



School-Age October 2026

Welcome to the perfect month of crisp air, colourful leaves, and all the fun that fall brings! As the seasons change and the leaves begin to transform, there's something special about settling into the cozy spirit of autumn. From embracing the cooler weather and enjoying seasonal treats to getting outside and making the most of everything this time of year has to offer, October is full of little moments to look forward to.

Important Dates:

- 5th - World Teacher's Day
- 10th – World Mental Health Day
- 12th – Thanksgiving Day (Centre Closed)
- 21st - Child Care Worker and Early Childhood Educator Appreciation
- 31st- Halloween

Happy Birthday to all of those who celebrate!



Invent a New Game Club



This month, we will be exploring our Invent a New Game Club! We have already seen children come up with wonderfully creative games as they teach one another how to play. Their ideas have included hand games, ball games, and tag games—each designed so everyone can participate, learn, and have fun together.

The children's unique game rules have been endless, imaginative, and wonderfully detailed. Each week, we will continue to build on their

designs and ideas, encouraging them to think creatively, communicate their rules, problem-solve, and develop new skills through play. We look forward to seeing where their imaginations take them as they continue to create, play, teach, and learn together!



Goal of the Month:

This month, our classroom will focus on **mindfulness** to help children learn to respond thoughtfully rather than react impulsively. Through mindfulness, children will practice noticing their thoughts, emotions, and surroundings. Our goal is to support the development of emotional regulation and reduce stress throughout the day.

We will introduce simple calming strategies such as stretching, deep breathing, listening to calming music, and counting to ten. These techniques will give children practical tools they can use when they feel overwhelmed, frustrated, or upset.

We are also excited to partner with our families as children learn to navigate challenges and resolve conflicts peacefully. Together, we can help them build positive coping skills, strengthen self-awareness, and create a calm, supportive environment at Terry Tan, school and home.

Friendly Reminders:

- * The weather is changing, please remember to have the children dressed in coats/jackets for those colder days approaching
- * For rainy days please remember to bring boots and an extra pair of indoor shoes
- * Please let the centre know via email or phone call if your child will be absent or picked up directly from school

If you have any questions or concerns, please feel free to contact Victoria or Mehmet 😊