



November 2025



Parent — Teacher Conferences are scheduled for Monday, November 10, and Tuesday, November 11.

The preschool will be closed those days, so teachers and parents can meet with one another to discuss each child's progress and goals.

A Sign Up Genius will be sent by email prior to the conference dates, so be sure to sign up for a time to meet.

Since conferences are a time for adult conversation, we ask that children not attend.

When families and schools work in partnership with one another, children thrive!

You can find more details and tips for conferences on page 3 of this newsletter. We are looking forward to meeting with you!

As we move into the colder months, it's time to be aware of how closures and delays work. *If APS cancels or delays school, we will too.* This is for APS CITY SCHOOLS ONLY. East Mountain Schools could be cancelled while APS in the city still remains open.



If **APS in the city** announces a 2 hour delay:

- ✦ Students enrolled 9:00 — 12:00 or 9:00 — 12:45, classes will be cancelled.
- ✦ AM Extended Care begins at 9:00 am for students who are enrolled in AM Extended Care and 9:00 am — 3:00 pm.
- ✦ Students enrolled in the 9:00 — 3:00 programs — class begins at 11:00 am.
- ✦ PM Extended Care ends at 4:30 pm for students who are enrolled in PM Extended Care.

The safety of families and staff is our priority. In the event we have a delay or a closure for the day, you will be notified by e-mail and Brightwheel no later than 6:00 am.

SCHOOL HAPPENINGS

Thursday, October 30 and Friday, October 31 at 9:15 am: Costume Parades And Pastries For Parents (see page 7) The KinderPrep class will only participate on Friday, 10/31.

November 1: Tuition due — A \$15 late fee will be assessed for payments received after November 5th.

Friday, November 7: St. Luke Spirit T-Shirt Day

Monday, November 10 & Tuesday, November 11: Parent — Teacher Conferences — No School (See pg. 3)

Wednesday, November 12: Fire/ Property Evacuation Drill at 10:15

Thursday, November 13: St. Luke Spirit T-Shirt Day

Sunday, November 16: Advent Activities Fair at 9:15 am (See pg. 8)

Tuesday, November 18: Preschool Committee Meeting at 7:00 pm Over Zoom

Wednesday, November 19 & Thursday, November 20: Get Quiet Drills at 10:15

Friday, November 21: St. Luke Spirit T-Shirt Day

Wednesday, November 26 - Friday, November 28: Thanksgiving Break — No School

Friday, December 5: Pizza, Pajama, & Christmas Movie Night — 5:15 (See pg. 2)

Friday, December 12, Monday, December 15 & Tuesday, December 16: Christmas Programs (See pg. 2)

St. Luke Preschool is **OPEN** on the following days that APS is closed:

Tuesday, November 4: Election Day
Tuesday, November 11: Veteran's Day — Open for Parent — Teacher Conferences Only

Our hearts are filled with thanks for the children and families of St. Luke Preschool.





The goodness of God,
damp and misty weather,
the adventurous spirit of the
preschool community,
the kindness of families,
and the sweetest kiddos ever,
all came together in one fabulous morning of
joyful fun at our recent Wildlife West field trip.
Thank you for joining us!



Thank you to all who recently donated coats
for children in need. Thanks to your
generosity, children at Janet Kahn School of
Integrated Arts can be warm and toasty while
playing outside!

You are warmly invited to join us for
our
Christmas Programs

KinderPrep —
Friday, December 12 at 9:15 am

Older Multi-Age & Intermediate Multi-Age —
Monday, December 15 & Tuesday, December 16
at 9:15 am

Monarchs & Swallowtails —
Monday, December 15 & Tuesday, December 16
at 11:15 am



You Are Warmly Invited To Our Family Pizza, Pajamas, And A Christmas Movie Night!

Friday, December 5 at 5:30 pm
In The Fellowship Hall At St. Luke Preschool

Be sure to wear your pajamas for this evening of yummy pizza, movie
watching, and cozy family fun!



The PCC (Preschool and Church
Cooperative) will be providing
dinner. A free will offering will
be accepted to cover the cost.
Be watching for more details to
come!





Our teachers prepare for conferences by observing and reflecting on each child's interests, progress, and areas for growth. We welcome parents as active participants in conferences, so here are some tips you may find helpful.

- Conferences will take place onsite in your child's classroom.
- Be willing and ready to share information about your child and family. You know your child better than anyone else, and we respect and value your insights and perspective. Please share any information that may be helpful.
- Stay focused on your child. We each have our own ideas about teachers and their role, shaped by our own school experiences. Reflecting on these and then putting aside past experiences as a student, opens up space for staying focused on your child's unique temperament, special interests, and individual needs.
- Our Parent-Teacher Conferences are mandatory. If your schedule does not work with the times that are available on the Sign-up Genius, please make other arrangements with your child's teacher.
- Arrive on time. The schedule can be tight for conferences. If you would like additional time, ask for it in advance so that you and the teachers will have plenty of time to discuss your ideas, suggestions, and concerns. We make every attempt to stay on time, and we appreciate your patience.
- Our Parent-Teacher Conferences are for adults only. Young children can get mixed messages when they hear others talking about them, even when the conversation is positive. Please make other child care arrangements for your child(ren).
- Listen with an open mind. Speak up when you have a concern about a strategy or don't understand how it will support your child's development. Be open to suggestions and be willing to provide possibilities of your own.
- Be prepared. You may wish to write down your questions prior to the conference, to ensure they don't get lost in the conversation.
- Understand that we must observe confidentiality. If there is a problem you would like to discuss, we ask that you keep it about your child. We are not able to share information with you about other children in the class.
- We desire to work in partnership with you. Parent-Teacher Conferences only take place twice a year, but positive relationship building is ongoing. Please let us know any time you have questions, concerns, suggestions, or information to share. Meetings with teachers can be scheduled as needed. As we hope you have experienced, teachers are available by e-mail, Brightwheel, and can return phone calls. Please let us know how we can best support you.

Help Us Play Outside Each Day!



Here in New Mexico, our sunny skies and fairly mild weather make it possible for children to play outside year round. This benefits children tremendously, as we know the importance of daily outside play. Not only does playing outside support strong immune systems, but when children play outside, even in colder weather, they have opportunities to problem solve, engage with others, build language skills, and have fun! When children play outside in cold weather, they:

- Build strong immune systems and resistance to allergies. According to the American Academy of Pediatrics, "Cold weather does not cause colds or flu. The viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other indoors." Playing outside allows children to be in the fresh air, away from bacteria and viruses. It also allows for children to be exposed to sand, plants, and elements of nature, which helps to build up their immunities.
- Reap the benefits of exercise. Running, swinging, climbing, spinning, jumping, balancing, throwing and catching, leaping, and more, build body awareness, strength, and large muscle coordination.
- Use their imaginations. A child's natural sense of wonder and curiosity abounds in rich outdoor environments.
- Benefit from Vitamin D. Experts recommend 15 minutes a day for a supply of Vitamin D that can build memory and boost energy and mood.

In keeping with our policy of daily outside play (see Family Handbook), we wish to assure you that we always use our best judgment. Children's safety is our highest priority, so we give consideration to the temperature, the wind chill, and the precipitation. You can help us by making sure your child is dressed and prepared to spend time outside each and every day.

- Dress your child in layers.
- Provide a jacket that offers warmth for a period of time, not just for a dash from the car into the building.
- Provide a hat, mittens, scarf and weather appropriate shoes.
- **Label all items with your child's name, so we can keep winter wear with its correct owner!**

Children's Worship

- Friday, November 7 — The Ten Best Ways to Live (Exodus 19-20 & Deuteronomy 6:4-6)
- Thursday, November 13 — Jonah and the Big Fish (Jonah 1)
- Friday, November 21 — Jonah and the Big Fish

You may wish to read these stories together, from a children's Bible. Perhaps you and your child can retell the story of Jonah and God's grace and love by using small toys, Legos, or stuffies, to represent Jonah, the ship, the big fish, Nineveh, etc.

Throughout November, we will be singing "My God is So Great". You can find it on Kids Bible Songs by the St. John's Children's Choir — on Spotify. You and your child may wish to sing it together.



Parents and Family Members Are
Welcome to Join Us!

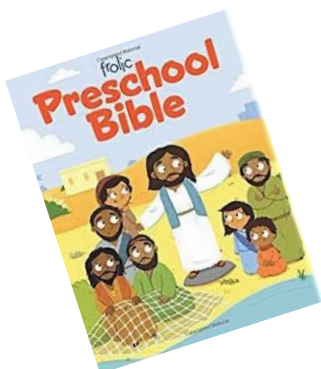
KinderPrep (Kathy & Sydney) - 9:30 am
Fridays only

Older Multi-Age (JoEllen and Moriah) and
Intermediate Multi-Age (Kelly & Daisy) -
10:45 am

Monarchs (Jessica and Jena) and
Swallowtails (Laura & Aaliyah) - 11:30 am

St. Luke Preschool is joining St. Luke Church in a Giving Tree project to benefit families in need, through Saranam. Saranam works locally to "Empower families to end their homelessness and poverty through housing, education, and supportive communities." You can learn more at saranamabq.org.

From **November 17 — December 12**, you are invited to take a gift tag from the Christmas tree that will be located at the preschool front entrance. Simply purchase that item and bring it to the collection box at the preschool.



The *Frolic Preschool Bible*
and the
Spark Story Bible
make wonderful
Christmas gifts for
children.
Both can be found
on Amazon.



immunizations



As your child receives new immunizations, please provide us with an updated copy of his/her records.

Parents can access the NM Public Portal to print their child's vaccination record. Go to vaxview.doh.nm.gov for more information. Thank you to preschool parent, Katie C. for sharing this with us!

If your child will soon be four years old, be sure to schedule an appointment for the "kindergarten shots".

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 e-mail to both Lori and Jane any time your child will be absent, even if he/ she is not sick, as we are required to track absences.**
Lori — stlucesc@thuntek.net Jane — stlukepreshool1956@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/ 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 in touch with 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.



- As the weather gets cooler, be sure to label all outerwear. We can make sure the correct jackets, hats, mittens, and more stay with your child, when they are labeled!
- Now that the season has changed, please trade out your child's just in case clothes for warmer wear.
- Please clean and disinfect lunch boxes and water bottles daily.



St. Luke T-Shirt Spirit Days!

- Friday, November 7
- Thursday, November 13
- Friday, November 21

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





Coffee, Pastries, and a Costume Parade!

You're invited to join us for our
Pastries for Parents event
and the cutest *Costume Parade* ever!

Thursday, October 30th and Friday, October 31st at 9:15 am

The parade will circle twice through the playground and the courtyards.

Here's where you need to be for the best view and to see your child sing:

Swallowtails and Monarchs Families — gather in the east courtyard

Intermediate Multi-Age Families — gather in the courtyard by the front entrance door

Older Multi-Age and KinderPrep Families — gather on the playground

Come enjoy coffee and treats near the preschool front entrance
before the parade starts!



St. Luke Lutheran Church
invites you to our

ADVENT ACTIVITIES FAIR

Nov. 16th
9:15-10:15AM
Fellowship Hall

ALL ARE WELCOME

We will have fun intergenerational
activities to introduce the season of
Advent and help us prepare and
anticipate the birth of Jesus Christ!

Star Treasure Hunt,
Road to Bethlehem Obstacle course,
Crafts & Snacks

