



École Des Petits Amis  
French Immersion Preschool

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Amis French  
Immersion  
Preschool



October 2022

## 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](mailto:Jackie@ecoledespetitsamis.com)**

## 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 still have one **Colour Day** left this month! We will **dress in and eat Green**. Check the calendar for dates!

Our **class pictures** are scheduled for **Tuesday, October 11<sup>th</sup> and Wednesday, October 12<sup>th</sup>** with Soul Focus Photography. For those who haven't started preschool yet this year, please feel free to come!

We will also **dress up on October 27<sup>th</sup> and 31<sup>st</sup>or Halloween!** We will visit the **doctor, chiropractor, and dentist in our building for a little trick or treating too!**



# October Calendar & Show & Tell

| Monday  | Tuesday  | Wednesday                                  | Thursday  | Friday                                    |
|---|--|--|---|---|
| <p><b>3</b><br/>Ryan et Andie<br/><i>Dress &amp; wear GREEN</i></p> | <p><b>4</b><br/>Dante et Nixon<br/><hr/>Margot<br/><i>Dress &amp; wear GREEN</i></p> | <p><b>5</b><br/>Link et Ronan</p>          | <p><b>6</b><br/><hr/>Zoe et Feylah<br/>Veralynn</p>               | <p><b>7</b><br/><i>no school</i></p>      |
| <p><b>10</b><br/><i>no school</i></p>                               | <p><b>11</b><br/>Easton et Rowan<br/><hr/>Brett</p>                                  | <p><b>12</b><br/>Elizabeth et Veronika</p> | <p><b>13</b><br/><hr/>Emery et Lana<br/>Maya</p>                  | <p><b>14</b><br/>Wyatt et Harper</p>      |
| <p><b>17</b><br/>Rylan et Luca</p>                                  | <p><b>18</b><br/><hr/>Aiden et Bella<br/>Louie</p>                                   | <p><b>19</b><br/>Isabelle et Brynli</p>    | <p><b>20</b><br/>Levi et Sophia<br/><hr/>Sarah et Lincoln</p>     | <p><b>21</b><br/>Alexander et Jasmine</p> |
| <p><b>24</b><br/>Zoe et Alexandra</p>                               | <p><b>25</b><br/>Raine et Magnus<br/><hr/>James et Sofia</p>                         | <p><b>26</b><br/>Arya et Matilda</p>       | <p><b>27</b><br/><i>dress up day</i><br/>(no Show &amp; Tell)</p> | <p><b>28</b><br/>Ryan et Andie</p>        |
| <p><b>31</b><br/><i>dress up day</i><br/>(no Show &amp; Tell)</p>   | <hr/>  |  |   |   |



## Announcements

Please take note of the 2 days this month that the **school is closed, October 7<sup>th</sup> and 10<sup>th</sup>.**

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!