



Fall is here. The preschoolers have been able to notice the changes taking place and we've been discussing these changes as well as singing, playing games, reading related books and creating fall pictures. The children heard a story about a little red house without any doors or windows and a star inside and who put the star there. The preschoolers predicted what they'd see on a walk and were pleasantly surprised when we walked to the school's playground. Don't forget to send hats and gloves as we will go outside unless it's raining or below 20 degrees.

Activities that develop a pincer grip and small muscles to help with handwriting skills are those that include picking up bugs with a variety of tools and drawing on pumpkins. Soon we will be hammering pumpkins and exploring the insides of pumpkins.

At this time of year preschoolers can deal with lots of scary feelings and it's hard for them to separate what's real from what's not so I'd like to share part of an article from the Fred Rogers Company.

- Help children know that feelings are natural and normal and at times hard to deal with
- Help children to verbalize their feelings
- Let children know there are healthy ways to manage their feelings
- Ask the children what helps them feel better when they're afraid

As you can imagine some of our favorite books we're reading deal with fears such as: Go Away Big Green Monster; There's A Nightmare in my Closet; There's An Alligator Under My Bed; Monsters Are Afraid of the Moon; The Little Old Lady Who Wasn't Afraid of Anything; Arthur Goes to School and Popcorn.

Now that I have everyone's email addresses I will be sending out other preschool or school related correspondence along with the picture link once I receive it from him.

## Up and Coming

Fall Harvest Parties – Oct. 27 am only  
Oct. 28 am and pm classes

No School – Oct. 31

Thanksgiving Break – Nov. 23-27

Parent/Teacher Conferences – Dec. 7 & 8

Early Dismissal-Wednesday, Dec. 7  
8:15-10:15 morning class  
11:00-1:00 afternoon class

## FYI

Thanks go out to the Moody family for the napkins.

If anyone will be shopping at Sam's Club soon the preschool could use more 5 oz cups. We use over 130 a week.

If you have unwanted note pads, greeting cards or envelopes please send them in as the preschoolers enjoy giving each other mail.

The top candy bar seller in preschool was Payton Miller. The other big sellers were; Andrew Kinmon, Frankie Nuyles, Lillyan Marsh, Lydia Cook and Brooke Kwalton.