



École Des Petits Amis
French Immersion Preschool

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Amis French
Immersion
Preschool



October 2021

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

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!

Our **class pictures** are scheduled for **Thursday, October 14th and Friday, October 15th** with Soul Focus Photography. For those in our MWF am class who don't normally attend on Friday, please come! For those who haven't started preschool yet this year, please come!

We will also **dress up on October 28th and 29th for Halloween!**



October Calendar & Show & Tell

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Alexandra et Aydin
4 Maverick et Ronan <hr/> Sophia <i>Dress & wear BLUE</i>	5 Maya et Ella- Maree <i>Dress & wear BLUE</i> <hr/>	6 Arianna et Zane <i>Dress & wear GREEN</i>	7 Jasmine et Zoe J <hr/> <i>Dress & wear GREEN</i>	8 <i>no school</i>
11 <i>no school</i>	12 Isla et Niko <hr/> <i>Dress & wear RED</i>	13 Isabelle et Laikyn <i>Dress & wear RED</i>	14 Link et Charlotte <hr/>	15 Everett et Adelaide
18 Wyatt et James <hr/> Hazel	19 Vivienne et Ryan <hr/>	20 Emery et Abigail	21 Brett et Eliana <hr/>	22 Daniel et Brynli
25 Bella et Bradlee <hr/> Dylan	26 Reece et Elizabeth <hr/>	27 Soyer et Lindsey	28 <i>dress up day</i> (no Show & Tell)	29 <i>dress up day</i> (no Show & Tell)



Announcements

Please take note of the 2 days this month that the **school is closed, October 8th and 11th.**

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!