St. Luke Preschool

Growing with God

October 2026



We will be going on a whole school field trip to

Wildlife West Nature Park

Located in Edgewood
on Thursday, October 8th
from 10:00 am--12:15 pm

The preschool will be closed that day from 9:30 am--12:45 pm while we attend the trip. Children will need to be transported and accompanied by a parent or other adult family member on that day, so be sure to mark your calendar.

The admission fee for each attending adult and children ages 2 and up is $5.00. Details and a permission form were sent out last week. Forms and fees are due to your child's teacher no later than Tuesday, October 6.
Please let us know of any questions you may have.
Meanwhile, you can learn more at Wildlifewest.org

Parent Resources

Be sure to stop by our

Parent Resources Library

just outside the preschool offices.
Articles and resources are available for you to take, and books are available to check out.

Preschool Happenings

Wednesday, Sept. 30 & Thursday, Oct. 1: Preschool Village Meet-Ups at 11:45 (See pg. 6)

October 1: Private Pay Tuition Due--a $15.00 late fee will be assessed for payments received after the 5th of the month.

Entire Month of October: Coat Drive for Janet Kahn School of Integrated Arts (See pg. 2)

Thursday, Oct. 8: Whole School Field Trip to Wildlife West Nature Park--The Preschool Will Be Closed From 9:30 am--12:45 pm

Friday, Oct. 9 & Monday, Oct. 12: Fall Break--No School

Wednesday, Oct. 14 & Thursday, Oct. 15: Shelter-In-Place Drills at 10:00 am

Tuesday, Oct. 20: Preschool Committtee Meeting--7:00 pm over Zoom

Wednesday, Oct. 21: Fire/Property Evacuation Drill at 10:00 am

Wednesday, Oct. 21 & Thursday, Oct. 22: Cello Mini Workshops with Guest Musician Sarah Walder Amata (See pg. 8)

Thursday, Oct. 29 & Friday, Oct. 30: Costume Parades and Pastries for Parents Events at 9:15 am (See pg. 4) The KinderPrep Class Will Participate on Friday, Oct. 30 Only

Thursday, Nov. 12 & Friday, Nov. 13: Parent-Teacher Conferences--No School (See pg. 3)

Children's Worship



Thursday, October 1: The Story of Noah (Genesis 6:9-9:29)--God cares for us and keeps His promises
Wednesday, October 7: Baby Moses (Exodus 1:8-17, 7)--God is with us in all times and all places
Thursday, October 15: Baby Moses
Wednesday, October 21: The Ten Best Ways to Live (Exodus 19-20 and Deuteronomy 6:4-6)

You may wish to read these stories with your child from a children's bible. Perhaps you can remember God's promises by making rainbows together with sidewalk chalk, water color paints, or markers. Looking at baby photos can start a conversation about how God took care of Baby Moses.

This month we will be singing "He's Got the Whole World in His Hands". You and your child can listen to this classic on Spotify. Did you know it was first published in 1927?!

Perhaps you and your child can think of other verses!
He's got the little bitty babies...
He's got the thunder and the lightning...
He's got the kitties and the puppies...

Parents and Family Members Are Welcome to Join Us!

KinderPrep (Kathy & Sydney)--9:30 am
Thursdays only
Older Multi-Age (JoEllen & Morgan) and
Intermediate Multi-Age (Maria & Moriah) 10:45 am
Monarchs (Jessica & Jena) and
Swallowtails (Laura & Alliyah)--11:15 am



St. Luke Preschool is joining St. Luke Church to provide coats for students in need at Janet Kahn School of Integrated Arts. Janet Kahn is an APS Magnet School, serving children K-8th grade.

New and gently used children's coats will be collected throughout the month of October. A collection bin for donations is located near the preschool front entrance.

For questions, please contact Holly Trujillo at 505-238-3609 or htrujillo1624@gmail.com
Your kindness and generosity truly make a difference!

Illness Policy

Thank you for your help with the health and wellness of the preschool community.

Together we make a difference!

- **Send a Brightwheel message or an email to <u>both</u> Lori and Jane <u>any</u> time your child will be absent, even if he or she is not sick, as we are required to track absences. If your child is sick, please tell us his or her symptoms, as we are also required to track those.**

  Lori – stlukesc@thuntek.net **Jane – stlukepreschool1956@gmail.com**

- In order to return to the preschool following illness, children (and staff) must be:

fever free (without medication), diarrhea free, and vomiting free for 24 hours, and able to participate in the school day successfully with respect to energy level and engagement. Children with excessive amounts of mucus and coughing should remain at home to help minimize illness at the preschool.

If your child becomes ill while at school, you will be called to pick him or her up within 30 minutes of receiving the call. Please be sure to keep your local contact information updated with us. If we are unable to get ahold of a parent, we will continue calling down the list of emergency contacts until we reach someone. More detailed information about illness, health, and safety can be found in the Family Handbook starting on page 20.

Shelter-In-Place Drills

Now that children are feeling comfortable with fire/property evacuation drills and get quiet drills, we are ready to introduce one last drill that will be practiced every other month, the first being on October 14 and 15. These will be shelter-in-place drills where children and staff sit on the floor together for a short period of time in the interior hallways, away from windows and doors. The purpose is to know what to do in the event of a severe weather related emergency. As always, we use the same calm language: "We're practicing so we know what to do in an emergency."



On Thursday, November 12 and Friday, November 13, we will be holding Parent-Teacher Conferences. There will be no school either of those days, so teachers can meet with parents one-on-one for conversation about each child's progress and goals. A Sign Up Genius will be sent by email approximately 2 weeks prior to conferences, so you can choose the day and time that works best for you.

With a different focus than our Meet & Greet times, conferences are a time for adult conversation. As such, we ask that children not attend. Be watching for more information in the November newsletter!

Costume Parades

Children are invited to dress up in costumes on Thursday, October 29 and Friday, October 30, to participate in our annual costume parade. Parades will take place outdoors at the preschool at 9:15 am. Parents and other family members are invited to stay and watch the fun and enjoy the Pastries for Parents that will be provided prior to the parades on those mornings.

We ask that costumes **not** include weapons as accessories, or be violent, scary, or inappropriate. Please have your child wear play clothes under his or her costume.



See your child's class newsletter for additional information.

Please note: KinderPrep's parade will be on Friday only.

If you are able to participate in United Way through your employer, consider directing your United Way contributions to St. Luke Preschool. Contributions we receive go directly to benefit the program.

Thank you to all families who have contributed through United Way. This year, to date, we have received

$395.44

Together we make a difference!

United Way

Pastries for Parents

Please join us on the mornings of Thursday, October 29 and Friday, October 30 at the preschool for coffee and pastries as we anticipate costume parades from the most adorable children ever! Drop your child off in his or her classroom, and join us out front. The costume parade will head your way at approximately 9:15 am and will last about 15 minutes or so. Younger siblings, grandparents, and other family members are welcome to join us!



Please note: KinderPrep's parade will be on Friday only.

Upcoming St. Luke T-Shirt Spirit Days!

- Thursday, October 1
- Thursday, October 8
- Thursday, October 15
- Monday, October 21

Your child can wear his or her St. Luke t-shirt for Spirit Days or any day!



Food Safe Environment--Food Allergies

Thank you for partnering with us to provide ***morning snacks*** that are safe, with respect to food allergies the people in the class may have, as well as our no nuts policy.

If your child brings ***breakfast*** to AM Extended Care or stays for ***lunch***, we ask that breakfasts and lunches be sent from home and be made in accordance with our no nuts policy. This means packaged food items in your child's lunchbox are free from the following language on the ingredients' label: "contains nuts or traces of nuts, may contain nuts, or processed on the same equipment as nut products." Homemade food items (muffins for example) can be placed in your child's lunchbox, but need to be labeled as "no nuts" so we know they are safe to serve. Sun butter and soy nut butter sandwiches need to be labeled as well, so we know they are safe to serve.

For children who eat breakfast or lunch in the Swallowtails classroom (E3), please be sure to pack a *banana free* meal, as there is a member of the class who is severely allergic to bananas.

We are always happy to celebrate birthdays at school with a special ***birthday treat***, however, treats from home to share with the class must be store bought, sealed with the ingredients listed by the manufacturer on the package, and not contain nuts. We are not able to serve homemade items that are brought in to share with the class.

We know all of this can be challenging, particularly at the beginning of the school year and we thank you for helping us with the safety and well being of all the children in our care!

More detailed information about food safety can be found in the Family Handbook, starting on page 16.

St.LukePreschool

COME JOIN US FOR

THE VILLAGE MEET UP

SEPT. 30,
OCT. 1
11:45 AM – 12:30 PM

SEEYOU IN THE COURTYARD FOR CRAFTS, SNACKS, FELLOWSHIP, & FUN!

MORE INFO: MEFIDLER@GMAIL.COM

Meet Our Staff!

Each month we will feature members of our staff, so you can get to know us better! For October, we'll introduce you to our amazing PM Extended Care teachers: Aaliyah, Araceli, and Sydney

Aaliyah Logan

This is Aaliyah's third year with us and we are thrilled to have her. Her positivity, calm and gentle demeanor, and dedication to her work with children benefit all of us! She recently completed her Child Development Certificate (CDC) and is pursuing her education further. She was born and raised in Albuquerque and enjoys spending time outdoors--whether it's hiking in the mountains, taking morning walks, or camping under the stars. Aaliyah serves in the PM Extended Care portion of the day and is also an Educational Assistant in the Monarchs class.

Sydney Cawthon

Sydney was born and raised in Albuquerque and earned her bachelor's degree in Theater from the University of New Mexico. While her degree is not in the field of early childhood, she has spent most of her time working with children! She enjoys seeing how their minds work, making up stories, how they make friends, and how they learn and take what they've learned to grow! As an actor who utilizes her imagination, she finds a child's passion for what they love, dear and beautiful. This is Syney's second year with us, and we're blessed to work with her.

Araceli Lozoya

Araceli is new to us this year and is serving as an Educational Assistant in the PM Extended Care portion of the day. She is a student as well, and has some availability to substitute for us. We are grateful to be working with her!


SARAH WALDER AMATA
CELLO TRIP 2026
St. Luke Lutheran Church
St. Luke Preschool
Cello for Preschoolers Workshop
WED & THURS
OCT 21 & 22
Ms. Sarah will be teaching us about how the cello works during our normal music time, just on a different day of the week!

Read Together to Support Early Literacy

Children who have many experiences with books absorb the rhythms and patterns of language and, at surprisingly early ages, begin to imitate the language and gestures their parents and caregivers use while sharing stories, sometimes turning pages and murmuring as they "read" the pictures.

While we can't expect infants and toddlers to learn to read and write yet, they are nevertheless developing skills that provide a foundation for later literacy. When you share books with your very young child, you support emerging literacy as you:

- help your child learn that pictures and words are symbols that can be interpreted.
- expose your child to new words, thereby increasing his/her vocabulary and
- familiarize your child with the conventions of print.

Understanding Pictures and Print as Symbols

Within their first 18 months, most infants who have explored and shared books with adults show an understanding that pictures symbolize things in the real world, an understanding that is uniquely human (Barton & Brophy-Herb, 2006). For example, at around 12 months, an infant seems to understand that the cup in a picture on the page represents a cup like the one she drinks from every day. She may tell you about the connection she in making by looking at the picture and pointing to a nearby cup. Another child, age 17 months, enjoying the book *Goodnight Moon* with his dad may murmur, "Hush," when his dad turns to the page about a quiet old lady who was whispering "Hush" (Schickedanz, 1999). Understanding that pictures are symbols of real things is a first step toward understanding that print also represents ideas of items in the real world.

Children may begin to notice print in addition to pictures between 15 and 20 months, and by 32 months a child may move a finger or her whole hand across a line of print and verbalize her memory of what the text says (Schickedanz, 1999). Although we might find constantly answering the question, "What say?" exhausting, children's recognition that pictures and print convey meaning is an important step in emerging literacy that we need to support by responding to their inquiries (Neuman, Copple, & Bredekamp, 2000).

Continued on page 10

Increasing Vocabulary

Sharing books will expand your very young child's growing vocabulary. Storybooks often use words in ways that are different from how we use those same words in everyday conversation. Books also use words that are generally absent from day-to-day speech. *The Napping House,* for example, contains many descriptive words related to napping, such as slumbering, snoozing, and dozing, which adults rarely use in conversation with a child. By hearing new words in the context of a story and having them explained by an adult, children's word comprehension will grow, and they will eventually incorporate new words into their spoken vocabularies.

Learning the Conventions of Print

Through early exposure to books, children begin to learn about the conventions of reading in their own language. For example, very young children using books in English learn that they are read from front to back, from the left of the page to the right, and from the top of the page to the bottom. Books in some other languages have different print conventions. Children learn that books have names (or titles) and that they are written by authors. Some older toddlers might be interested in books whose layouts break the rules: for example, books that are read from back to front, from right to left, or up and down the page in vertical columns.

Article from NAEYC for Families

References

Barton, L.R., & H.E. Brophy-Herb, 2006 "Developmental Foundations for Language and Literacy from Birth to Three Years".

In Learning to Read the World: Language and Literacy in the First Three Years, eds. S.E. Rosenkoetter & J. Knapp-Philo, 15-60. Washington DC: Zero to Three.

Neuman, S.B., C. Copple, and S. Brekekamp, 2000 Learning to Read and Write: Developmentally Appropriate Practices for Young Children. Washington DC: NAEYC.

Schickedanz, J. 1999 Much More Than the ABCs; The Early Stages of Reading and Writing: Washington DC: NAEYC.

Adapted from Birckmayer, J., A. Kennedy, & A. Stonehouse, 2008. From Lullabies to Literature: Stories in the Lives of Infants and Toddlers Washington DC: NAEYC, 45-46.

