

October 2025

Our Saviour Scoop



Dear Families,

Happy Fall! The kiddos are really settling into their school routines, and we've already seen so much growth since the very first day. It has been wonderful to watch them build friendships, gain confidence, and dive into learning.

This month we are beginning our new unit of study: **Farms and Pumpkins!** Each classroom has a variety of fun activities and lessons planned to help us explore the season. Alongside these lessons, we are continuing to encourage plenty of play every day. Inside the classroom, children use the toys and materials in our centers to imagine, create, and practice important skills. Outside, playtime gives them the chance to strengthen gross motor skills such as running, climbing, jumping, and playing together as a community. We'll wrap up October with a special celebration on **Friday, October 31st**. Families are invited to join us for our Pumpkin Decorating Event, followed by Trick-or-Treat Street through the school hallways to end the day with some festive fun.

Thank you for sharing your children with us each day! It is such a joy to be part of their learning and growth.

With gratitude,
Angel Peters
Director, OSLS Preschool

"Play is often talked about as if it were a relief from serious learning. But for children play is serious learning."

– Fred Rogers

Healthy Eating Habits

At school, we see how much healthy food choices help kiddos stay energized and ready to learn. Here are a few simple ways families can encourage good habits at home:

- Offer healthy choices without pressure—kids eat best when they feel in control.
- Keep serving veggies, even if they say no at first—different flavors and textures take time!
- Invite your child to help with little jobs like washing or arranging foods.
- Be a role model—children are more likely to try what they see you enjoying.

This month's theme of pumpkins and farms is a great reminder that fall is full of delicious, healthy foods—like apples, pumpkin seeds, and roasted veggies—that kids can explore and enjoy!

Source: NAEYC – Supporting Healthy Eating Habits