

WELCOME TO THE 10TH MONTH OF THE YEAR AND WE ARE READY FOR LOTS OF FUN IN THE SUN ! THIS MONTH WE WILL BE EXPLORING THE THEMES BEARS , THE ZOO AND HALLOWEEN . WE LOOK FORWARD TO ANOTHER EXCITING MONTH AHEAD !

For our little growing minds , the bennefits of eating a healthy well balanced diet are endless, not only does it support brain development , muscle growth and development but strengthens bones and boosts their immunity , keeps skin, teeth and eyes healthy too. With our action packed days and ever moving toddlers, a healthy diet is always the best way to keep them fueled up for the days ahead . Have a look at some of our suggested snack boxes .Please find the pdf attached to the school email with the different food groups to help with meal planning .

*\*www.cdc.gov/healthy eating\**



### IMPORTANT OCTOBER DATES

- \*Nchima turns 2 - 21st
- \*Paul turns 3 - 28th
- \*Zuri turns 2 -28th
- \*Reports go home -13th
- \*Last day of school- 14th
- \*Back to school - 25th
- \*Independence day - 24th (Class celebration 14th )
- \*Diwali -24th
- \*Halloween -31st (class celebration/ dressup )

PLEASE FEEL FREE TO CONTACT U IF YOU HAVE ANY QUESTIONS .

