

October 2019



Teacher's Report

Congratulations to all our students and their families on a great start to the new school year! Our days have been full and busy. While getting to know each other, we have also been working together to develop routines and set up classroom expectations. Thank you to our parent helpers so far for helping to support this goal! We look forward to exploring themes of Friendships, Thanksgiving, Community Helpers, and Halloween this month.

Now that summer has come and gone and we are entering the Fall season, the weather will be getting colder. Please dress your child appropriately for the weather, as it is likely that we will be doing some outdoor activities such as exploring the change in color in the leaves and bark rubbing. Please make sure to label all your child's outerwear so it does not get lost. We are trying to encourage independence and develop self-help skills. Children can learn so much from doing things themselves. When children practice self-help skills, they practice their gross and fine motor skills, gain confidence in their ability to try new things and build their self-esteem and pride in their independence.

With Thanksgiving on the horizon, we would like to say thank you to all our families for being part of our preschool community.

Check Out Our Website!

www.brookspreschool.com

Find us on Facebook



<https://www.facebook.com/inspiringplay/>

If you have any questions throughout the year please contact Mrs. Bruce at the Preschool or bpsteachers@brookspreschool.com



Character Education

This month we are learning about "BEING THANKFUL"

The phrase "Being thankful" is sometimes a difficult concept for the young children but when we talk about things that make us "glad or happy," it's a little easier to then move on to being "thankful." (We can be thankful for our families, our healthy bodies, our pets, our nice warm beds, our food that we eat each day, etc.)

Little Reminders

Parents please let teachers know of any changes in phone numbers, addresses or medical concerns. We need to keep information current.

Birthdays: We like to celebrate children's birthdays before their date unless it falls on a school day.

Outside Play: Depending on weather, and time, outdoor play/walk will be for the last 15 min. of the day. Please dress your child according to the weather and label your child's items.

Doors at the preschool do not open until 8:45 pick up times are 11:30/12:00 doors will remain locked until then. If you need to pick up your child earlier, please ring the doorbell.

Please take home all items at your child's coat hanger and shelf above.

Play Zone – Be advised, children paint, use markers, and glue at school. We recommend that you DON'T dress your child in their best clothes as stains are a possibility.

Special Thanks

To all our "Parent Helpers" you are such terrific support and help in our classes.

To all our Preschool board members and Room Reps who took part in helping during orientation week and working hard on the operation of our school.

Thank you to our local Royal Canadian Legion for permitting their premises to be our schools safe meeting place in case of a fire/emergency.

The teachers wish you a safe and Happy Halloween!!



Kids Craft Table
Pumpkin
Decorating



BROOKS PRESCHOOL'S ANNUAL
**PICK-A-PUMPKIN
FESTIVAL**

Oct. 3, 2019
3 PM to 6:30 PM
Brooks Farmer's Market
Veteran's Park

Pumpkins
by donation
Bake Sale
Bouncy Castle

Parents!

We are looking for volunteers to please bring some home baking for our bake sale at the Pick-A-Pumpkin Festival. This can be dropped off at the school on Thursday Oct. 3 from 9:00 AM – 1:00 PM.

We are also looking for pumpkins if you have any you'd like to donate.

Thank you in advance for your support!



Special Days

Oct. 9 & 11 - Brooks Food Bank Tour - please bring a non-perishable food items for your child to donate.

Oct 16 & 18 - Pattern Days - we are learning about patterns that we see all around us. We are looking for patterns in nature, buildings, art, and even clothes. Please encourage your child to wear clothing with as many patterns as possible today for discussion and learning. They may find striped shirt, plaid pants, or printed tights.

October 22 - Tuesday we may have a visit from a **Police Officer** for the $\frac{3}{4}$ class.

Oct. 25, 29 & 30 - Fall Fun - Wacky Hair and/or Wear Orange and/or Black We ask that children do not wear their Halloween costumes to preschool. However, children may use the preschool clothes/costumes to dress-up.

SNACK ATTACK

Apple Muffins

Ingredients:

- 1 3/4 c all-purpose flour
- 2 1/2 tsp baking powder
- 1 tsp fine sea salt
- 1 tsp ground cinnamon
- 2/3 c light brown sugar
- 2 large eggs
- 1 c whole milk
- 1 tsp pure vanilla extract
- 6 tbsp unsalted butter, melted
- 2 c finely diced apple



Instructions:

1. Preheat the oven to 425° and have ready a greased, 12-cup muffin tin lined with muffin liners.
2. In a medium-sized mixing bowl whisk together 1 3/4 cup flour, baking powder, fine sea salt, and cinnamon.
3. In a large mixing bowl, whisk together brown sugar, eggs, milk, and vanilla. Whisk in melted butter. With a sturdy spoon, stir in dry ingredients just until the batter comes together. Do not overmix.
4. Toss the diced apples in the remaining 2 tablespoons of flour, add to batter, and gently to combine.
5. Fill the muffin liners 3/4 of the way full. Bake for 15 minutes. Allow to cool slightly, serve, and enjoy.



Ranch Snack Mix

Ingredients:

- 1 oz. packet Ranch Salad Dressing Seasoning Mix
- 1/4 cup vegetable oil
- 1 teaspoon garlic salt
- 9 oz. bag oyster crackers (or preferred types of crackers)
- 1 bag Gold Fish Crackers

Instructions:

1. Preheat the oven to 250°F.
2. In a small bowl, add the oil, Seasoning Mix and garlic salt. Stir until mixed through.
3. In a 1-gallon-size Zipper Bag, add the crackers and oil mixture.
4. Seal the bag and toss until well-coated.
5. Arrange the crackers on an ungreased half-sheet pan in a single layer.
6. Bake the crackers for 15 to 20 minutes or until golden. Allow to cool before storing.



HEALTHY HABITS

How much sleep should your child be getting?

The following chart shows you some averages. It will give you an idea of the ballpark you should be aiming for, depending on your child's age. Some kids will need more or less sleep, and differ in how they nap.

Age	Nighttime Sleep (hours)	Daytime Sleep (hours)	Total Sleep (hours)
1 month	8.5 (many naps)	7.5 (many naps)	16
3 months	6-10	5-9	15
6 months	10-12	3-4.5	14.5
9 months	11	3 (2 naps)	14
12 months	11	2.5 (2 naps)	13.5
18 months	11	2.5 (1-2 naps)	13.5
2 years	11	2 (1 nap)	13
3 years	10.5	1 (1 nap)	11.5
4 years	11.5	0	11.5
5 years	11	0	11
6 years	11	0	11
7 years	11	0	11
8 years	10-11	0	10-11
9 years	10-11	0	10-11
10 years	10	0	10
11 years	10	0	10
12-13 years	9.5-10	0	9.5-10
14 years	9.5-10	0	9.5-10
15 years	9.5	0	9.5

Different people need different amounts of sleep.

Remember that charts that list the average amount of sleep for each age group are just that—averages.

These are not magic numbers. The best way to tell if your child is getting enough sleep is to look at how they act while they are awake.



BROOKS PRESCHOOL - OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Friends	2 Friends and Feelings	3 Pick-a-Pumpkin Fundraiser 3-6:30 pm	4 Friends and Feelings	5
6	7 We are Thankful	8 Thanksgiving	9 We are Thankful (Food Bank Tour, Bring a donation)	10	11 We are Thankful (Food Bank Tour, Bring a donation)	12
13	14 No School	15 Families	16 Pattern Week (Wear lots of patterns)	17	18 Pattern Week (Wear lots of patterns)	19
20	21 Fall Fun	22 Community Helpers	23 Fall Fun	24	25 Halloween Fun (wear orange/black)	26
27	28 Fire Safety	29 Halloween Fun (wear orange/black)	30 Halloween Fun (wear orange/black)	31		

