

OLGC Preschool



October 2023

Our school year is off to a wonderful start! We are all settling in, adjusting to our new routines, and making new friends. The children have met Mrs. Danielli, our Science Lab teacher, Mrs. Suddeth and Mr. Jones, the P.E. teachers, Ms. Strycula, the librarian, and Mrs. Matamoros, the Spanish teacher. The children are enjoying Music and Movement classes with Mrs. Wood. They have been to the church and have met Fr. Kumar and Fr. Matt. September was a busy month!

Sweatshirt weather is here! Since all 55 of our sweatshirts look alike, please be sure to write your child's name on the tag.



Halloween parade

We will be having a Halloween parade on Tuesday, October 31, at 8:00 AM. The children should arrive at school wearing their costumes with their uniforms underneath. We ask that masks, dress up shoes, and weapons be left at home. Again, **school uniforms must be worn under the costumes**. Teachers will assist children in taking off their costumes and putting them in their backpacks when the parade is over. If your child's backpack is small, please send in a separate bag for the costume. Parents are invited to join us for the parade. Please park your car in the bell tower lot, walk your child to the preschool doors, and then proceed to De Sales Hall. Do not park in the preschool lot unless the bell tower lot is full. When all of the children have arrived, we will bring the children up to De Sales Hall for the parade and a few holiday-inspired songs. This program should last approximately twenty minutes. Please arrive no later than 8:00 so that we can begin promptly!



Start the Day with a Good Breakfast

Please make sure your child has a healthy breakfast before coming to school in the morning. Kids who skip breakfast tend to feel tired, restless, and irritable. Eating a healthful breakfast has been shown to help attention span, concentration, and memory – all important factors for learning. A good breakfast also helps kids to be more active, more creative, have better eye-hand coordination, better problem-solving skills, and miss fewer days of school. Choose breakfast foods that include protein and fiber (peanut butter on a multi-grain waffle), low-fat dairy (Greek yogurt parfaits), and foods low in added sugar. For children who have a low

appetite in the morning, drinking breakfast may be more appealing. Try a yogurt drink, smoothie, a kid-friendly protein shake, Go-gurts or fruit pouches.



A Note from the School Nurse

Just a reminder that when your child goes for his annual birthday well check with the doctor, please have them complete the Virginia School Physical Form if your child will be going to Kindergarten next fall. Regardless of where your little Wildcat attends Kindergarten next year, they will need a new entrance physical to start Kindergarten. Here is the VDH website: <https://www.vdh.virginia.gov/school-age-health-and-forms/school-health-forms-and-action-plans/> that explains everything! Please do NOT complete new medications forms until next summer, but entrance physicals can be dated up to 12 months (September 2023) prior to school start. Please make sure the provider completes all of page 4 including TB screening, Hearing, Vision, and general wellness sections. All Kindergarten required vaccines are to be completed as well. If you have any questions, please contact the clinic at jbliven@olgca.org. We are encouraging you to do this now and have it ready for when Kindergarten enrollment starts at your preferred school, so you are ready to go!

REMINDER: Children who have been vomiting or who have had diarrhea may not return to school until 24 hours after the cessation of symptoms. Thank you!



Important Dates

Monday, 10/2, Dress-out day. Wear blue!

Friday, 10/6, 11:15 Dismissal

Monday, 10/9, No School, Columbus Day Holiday

Thursday, 10/26, 11:15 Dismissal, Teacher Workday

Friday, 10/27, No School, Professional Development Day

Tuesday, 10/31, Halloween Parade in De Sales Hall, 8:00 AM