



The Montessori Children's Garden Nursery

Together We Grow

Parent Communication
Children's house

**October
2025-2026**

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Newsletter

Dear Parents,

We are excited to share the highlights of our October activities! This month our main focus will be on Health and Nutrition, helping children understand the importance of healthy habits. Through interactive discussions and hands-on experiences, children will learn about making balanced choices, the benefits of nutritious food, and the joy of mealtime routines.

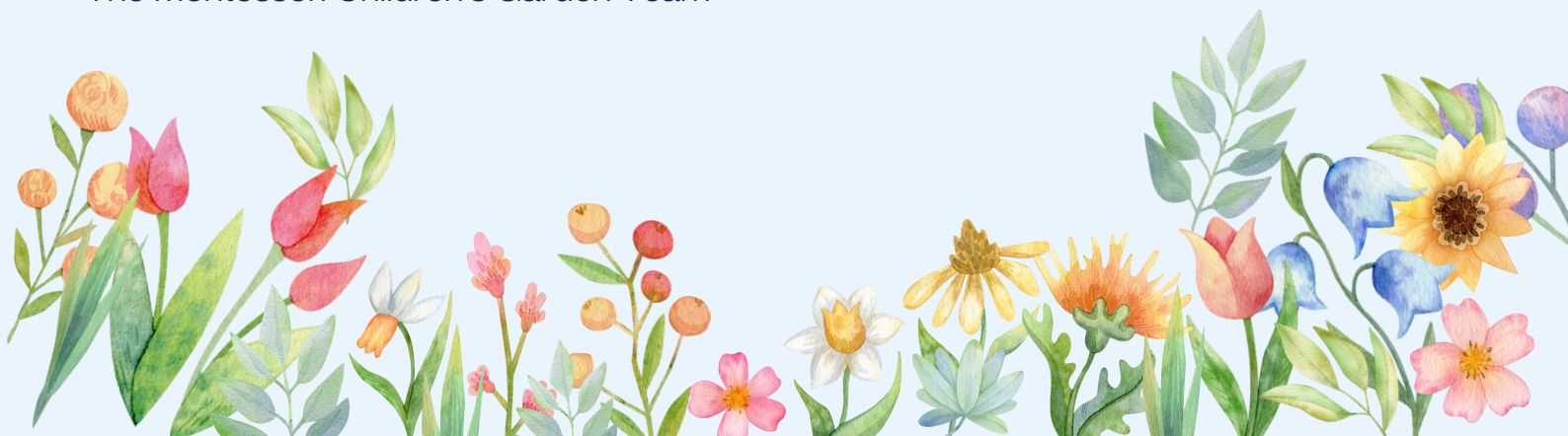
To support this focus, children will practice important life skills such as table setting, using utensils, and building positive eating habits. We will also introduce them to the richness of Emirati traditional foods, giving them the opportunity to explore local flavors and understand cultural connections to food. These activities will not only strengthen their independence but also broaden their appreciation for different traditions.

October will also be full of special days and celebrations! We look forward to honoring our wonderful teachers on Teacher's Day, showing gratitude to family on Grandparents Day, and celebrating healthy choices on World Food Day. The children will also enjoy fun experiences on Pasta Day, World Singing Day, and Apple Day, where we will combine learning with joyful classroom activities.

As we close this month, we are delighted to see how well the children have settled into the new school year. They have built friendships, connected with their teachers, and embraced the routines of our preschool community. With this strong foundation, we are ready to embark on exciting new adventures together in the months ahead!

Warm regards,

The Montessori Children's Garden Team



Healthy food & sensorial Exploration

This month at preschool, our focus is on Healthy Food, Healthy Habits, and Healthy Bodies. We believe that helping children make healthy choices from a young age lays the foundation for their overall well-being. Through engaging and playful activities, the children will begin to understand the importance of eating nutritious foods, taking care of their bodies, and building routines that support a healthy lifestyle.

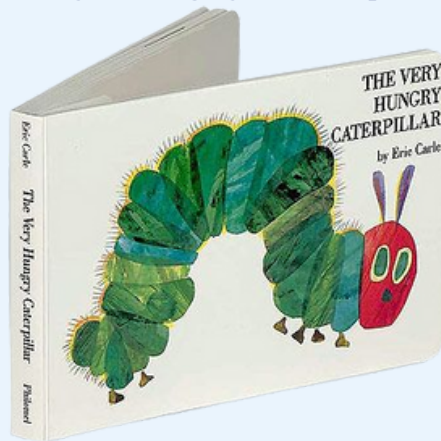
To bring these ideas to life, the children will take part in sensorial explorations that allow them to see, touch, smell, and taste different kinds of food. These hands-on experiences encourage curiosity and excitement about trying new things, while also helping them recognize colors, textures, and flavors that make up a balanced diet.

Alongside food exploration, we will also focus on healthy habits that go beyond the plate. Activities such as practicing table setting, washing hands before meals, and enjoying physical movement will strengthen the children's understanding of caring for themselves and others. These routines not only build independence but also create positive associations with health and well-being.

By weaving these experiences into the daily rhythm of the classroom, we aim to help children develop a joyful connection to the idea of living healthily. Our goal is to nurture not just their bodies, but also their confidence and sense of responsibility, empowering them to grow strong and happy.



Story of the Month: The very hungry caterpillar



Our Monthly Plan

Dear Parents,

This month, our preschool will focus on Health and Nutrition, offering children meaningful experiences that help them understand the importance of making healthy choices. Through age-appropriate activities, we will guide the children in discovering how food, exercise, and daily habits play a vital role in keeping their bodies strong and happy.

As part of this focus, the children will learn about healthy food choices and how to recognize what their bodies need to grow. We will explore the benefits of eating fruits and vegetables, drinking water, and practicing moderation with treats. The children will also engage in activities about teeth health, where they will discover why brushing, flossing, and visiting the dentist are essential parts of caring for themselves.

In addition, we will introduce lessons in Grace and Courtesy, with a special emphasis on mealtime routines. Children will practice setting the table, serving food politely, and using utensils with care. These skills not only promote independence but also foster respect and consideration for others during shared meals.

Through these combined activities, our goal is to provide children with a strong foundation of healthy habits that they can carry with them as they grow. By connecting health, nutrition, and social skills in fun and meaningful ways, we are supporting their journey toward leading balanced, confident, and healthy lives.

As always, our Arabic, Islamic, and French classes will continue throughout the month, enriching the children's language skills and cultural knowledge.

These activities will be integrated across both Montessori and EYFS areas of learning to ensure a holistic and engaging experience for our children.

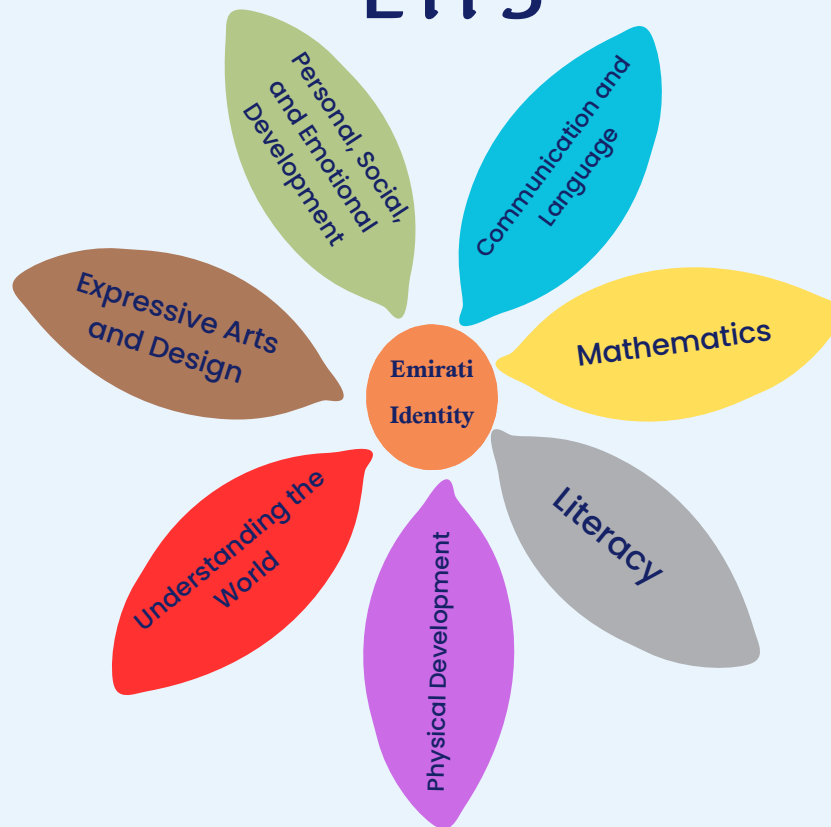
Best regards,

The Montessori Children's Garden Nursery Team

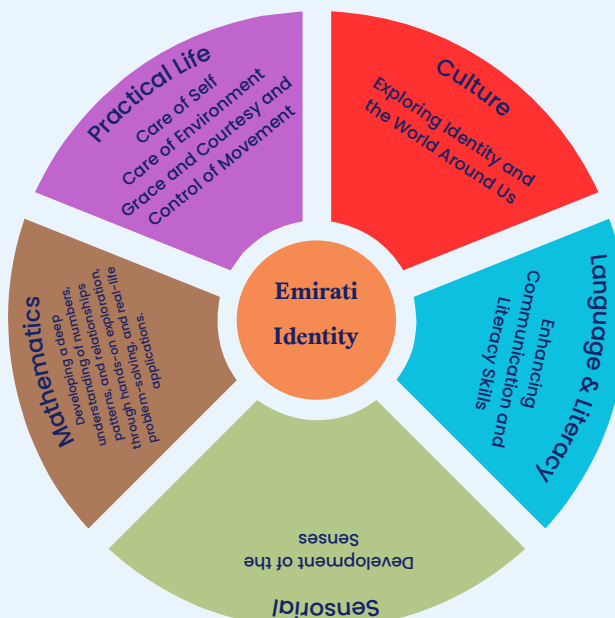


Our Curriculum

EYFS



Montessori



October Calendar 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1  Vegetarian Day	2	3	4
5	6  Teachers' Day	7  Grandparents Day	8	9	10	11
12	13	14	15  Dental check-up for our children	16  World food day	17  Pasta Day	18
19	20	21  Apple Day	22	23  United nation day	24	25
26	27	28	29	30  Pink Day Parents' Communication Day	31	



1.10.2025

Vegetarian Day



6.10.2025

Teachers' Day



7.10.2025

Grandparents Day



15.10.2025

Dental check-up for our children



16.10.2025

World Food Day



17.10.2025

Pasta Day



21.10.2025

Apple Day



23.10.2025

United nation day



30.10.2025

Parents' Communication Day/
Pink Day



Children's House

3 to 4+ years

Our Monthly Books

English



Arabic



French



Islamic



Montessori
Identity Box



UAE Identity

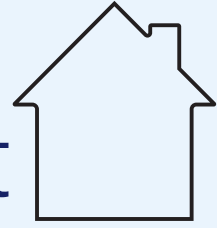


October Learning Journey and Outcomes:

-  **Awareness:** Health, healthy habits, teeth health
-  **Grandparents appreciation:** We aim to instill in our 3- to 4-year-old children a sense of respect and appreciation for their grandparents, helping them recognize the special role they play in their families and lives.
-  **Mathematics:** Learn quantities from 4-6
-  **Shape:** Learn about different mathematical shapes and concepts, oval and square, colors yellow and orange, tall and short.
-  **Literacy:** Focus on Letters Pp, li and Nn with sound games and letter formation activities.
-  **Practical Life:** Learn how to make healthy choices when it comes to food and how to prepare it, as well as setting the table.
-  **Creative Expression:** this month we will be celebrating Singing day through exploration of musical instruments and create different sounds and songs.
-  **Physical Development:** Improve coordination and movement skills through obstacle courses, balance games, yoga, and outdoor play.
-  **Planting:** Learn about nature by planting and taking care of our own plants, fostering a sense of responsibility and appreciation for the environment.



How You Can Support at Home:



-  Invite your child to choose a healthy snack option, like an apple or carrot sticks, and talk about why it's a good choice.
-  Practice simple counting with food items during snack time (for example, "Let's count 4 grapes together").
-  Create a "rainbow plate" challenge by encouraging your child to try foods of different colors for a fun and healthy experience
-  Model healthy eating habits and discuss why healthy food is important.

Note :

You can share your child's activity photos and videos with us on WhatsApp or social media!



We encourage your child to join us in our extracurricular activities

Ballet



Every Tuesday

11:15-11:45am

Ballet:

Ballet helps children develop balance, coordination, and rhythm, supporting their physical development. It encourages discipline, self-control, and grace, helping children practice social skills. Ballet also supports creativity and self-expression through dance and movement, while improving listening skills and the ability to follow instructions.

Football

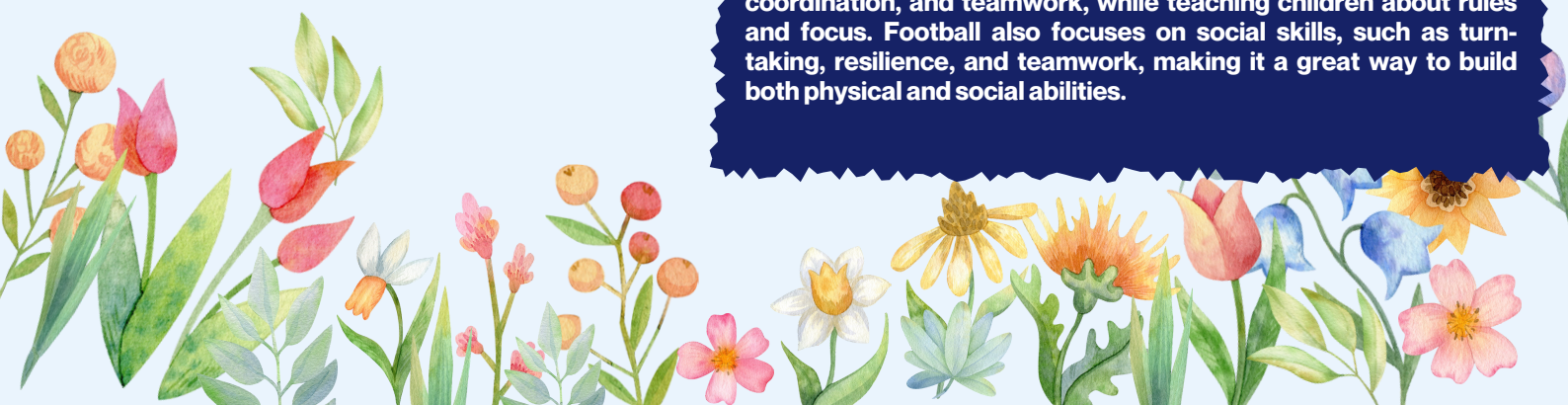


Every Thursday

9:30-10:30am

Football:

Football promotes gross motor skills like running and kicking, supporting physical development. It encourages concentration, coordination, and teamwork, while teaching children about rules and focus. Football also focuses on social skills, such as turn-taking, resilience, and teamwork, making it a great way to build both physical and social abilities.



Uniform

We kindly ask that your child wears their nursery uniform every day to help create a sense of belonging and consistency. For our ballet and football sessions, please remember to send them with the appropriate attire for these fun activities. On Fridays, we invite the children to wear UAE traditional clothes to celebrate and honor our rich culture together.



Healthy Eating

We kindly ask that you provide your child with **nutritious snacks** and meals each day, as a balanced diet is key to supporting their growth, energy, and overall well-being. To help them stay healthy and focused, we also encourage you to avoid sending sugary snacks or drinks.



Why is healthy nutrition important for children?

A balanced diet can positively affect young children throughout their lives. During their early development, children are highly impressionable, so it is particularly important to implement good routines and eating habits at an early age, so they carry it with them into adulthood. Children who do not get the proper nutrients during their early development may suffer from malnutrition and from several diseases. Some of the most common of which are obesity, osteoporosis, decreased muscle mass, changes in hair density and texture, fatigue, irritability, and type 2 diabetes.

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