

#### Best Beginnings Preschool Family Newsletter October 2022



Happy October! We are thankful for the beautiful weather we had during September. There were a few inside recess days when dealing with the smoke and poor air quality. We continuously monitor the air quality to make sure it is healthy for the children to be outside and adjust our schedules accordingly.

Thank you all for arriving on time to school each day. Most of the classes are inside and ready to go before 9:10. If you arrive and your entrance door is closed please make your way to the south entrance and ring the doorbell. For safety reasons we do not leave doors open unattended.

We appreciate you taking time in your busy morning to complete the attendance check in. Remember it is helpful to us if you let us know when your student has had an off morning, or if anything out of the ordinary is happening in their lives.

The children are settling into their class routine and making new friends. Working in partnership with you to help your child reach important milestones starts with learning about their school day and the goals we have for your child. If you ever have any questions or concerns about your child and their school day, please don't hesitate to contact their teacher. I wish everyone a wonderful October.  $\sim Kerry$ 

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 remember to put your child's first and last name on the memo line of your check.** 

### **Tuition Information**

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. The following are the tuition amounts for each class.

- 3's 2 days/week \$230
- 3's 3 days/week \$345
- PreK 4's 3 days/week
  9-1pm \$375
- PreK 4's 4 days/week
  9-1pm \$480
- Transitional Kindergarten 9-1pm - \$480



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 taking care of themselves, creating independence, having a quick bite, and enjoying social time with their classmates. It is helpful to your student and Snacks/Lunches

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.

When providing lunch for your student keep it simple. We are seeing lunches that have too many options for children and they become overwhelmed with too much food in their lunch boxes. 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.

Be sure to practice opening and closing snack and lunch items with your preschooler to help them be successful and build confidence at school.

## **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 precleaned 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 watch for more information to come home in your child's bag or backpack as we get closer to the event. Pumpkin Carving Nights are as follows:

- Tuesday, October 18
  All 3's classes Corrine & Sarah
- Wednesday, October 18
  PreK Siobhan & Monika
  TK Marjorie & Andrea
- Thursday, October 19
  PreK Stephanie & Elizabeth
  PreK 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 student 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 you are asking 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.

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?
- Which friend did you play?
- 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?

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

#### 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 don't 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 under-

stand it is just pretend.

- Pick a costume that is fun and not too scary. Don't 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 do Halloween. Enjoy the time and have fun.

