider incentives

Some kids respond to stickers or stars on a chart. For others, trips to the park or extra bedtime stories are effective. Reinforce your child's effort with verbal praise, such as, "How exciting! You're learning to use the toilet just like big kids do!" Be positive even if a trip to the toilet isn't successful.



### Ditch the diapers

After several weeks of successful potty breaks, your child might be ready to trade diapers for training pants or underwear. Celebrate this transition. Go on a special outing. Let your child pick out his or her underwear. Once your child is wearing training pants or regular underwear, avoid overalls, belts, leotards or other items that could hinder undressing.

### Know when to call it quits

If your child resists using the potty chair or toilet or isn't getting the hang of it within a few weeks, take a break. Chances are he or she isn't ready yet. Try again in a few months.

### Accidents will happen

You might breathe easier once your child figures out how to use the toilet, but expect occasional accidents and near misses. Here's help preventing — and handling — wet pants:

- **Offer reminders.** Accidents often happen when kids are absorbed in activities that — for the moment — are more interesting than using the toilet. To fight this phenomenon, suggest regular bathroom trips, such as first thing in the morning, after each meal and snack, and before getting in the car or going to bed. Point out telltale signs of holding it, such as holding the genital area.
- **Stay calm.** Kids don't have accidents to irritate their parents. If your child has an accident, don't scold, discipline or shame your child. You might say, "You forgot this time. Next time you'll get to the bathroom sooner."
- **Be prepared.** If your child has frequent accidents, absorbent underwear might be best. Keep a change of underwear and clothing handy, especially at school or in child care.