



Hope PDO & Preschool

From the Directors...

Dear Parents,

Welcome back from Fall Break! We hope you had a wonderful week with your family! It's hard to believe that it is November already...the days just seem to fly by this time of the year with all of the busyness. And all of us at Hope are busy learning, loving and having fun with friends!

Marion Downs Center, previously known as The Center for Hearing, Speech and Language, will be here Monday and Tuesday, November 14th and 15th. Our families pay for highly skilled professionals to come to Hope to evaluate your children individually in three critical areas: hearing, speech, and language. We strongly recommend that all students be evaluated- more knowledge about your children's strengths/skills is invaluable. Please return the completed form, with payment, as soon as possible so the staff at Marion Downs Center will be prepared. If you have any questions or concerns, please stop by the office! Forms will be going home after Fall Break.

So many thank yous...

We thank you for supporting Hope and eating at Piccolo's in September- we received a check for \$500! Thank you!

The staff enjoyed a lovely breakfast on Tuesday, October 6th. Thank you to Dawn Hovanec for organizing this! Thank you Sara Beckley, Amanda Nelson and Elizabeth Parker for providing this delicious meal for us- it is such a wonderful treat! And thank you to our donut dads (for donuts and repairs) and a surprise donut mom.

Please continue to use your King Sooper reloadable cards. Last month we made 520.75. This money goes towards our working budget. Thank you for your support!

(continued on page 2)

In this issue:

Nursery Rhymes.....3

Calendar.....4

Calendar.....5

Volunteers.....6

Meet the Staff....7-10

Final Thoughts..11-12

Directors' Letter (continued from page 1)

Noteworthy and Newsworthy...

- * We are beginning our new fundraiser this week! Give Thanks for Hope...We are very excited about the ease of this fundraiser. You should have gotten a letter in your child's tote and an email. Again, please do not hesitate to ask if you have any questions at all.
- * The weather is getting cooler, so please remember to send a jacket with your kiddo, and appropriate shoes or boots. We do go outside everyday weather permitting.
- * Thanksgiving is around the corner! School will be closed Wednesday, November 21st through Friday, November 23rd.
- * Thanksgiving is also the time to donate to DENUM (Denver Urban Ministries). Each classroom has a box outside their door for non-perishable food donations. These donations will go into Thanksgiving food baskets that DENUM provides.
- * Our Scholastic Book Fair will be November 7-11th before and after school. Thank you to Patricia Colella and her crew for getting this ready for success!
- * Be sure to mark your calendars for our annual Christmas Program on December 7th at 7pm to hear our 3's and Jr-K sing!
- * Thank you for keeping your sick children home. There are a lot of "bugs" going around here and in the elementary schools. We want to keep everyone healthy!
- * Since we are heading into that time of year...we want to remind you of our School Closure/Snow Day Policy. If Cherry Creek School District is closed...we are too! If they are on a delayed schedule, we are on our regular schedule-and school starts at 9:30.
- * Please remember to bring your child to school through the playground door, unless there is a sign outside stating otherwise.
- * School hours are from 9:30-1:30. We do have a late pick up policy and fee, please check your parent handbook for more information.
- * If anyone has a CD/Tape player that they would like to donate, we would be appreciative! And thank you to Christi Strong for the great changing table- it's perfect!
- * Totes should be here soon. Please let your child's teacher know if you need one.

As we count our blessings, we are thankful for every Hope family and especially your little angels!

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.

November

Jack, Be Nimble

Jack, be nimble,
Jack, be quick,
Jack jump over
The candlestick.

Hickory Dickory Dock

Hickory, dickory dock,
The mouse ran up the clock!
The clock struck one,
The mouse ran down,
Hickory, dickory dock!

Little Jack Horner

Little Jack Horner
Sat in a corner,
Eating his Christmas Pie,
He put in his thumb,
And pulled out a plum,
And said, “What a good boy am I.”

December

Twinkle, Twinkle, Little Star

Twinkle, twinkle, little star,
How I wonder what you are!
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star,
How I wonder what you are!

Jack and Jill

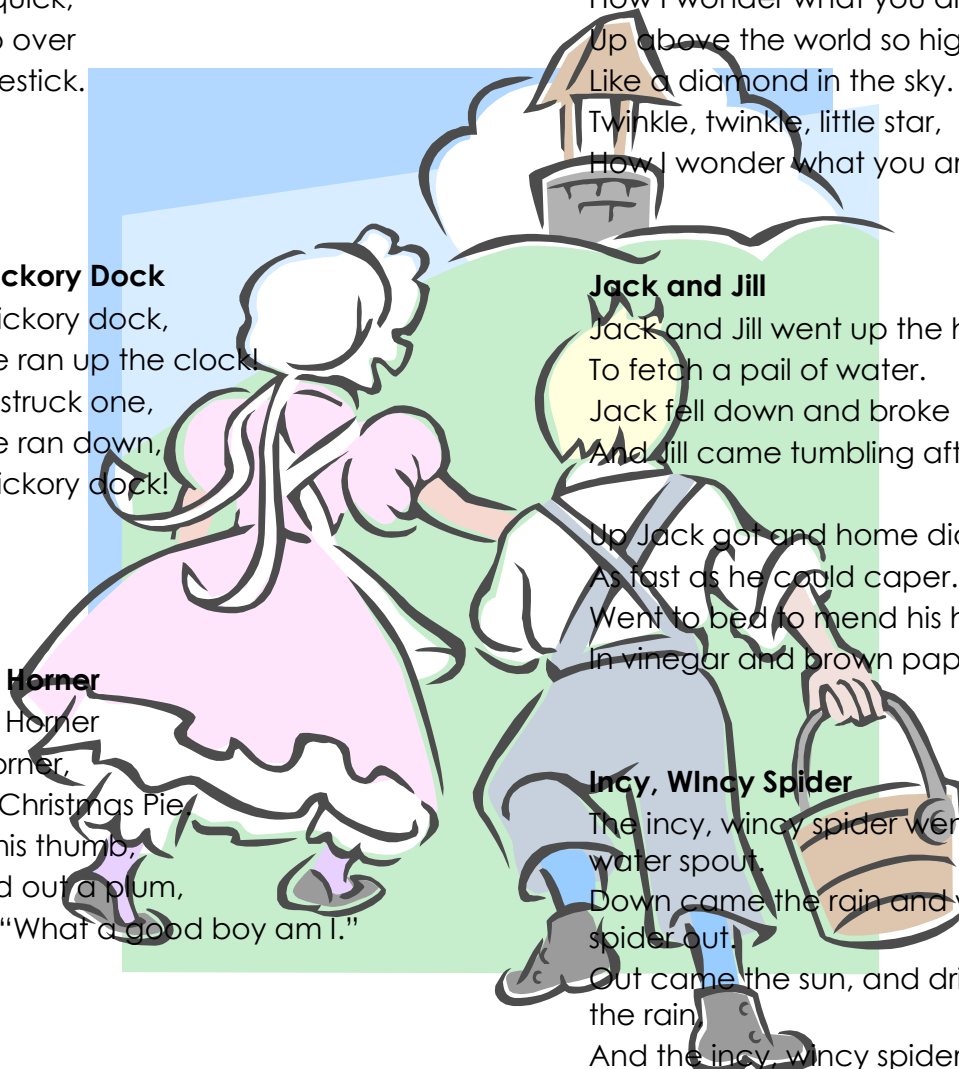
Jack and Jill went up the hill
To fetch a pail of water.
Jack fell down and broke his crown,
And Jill came tumbling after.

Up Jack got and home did trot
As fast as he could caper.
Went to bed to mend his head
In vinegar and brown paper.

Incy, Wincy Spider

The incy, wincy spider went up the
water spout.
Down came the rain and washed the
spider out.

Out came the sun, and dried up all
the rain,
And the incy, wincy spider went up
the spout again!



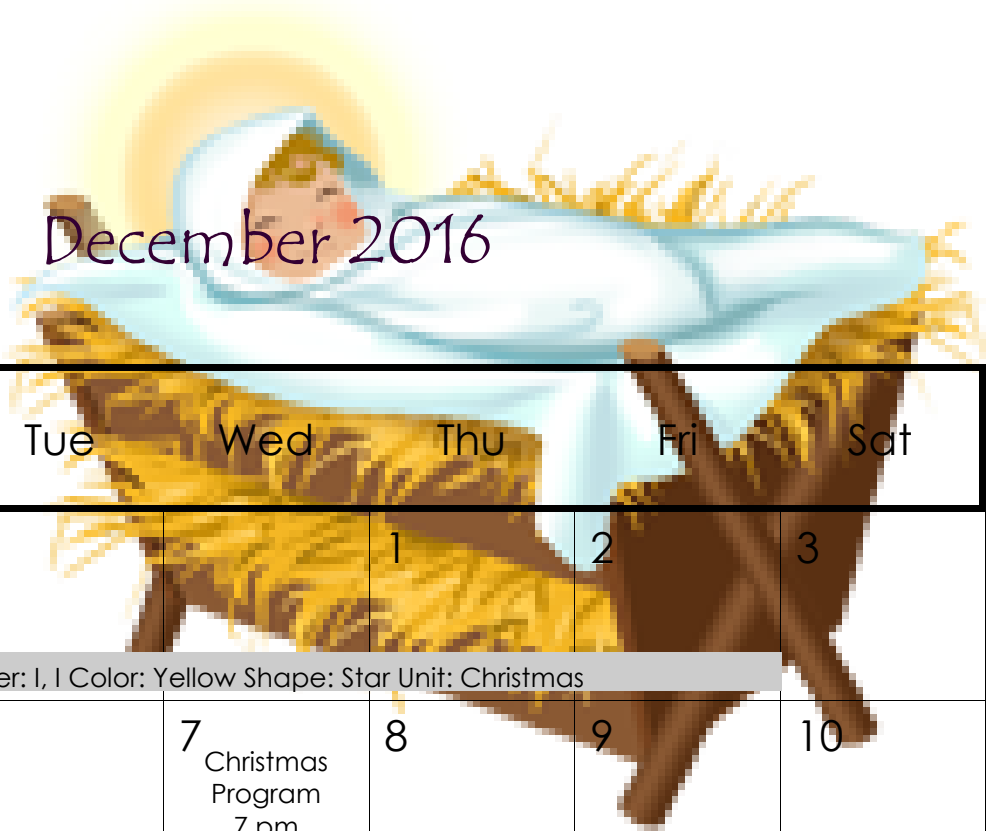
November 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
Letter: F,f Color: Brown Shape: Triangle Unit: Friends/Family						
6	7	8	9	10	11	12
Letter: G,g Color: Brown Shape: Triangle Unit: God						
13	14	15	16	17	18	19
Letter: H,h Color: Brown Shape: Triangle Unit: Hair and Hat Days/Thanksgiving						
20	21 Thanksgiving Parties	22 Thanksgiving Parties	23	24	25	26
Letter: Review Unit: Thanksgiving			NO SCHOOL-THANKSGIVING BREAK			
27	28	29	30			



December 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
Letter: I, i Color: Yellow Shape: Star Unit: Christmas						
4	5	6	7 Christmas Program 7 pm	8	9	10
Letter: J, j Color: Yellow Shape: Star Unit: Christmas						
11	12	13	14	15	16	17
Letter: K, k Color: Yellow Shape: Star Unit: Christmas						
18	19	20	21	22	23	24
CHRISTMAS VACATION—NO SCHOOL						
25	26	27	28	29	30	31
CHRISTMAS VACATION—NO SCHOOL						



Emergency Volunteers

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

November

Tuesday, Nov. 1

Liz Grayson
Amanda Nelson

Wednesday, Nov. 2

Tara Terella
Amy Souther

Thursday, Nov. 3

Theresa Tscheschke Gunal
Amanda Nelson

Friday, Nov. 4

Amy Souther
Jared Hankins

Monday, Nov. 7

Tara Terella
Amy Souther

Tuesday, Nov. 8

Whitney Gates
Allyson Dailey

Wednesday, Nov. 9

Kristin Fuerst
Stephanie Thompson

Thursday, Nov. 10

Melissa Mitarotonda
Shannon Martin

Friday, Nov. 11

Ashley Sadler
Allison Muldowney

Monday, Nov. 14

Marci Pisciotta
Ella Snurka

Tuesday, Nov. 15

Marci Pisciotta
Amanda Nelson

Wednesday, Nov. 16

Marci Pisciotta
Kacey Whittenburg

Thursday, Nov. 17

Marci Pisciotta
Gina Draudt

Friday, Nov. 18

Marci Pisciotta
Jenn Hofmann

Monday, Nov. 21

Colleen Madden
Melissa Trujillo

Tuesday, Nov. 22

Whitney Gates
Krista Weber

Monday, Nov. 28

Patricia Colella
Melissa Trujillo

Tuesday, Nov. 29

Jenn Hofmann
Kelly Tierney

Wednesday, Nov. 30

Kelly Steinke
Melissa Trujillo

December

Thursday, Dec. 1

Ashley Visser
Kim Smith

Friday, Dec. 2

Kristin Fuerst
Sarah Silva

Monday, Dec. 5

Patricia Colella
Stephanie Thompson

Tuesday, Dec. 6

Melissa Heitkamp
Jen Bailey

Wednesday, Dec. 7

Kelly Steinke
Heather Thompson

Thursday, Dec. 8

Melissa Heitkamp
Jessica Shepherd

Friday, Dec. 9

Colleen Madden
Kelly Steinke

Monday, Dec. 12

Patricia Colella
Stephanie Thompson

Tuesday, Dec. 13

Whitney Gates
Kim Smith

Wednesday, Dec. 14

Kelly Steinke
Jenn Hofmann

Thursday, Dec. 15

Brittni Phillips
Mya Mccabe

Friday, Dec. 16

Jared Hankins
Bruce Buck



Meet the Staff

Name: Kelly Festi

First just the facts...

What class do you teach or assist in?

Jr-K aide Tuesday/Thursday/Friday

How long have you worked at Hope?

This is my 13th year!!

What's your favorite thing about working at Hope?

The kids, the parents and the wonderful women who work here!

Tell us about your family:

Married to Mike for 13 years. We have 2 wild and crazy boys...Mitchell is 11 and Cameron is 9. 2 dogs.....Tanner and Peyton and 2 cats...Cricket and Fripp.

Where did you grow up?

Marietta, GA.

What do you do in your free time?

Run, walk the dogs, hike, read, hang out with my boys and watch their sports.

What's your favorite color?

Green

What word most defines you?

FUN

Do you prefer...

Coffee or tea? What kind?

Coffee.....the darker and stronger, the better!

The mountains or the ocean?

Ocean

The book or the movie?

Movie

The Broncos or the ballet?

I LOVE the Broncos

A quiet dinner at home or a night on the town?

Quiet dinner at home

And now, the speed round...

Dogs or cats?

Both

Sweet or salty?

Sweet

Concert or sporting event?

Sporting events....especially my boys and the Broncos.

Favorite dessert?

Carrot cake

Favorite snack?

Cheez-its

Favorite restaurant?

PF Changs

Favorite Starbucks drink?

Chai Tea Latte or Mocha Light Frappachino

Name: Nicky Fleming

First just the facts...

What class do you teach or assist in?

Assist in Friendly Frogs MWF

How long have you worked at Hope?

Started this year

What's your favorite thing about working at Hope?

It is such a fun and friendly place.

Tell us about your family:

My husband is called Richard, I have Jessica (15), Charlotte (13) and James (5)

Where did you grow up?

Surrey, England

What do you do in your free time?

Spend every minute with my family

What's your favorite color?

Pink

What word most defines you?

British

Do you prefer...

Coffee or tea? What kind?

Tea- English Breakfast with milk

The mountains or the ocean?

Ocean

The book or the movie?

Movie

The Broncos or the ballet?

A hard one... love the Broncos, probably Ballet

A quiet dinner at home or a night on the town?

Night out

And now, the speed round...

Dogs or cats?

dogs

Sweet or salty?

Sweet

Concert or sporting event?

Both

Favorite dessert?

Toblerone Mousse

Favorite snack?

Anything with chocolate

Favorite restaurant?

Texas De Brazil

Favorite Starbucks drink?

Extra Hot Hot Chocolate

Name: Ashley Hastedt

First just the facts...

What class do you teach or assist in?

I teach in the Jr-K Turtle room Mondays through Thursdays.

How long have you worked at Hope?

10 years

What's your favorite thing about working at Hope?

The parents, my co-workers and of course, the kids!

Tell us about your family:

Husband Rob, Haley 13, Landon 8 - all Hope alumni!

Where did you grow up?

Maine

What do you do in your free time?

What's that???

What's your favorite color?

Purple

What word most defines you?

Multi-tasker

Do you prefer...

Coffee or tea? What kind?

Coffee

The mountains or the ocean?

Tough decision - both!

The book or the movie?

Book then movie

The Broncos or the ballet?

Broncos

A quiet dinner at home or a night on the town?

Quiet dinner

And now, the speed round...

Dogs or cats?

Dogs

Sweet or salty?

Sweet - chocolate

Concert or sporting event?

Depends...

Favorite dessert?

Anything chocolate

Favorite snack?

Crackers

Favorite restaurant?

Bonefish

Favorite Starbucks drink?

Skinny caramel macchiato

Name: Theresa Hastings

First just the facts...

What class do you teach or assist in?

MWF with 2.5-3s and Th with 2s

How long have you worked at Hope?

1st year

What's your favorite thing about working at Hope?

Entertaining and friendly coworkers

Tell us about your family:

Married 11 yrs to Matt. Son Jackson 6, 1st grade. Daughter Abby 3, Blue Birds

Where did you grow up?

Born in VA, Georgia 8th grade thru college

What do you do in your free time?

Sew, binge watch Netflix

What's your favorite color?

Purple & Teal

What word most defines you?

Giving

Do you prefer...

Coffee or tea? What kind?

Lo-Carb Monster (neither coffee nor tea)

The mountains or the ocean?

Both

The book or the movie?

Book

The Broncos or the ballet?

BRONCOS!!!!!!

A quiet dinner at home or a night on the town?

Night on the town without kids

And now, the speed round...

Dogs or cats?

Dogs

Sweet or salty?

Both at the same time

Concert or sporting event?

Sporting Event

Favorite dessert?

Cheesecake or cookie pie/cake or anything!

Favorite snack?

Honey Roasted Cashews

Favorite restaurant?

Melting Pot, Alamo Drafthouse, GB Fish and Chips

Favorite Starbucks drink?

Strawberry & Cream Frapp or White Mocha (hot or cold)

Name: Jenn Hayes

First just the facts...

What class do you teach or assist in?

3-4's

How long have you worked at Hope?

This is my first year

What's your favorite thing about working at Hope?

I love the people here

Tell us about your family:

I am married to Matt, and we have two kids, Lily & Liam.

We also have two dogs.

Where did you grow up?

Colorado Springs

What do you do in your free time?

Crossfit,

What's your favorite color?

Purple

What word most defines you?

Determined

Do you prefer...

Coffee or tea? What kind?

Coffee, Starbucks

The mountains or the ocean?

Mountains

The book or the movie?

The movie

The Broncos or the ballet?

The Broncos

A quiet dinner at home or a night on the town?

A night on the town

And now, the speed round...

Dogs or cats?

Dogs

Sweet or salty?

Sweet

Concert or sporting event?

Sporting event

Favorite dessert?

Ice cream

Favorite snack?

Pita with hummus

Favorite restaurant?

Bonefish

Favorite Starbucks drink?

Skinny Caramel Latte

Name: Amanda Hill

First just the facts...

What class do you teach or assist in?

I teach in L-14, the little ones age 1-2

How long have you worked at Hope?

11 years

What's your favorite thing about working at Hope?

The ladies I work with and watching the children grow through the year.

Tell us about your family:

I have 3 kids, 19, 16 and 12 all of whom graduated from Hope Preschoiol

Where did you grow up?

Pueblo, Colorado and Aurora as a teen

What do you do in your free time?

Babysit

What's your favorite color?

PURPLE

What word most defines you?

Amanda means kind - I try to be

Do you prefer...

Coffee or tea? What kind?

Tea—mint with creamer, no caffeine

The mountains or the ocean?

Ocean

The book or the movie?

I love movies - musicals are my fav

The Broncos or the ballet?

Broncos

A quiet dinner at home or a night on the town?

Out on the town!

And now, the speed round...

Dogs or cats?

Cats

Sweet or salty?

Salty first, then sweet

Concert or sporting event?

Concert

Favorite dessert?

Ice cream

Favorite snack?

Salty potato chips

Favorite restaurant?

Texas Road House

Favorite Starbucks drink?

Passion Fruit Ice Tea

Name: Donna Marcille

First just the facts...

What class do you teach or assist in?

Teach in Jr-K

How long have you worked at Hope?

This is my 23rd year!

What's your favorite thing about working at Hope?

The staff and the children

Tell us about your family:

Married to Jim for 47 years! 4 wonderful grown children and 10 amazing grandchildren (5 girls and 5 boys).

Where did you grow up?

Williamsville, NY

What do you do in your free time?

Walk, read, go to grandson's sporting events

What's your favorite color?

Blue or green

What word most defines you?

Outgoing

Do you prefer...

Coffee or tea? What kind?

Both

The mountains or the ocean?

Ocean

The book or the movie?

Book

The Broncos or the ballet?

Broncos

A quiet dinner at home or a night on the town?

Night on the town

And now, the speed round...

Dogs or cats?

Dogs

Sweet or salty?

Both

Concert or sporting event?

Concert

Favorite dessert?

Peach pie

Favorite snack?

Cheetos

Favorite restaurant?

McCormicks

Favorite Starbucks drink?

Caramel Macchiato

Name: Sue Martin

First just the facts...

What class do you teach or assist in?

2 1/2's with Jane

How long have you worked at Hope?

1 yr. :)

What's your favorite thing about working at Hope?

The people!!

Tell us about your family:

I have 3 kids. 24, 22, 18. 2 are graduated from college, and 1 is still in HS. Hoping he continues onto college...:)

Where did you grow up?

West Chester, Pa.

What do you do in your free time?

Tennis, biking, and hanging with friends...

What's your favorite color?

pink

What word most defines you?

Easy going

Do you prefer...

Coffee or tea? What kind?

Coffee, flat white

The mountains or the ocean?

Ocean, but still love the mountains

The book or the movie?

The movie

The Broncos or the ballet?

BRONCO'S BABY!!!

A quiet dinner at home or a night on the town?

Night on the town!! Ohhhh yea!!

And now, the speed round...

Dogs or cats?

both

Sweet or salty?

sweet

Concert or sporting event?

Sporting event

Favorite dessert?

White on white cake

Favorite snack?

Sweet and salty snack

Favorite restaurant?

Chop House

Favorite Starbucks drink?

Flat white

Final Thoughts and Announcements

Encouraging Healthy Sleep Habits

Parents of young kids know how precious sleep can be. It's important to remember that a lack of sleep can impact your preschooler's behavior and ability to have a good day at preschool. Grumpiness, low energy, and extremes in behavior could all be signs that your child needs more sleep.

While experts agree about the value of sleep, they also recognize that not all kids need the exact same amount. In general though, one to three year olds need between 12-14 hours of sleep per day. Most kids this age take one long nap and go to bed between 7 and 9 p.m. Kids ages three to six years old typically need between 10-12 hours of sleep per day.

Take the sleepy-time opportunity before bed to cuddle up with some good books for story time. Reading stories before bedtime makes a good transition between active play and rest time and should be a part of the bedtime routine. Those special, quiet moments with books will become special memories for you and your child.

Taken from Kids Health online



TOO SICK FOR SCHOOL?

HERE'S HOW TO TELL



STAY HOME IF ...

Your child feels too sick for regular activities

Yellow or green pus appears

The temperature on an oral thermometer reads 100° F or higher (100.4 for an ear, rectal or forehead temp)

You suspect flu — it spreads rapidly

Your child has a migraine — throbbing, severe pain with moodiness, fatigue and sensitivity to light

Redness and itchiness affect all or most of your child's body

Your doctor suspects — or diagnoses — strep throat

Your child is vomiting or has uncontrollable diarrhea



GO BACK TO SCHOOL AFTER ...

Fever decreases and your child feels better

The amount of pus decreases, using antibiotic eyedrops for 24 hours

Body temperature reaches normal

Fever has been gone for 24 hours

Taking pain medication

The rash is gone — or the doctor gives the OK

24 hours after beginning antibiotics

Vomiting stops and your child has control of bathroom breaks

SYMPTOM

← COUGH AND OTHER COLD SYMPTOMS →

← EYE DISCHARGE →



← FEVER →



← FLU →



← HEADACHE →



← RASH →



← SORE THROAT →

← STOMACHACHE →

Access our secure online patient portal, MyHealthOne, by visiting www.RockyMountainHospitalForChildren.com/MyHealthONE and signing up today. Call us at 1-855-422-6625 for help or to learn more.