

# ROOM 206 OCTOBER NEWS

## MS. VANDEBOOM

### HELLO, OCTOBER!

Thank you for helping your children transition to preschool! They are doing a wonderful job changing shoes, washing hands, and checking in. A gentle reminder that the goal is for students to complete these tasks independently. Encouraging your child to do these steps builds their self-confidence and self-esteem and is the foundation for problem solving and resiliency.

As cooler weather approaches, please ensure your child is dressed to play outside and has a change of seasonal clothing in their cubby.

### AWESOME AUTUMN

This month we will talk about the changing season, including lessons about apples, leaves, pumpkins, and bats. The seasonal changes in our environment may reflect changes in your own households or children. I love being outdoors in autumn and hope your children will, too!

### LEARNING

This month, our lessons will focus on:

- Classroom routines
- Implementing classroom jobs
- Introducing the Sharing Bag
- Beginning phonics
- Harmonizing as a group
- Starting the Kindness Curriculum and Mindful Mondays
- Discovering Shape of the Week

### IMPORTANT DATES

October 7: T-Shirt Tuesday and Minneapolis Fire Station 28 visit  
October 13: Sharing bag begins  
October 15-17: Fall break  
October 28: LHUMP pumpkin patch  
October 30: Halloween celebration  
November 18: Charlie Brown Thanksgiving  
November 19-20: Picture Day

### SHARING BAG

Our Sharing Bag ("Show and Tell") is an opportunity for children to talk about their interests. We will begin Sharing on Monday, October 13 and continue for the school year. Each child will have the opportunity to bring an item in our purple sharing bag to talk about. Please speak with your child about why they chose a particular item. Prompts such as "Where did you get it?," or "Why is it special?" may help them feel more comfortable sharing ideas with their classmates.

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### KINDNESS CURRICULUM

The kindness curriculum that older preschool classes are implementing is from the University of Wisconsin-Madison with the goal of helping elevate the emotional intelligence of children. Each lesson is about 15 minutes and will be included in our schedule on Mindful Mondays. The eight themes include:

- Mindful bodies and planting seeds 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

### HALLOWEEN

We will have a Halloween party and, weather permitting, costume parade on 10/30. Please be mindful that your child's costume is free of weapons and masks, that they can easily remove it for using the bathroom, and is preschool appropriate.

### SOS DAYS

Students enrolled in preschool full-time may attend SOS days if desired. However, if your part-time student needs care when we are out of session on October 15-17, please use this link to sign up for SOS days:

<https://forms.gle/estVwwwGZxPPLHPH9>

### VOLUNTEERS

Do you have a special talent or skill that you want to share with our class? Do you like reading picture books for a captive audience? How about pumpkin decorating? Charlie Brown Thanksgiving is 11/18! We'd love to see any smiling adult faces in Room 206. Please reach out with ideas!