



# Best Beginnings Preschool Family Newsletter October 2023



Happy October! We have completed our first month of school and everyone seems to be settling into routines and making new friends. We hope the transition from summer to school has been somewhat easy for all of you. The staff and I always forget that the first few weeks of school can be tiring for everyone. While some preschoolers may no longer nap they still might need some down time after school. Engaging in quiet activities like drawing, looking at books, or listening to music can help children relax and recharge.

The month of October is spent learning about Community Helpers, Fire Safety, Autumn, Apples, Leaves, Pumpkins, Bats, and Spiders. This month we will host our annual Pumpkin Carving Nights here at school. Be sure to read the back of this newsletter for more information about Pumpkin Carving Night. On Friday, October 13, the Redmond Fire Department will pull into our parking lot with one of their fire trucks. They will show off their truck and talk with us about fire safety. The classes who don't attend school on Friday and welcome to come and join us at 10:30 for this exciting event.

Now that we are all familiar and comfortable with the drop off routine I would like to remind you to complete the daily attendance check in. This information is helpful to the teachers and office staff.

Enjoy the fall season with your little ones! ~Kerry Lodge, Director

## 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 can 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.

## Bathroom Break

The north and south entrance doors will be unlocked for a short time before school and after school for those who need to use the restroom. We will keep the doors unlocked for 15 minutes before and after school.

## Snacks/Lunches



Snack time is usually 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.

When providing lunch for your student keep it 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.

We are always working our fine motor muscles in preschool. Be sure to 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.



# Pumpkin Carving Fun



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 15-20 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 20. 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.

## Tuesday, October 24

M/W 3's

Sarah & Shadi

T/Th/F 3's

Tomoko & Shadi

## Wednesday, October 25

MWF PreK

Siobhan & Monika

TK

Erika & Andrea

## Thursday, October 26

T/Th/F PreK

Stephanie & Sarah

T/W/Th/F

Karen & Magda

All evenings begin at 6:30pm and end at 7:30pm

## What did you do today?

Many times, grownups will hear "nothing" when asking their child what they did at school today. Is this common in your household? Here are some ways to help your student talk about their day at school.

- Be sure to ask specific questions that need more than one-word answers. Asking "what did you do today" is too general. There are many things the children are doing and learning each day and it might be difficult for them to put everything into words.
- Children may need time to process their day before they can talk about it. Be patient and give them some space and time to think before asking about their day.
- Give your child your full attention and listen actively when they are talking. Make eye contact, nod your head and respond appropriately to what they are saying. Show you are interested in what they have to say by asking follow-up questions and engaging with them in conversation.
- Keep the conversation positive. Do your best to avoid criticizing or judging your child's experiences.

Remember that play is an important part of children's learning process. Play is also considered work. Children are working on their cognitive, physical, social and emotional skills when they play. If your student shares with you that they just played today understand that there is important learning happening.

Here are few question ideas to ask your student about their day to encourage conversation.

- Tell me about the story you heard in circle time.
- What toys did you play with?
- Which friend did you play with?
- Did you run/climb/swing on the playground?
- What songs did you sing?
- Who did you sit by during snack?
- Were you a good friend today?
- What made you smile today?
- Did you help anyone today?

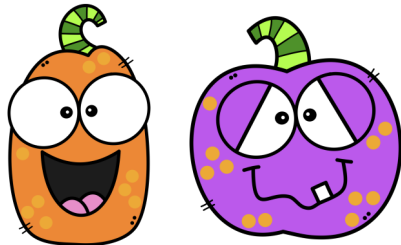
## Holy Cross Pumpkin Patch

Holy Cross Church has been growing pumpkins at their farm in Snohomish. They are planning to sell these pumpkins on the north lawn starting Friday, October 6.

The pumpkins are in large crates stacked around the north lawn and will be dispersed onto the lawn starting Friday morning. Please use caution on Friday when dropping off and picking up your child.

It is my understanding there will be information posted by the church on how to purchase pumpkins.

Here at school we do send each student home with a small pumpkin from the farm. Pumpkins for students will be sent home the week of October 9-13.



Scholastic Book Order  
If you are interested in ordering books please complete your online order by 10/11.

## 2024/2025 School Registration Survey

Over the last few years we have seen changes in what families are looking for in a preschool program schedule. This year we also had the local school district make changes to the start times of elementary, middle and high school.

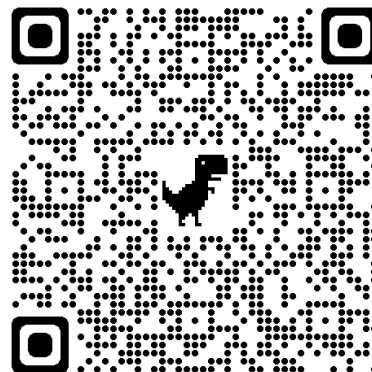
For these reasons we are sending out a survey through email asking families what class offerings they would like to see in the future or would have liked to see for this current year at Best Beginnings.

It would be of great help to us moving forward if you could complete the survey. This information, along with building and staff availability will be used to create our registration for the 2024-2025 school year. Please understand that we can't accommodate everyone's specific needs but we would like your help to decide if changing start times and adding class days would be beneficial.

If you know of any families looking for a preschool in the future, please feel free to share this survey with them.

Thank you for your participation.

Here is a QR Code to access the survey. You will also receive an email with a link to the survey.



## 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-treating 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.

