

OCTOBER 2026



School Newsletter

THE IMPORTANCE OF SCHEDULES AND ROUTINES

IMPORTANT DATES

Oct. 15 - No School
Oct. 16 - No School
Oct. 19 - No School
Oct. 20 - Big Buddy
Oct. 21 - Picture Retakes
Oct. 22 - Fall Fun Event

Familiar activities can provide comfort for both adults and children during challenging and uncertain times. Just like adults, children feel more confident and secure when their daily activities are predictable and familiar. A consistent daily schedule and step-by-step routines give children a predictable day. Schedules and routines in the group care setting and at home help children:

- Feel in control of their environment
- Feel safe, secure, and comfortable
- Know what is happening now and what comes next
- Know how to do an activity or task
- Engage in learning

Engaging, predictable environments and ongoing positive adult-child interactions are necessary for promoting children's social and emotional development and preventing challenging behaviors. You can help by following clear and simple schedules and routines. (Hemmeter, Ostrosky, and Fox 2006).

What is the difference between a schedule and a routine?

A schedule represents the big picture and includes main activities that happen across the day.

Routines are the steps needed to complete each part of the schedule.

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BOOK NOOK IDEA

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Favorite Part of My Day
By: Nicole Knudtson



Sharing your favorite part of your day is a powerful and connecting practice...and it is nice to close your eyes with a smile.

90% or better attendance will put your name in a drawing for a FREE drink at Scooters! Drawings will be held once a quarter.

