



FDK September 2026

Hello, September! With the winding down of summer, we look forward to welcoming the new school year. We are excited to have several new peers along with their families joining us in the FDK program.

Important Dates

Hispanic Heritage Month

7th – Labour Day (Centre is CLOSED)

8th – First Day of School

8th – International Day of Literacy

11th-13th – Rosh Hashanah

20th-21st – Yom Kippur

30th – National Day for Truth and Reconciliation

Happy Birthday to all those celebrating!



Did You Know...?

Summer is often a time of relaxation and fun. However, with the starting of school many families begin to restart their typical daily routines, including bedtime routine. Below are some benefits and tips for a successful bedtime routine.



Benefits of Bedtime Routine:

- ✓ When children are well-rested they are better able to focus and regulate not only their attention, but also their behaviour.
- ✓ Sufficient sleep aids the immune system resulting in less days missed due to illness.
- ✓ Predictable routines such as at bedtime help to reduce meltdowns and frustration for both parents and children.

Tips for a Successful Bedtime Routine:

- ✓ Try to maintain the same time every night, including weekends when possible
- ✓ Avoid electronics such as televisions, iPads and cellphones at least one hour before bed
- ✓ Include calming activities as a part of bedtime routine such as brushing teeth, having a bath and reading a story
- ✓ Some children may benefit from a visual picture chart of the bedtime routine that they check off as each part is completed.

Friendly Reminders:

- Please ensure your child has change of clothes in their cubby in case of accident or messy activities
- Children should have both indoor and outdoor shoes to minimize the tracking of dirt and sand into the classroom
- In case your child will be absent from school and program for any reason, please let the centre know by phone or email