



Les Petits Soleils^{Inc.} Preschool

October News – Année 2A

Happy Thanksgiving and Happy Halloween! We have had a fantastic first few weeks with your children and have really enjoyed getting to know all of them. They are quickly settling into routines and are learning lots and having great fun together.

Please note that calendars and newsletters are posted on our website (listed below), should you misplace/delete your own copy.

Un petit rappel / Gentle Reminders

1. Please remember to sign your child in and out each class, on the clipboard in the entry foyer.
2. Please take your child to the washroom in the school, before coming in to class.
3. Please remember to wash your child's cup, spoon and bag after every class.
4. Please be sure to empty out your child's mailbox of crafts and notes at the end of each day.
5. Please only send ONE object with your child for Show and Tell.
6. If you are interested, please sign up to volunteer for a day in the class.

Ce qu'on apprend / What we're learning

This month, we are learning about Thanksgiving, Fall and Halloween. The colour of the month is orange. Much of September was spent teaching the children about our different centres and encouraging kind playing, sharing and using our words in problem solving. At school so far, we have been introduced to some of the regular activities in the classroom, like themed crafts, colour of the month activities, journal entries about the letter of the week and the number of the month, graphing our preferences of the themed vocabulary words, reading themed books, and singing and dancing to themed songs. Now that we have learned how these activities work, this month, we should now be able to start up each of these activities and complete them smoothly for the remainder of the school year. Be sure to ask your child about the games or activities that they do each day.

We will also learn about correct hand washing techniques this month, singing a song and using glow-in-the-dark lotion to see which parts of our hands we are missing in the washing process. Please ask your child to share the hand washing song with you and explain what has been learned about cleaning germs, properly coughing into elbows and not putting anything into our mouths, to keep our bodies healthy and free of colds. Below is also some of the vocabulary that we learned in September and will be learning throughout the month of October.

Le mois de septembre (the month of September):

Le thème: l'école

- L'école (school)
- Le crayon (pencil)
- Le livre (book)
- Le pupitre (desk)
- L'autobus (bus)
- Le sac à dos (backpack)

La couleur: jaune (yellow)

- Colour a picture only using jaune.
- Can you see anything outside that is jaune?
- What is jaune at your house?

L'alphabet: Cc, Oo

- Is this letter in your name?
- Can you write this letter?
- Look for this letter when you're out with your family.

Le mois d'octobre (the month of October):

Le thème: L'Action de Grâce / L'Halloween (Thanksgiving / Halloween)

- Le dindon (turkey)
- La citrouille (pumpkin)
- La sorcière (witch)
- La feuille (leaf)
- Le fantôme (ghost)
- Le bonbon (candy)
- Un monstre (monster)
- Un chat noir (black cat)

La couleur: orange (orange)

- Colour a picture only using orange.
- Can you see anything outside that is orange?
- What is orange at your house?

L'alphabet: Qq, Gg, Ss

- Are any of these letters in your name?
- Can you write these letters?
- Look for these letters when you're out with your family.

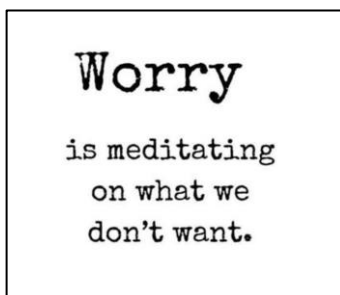
Feuilles attachées / Attached sheets

Please find attached the calendar for October. Please note your child's Show-and-Tell day as well as your snack day and the required food group.

La fête de l'Halloween / Halloween party

For the last class of the month, we will be holding a Halloween party. We invite all of our students and volunteer parents to come to school in costume, although it is not mandatory. Please ensure that your child's costume does not include a weapon or violent toy. During the party, the children will rotate through various Halloween activities, each supervised by an adult. For the party, we will need five parent volunteers per class in order to run all the stations. Please email us if you are interested in joining in the fun. In the past, parents have asked if they can bring treats for the children. If you wish to, please send enough for 20 children, however please do not send more than 20 treats and ensure they are nut-free, store bought and pre-packaged. Please also remember that treats do not need to be food!

Emotional regulation tips / La regulation émotionnelle



When has worrying ever proven it makes you feel better? Are you done with it yet? How often do you unconsciously pull toward yourself energy that ensures you remain in a draining place? What about considering spending your time excited and anticipatory for what you DO want to show up in your life?

Law of Attraction: Upcoming introductory sessions!

Learn more about why the simple Belief Re-patterning tools of your children winking in the mirror and smiling going through doorways is training their subconscious minds to automatically attract more positivity toward them.

The Law of Attraction is always working - in all ways and for all of us. Have you been feeling like it isn't working for you? You are not immune to the law. Have you been wondering what you've done wrong to attract the "ick" you find yourself in? Beating yourself up with the Law of Attraction is counter-productive. In this fast-paced interactive evening, Suze will support you in shifting up old patterns that have kept you in the spin cycle.

- You'll realize the keys to open the doors that have seemed shut.
- You'll discover the keys to start whatever has been stalled.
- You'll claim the keys to your own life.

Edmonton: September 30, 6:30pm
Sherwood Park: October 1, 6:30pm

Go to www.critic2coach.ca to register, using code #B303 to attend as a Les Petits Soleils' guest!

Nature Challenges: how to protect the earth / Les défis de la nature: comment protéger la terre

Last year, I was asked to take initiative on how to make Les Petits Soleils more environmentally friendly. We have made some incredible changes already and I am excited for more this year. I will be offering fun monthly challenges and educational ideas to try. Along with these monthly challenges, I will also share some events, websites and volunteer opportunities. As well, if any of you know of anything happening in your communities, please let me know and we will “share aware”. Education is the best way to fight climate change and protect the planet we share with the wild.



Back to school challenge for September/October... Focus on less waste. Please make an effort to send waste-less snacks (because a box of granola bars, while convenient, provides a piece of garbage per bar as well as the package they come in, while a bunch of bananas or a bag of oranges is almost no waste!)

Madame Kim ☺

Should you have any questions or concerns, please contact us. Merci!

Madame Kathryn, Madame Kim and Madame Kristen