



Arcola Christian Preschool

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

October 2026

Director's Note

October is here, and we've had a wonderful start to the school year! Your children have adjusted so well to their new classrooms, and it is a joy to hear their excitement throughout our classrooms and hallways.

Pick-up time is a great opportunity to talk with your child about their day while it is still fresh in their minds. Giving them your undivided attention—rather than competing with a cell phone or a video in the car—helps create meaningful connections and encourages them to share. If you build this habit now, they may still be telling you all about their day when they are teenagers!

Please remember to check your child's school bag each day for notes, artwork, or special projects they may be bringing home. We have lots of fun events coming up, and information about our fall **FIELD TRIP** is attached to this newsletter.

As the sun begins to set earlier, it can be a little easier to establish an earlier bedtime. Getting enough sleep is one of the best ways to help keep children healthy during cold and flu season. Well-rested children also tend to have an easier time learning, focusing, and making good choices at school. At preschool, the children wash their hands several times throughout the day. We also encourage them to cough and sneeze into their elbows and to wipe and blow their own noses. We appreciate your help in reinforcing these healthy habits at home. Together, we can help everyone stay as healthy as possible this fall!

Developing independence is an important part of school readiness, but finding the right balance between giving

children freedom and setting appropriate limits can sometimes be challenging. In this newsletter, I've included resources from the Child Mind Institute and the University of Virginia's School of Education that offer helpful guidance on providing preschoolers with appropriate choices while supporting their growing independence. I hope you find these resources helpful as you encourage your child's confidence, decision-making skills, and independence at home.

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

Barbara

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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. **October's sign-up can be found here -**

<https://www.signupgenius.com/go/20F0B49A8AE292-65877278-acpocetober>

Halloween Celebrations



Our annual Halloween parades will take place on **October 27 and 28.** (Bouncy Birds and Shining Stars classes will have their parade on October 28.) All classes will participate!

Please bring your child to preschool at the usual **9:30 a.m. drop-off time**, dressed in their costume. For everyone's safety, **please do not send children in costumes with pretend weapons**, including guns, knives, swords, or similar items.

You may use the car line or walk your child in for drop-off that morning. If you use the car line, you are welcome to park afterward and come inside for the parade. Parents should proceed to the **Great Room** to find a seat. The parade will begin promptly at **9:45 a.m.**

After the parade, we ask that you help your child out of their costume and take it home with you. This will allow us to return to our regular preschool routine for the rest of the day. We understand that a change in routine and the excitement of the parade can sometimes be overwhelming for young children. If your child becomes upset or would prefer to sit with you and watch the parade, that is perfectly fine. **Our goal is simply for everyone to have a fun and positive Halloween experience!**

Carline Signs

Carline is going well overall! Please help us keep things running smoothly by displaying your carline sign where we can easily see it.



You can hang it from your rearview mirror (a pants hanger works great) or place it in your side window. **Please do not place the sign on your dashboard, as we cannot read it easily.** If you display it in your side window, be careful not to roll the window down while the sign is there—you might lose it! Thank you for helping us make pickup quick and easy for everyone!

ACP Calendar

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



October 12 - NO SCHOOL (Indigenous Peoples' Day)

October 27 & 28 - Halloween celebrations

October 29 & 30 NO SCHOOL – LCPS & ACP Closed

November 2 - NO SCHOOL – LCPS & ACP Closed

November 3- NO SCHOOL

(ACP STAFF MEETING & WORK DAY 9am-1pm)

November 4-13 - Parent/Teacher Conferences – 3s & 4/5s only (students attend school as usual)

November 9 - NO SCHOOL (Diwali)

November 19 & 20 - Thanksgiving Friendship Celebrations
(students only)

November 23-27 - NO SCHOOL (Thanksgiving Break)

December 16 & 17 - Christmas Celebration

(No extended day on Thursday)

Dec. 18 – Jan. 1 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

There is a helpful Snack Guide posted on our website.

As a reminder, 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).

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.

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 5th 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.

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 once a 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.



Family Order Due Date: **10/11/2026**

Shop Our Class Page:

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

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 United Methodist Church

Pastor: Chris Riedel

Web site: www.arcolachurch.org

Worship @ 9am & 11am (Preschool & Nursery available)
Sunday School for K-5th 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) and I will have you added to the church newsletter e-mail distribution list.

Arcola Church Happenings – All are welcome!

The Gathering Grounds

Every 1st & Last Friday, 10am

Where little laughs and lasting faith grow together! Join us for coffee and fellowship with other caregivers while children enjoy fun activities and grow in faith. The Gathering Grounds will meet the first and last Friday of the month at 10:00am, beginning September 25. No registration required. For more information, please contact GraceM@ArcolaChurch.org

Dates With a Purpose

October 3, 4:45pm

DWAP is an intentional way to connect and strengthen your relationship. Start your date at the church with a brief, 20-minute relationship-building conversation designed to spark meaningful connection. Then, the rest of the evening is yours to enjoy together!

Register here -

<https://arcolachurch.org/event/24166895-2026-10-03-dates-with-a-purpose/>

Wednesday Prayer Service

Begins October 14

Take a midweek pause Wednesdays at 11:30 AM to reconnect with God and one another in Pearson Chapel. This 30-minute service includes prayer, favorite hymns, special music, an inspirational message, and Holy Communion. Come as you are and find peace, encouragement, and connection in the middle of your week.

Trunk or Treat

Sunday, Oct. 25, 4:30-6pm



Join us for a spooktacular evening filled with creatively decorated trunks, yummy treats, fun games, and plenty of fall festivities for the whole family.

This event is FREE and open to everyone! Arcola families, friends, neighbors, and members of our community are all invited to join the fun.

Costumes are encouraged for children and adults alike! To help keep the event fun and welcoming for everyone, please choose family-friendly costumes with **nothing scary and no weapons**.

Please register to let us know how many children will be participating so we can make sure we have plenty of treats and activities for everyone.

Register to attend here:

<https://www.signupgenius.com/go/9040E4FAAAC2BA46-65533492-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/9040E4FAAAC2BA46-65533529-trunk#/>