



October 2025

St Patrick's Preschool

Fall is Outside Time

Being outside benefits young children physically, mentally, and socially. Outdoor time promotes activity, improves mood, focus, and encourages imagination and teamwork. Playing outside builds stronger bodies and immune systems, reduces stress, fosters creativity, and develops critical thinking and social skills, like cooperation and problem-solving. Regular outdoor exposure also helps regulate sleep and can lower the risk of developing certain chronic conditions in adulthood. As the weather cools it is the perfect season to spend time with your child outside.

Here are a few surprising benefits of outside play:

Eye health - Spending two hours a day outdoors has been shown to reduce the risk of myopia (nearsightedness).

Vitamin D Production - Natural sunlight helps the body produce Vitamin D, which is essential for bone health and a strong immune system.

Enhanced focus and mood - spending time in nature can improve a child's ability to focus, feel calmer, and reduce feelings of stress and anxiety.

To learn more about the benefits of spending time outside check out this article!

Getting kids outside: one of the best things a parent can do

Its assessment time! Here are the things teachers look for in preschool assessments:

Two and Three Year Olds:

The developmental checklist for younger preschool children focuses on teacher observations in three areas of growth:

- **Social and emotional growth**, including how your child plays alone and with friends, separates from parent, expresses feelings verbally, and asks for help when needed.
- **Physical development**, including fine motor skills (squeezing play dough, scribbling, stacking blocks) and gross motor skills (running, climbing and throwing).
- **Intellectual development**, including listening skills, sorting and working simple puzzles, following simple directions, and knowing their name and age.

Four and Five Year Olds:

Older preschool children are assessed on kindergarten readiness skills including:

- **Intellectual development**, knowing names and sounds of letters, recognizing numbers to 10, and knowing basic shapes and colors. Children are developing number-sense and starting to write their name and other simple words.
- **Social and emotional growth** are exploding at this age. Children become interested in playing with their peers instead of along side of them, and imaginative play emerges.
- **Physical development** - Fine and gross motor skills continue to develop at each child's individual pace. Children develop coordination and body control.

Your child's teacher has spent time working thoughtfully through each assessment and will share the results with you at your conference. Look for a link to sign-up for a conference on your Brightwheel feed next week.

Important Upcoming Events:

- October 2nd - Fall Photos
- October 13/14 Teacher Work Days NO SCHOOL
- October 14 - Parent-Teacher conferences
- October 20st - Trip to Patterson Farm (9:00 arrival)
10390 Caldwell Rd. | Mount Ulla, NC 28125
- October 31st - Halloween! Costumes welcome!
- November 11th - Veterans Day NO SCHOOL

