

October 2025

Preschool Newsletter

SCRANTON ATTENDANCE CENTER



REMINDERS

10/3: No Preschool-Screening @ SAC

10/8: SAC Picture Day

10/13: No School

10/17: No School

10/22: P/T Conferences 4-7pm

10/23: No School- P/T Conferences 8am-7pm

10/24: No School

10/31: Halloween

We have had a very busy September in preschool! The children are settling into the routines nicely. The weather has been beautiful, and we have had many opportunities to get to play outside. Please see the parent education portion of the newsletter for more information on the importance of outdoor play.

We enjoyed having the high school kids come over for Homecoming. They brought the materials to make leis with us and played on the playground with us. It was a great day to be a Charger!

In October, we be having picture day, parent/teacher conferences, and Halloween activities. We are looking forward to a busy month!



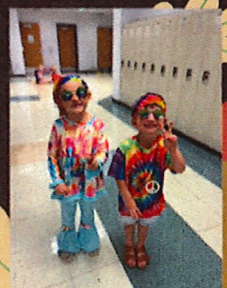
Parent Teacher Conferences

Parent Teacher Conferences are scheduled for 10/22 and 10/23. Teachers will be sending links to sign up on Sign-up Genius via Seesaw soon. If you aren't connected on Seesaw, please reach out to your child's teacher so that you can get connected. We look forward to meeting with everyone!

Halloween Parade

We will be parading through downtown Scranton in the morning and the afternoon on Halloween. We will also have special snacks in the classrooms. Please look for more information coming out soon with specific plans. We are looking forward to a fun day!

SAC Picture Day is on Wednesday, 10/8



SAC Parent Education

7 POWER BENEFITS OF OUTDOOR PLAY

1 IT INSPIRES CREATIVITY

It encourages exploration and activates children's natural sense of wonder, curiosity, and creativity. It's a vehicle for self-expression and a **foundational skill for managing emotions and solving problems.**



2 IT BUILDS CONFIDENCE

Giving children the freedom to create their own games and explore the world (or at least the backyard) fosters a confidence-building **sense of power and independence.**



3 IT TEACHES RESPONSIBILITY

Playing outside inspires an appreciation for nature and a responsibility for living things. Children who spend time in nature are more likely to **appreciate and care** for the planet as they grow older.



4 IT KEEPS CHILDREN ACTIVE

The concept of "exercise" doesn't always sound fun, but running, jumping, dancing, throwing a ball, or riding a bike are fun ways for children to move their bodies and **stay healthy.**



5 IT IMPROVES PHYSICAL AND MENTAL HEALTH

Exposure to sunshine helps children's bodies produce Vitamin D, which is **important for the immune system and bone development.**



6 IT REDUCES STRESS AND ANXIETY

Fresh air and green spaces create a **natural calming effect** in the body. Outdoor play promotes beneficial "feel-good" hormones like oxytocin and serotonin.



7 IT CREATES OPPORTUNITIES TO SOCIALIZE

Unstructured play with other children is **essential to developing children's social skills.** It teaches them how to make friends, navigate conflicts, share, and treat other people with kindness.



HOMECOMING FUN

