

ROOM 204 OCTOBER NEWSLETTER

Learning Themes

Walking Through the Alphabet

This month we will begin walking through the alphabet. When we have a new letter we will learn what sound(s) it makes, how to write it, and watch a fun video.

Fall Season

What are the signs of fall? We will learn about animals do, what changes we can see, and what we like to do in the fall.

Nocturnal Animals

What does nocturnal mean? What animals are nocturnal? We will learn about these questions and more with fun books and activities.

Halloween

I think the highlight of every child's October is Halloween! We will have a week full of Halloween and pumpkin activities, crafts, and stories. We'll finish up the week with a costume parade and classroom celebration!

Reminders

Sign up here for SOS days in October (10/15-10/17)

<https://forms.gle/estVwwwCZxPPLHPH9>

Full time students do not need to sign up, you're enrollment includes SOS days.

Upcoming Events

- 10/7 - T-shirt Tuesday and Fire Truck Visit
- 10/15-17 - MEA Break
- 10/28 - Pumpkin Patch
- 10/30 - Halloween Party

Volunteer Opportunity

On Thursday, October 30th, we will have our classroom Halloween celebration from 9am-10am. If you are interested in helping with activities, please let me know.

Mindful Mondays

Mindful Mondays

Our pre-k classrooms will be introducing Mindful Mondays as a part of a mindfulness-based kindness curriculum. This is an eight week program with a new focus each week. We will introduce the weekly theme on Mondays and incorporate it into our classroom throughout the week.

The themes are:

- Mindful bodies and planting the seed of kindness
- I feel emotions on the inside
- How I feel on the inside shows on the outside
- Taking care of strong emotions on the inside and outside
- Calming and working out problems
- Gratitude
- All people depend on each other and the earth
- Gratitude and caring for our world

Morning Independence

Drop Off Routine

Now that we have our first month of school under our belts, the students have a great sense of our routines and flow of the day. To encourage and foster their independence, I recommend saying goodbye to your student at the door and allowing them to manage the morning routine: hanging up their bag, changing shoes, putting water bottles in the caddy, washing hands, and signing in (name writing practice). You'd be surprised to know how much they can do on their own! I am hear to help if they need a hand or encouragement. They are very proud of their independence skills!

Looking Ahead

Mark your calendar for school pictures November 19 & 20!

Bags Needed

If you have extra plastic grocery bags we will gladly take them off your hands!