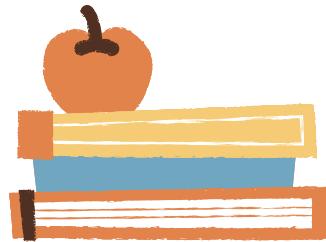


September 2025

Our Saviour Scoop



Dear Families,

Welcome to a brand-new school year! It has been such a joy having the children back in our building! Hearing their laughter, singing, and play truly fills my cup each day.

As we begin, I want to share a few updates about our upcoming units of study for the first half of the year:

September - All About Me & Family

- We will wrap up this unit on October 3rd with a special Family Picnic! Weather permitting, we'll gather outside with our classes for a picnic celebration. Look for your invitation soon, we can't wait to share this day with you!

October - Farms & Pumpkins

- This fall unit will end with a fun family-inclusive celebration.

December - Christmas

- We'll finish the first half of our school year with the joy of the Christmas season.

Alongside our curriculum, we are focusing on the importance of rituals and routines for our young learners. Our classrooms are working toward establishing a consistent daily schedule so children know exactly what to expect. A steady rhythm helps them feel safe, relaxed, and confident in their environment. This opens the door to stronger relationships and richer learning opportunities!

Thank you for entrusting us with your children. I am so excited for all that this year will bring!

With joy,
Angel Peters
Director, OSLS Preschool

★ "When children feel safe and confident, they are ready to learn and grow."



Creating Rituals & Routines at Home

Children thrive when families build simple, consistent routines and meaningful rituals. Here are a few easy ways to try this at home:

1. **Anchor to Daily Moments** — keep wake-up, meals, and bedtime consistent.
2. **Make It Special** — add a song, hug, or prayer to turn routines into rituals.
3. **Use Visual Cues** — charts or pictures help kids know what comes next.
4. **Stay Consistent (but flexible)** — routines provide security, even when adjusted for special days.
5. **Involve Children** — let them choose the story or help with small tasks.
6. **Celebrate Together** — create fun traditions like Saturday pancakes or evening walks.

Source: Adapted from Spagnola & Fiese, "Family Routines and Rituals: A Context for Development in the Lives of Young Children," *Infants & Young Children* (2007).