



Dear Chesterbrook Academy families,

We have had an amazing start to our back to school season! Many of you have invited friends and coworkers to join us. The best compliment you can give our staff is sharing the pleasure your family has at Chesterbrook Academy and how your child has thrived in our academic programs. I have enjoyed hearing the success stories of our graduates as many have come back to share! Our next Open House is November 7th, don't forget to tell your friends.

As we approach the Fall season, I would like to take this opportunity to remind everyone of the change in weather and cooler temperatures. Please bring seasonally appropriate clothes to keep in your child's cubby for emergency needs and a jacket for outdoor play. The children enjoy collecting the leaves and acorns on the playground, so make sure you check pockets before doing laundry! You may even want to start a collection for a lovely table centerpiece! Make it a family activity and explore nature together! I suggest visiting one of the locations listed below for a fun weekend trip that kids of all ages would enjoy!

Windy Hill Apple Orchard

Address: 1860 Black Hwy, York, SC 29745

Phone: (803) 684-0690

Hall Family Farm , Pumpkin Patch and Corn Maze

Address: 10713 Providence Rd W, Charlotte, NC 28277

Phone: (704) 562-4021

Important dates to remember:

October 7thCharlotte Mecklenburg Schools early release

October 23rdCMS schools closed for teacher workday

October 30th Fall Festival at Chesterbrook Academy 3:30 pm

Keep posted for the Yankee Candle Fundraiser in Mid October!!

Reminders:



***Tuition is due on Monday by noon of each week.**

*** Sign your child in when you arrive to school each day and again
when you pick up in the afternoon.**

(The Daily Attendance Log is located in the lobby at the front desk.)

***Bring extra clothes for your child's cubby and a jacket for cooler
weather and outside play.**

All About Pumpkin Seeds



Pumpkin seeds provide health benefits. They provide many nutrients including magnesium, zinc, iron and protein. If you eat a quarter of a cup of pumpkin seeds you would receive about 46% of the recommended daily value for magnesium, about 16 percent of the recommended daily value of protein and around 17 percent of the recommended daily value of zinc.

How to roast pumpkin seeds:

1. Preheat your oven to 325 degrees.
2. Take your pumpkin seeds that you have gathered and spread them in a single layer on a cookie sheet. We used the Rada Cutlery Stoneware Rectangular Baker to ensure our seeds cooked evenly. You do not need to wash the seeds because the pumpkin meat that is left on them will add to the flavor.
3. Melt two tablespoons of butter and pour it over the seeds. Mix the pumpkin seeds up so the butter is coating all of them. The Rada Cutlery Ice Cream Scoop works really well for this task. Making sure the seeds are covered with butter is an important step because this will affect how the pumpkin seeds roast.
4. Sprinkle seasoning salt over the seeds. The type of seasonings you use and the amount can be decided according to your taste. Mix the seeds up again to ensure the pumpkin seeds are coated evenly.
5. Then place in the oven and allow them to cook for an hour – stirring every 15 minutes. The seeds should eventually turn a golden brown color.
6. Let the roasted pumpkin seeds cool then serve and enjoy!

We recommended that you store your pumpkin seeds in an airtight container in the refrigerator. The typical shelf life for the seeds is about two months.

Exploring Community Helpers & the Roles They Play

This month, our students are gaining a greater understanding of community helper occupations, such as police officers, mail carriers, medical professionals and firefighters. The children have a lot of fun imagining themselves in these important roles, and incorporating toy versions of the uniforms, equipment and vehicles that go with them.

In addition, October is National Fire Prevention Month, so we place a special emphasis on the importance of fire safety and the role of firefighters. Our classroom activities help the children become more comfortable around emergency responders in uniform, and teach them basics about what to do in case of an emergency.

Here are some ways children learn about community helpers in the classroom, as well as activities for you and your child to do at home.



TODDLERS (ages 1-2):

In the classroom: Toddlers are fascinated with dressing up as doctors, police officers and firefighters, because they have distinct uniforms and roles that children can easily understand. During dramatic play, our teachers provide students with costumes and props, and encourage them to choose the role they want to play.

At home: Continue dress-up play by providing your child with various props and costumes. Ask him, “Who do you want to dress-up as?” and “What does that person wear?”

Recommended reading: *Whose Hat is This* by Sharon Katz Cooper

BEGINNERS (ages 2-3):

In the classroom: Our Beginner students learn about the special vehicles that community helpers use, by playing matching games, reading books, and building vehicles using cardboard boxes.

At home: Go for a drive with your child. Point out vehicles that belong to community helpers, such as a fire truck and a police car. Ask, “Who drives that vehicle?” and “Where might it be going?”

Recommended reading: *The Little Fire Engine* by Lois Lenski

INTERMEDIATES (ages 3-4):

In the classroom: During fire safety lessons, many of our schools invite local firefighters to visit. Students explore the tools firefighters use, learn “Stop, Drop and Roll,” and may have the opportunity to tour a fire truck.

At home: Continue exploring fire safety by practicing “Stop, Drop and Roll” with your child. Ask him, “Who puts out fires?” and discuss what he should do if he hears a fire alarm at home.

Recommended reading: *The Fire Engine Book* by Tibor Gergely

PRE-K/PRE-K 2 (ages 4-5):

In the classroom: Teachers introduce situations when it might be necessary to dial 9-1-1. Students practice finding 9-1-1 on different keypads, such as cell phones and landlines.

At home: Show your child photos of various community helpers and the buildings where they work. Ask him to identify the helpers and their workplaces, and describe the roles the helpers play in our community.

Recommended reading: *The Berenstain Bears: Jobs around Town* by Jan Berenstain

We provide many opportunities for students to learn about community helpers. By setting this foundation, they become more familiar and comfortable around the people that make their neighborhoods a better place.

- Lauren Starnes, PhD – Director of Early Childhood Education