

October

2017



Check Out Our Website
www.brookspreschool.com

Find us on Facebook
to get all the up to date information and
learn more about Brooks Preschool

If you have any concerns or questions
throughout the year please feel free to
contact Mrs. Bruce at the preschool or
email her at
bpsteachers@brookspreschool.com

403.362.4828

**Mrs. Jackson & I
would like to wish
everyone a safe &
Happy Halloween**



TEACHER'S REPORT

Congratulations to all of our students and their families on a great start to the new school year! Our days have been full and busy. While getting to know each other, we have also been working together to develop routines and set up classroom expectations. Thank you to our parent helpers thus far for helping to support this goal!

You may wonder what we are doing to help children learn. As children play, we watch how they use materials. We listen, we talk with them to find out what they are thinking and trying to do. We help children become aware of their actions, offer suggestions, and think about what material to offer next. Then we may challenge them to think further. This is how we encourage the development of skills children will need in their future education.

We absolutely love this time of year and for some reason it seems to inspire more art activities than almost any other season. It's the abundance of natural materials to use as well as the wonderful fall colors around us. And of course the Halloween buzz has already started. We would like to remind you that to examine nature and "fall" we will be outside, please remember to dress your child appropriately for play. We would also like to mention how much the children enjoyed making new colors with the primary colors red, blue and yellow.

Pumpkin Breakfast Cookies

These pumpkin flavored healthy cookies make a great seasonal grab-and-go breakfast. With hearty wholegrain oats, cranberries and pumpkin seeds

- ¼ cup coconut oil, melted
- ¼ cup honey
- 1 cup rolled old fashioned oats
- 1 cup quick cooking oats
- ⅔ cup unsweetened, dried cranberries
- ⅔ cup pumpkin seeds
- ¼ cup ground flaxseed
- 1 teaspoon pumpkin pie spice
- ½ teaspoon sea salt
- ½ cup pumpkin puree
- 2 eggs, beaten

INSTRUCTIONS

- Preheat oven to 350 F. Line a baking sheet.
- In a small bowl warm Spectrum® coconut oil and honey (either microwave, inside preheating oven or on the stove top).
- In a large bowl combine both kinds of oats, cranberries, pumpkin seeds, ground flax, pumpkin pie spice and salt. Add pumpkin puree, eggs and warmed coconut oil and honey. Stir until fully combined.
- Drop about ¼ cup sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15-20 minutes until edges are lightly browned.

Let cookies cool on baking sheet before moving to an airtight storage container



SNACK ATTACK



Pumpkin Bread

Ingredients

- 3 cups all-purpose flour
- 1 tsp ground cloves
- 2 tsp ground cinnamon
- 1 tsp ground nutmeg
- ½ tsp salt
- 1 tsp baking soda
- ½ tsp baking powder
- 3 cups granulated sugar
- 1 cup butter, really soft, half melted really
- 3 large eggs
- 1 16 oz can of pure pumpkin
- ½ cup chopped pecans (optional)

Instructions

- 1 Preheat oven to 350°F and spray two medium loaf pans with nonstick cooking spray.
- 2 In a medium bowl, mix the flour, spices, salt, baking soda, and baking powder and set aside.
- 3 In the bowl of a stand mixer with the wire whisk attached, dump in the sugar. Take the butter and put it in the microwave for about 30 seconds, so that it is half melted. Dump it into the sugar. Add the eggs. Cream these three ingredients together on medium speed for about 2 minutes or until fluffy. Add the pumpkin and combine well.
- 4 In three batches, add the dry ingredients and mix gently until each batch is just incorporated. Scrape the sides between each batch. Pour half of the batter into a one of the prepared pans. Fold the pecans into the remaining batter and then pour it into the other prepared pan. Bake side-by-side for about one hour or until an inserted knife comes out clean and the top is golden.



Parents we are looking for volunteers to supply baking. The baking can be dropped off at the school on Wed., Oct. 11th between 12-2pm.

We are also looking for pumpkins if you have any you would like to donate.

CHARACTER EDUCATION

This month we are learning about "BEING THANKFUL"

The phrase "Being thankful" is sometimes a difficult concept for the 4 yr. olds but when we talk about things that make us "glad or happy," it's a little easier to then move on to being "thankful."

(We can be thankful for our families, our healthy bodies, our pets, our nice warm beds, our food that we eat each day, etc.)

**thank
you**

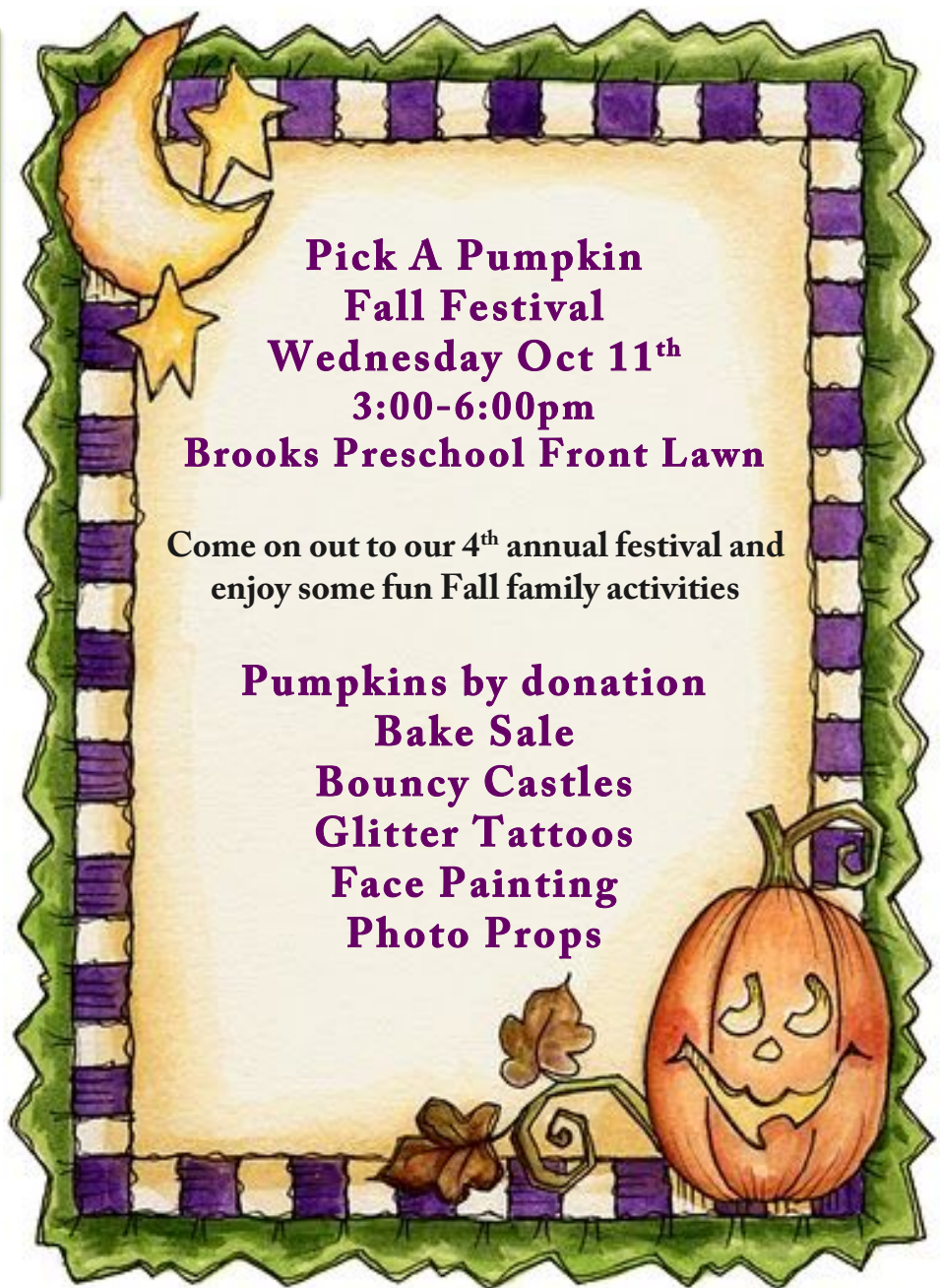
SPECIAL THANKS

To all our "Parent Helpers" you are such terrific support and help in our classes.

To all our Preschool board members and Room Reps who took part in helping out during orientation week and working hard on the operation of our school.

Thank you to Carissa Schekk and her son Logyn for the generous donation of toys to our school. Also to past student Deacon Webb for the donation of Trolls.

Thank you to our local Royal Canadian Legion for permitting their premises to be our schools safe meeting place in case of a fire/emergency.



LITTLE REMINDERS



Parents please let teachers know of any changes in phone numbers, addresses or medical concerns. We need to **keep information current**.

Birthdays: We like to celebrate children's birthdays before their date unless it falls on a school day.

Outside Play: Depending on weather, and time, outdoor play/walk will be for the last 15 min. of the day. Please dress your child according to the weather.

Doors at the preschool do not open until 8:45 pick up times are 11:00/12:00 doors will remain locked until then. If you need to pick up your child earlier, please ring the doorbell.

Please **take home all items** at your child's coat hanger and shelf above.

Play Zone: Be advised, children paint, use markers, and glue at school. We recommend that you DON'T dress your child in their best clothes as stains are a possibility.

BC Fruit Fundraiser

Please keep an eye out for our Fruit Fundraiser Info. This will be sent out in early October and the delicious BC fruit will be delivered in mid November.



Don't forget to check out your child's class Facebook page. Here you are able to contact your room rep, find little reminders about what's coming up, chat with other parents, and see the class helper list.



How much sleep should your child be getting?

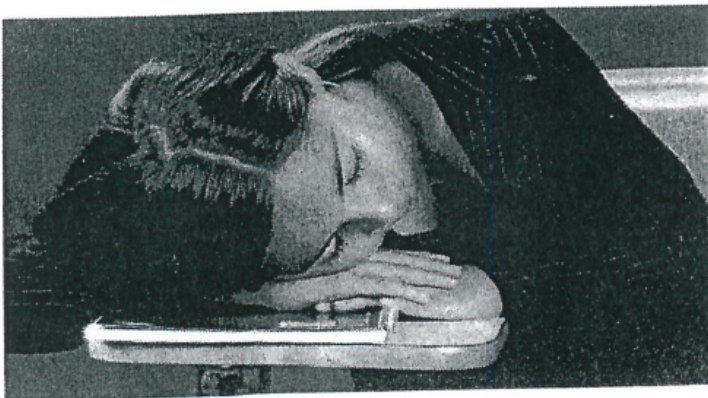
The following chart shows you some averages. It will give you an idea of the ballpark you should be aiming for, depending on your child's age. Some kids will need more or less sleep, and differ in how they nap.

Age	Nighttime Sleep (hours)	Daytime Sleep (hours)	Total Sleep (hours)
1 month	8.5 (many naps)	7.5 (many naps)	16
3 months	6-10	5-9	15
6 months	10-12	3-4.5	14.5
9 months	11	3 (2 naps)	14
12 months	11	2.5 (2 naps)	13.5
18 months	11	2.5 (1-2 naps)	13.5
2 years	11	2 (1 nap)	13
3 years	10.5	1 (1 nap)	11.5
4 years	11.5	0	11.5
5 years	11	0	11
6 years	11	0	11
7 years	11	0	11
8 years	10-11	0	10-11
9 years	10-11	0	10-11
10 years	10	0	10
11 years	10	0	10
12-13 years	9.5-10	0	9.5-10
14 years	9.5-10	0	9.5-10
15 years	9.5	0	9.5

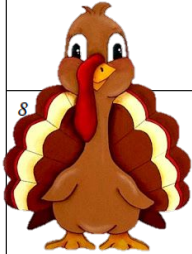








Different people need different amounts of sleep.

Remember that charts that list the average amount of sleep for each age group are just that—averages.

These are not magic numbers. The best way to tell if your child is getting enough sleep is to look at how they act while they are awake.



Brooks Preschool October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Giving Thanks	3	4 Giving Thanks	5 Food Bank Tour (bring a donation)	6 Food Bank Tour (bring a donation)	7 
8 	9 No School Thanksgiving	10 Fall Festival 	11 Friends & Feelings	12 Friends & Feelings (Fall Walk)	13 Friends & Feelings (Fall Walk)	14 
15	16 Patterns Wear lots of Patterns	17 	18 Silly Sock Day 	19 Patterns Wear lots of Patterns	20 Patterns Wear lots of Patterns	21
22	23 Fall Fun Begins	24 	25 Fall Fun Wacky Hair Wear Black and/or Orange	26 Fall Fun Wacky Hair Wear Black and/or Orange	27 Fall Fun Wacky Hair Wear Black and/or Orange	28
29	30 Being Helpful Citizenship	31				

SPECIAL DAYS

Oct. 5 & 6 Brooks Food Bank Tour: We will be learning how our community shares with those in need. Please bring a non-perishable food item for your child to donate.

Oct. 12 & 13 Fall Walks: Parents welcome sorry no siblings.

Oct. 16, 19, & 20 Pattern Days: We are learning about patterns that we see all around us. We are looking for patterns in nature, buildings, art, and even clothes. Please encourage your child to wear clothing with as many patterns as possible today for discussion and learning. They may find a striped shirt, plaid pants, or printed tights.

October 18 Silly Sock Day: Wear your favorite pair or two different socks.

Oct. 25, 26, & 27 Fall Fun: Wacky Hair and Wear Orange and/or Black (no costumes please)