



## Arcola Christian Preschool

"Let the little children come to Me . . . for of such  
is the kingdom of God."  
(Luke 18:16 NKJV)

## October 2025

### Director's Note

October is here, and we've had a great time at Preschool so far. Your children have adjusted to their new classes very well. It is wonderful to hear the excitement in their voices in our classrooms and hallways.

I encourage you to take advantage of pick-up time to hear about their day while it is fresh in their minds. It is wonderful for them to have your undivided attention instead of competing with a cell phone or a video playing in the car. If you create these good habits now, they'll still be telling you about their day when they are teenagers!

Remember to check your child's school bag each day for notes or special projects they may bring home. There are a lot of fun events coming up. **Fall FIELD TRIP information is attached to this newsletter.**

With the sun setting earlier, it is easier to get the kids to bed early. Sufficient sleep is one of the best ways to keep your children healthy during the upcoming cold and flu season and well-rested children also have an easier time making good decisions at school. The children wash their hands several times during the day while they are at preschool, and we encourage them to cough and sneeze into their elbow and wipe and blow their own noses. It would be great if you could reinforce those good habits at home. We're hoping everyone stays as healthy as possible!

Several events are coming up at Arcola Church highlighted at the end of this newsletter. Most important is a presentation by a local social worker about helping your child with resilience. **I encourage you to attend.**

Childcare will be available with registration. More details can be found on the church website.

If you have any questions or concerns, feel free to contact me at any time.

Barbara

[BarbaraL@ArcolaChurch.org](mailto:BarbaraL@ArcolaChurch.org)

703-327-7878 x222

### Lunch Bunch opportunity

Lunch Bunch is an optional program that occurs Monday – Thursday most weeks, for children enrolled in regular morning classes. It offers the opportunity for students to extend their school day occasionally until 1:30pm while enjoying lunch, friends, and play. The link can be found in our Friday emails. We will open it to 2 ½- year-olds who are ready in November.

<https://www.signupgenius.com/go/20F0B49A8AE292-58768472-copy>

### Halloween Celebrations



The annual Halloween parades will take place on October 29 & 30. All classes will participate. Please bring your child to preschool at the usual time of 9:30am, dressed in their costume (**no pretend weapons – guns, knives, swords, etc.**). You can use the car line or walk in for drop-off that day. (It's okay to use the carline and then go park to come in for the parade.) Parents will proceed to the Great Room to find a seat and the parade will begin promptly at 9:45am. Following the simple parade, we ask that you help your child out of their costume and take it home with you so we can resume a "normal" preschool day. It is not unusual for some children to be overwhelmed by the schedule change and the parade. If your child gets upset and would rather sit with you to watch, that's perfectly fine. This is meant to be a fun experience!

### ACP Calendar

The calendar for the school year is posted on our website for you to view at any time.



October 2 -NO SCHOOL – LCPS & ACP Closed

October 7 – The Hidden Power of Resilience @7pm

October 13 - NO SCHOOL (Indigenous Peoples' Day)

October 20 - NO SCHOOL – LCPS & ACP Closed

October 29 & 30 - Halloween celebrations

October 31- NO SCHOOL – LCPS & ACP Closed

November 3 - NO SCHOOL – LCPS & ACP Closed

November 4 - NO SCHOOL (ACP staff only workday)

November 5-14 - Parent/Teacher Conferences

3s & 4/5s only (students attend school as usual)

November 20 & 21 - Thanksgiving Feasts (students only)  
November 24-28 - NO SCHOOL (Thanksgiving Break)  
December 17 & 18 - Christmas Celebration  
(No Extended Day on Thursday)  
Dec. 19 – Jan. 2 - NO SCHOOL (Christmas/Winter Break)

## Enter in Good Health

As a reminder, when you enter the building or send your child into the building, you are confirming that you or your child do not have symptoms of a contagious illness. Children should be 24 hours symptom free without medication before returning to school. Please stay home if you are unwell!

## Snack Policy

**Snacks must be in unopened, INDIVIDUAL, commercial packaging with a label we can read.** The label can be on the box holding the individual packages. We will not serve any foods at Arcola Christian Preschool that may contain peanut or tree nut products or that were processed/manufactured in a facility that processes nuts (including coconut) or peanuts. Do not send beverages (i.e. juice, milk). There is a list of some snack suggestions in the Parent Handbook, but there are many more options available in stores.

**To assist in preventing choking, please do not send grapes, raw carrots or popcorn.**

## Carline Signs

Carline is going quite well overall. Please hang your sign from your rearview mirror (a pants hanger works great) or put your sign in your side window (be careful not to put your window down while it's displayed there or you might lose it!). We need to be able to easily see the child's name throughout the entire pickup process and **we cannot read the signs that are laying on the dashboard.**



## Tuition

Tuition payments are **due the first of each month.** We do not send a bill. The best way to pay is on the preschool tuition [payment page on our website](#). There is a \$25 late fee after the 5<sup>th</sup> of the month. We are a non-profit and rely on your timely payments to pay our staff and purchase supplies.

## Absences

If your child is going to be out of school due to illness or travel, please email your child's teacher or the preschool office.

## Clothing

Please be sure to label all clothes, jackets, and school bags with your child's name. Many children do not recognize their own belongings when there are several others that look similar.

## Scholastic Books

Does your child love books? Reading to your child is the most important thing you can do to help them succeed in school. Each month, new flyers will be posted. Please take a few moments to explore the selection together and let your child help choose books he or she is excited to read. Orders will be submitted toward the end of each month. Thank you for supporting your child's reading both at home and in the classroom! Your books will ship directly to our preschool, and we will send them home with your child.



You'll have access to expertly curated, affordable books that help boost your child's reading skills, build your home library, and maybe even create moments of quality time you can share together.

Family Order Due Date: **10/15/2025**

Shop Our Class Page:

<https://orders.scholastic.com/GZVWY>

Shop Flyers: <https://clubs.scholastic.com/all-flyers>

Thanks so much for your support!

## **How to Build Independence in Preschoolers**

*By Alexandra Levine and Laura Philips (Child Mind Institute)*

*Young children love to do things for themselves — even when it makes life harder for their parents. Here are some tips to help your preschooler build independence, while keeping your own frustration to a minimum.*

*Learning to follow routines is one way for little kids to become more independent. Like coming home from school: jacket off, then shoes, hang up backpack, wash hands. Let kids start to do parts of the routine by themselves, like unzipping their coat. Eventually, they'll be able to do the whole routine alone.*

*It might be faster in the moment for you to take your child's shoes off but give them time to figure it out and they'll soon do it themselves. When you step back, kids learn how to power through frustration. Assigning chores is another great way to build kids' independence. Start with something simple, like putting clothes in the laundry bin.*

*Another way to build confidence is by giving your child choices. For example, if your child wants to cross the street by themselves, you might give them a choice instead: "Do you want to hold my hand or be carried?"*

*Playtime is another chance for kids to take the lead. Projects, like puzzles or crafts, are a great way for kids to learn to focus on one thing for a long time. Free play is also a chance for kids to learn creativity and problem solving. Give your child some crayons or blocks and let them come up with their own activity.*

*Let your child know you see them learning and growing too! Play along by doing what they're doing or describing what they're up to so they know you're watching. And cheer them on when they do things by themselves.*

## **Arcola Church Happenings**

Arcola Church is an active church with opportunities for Worship, Sunday school for all ages, a variety of bible studies, music groups, support groups, and opportunities to donate to the Hygiene Pantry and the Dulles South Food Pantry. For more information, check out our website or ask me to point you in the right direction. You do not need to be a member of Arcola Church to participate in any of our programs.

[www.ArcolaChurch.org](http://www.ArcolaChurch.org)

## **The Hidden Power of Resilience – Helping Preschoolers and Young Children Build Resilience**

Tuesday, October 7, 7-8:30pm - Childcare available

This program is beneficial for parents of all young children.

Join Licensed Clinical Social Worker and mom, Taylor Speight Aderholt, for a practical conversation about helping preschoolers and young children build resilience... starting at the classroom door. With over a decade in therapeutic foster care and public schools, and firsthand experience as a parent, she'll share why those tough drop-off moments matter and how they shape children for a lifetime. Childcare provided with prior registration. [Click here to register.](#)

## **Dates with a Purpose**

### **October 4, 4:45pm**

DWAP provides an intentional way to do just that. Start your date out at the church with a mini (20 minutes or so) relationship-building discussion and conversation topics for your date. The rest of the evening is yours! [Register here for October 4.](#) Registration for November 1 will open on Sunday, October 5. (Childcare often fills up fast.)

## **Trunk or Treat**

**Sunday, Oct. 26, 4:30-6pm**



Register to attend here:

<https://www.signupgenius.com/go/9040E4FAAAC2BA46-58327678-trunk>

Volunteers are needed to provide decorated trunks, & to donate treats/goodies prior to the event.

Register to volunteer here:

[https://www.signupgenius.com/go/9040E4FAAAC2BA46-57494181-trunk#/?](https://www.signupgenius.com/go/9040E4FAAAC2BA46-57494181-trunk#/)

## **Adult & Pediatric CPR/First Aid/AED Class**

**October 5, 2:30pm**

Lifeline CPR is holding a blended Adult & Pediatric CPR/First Aid/AED class on October 5, 2:30-4:45pm at Arcola. Church members, preschool families, school groups and youth groups are welcome to attend. You can register below.

<https://arcolachurch.org/event/24071467-2025-10-05-adult-pediatric-cprfirst-aidaed-class/>

## **Fill the Bins Paper Shredding and Stock the Pantry Event**

**October 11, 9am-Noon**

Take advantage of this free shredding event at Arcola! Start gathering all your documents and bring them to be shredded along with donating a non-perishable food item for the Dulles South Food Pantry. Click on the link below & scan the QR Code to register and to learn more about the event. [https://account-media.s3.amazonaws.com/25885/uploaded/f/0e20255786\\_1757418776\\_fill-the-bins-flyer.png](https://account-media.s3.amazonaws.com/25885/uploaded/f/0e20255786_1757418776_fill-the-bins-flyer.png)

## **Arcola United Methodist Church**

**Pastor:** Chris Riedel

**Web site:** [www.arcolachurch.org](http://www.arcolachurch.org)

Worship @ 9am & 11am (Preschool & Nursery available)

Sunday School for K-5<sup>th</sup> grade @ 9am

Youth (grades 6-12) Sunday School/Fellowship @ 10am

If you are interested in learning more about what is happening in the life of Arcola Church, please send me an e-mail ([BarbaraL@ArcolaChurch.org](mailto:BarbaraL@ArcolaChurch.org)) and I will have you added to the church newsletter e-mail distribution list.