



Best Beginnings Preschool Family Newsletter October 2026



Happy October! As we welcome the month of October, we are pleased to share that our first month of the school year has been a period of smooth transitions. Our students are adapting well to their routines and forming new friendships. We understand that shifting from the leisure of summer to the structure of school can be an adjustment, and we appreciate your support during this time. It is important to note that even without a nap, young learners may benefit from a period of tranquility after school. Activities such as drawing, reading, or listening to music can be excellent ways for children to unwind.

This October, our curriculum will explore a variety of themes including Community Helpers, Fire Safety, and the wonders of the autumn season—apples, leaves, pumpkins, bats, and spiders. We are excited to announce our annual Pumpkin Carving Night, an event that is fun for all.

As we have all become acquainted with our drop-off routine, we would like to remind you of the importance of our daily attendance check-in. This process is crucial for our teachers and administrative staff to ensure the well-being and security of our students. Enjoy the fall season with your little ones!

Warmly,

Stephanie Taketa & Jill Eisner

Pumpkin Carving Night

One of our favorite events here at Best Beginnings is Pumpkin Carving Night. Each class is assigned a specific night to attend. Families are invited to come to school with a pre-cleaned pumpkin (no pumpkin guts, please), child friendly carving tools, and a candle. You will carve your pumpkin here at school. We have many artistic and creative families here at Best Beginnings and we love to see your jack-o'-lantern creations. Because we are limited on time, please choose a design that can be completed in 20-25 minutes.

Once you have completed your carving you will head to the Parish Hall where a staff member will place it on a table and light the candle. At 7pm we will sing a few songs, do a fingerplay or two, and reveal all the pumpkins.

Please review the "School Event Code of Conduct" section of the Parent Handbook located on page 28. This will help ensure everyone has a positive and pleasant evening.

More information will go home in your child's bag or backpack as we get closer to the event.

Upcoming Dates:

- October 8 - Visit from Redmond Fire Station
- October 15 - Field Trip for Siobhan's TK Class
- October 16 - Field Trip for Rose's PreK Class
Field Trip for Karen's PreK Class
- October 20 - 6:30pm Pumpkin Carving Night for Sarah's M/W 3's Class, Tomoko's T/Th/F 3's Class and Rose's T/Th/F PreK Class
- October 21 - 6:30 Pumpkin Carving Night for Siobhan's TK Class and Karen's PreK Class.
- November 11 - Veteran's Day - No School

Substitute Teaching

Do you have a background in education or a degree in a related field? Are you looking to reenter the work force on a part-time basis? Do you enjoy spending time with preschool aged children? We are looking to add to our roster of substitute teachers. If you are interested in subbing, please contact Jill or Stephanie for more information.

425-881-3468

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Each Class is Different

The beginning of the school year is crucial for both students and teachers. During this time, students adapt to new routines, and teachers assess their developmental stages to tailor their plans accordingly.

Each child, class, and teacher is unique. While all classes follow a thematic curriculum, the approach to teaching varies, resulting in different activities across classes.

For many 3-year-olds, this is their first school experience, where they learn to separate from caregivers, use art supplies, play with friends, follow

directions, and gain independence. PreK/TK students, with some preschool experience, build on their previous learning, enhancing their independence and school readiness skills.

Recognizing that each class and teacher brings unique strengths enriches the learning experience. Activities and learning experiences differ from year to year, ensuring students are exposed to a broad range of skills and knowledge. This variety helps students develop well-rounded skills and keeps the learning environment dynamic and engaging.

Tuition Information

Tuition is due the first class day of the month. If you signed up for ACH Withdrawal, tuition will be deducted from your account on or near the closest business day to 5th of the month.

If you are paying by cash or check payment is considered late on the 10th of the month. **Please put your child's first and last name on the memo line of your check.**

Checks should be placed in an envelope with your student's name on it and handed to their teacher or a staff member. Please do not put your tuition payment in your students backpack.

If you are paying in cash, please have the exact tuition amount. We do not have cash on site to make change.

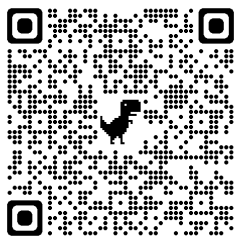


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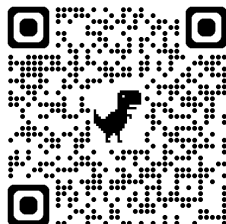
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Attendance Form



Parent Handbook

Snacks/Lunches

Snack time for all classes is 10-15 minutes during the class day. Lunch for the PreK and TK classes is 25 minutes each day.

Snack is a time for students to work on their communication and interaction skills by having some social time with their classmates. During snack children are responsible for taking care of snack items and cleaning up after themselves. This promotes independence in preschoolers.

It is helpful to your student and their teachers if you provide a small snack in an easy to open container. Try to limit the number of options you give your student as too many can be overwhelming.

Keep lunch for your student simple. Again, we don't want to overwhelm the children during lunchtime with too many options. Choose items you know your student enjoys. One way to help ensure your student eats what is in their snack/lunch is to include them in the process of making and packing snack/lunch.

We work our fine motor muscles each day in preschool. Practice opening and closing snack and lunch items (bento boxes, water bottles, plastic containers, etc.) with your preschooler to help them be successful and build confidence at school. When sending snack bars or packaged items to be opened it is helpful to snip it open prior to packing.



Tips for a Happy Halloween

Halloween will soon be here. What does that mean for a preschooler? Are they happy, excited, or a little scared? Preschoolers can fall anywhere along the continuum of those emotions.

A five-year old tends to be excited about the whole Halloween thing. They have figured out the candy angle and are a bit further along with the concept of “make believe”. They just need to be reminded to slow down and say thank you.

A three-year old on the other hand can find Halloween a bit unsettling. Sometimes they may not want to put on the cute costume you purchased; sometimes they do not want their face painted or tattooed. They don’t always understand the difference between make believe and reality.

The four-year old falls somewhere in the middle. Most are excited and can hardly wait to tell you all about their costume. Still others are a bit shy and are comfortable with the costume piece but not the face decorations.

Remember that children learn and imitate behaviors by watching others, especially their grownups. Here are a few ideas to help make it a Happy Halloween for your preschooler.

- Be mindful of how you talk about things that are scary or related to Halloween.
- Try not to over talk. Sometimes too much talk creates even more fears in young children.
- Read books about Halloween.
- Share positive Halloween stories from your childhood.
- Help your child understand what they might be feeling by labeling their feelings. Are they feeling scared, nervous, excited, etc.?
- Show your child masks and makeup to help them understand it is just pretend.
- Pick a costume that is fun and not too scary. Do not be surprised if your child decides not to wear it.

- Keep routines the same. Staying up late, not having a healthy meal, or over scheduling leads to an unhappy preschooler.
- When it comes time for trick-or-tricking know when to go home. Watch for signs of tiredness or decline in mood. End the evening on a high note instead of a meltdown.
- Keep your expectations low for Halloween.
- Be flexible.

There is no right or wrong way to celebrate Halloween. Enjoy the time and have fun.

