



École Des Petits Amis
French Immersion Preschool

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Amis French
Immersion
Preschool



October 2020

Reminders

Please give the preschool a call or an email if you know your child will be absent. Call 403 512 3921 or email Jackie@ecoledespetitsamis.com

Thank you for **texting and signing your child's COVID symptom form** each day. This is an important safety concern for us.

Preschool Activities & Themes

Hi parents!

We have truly enjoyed the start to our year with your wonderful children! Our themes for the month of October are **Colours and Halloween**. We will learn some more songs to learn vocabulary such as **numbers and colours**. Our centres will focus on **fine motor skills, name and letter recognition, basic math skills and crafts**.

We will be having **Colour Days** this month! We will **dress in and eat Red, Blue and Green**. Check the calendar for dates!

Unfortunately, we aren't able to schedule **class pictures** at this point. We are crossing our fingers that we will be able to schedule photos later this year!

We will also **dress up on October 29th and 30th for Halloween!**



October Calendar & Show & Tell

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Madi et Josie</p> <hr/> <p>Finn</p> <p><i>Dress & wear RED</i></p>	<p>2</p> <p>Wyatt et Julia</p> <p><i>Dress & wear RED</i></p>
<p>5</p> <p>Arianna et Roman</p> <p><i>Dress & wear BLUE</i></p>	<p>6</p> <p>Soyer et Isla</p> <hr/> <p>Noah</p> <p><i>Dress & wear BLUE</i></p>	<p>7</p> <p>Isabelle et Molly</p> <p><i>Dress & wear GREEN</i></p>	<p>8</p> <p>Breyah et Riven</p> <hr/> <p>Liam</p> <p><i>Dress & wear GREEN</i></p>	<p>9</p> <p><i>no school</i></p>
<p>12</p> <p><i>no school</i></p>	<p>13</p> <p>Charlotte L / Vivienne</p> <hr/> <p>Eloise</p>	<p>14</p> <p>Eryn et Cassidy</p>	<p>15</p> <p>Zane et Reece</p> <hr/> <p>Kenji</p>	<p>16</p> <p>Abi et Henry</p>
<p>19</p> <p>Owen et Daniel</p>	<p>20</p> <p>Cooper et Laikyn</p> <hr/> <p>Morwani</p>	<p>21</p> <p>Diego et Charlotte H</p>	<p>22</p> <p>Ellie/ Brynlee</p> <hr/> <p>Calvin</p>	<p>23</p> <p>Hazel et Sumedha</p>
<p>26</p> <p>Colton et Wyatt</p>	<p>27</p> <p>Abri et Madi</p> <hr/> <p>Iris</p>	<p>28</p> <p>Julia et Roman</p>	<p>29</p> <p><i>dress up day</i> (no Show & Tell)</p>	<p>30</p> <p><i>dress up day</i> (no Show & Tell)</p>



Announcements

Please take note of the 2 days this month that the **school is closed, October 9th and 12th.**

Did you know that the preschool has a **Facebook page**? We love to post about activities from class, upcoming events and information about preschoolers & language learning. Come “like” us!

Ask us any questions about our upcoming **Epicure fundraiser!**

Feel free to place a Scholastic book order at <https://classroomessentials.scholastic.ca/en/search?collid=Club%20Shop%20Collection&refv1=Club%20Shop&prefn1=supplies-cec-ca> with our class code **RC224106**

October Vocabulary Words

L'Halloween - Halloween
 Une citrouille – a pumpkin
 Une sorcière – a witch
 Un hibou - an owl
 Une araignée – a spider
 Un fantôme – a ghost
 Orange – orange
 Rouge - red
 Bleu - blue
 Jaune - yellow
 Violet – purple
 Vert – green
 Un arc-en-ciel - a rainbow



Nutrition in Preschool

According to Alberta Health, “food choices during childhood and adolescence help to fuel optimal growth and development and lay the foundation for lifelong eating habits.” Kids need the best fuel to give their best at school and at home.

Alberta Health also divides food choices into three categories; **Choose Most Often** (fruits and vegetables, whole grains, plain skim, 1%, 2% milk, cheese, cottage cheese and yogurt, lean meat and legumes), **Choose Sometimes** (food with more fat, sugar or salt added) and **Choose Less Often** items (French fries, chips, cookies, cakes, chocolate bars, candy, etc.) For more information, please visit <http://www.health.alberta.ca/documents/Nutrition-Guidelines-AB-Children-Youth.pdf>



Preschool snacks should typically include 2-3 small portions covering at least two food groups. Here are just a few ideas of preschool snacks:

- Crackers & banana
- Yogurt & grapes
- Cheese & carrots
- Muffin & apple sauce
- ½ a sandwich & cucumber slices

Preschoolers often struggle to accept new foods and that can be challenging for parents. Experts suggest a few guidelines. Parents and caregivers decide when, where, and what foods are offered. Children should choose whether they will eat a particular food, and the quantity they will eat. Children may need to be exposed to unfamiliar foods several times before they will accept them.

Also, children may accept new foods more readily in a group than individually. Sending new foods to preschool may help your child expand their tastes!