



Arcola Christian Preschool

"Let the little children come to Me . . . for of such
is the kingdom of God."
(Luke 18:16 NKJV)

October 2023

Director's Note

October is almost here, and we've had a great time at Preschool so far. Your children have adjusted to their new classes very well. It is wonderful to hear the excitement in their voices in our classrooms and hallways.

I encourage you to take advantage of pick-up time to hear about their day while it is fresh in their minds. It is wonderful for them to have your undivided attention instead of competing with a cell phone or DVD playing in the car. If you create these good habits now, they'll still be telling you about their day when they are teenagers!

Remember to check your child's school bag each day for notes or special projects they may bring home. There are a lot of fun events coming up.

Fall FIELD TRIP information is attached to this newsletter.

With the sun setting earlier, it is easier to get the kids to bed early. Sufficient sleep is one of the best ways to keep your children healthy during the upcoming cold and flu season and well-rested children also have an easier time making good decisions at school. The children wash their hands several times during the day while they are at preschool, and we encourage them to cough and sneeze into their elbow and wipe and blow

their own noses. It would be great if you could reinforce those good habits at home. We're hoping everyone stays as healthy as possible!

If you have any questions or concerns, feel free to contact me at any time.

Barbara

BarbaraL@ArcolaChurch.org

703-327-7878 x222

ACP Calendar

October 9 - NO SCHOOL (Indigenous Peoples' Day)

October 26 & 27 - Halloween celebrations
(Costume Parade @ 9:45am)

October 30-31 - NO SCHOOL (LCPS student holiday)

November 7 - NO SCHOOL (ACP STAFF WORKDAY)

November 13 - LCPS & ACP closed

November 16 & 17 - Thanksgiving Feasts
(students only)

November 20-24 - NO SCHOOL (Thanksgiving Break)

December 14 & 15 - Christmas Celebration
(Family Christmas Sing-along & Fellowship @ 11am)

Dec. 18 – Jan. 1 - NO SCHOOL (Christmas/Winter Break)

New! Lunch Bunch opportunity

Lunch Bunch is an optional program that requires advance registration and payment. Lunch Bunch will be offered on specific days each month. It offers the opportunity for regularly registered students to extend their school day until 1:30pm while enjoying lunch, friends, and play. **Details and the Sign-up for October dates was emailed to our 4/5-year-old students on Monday, September 25.** Check your spam/junk mail if you don't see the email. We plan to open it to 3-year-olds later in the school year.

Halloween Celebrations



The annual Halloween parades have returned! All classes will participate in our Halloween parades on October 26 & 27. Please bring your child to preschool at the usual time of 9:30am, dressed in their costume (**no pretend weapons – guns, knives, swords, etc.**). You can use the car line or walk in for drop-off that day. Parents will proceed to the Great Room to find a seat and the

parade will begin promptly at 9:45am. Following the simple parade, we ask that you help your child out of their costume and take it home with you so we can resume a “normal” preschool day. It is not unusual for some children to be overwhelmed by the schedule change and the parade. If your child gets upset and would rather sit with you to watch, that’s perfectly fine. This is meant to be a fun experience!

Enter in Good Health

As a reminder, when you enter the building or send your child into the building, you are confirming that you or your child do not have symptoms of a contagious illness. Please stay home if you are unwell!
Mask wearing is optional.

Snack

All snacks must be nut free – that includes peanuts and tree nuts. **This policy applies to all snacks to be consumed at the preschool, including those brought in for celebrations, as well as items to be sent home with the children in goody bags.**

We cannot serve items that have been processed or packaged in a facility that also processes or packages peanut products. Snacks must be store bought with labels we can read and be unopened. We will send home the leftovers, but we have no way of knowing if the items inside have come into contact with nuts if the package is open. Since this can be an airborne allergen, we need to be as cautious as possible. **Thank you for your cooperation in keeping all our students safe.** We will send home any snack that doesn’t meet our guidelines.

We will make sure your child’s **reusable water bottle** is filled before snack.

Due to the choking hazard, we prefer to NOT serve grapes (cutting them into safe sizes can be time consuming).

Carline Signs

Carline is going quite well overall. Please hang your sign from your rearview mirror (a pants hanger works great) or put your sign



in your side window (be careful not to put your window down while it’s displayed there or you might lose it!). We need to be able to easily see the child’s name throughout the entire pickup process and **we cannot read the signs that are laying on the dashboard.**

Tuition

Thank you for your timely tuition payments. They are **due the first of each month.** The best way to pay is on the preschool [payment page on our website](#). You can also use bill pay through your bank but please allow at least a week for the check to be delivered. There is a \$25 late fee after the 5th of the month. We are a non-profit and rely on your timely payments to pay our staff and purchase supplies.

Absences

If your child is going to be out of school due to illness or travel, please email your child’s teacher or the preschool office.

Clothing

Please be sure to label all clothes, jackets, and school bags with your child’s name. Many children do not recognize their own belongings when there are several others that look similar. Especially new jackets!

Please make sure to keep an extra set of clothing at school for your child. Occasionally, accidents and spills happen.

Scholastic Books

Does your child love books? Reading to your child is the most important thing you can do to help them succeed in school. Each month, new flyers will be posted. Please take a few moments to explore the selection together and let your child help choose books he or she is excited to read. Orders will be submitted toward the end of each month (Scholastic sets the deadline.) Thank you for supporting your child's reading both at home and in the classroom! Your books will ship directly to our preschool, and we will send them home with your child.

Place an order of \$25 or more and you can pick a FREE \$5 book (use code READS at checkout) to add to your reader's TBR pile!

Family Order Due Date: 10/27/23

SHOP OUR CLASS PAGE:

<https://orders.scholastic.com/GZVWY>

SHOP FLYERS: <https://clubs.scholastic.com/prek>

How to Build Independence in Preschoolers

By Alexandra Levine and Laura Philips (Child Mind Institute)

Young children love to do things for themselves — even when it makes life harder for their parents. Here are some tips to help your preschooler build independence, while keeping your own frustration to a minimum.

Learning to follow routines is one way for little kids to become more independent. Like coming home from school: jacket off, then shoes, hang up backpack, wash hands. Let kids start to do parts of the routine by themselves, like unzipping their coat. Eventually, they'll be able to do the whole routine alone.

It might be faster in the moment for you to take your child's shoes off but give them time to figure

it out and they'll soon do it themselves. When you step back, kids learn how to power through frustration. Assigning chores is another great way to build kids' independence. Start with something simple, like putting clothes in the laundry bin.

Another way to build confidence is by giving your child choices. For example, if your child wants to cross the street by themselves, you might give them a choice instead: "Do you want to hold my hand or be carried?"

Playtime is another chance for kids to take the lead. Projects, like puzzles or crafts, are a great way for kids to learn to focus on one thing for a long time. Free play is also a chance for kids to learn creativity and problem solving. Give your child some crayons or blocks and let them come up with their own activity.

Let your child know you see them learning and growing too! Play along by doing what they're doing, or describe what they're up to so they know you're watching. And cheer them on when they do things by themselves.

Arcola Church Happenings

Arcola Church is an active church with opportunities for Worship, Sunday school for all ages, a variety of bible studies, music groups, support groups, and opportunities to donate to the Hygiene Pantry and the Dulles South Food Pantry. For more information, check out our website or ask me to point you in the right direction. You do not need to be a member of Arcola Church to participate in any of our programs. www.ArcolaChurch.org

Playgroup for Parents & Children Newborn to Preschool Ages

Come join us on Thursday mornings from 10-11am in Room 104 for a Parent & Child Playgroup led by Julia Riedel and her daughter, Jessalyn Odegard. Bring your children, ages newborn to preschool, for a casual get together where kids can play, and adults can enjoy the company of

others raising young kids! We welcome all caregivers: parents, grandparents, nannies etc. Please reach out to [Jessalyn](#) or [Julia](#) with any questions. Look forward to seeing you!

Sign-up here:

<https://arcolachurch.org/event/20308348-2023-09-28-playgroup-for-parents-and-children/>

Dates With a Purpose

October 7, 4:45pm

Need a date night? DWAP provides an intentional way to do just that. You will meet for 20 minutes, get some discussion questions, then be on your way. Contact **Molly Riedel** with questions.

Register here:

+<https://arcolachurch.org/event/21747552-2023-10-07-dates-with-a-purpose/>

Trunk or Treat - Volunteers Needed

Sun., Oct. 29, 3:30-7pm

The Children's Ministry and Serve team welcome Trunk or Treat back at Arcola Church! Volunteers are needed for shifts between 3:30-7pm. If you would like to help, please click on the button below.

<https://www.signupgenius.com/go/9040E4FAAAC2BA46-trunk4#/>

Arcola United Methodist Church

Pastor: Chris Riedel

Web site: www.arcolachurch.org

Worship @ 9am & 11am (Preschool & Nursery available)

Sunday School for Kinder-5th grade @ 9am

Youth (grades 6-12) Sunday School/Fellowship @ 10am

If you are interested in learning more about what is happening in the life of Arcola Church, please send me an e-mail (BarbaraL@ArcolaChurch.org) and I will have you added to the church newsletter e-mail distribution list.