

PARKCREST CHILDREN'S CENTRE

PRESCHOOL NEWSLETTER

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OCTOBER 2026

What an Amazing Start to Our School Year! It has been wonderful connecting with all of our families and watching the children settle into their routines, classrooms, and new friendships.

Our focus has been getting to know each child, their interests, and their personalities. We are already seeing wonderful friendships developing, along with lots of laughter, giggles, and conversations!

We have also been encouraging independence and responsibility. The children are learning to hang up their backpacks and jackets, care for their belongings, and clean up after themselves. We have been so proud to see their teamwork and willingness to help one another!

Health and safety have also been a big focus. We are practicing proper handwashing, using tissues, and covering our coughs and sneezes to help keep everyone healthy.

Cotton Ball or Sandpaper?

Kindness and empathy are always an important part of our classroom. We have been talking about how kindness feels soft, fluffy, and nice—like a cotton ball, while unkind actions can feel rough and scratchy—like sandpaper.

You may hear your child say, “That's Cotton Ball!” or “That's Sandpaper!” at home. The children are learning to recognize how their words and actions make others feel—and that we always want to be a COTTON BALL!

We have also introduced fire safety and completed our first fire drill. Fire drills will take place monthly. Next month, we will also participate in the Great ShakeOut Earthquake Drill to practice earthquake preparedness.

We are so proud of how the children have started the year and look forward to another month of learning, laughter, friendship, and fun!

Building Independence at Home and School:

Children learn best through active involvement, and everyday routines at home provide wonderful opportunities for learning and growth. Simple tasks such as putting away toys, choosing their own clothes, brushing their hair, or making simple choices help children build confidence, responsibility, and independence.

Over the next nine months, we encourage you to:

- Set aside a little time each day to help your child practice self-help skills.
- Set clear and consistent expectations.
- Introduce one new step to a familiar task or make it slightly more challenging each month.
- Give your child time to try independently before offering assistance.
- Offer support and guidance after your child has made an attempt.
- Use positive language, encouragement, and praise to celebrate their efforts.

Remember, learning to do things independently takes time and practice. Small steps each day can make a big difference!

We're excited to see these growing skills reflected in the classroom and to celebrate your child's progress throughout the year!

October Focus: Leaves & Pumpkins

Throughout October, we'll be exploring leaves, pumpkins, and the changing season. To celebrate fall, we're inviting families to join us on a field trip to Laity Pumpkin Patch! It will be a fun and educational day filled with exploration and play.

Permission forms will be sent home next week. Please return them by October 17. More details will be shared with the forms.

A big thank you to all our families for your continued support!

You've been fantastic with:

- Smooth drop-offs and pick-ups
- Submitting emergency cards and outstanding forms
- Completing the Family Activity Sheet

If you haven't handed in your Family Activity Sheet yet, please do so along with a family photo, as we'll be sharing these during group time soon.

We appreciate all you do and look forward to a great month ahead!

NEW*WEEKEND PROGRAM BY LUMINO CRAFT**

Starting Sunday, October 4th, Lumino Craft will be offering parent/child play labs. They are a 3 week themed series where children spend 60 minutes exploring, creating and playing alongside their parent or caregiver right here at Parkcrest Preschool.

What is Lumino Craft?

Lumino Craft creates thoughtful, hands-on sensory and art experiences for little ones and their grown-ups, designed to spark creativity, connection, and early learning through play.

So, what is Lumino Play Lab?

Lumino Play Lab is a 3-week parent-and-child program for ages 3–5 that blends sensory play, mindful art, and friendship skills in a warm, themed learning space. Each 60-minute session invites children and their caregivers to explore, create, and connect through hands-on activities, take-home art, and playful developmental learning woven naturally into the experience.

Please visit www.luminocraft.ca for more information and to register.

All sessions will be hosted by Arzoo Rupani, a licensed Early Childhood Educator. For more information on our host, please visit www.enrichingearlylearning.com

FALL BOTTLE DRIVE

Parkcrest Children's Centre is a non-profit organization that has been providing quality child care for 30 years to families in the North Burnaby community, as well as nearby areas like Coquitlam and Vancouver.

As a non-profit, we rely on fundraising to help run our programs — and we aim to do so with minimal pressure on our families.

This month, we're excited to launch a Bottle Drive to raise funds for our Centre!

Here's how you can help:

We're asking each child to bring in empty, rinsed beverage containers. Our goal is to collect 500 bottles, and extra donations are always welcome!

Drop-off Options:

At the Preschool-Please place your rinsed containers in or around our blue bin at the preschool.

At the Kensington Return-It Depot-They've made it easy! Go to the kiosk near the entrance. Type in 604-294-6224. Attach the printed labels to each bag. Drop the bags into the large blue bins just past the cashier. The depot will sort the containers and deposit the refund directly into our account.

SCHOLASTIC BOOK CLUB

Scholastic Canada offers a fantastic selection of books at affordable prices for home reading and gifts. We have been a part of this book club for many years. For every purchase, we receive a credit and use it towards the purchase of new books and supplies for our Centre. Please use our class code when placing your order **RC174102**.

Families who chose to order books can view the Digi-flyer at <https://classroomessentials.scholastic.ca/s/cec-ca/en/digital-catalogues>

There is an easy Pay online system. All paid orders will be forwarded to the preschool and combined for free shipping. Upon delivery, teachers will hand out your order.

There is absolutely no obligation to order books – just an opportunity if you wish.

LAITY PUMPKIN PATCH

We're excited to announce our upcoming field trip to Laity Pumpkin Patch for a fun-filled morning of outdoor activities, exploration, and fall festivities! We warmly invite all children and their families to join us for this special event. We will be meeting everyone at the pumpkin patch! Please return forms and payment by Friday, October 16th.

All classes will meet together on Wednesday, October 28 @ 9:50am

PICK UP/DROP OFF

Just a reminder to share our pick up and drop off procedures with anyone who will be picking up children from the preschool. We appreciate that parents/guardians/alternate persons arrive on time.

SNACK

Snack time has quickly become a favourite part of our day! The children have been really enjoying the fresh fruit that our families have so kindly been sharing. It's been wonderful to see them trying new things and enjoying the variety together.

Please continue bringing in fruit on Mondays or Tuesdays—the children look forward to the colorful selection each day, and it's a lovely way to build community and healthy habits!

We appreciate your support in helping make snack time a happy (and delicious!) part of our program.

HEALTH AND WELLNESS REMINDER

As we move through cold and flu season, a gentle reminder to **please keep your child home if they are showing cold or flu symptoms**. This helps keep everyone in our classroom community healthy and safe.

We understand that some symptoms—like a runny nose or low-grade fever—can sometimes be caused by things like teething or seasonal allergies. In these cases, it's important to consider what's *typical* for your child.

If you're unsure whether your child should attend, we encourage you to contact your health care provider, or call 8-1-1 to speak with a nurse for guidance.

REMINDER: PLEASE DO NOT SEND LUNCHES THAT CONTAIN NUTS, NUT BUTTERS, TREE NUTS OR INGREDIENTS THAT MAY CONTAIN TRACES OF NUTS

Thank you for helping us maintain a safe and healthy learning environment for all!

COMMUNICABLE DISEASES

If your child has a communicable disease such as pink eye, strep throat, hand foot and mouth disease, etc., please notify the Centre immediately. If you are not sure, have it reviewed by a physician.

Your notification is very important and is always confidential. Remember, if you think your child is ill, please keep them at home.

PARENT BOARD & ANNUAL GENERAL MEETING

Parkcrest Child Care Society has proudly served the Burnaby North community for 30 years, providing quality preschool and out-of-school care programs to local families.

Strong communities are built on strong local support—and Parkcrest is a vibrant, evolving Centre that continues to grow and adapt to meet the needs of our families. One of the ways you can help shape this growth is by getting involved.

Interested in making a difference?

Consider becoming a Board Member! It's a meaningful way to:

Share your ideas and energy, help identify and meet community needs, contribute to the development of our Centre and support local children and families

Save the Date: Virtual Annual General Meeting (AGM)

Tuesday, November 24 at 7:00 PM

Details to follow. A signup sheet will be posted next month to reserve your spot!

We warmly invite all families to attend. The AGM is a great opportunity to stay informed, get involved, and connect with our vision for the future. Keep an eye out for this year's special presentation topic—coming soon!

Dates to Remember

<u>Bottle Drive</u>	All month!
<u>Scholastic online orders</u>	October 16
<u>Thanksgiving Day</u>	October 12 – No Preschool
<u>Professional Day</u>	October 23 - No Preschool
<u>Laity Pumpkin Patch</u>	October 28 – Field Trip Day!

All newsletters are available on our website.

www.parkcrestchildcaresociety.ca

Subscribe to” Up to” on our events page and get reminders and notifications for important dates.