

Pre-K Newsletter

October 2024

Monthly Themes & Focus

September 30th–October 4th:

All About Me



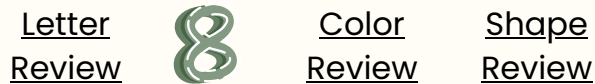
October 7th–October 11th:

Health & Nutrition



October 14th–October 16th:

Health & Nutrition



October 21st–October 25th:

Fall



October 28th–November 1st:

Fall



Limiting Processed Foods & Artificial Dyes in Your Child's Diet

Research suggests that a diet high in processed foods and added sugars may negatively affect cognitive function, memory, and attention span in children.

- Impacts mood and increases mental health struggles such as anxiety, ADHD, and depression.
- Processed foods lack key nutrients and a diet deficient in these key nutrients can lead to developmental delays and weakened immune systems.*

*Reach out to Behavioral Health Consultant, [Connie Greenhood](#) or [Ms. Rhonda](#) for more information.

Upcoming Events

10/09/24: Bus Garage Presentation

10/09/24: Restaurant Night at [Noodles & Co](#)
(More information to come)

10/17/24: NO SCHOOL

10/17–18/24: NO SCHOOL & Parent Teacher Conferences

10/25/24: [Tigges Farm Pumpkin Patch](#)

Field Trip

(Arrive at Preschool for departure at 9:40 am)

10/30/24: Fall Party

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