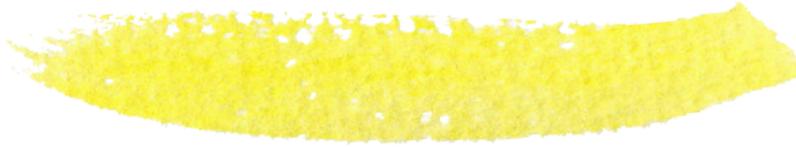


# - October Newsletter



## Notes from the Director

- *Cover your mouth when you cough or sneeze*
- *Use a tissue or elbow please*
- *Wipe your nose and throw the germs away*
- *Wash your hands with soap and now we PLAY!*

The first month of preschool is behind us and we are so excited for some cooler temperatures. With changes in the weather, we start to see some illness in the children (and teachers). We will always send an email to parents if there is a contagious illness in your child's classroom. It is important that you let us know when your child will be missing school because of an illness and if you get a diagnosis from a doctor. Not only do we want to know so we can notify parents but we also give the classrooms a deeper cleaning. Also, continue to have your child wash their hands before entering the classroom.

It is common for children that have never been in a school setting to get sick. This is how their little bodies build a stronger immune system. Below are some ways you can help your child stay healthy -

- **Get immunized.** It remains a subject of some debate. Most schools require a child to be up-to-date on his or her immunizations prior to setting foot inside the halls, though states do offer medical and religious exemptions. Still, vaccines have been shown to prevent severe illnesses such as meningitis and pertussis (whooping cough). The Center for Disease control also recommends an annual flu shot for children six months and older.
- **Teach proper hand-washing techniques.** Even at 4 or 5 years of age, kids will still stick their fingers and hands in their mouths without a second thought, and then proceed to touch toys, utensils, furniture and more, leading to cross-contamination. Children often get sick after touching their nose, eyes, or mouth with hands that have come in contact with a contagion. Encourage vigilant hand washing, with the most important times being after your child uses the restroom, or before he or she eats or drinks. Teach children to wash their hands with a sufficient amount of soap under warm running water for approximately 20 seconds - and not to forget to clean in between their fingers. When finished, they should dry their hands with a paper towel and turn off the faucet with it, as well.
- **Hand Sanitizer** According to the CDC, sanitizer should be at least 60 percent alcohol to be effective. We prefer that the children at preschool wash their hands while at school and we will use hand sanitizer, if necessary.
- **Encourage precautionary measures.** Urge your children to keep a temporary safe distance from peers who are hacking and coughing. Remind them to always cover their mouth when they cough or sneeze, themselves, to prevent the spread of germs, and to use tissues whenever possible. Reiterate that washing hands is the first line of defense against getting sick.

Please remember to keep your child home if you think they are getting sick and we will be vigilant about watching for illness at school. By working together, we can cut down on the yucky preschool illnesses.

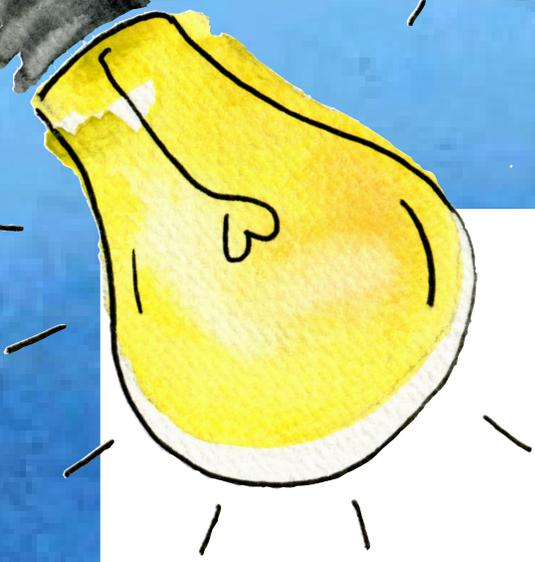
Blessings,

Mrs. Kim



## Important Dates

- 5th - No School, GCISD Holiday
- 9th - Spirit Day - Wear your school shirt!
- 11th - Fire Truck Visit
- 16th - School Photos - One and Two Year Old Classes and older siblings
- 18th - School Photos - Three Year Old Classes
- 19th - School Photos - Four Year Old and Transitional Kindergarten Classes
- 22nd - Conferences - Four Year Old and Transitional Kindergarten Classes
- 23rd - Hall's Farm Pumpkin Patch Visit for Threes, Fours and Transitional Kindergarten Classes
- 23rd - Book Fair 9am-2pm
- 24th - Conferences - Three Year Old, Fours Year Old and Transitional Kindergarten Classes
- 24th - Compass Christian Church Fall Festival
- 25th - Orange Day, Pumpkin Waffles with Mrs. Kim - Three Year Old Classes
- 25th - Book Fair 9am-2pm
- 26th - Pumpkin Waffles with Mrs. Kim - Four Year Old Classes
- 30th - Pumpkin Waffles with Mrs. Kim - Two Year Old Classes
- Nov 1st - Pumpkin Waffles with Mrs. Kim - One Year Old and Transitional Kindergarten Classes



## Teacher Birthdays

10th – Kristin Comstock



## Musical notes

Fall in love with music! Music is a natural outlet for creativity and self-expression. The sheer joy of making music in a group promotes socialization and a feeling of belonging. Music is vital part of children's lives, and when they can make music themselves, it promotes self-esteem. Singing can often be challenging to preschoolers due to language development. In contrast, playing rhythm instruments involves copying simple motions. Last month, we learned how to clap and make those claps loud or soft and fast or slow. During October, we will be exploring different rhythm instruments. The 1s and 2s will learn how to manipulate balls to music so that they can explore good listening skills and motor skills. The first steps to learning how to play instruments. The 3s will have fun learning how to play rhythm sticks. 4s and TK will explore boomwhackers with the 4s learning how to play them while TK experiments with different rhythms and beats. All will have fun singing and dancing to songs about falling leaves and pumpkins! Remember nature sings its own song every day, if we only stop to listen. The swish of leaves falling from the trees, the chatter of squirrels, and the thump of a good pumpkin!



## Compass Church Events

### 2018 Holiday How To's Women's Event

Campus: Colleyville  
Location: Compass Center - Auditorium  
Tue, Oct 9: 6:30PM - 9:00PM

### Fall Carnival

Campus: Colleyville  
Location: Colleyville  
Wed, Oct 24: 6:30PM - 9:00PM