

September 2026 St. John's Newsletter



Welcome to our St. John's Community!

We are delighted to welcome your family this September. We look forward to getting to know your child and all the important people and relationships in their life.

As we journey through the year together, please know that our goal is to create a loving and nurturing environment—one where you not only feel accepted, but truly feel that you and your family belong.

At St. John's, everyone who enters our space—children, families, educators, staff, volunteers, students, resource consultants, therapists, custodians—is a valued part of our community.

We are always open to growth, change, and learning alongside you, your children, and one another. Our open-door policy means your questions, thoughts, and concerns are always welcome and important to us. Collectively, we value inclusivity, teamwork, love, and professionalism. The educators and staff at St. John's are dedicated, knowledgeable, creative, and caring individuals who feel truly honored to spend time with your children.

We look forward to seeing you soon!

Warm regards,

The St. John's Team

Dates to Remember:

Sept 7– School Closed – Labor Day

Sept 8 – School Closed St. John's
Professional Learning Day

Sept 9 – School starts!

Sept 30 – Truth and Reconciliation – Wear
your Orange Shirt Today

Save the dates:

Saturday Oct. 17 – Family Walk and Story
Time (outdoor event)

Monday October 19th– School closed for
Regional Professional Learning Day

Snack and Lunch Menu:

The snack and lunch menus can be found on our website and are posted on the board in our downstairs hallway. Each month we will posted the week # we are on as we are on a 4 week rotation. We have attached a copy to our newsletter as well.

Sept 9–11 **week # 1**

Sept 14–18 **week # 2**

Sept 21–25 **week # 3**

Sept 28–Oct 2 **week # 4**

Stone Crock from St. Jacobs will now be catering our lunches for the children. We are looking forward to working with them this year to create a new, nutritional, local, fresh menu for the children.

LABELING YOUR CHILD'S ITEMS

Some of you may have experience in a child care setting, while for others, this may be your first time. Either way, we're excited to have you here and want to share a few important tips to help things run smoothly—especially when it comes to your child's belongings.

Please label everything your child brings to school. **We truly cannot stress this enough.**

When items go missing, it can be stressful—not just for families, but also for educators and leadership. Time that could be spent supporting your child is instead used to search the building, sending emails, and sharing photos of lost items. Many children have similar clothing and belongings, making it difficult to keep track of what belongs to whom.

To help prevent this, we kindly ask that you label everything, including:

- Pants and shirts
- Sweaters and jackets
- Mittens and hats
- Shoes and boots
- Snow pants and splash pants
- Neck warmers
- Water bottles
- Backpacks

Labeled items are far more likely to find their way back to you!

Some labeling options we recommend:

- Mabel's Labels: A popular choice that's durable and long-lasting (there is a cost involved) Please see our website as we receive a portion of the purchases through Mabel's Labels.
- Permanent marker: Writing your child's name or initials on tags or directly on items works well too.
- Masking tape + permanent marker: A quick and temporary solution, especially for items like water bottles.

Fun fact: The Ministry of Education requires children's names to be on their water bottles—so this isn't just a helpful suggestion, it's a regulation.

Things to Bring to School

- **Water bottle clearly labeled** with a mouthpiece that is covered when closed. **Filled with WATER only daily.**
- **Spare change of seasonally appropriate clothing**, including socks and underwear, in a reusable plastic bag or ziplock bag. These items will stay in your child's cubby and will need to be replenished
- **Diapers** if needed. Diapers must be in a resealable plastic bag labelled with your child's name. A supply of diapers will be kept in the resealable bag in the washroom, and you will be informed by your child's Educators when they need more. (St. John's supplies unscented baby wipes). A empty plastic bag so that we can pack up any soiled clothing or items.
- **Shoes** if your child is arriving at school in rain or winter boots they will need indoor soft soled shoes (not slippers) to be kept in their cubby.

Closure Dates for 2026–2027 School Year

St. John's Nursery School is licensed for 10 months of the year. We are closed for the summer months of July and August along with the following dates below:

“ **Monday September 7th:** Stat Holiday

“ **Tuesday September 8th:** St. John's Professional Learning Day

“ **Monday October 12th:** Stat Holiday

“ **Monday October 19th:** Region Wide Professional Learning Day (no fee charged)

“ **Monday December 21st 2026 through to Friday January 1st, 2027:** Christmas Closure

“ **Friday January 29th:** Parent Connection Day

“ **Monday February 15th:** Stat Holiday

“ **Monday March 15th through to Friday March 19th:** March Break Closure

“ **Friday March 26 and Monday March 29th:** Stat Holidays

“ **Monday May 24th:** Stat Holiday

“ **Friday June 25th:** Last day of school

***Your monthly fees will be prorated each month based on the number of days each month.**

Fees are charged for all Stat holiday and Christmas and March break closures.

No fee reduction for absences due to illness, vacation, snow days, etc.

September Information That Has Been Emailed Out:

Toddler Staggered start visits for toddlers will begin September 9th. Christine has sent out an email with your staggered start visit times to all seedling families.

We are hosting our **Open House on Thursday September 3rd between 9:30am and 7:00pm.** A link has been sent out to you to sign up for your visit time. On that day, we hope you can attend with your child, to have the opportunity to meet the educators and time to play. We plan to host all visits inside your child's classroom. Your time slot is intended to be in smaller groups, so your family has time to spend with the educators. We ask that you please respect others and stay within the time slot you picked. Thank you.

We have also sent out some entry to school resources and our parent handbook that has all our policies.

Stagered Entry to School

Toddler (seedlings) will be doing a stagered entry, giving the children and staff an opportunity to get to know each other in a quieter setting. We have been doing this for many years for our seedlings and it works really well. This year, we would like to also offer this to any of our preschool families. If you feel your child may benefit from a slower entry into the preschool program, please reach out to the office so we can set this up for your family. Preschool children not doing a stagered entry will begin school on Wednesday, September 9th or on their first scheduled day.

Documentation

Educators would like to spend the first few weeks of school getting to know your child and therefore will not be doing any documentation or sending out weekly classroom updates. We will start sending out documentation and weekly updates beginning in October once everyone is more comfortable with the school routines.

SG Cunningham Golf Tournament

We would like to thank SG Cunningham for selecting St. John's Nursery School as the benefactor of their 50th Anniversary Charity Golf Classic Tournament. They raised \$20,000 to go towards our playground renewal fund. Thank you for your generous donation. We look forward to making our outdoor space more natural with a land based learning curriculum.

THE ST. JOHN'S TEAM

LEADERSHIP TEAM



Christine, RECE Director
director@stjohnsns.ca



Kim L., RECE Supervisor
& Pedagogical Mentor
supervisor@stjohnsns.ca



Marianne, RECE Office Admin
admin@stjohnsns.ca

**** report all absences to this email address****

THE SEEDLING TEAM



Amber, RECE



Melissa, RECE



Heather
(Director Approved ECE)



Lisa

THE OAK TEAM



Jen, RECE



Kathy, RECE



Donalee, RECE



Laran, RECE

THE MAPLE TEAM



Matt



Sam, RECE



Kalene, RECE



Emilia, RECE

FACES AROUND THE SCHOOL



Kim G., RECE
(You will see her in all our
classrooms)



Shivam,
Classroom Assistant



Aaishah, RECE, BA
Resource Consultant

Supply Educators



Cathy, RECE



Sarah, RECE



Jill



Anna

***All our staff are current in their certification for First Aid and CPR training, up to date
Vulnerable Sector Checks and have their Safe Food Handling Certificate. All RECE's
are registered with the College of ECE**

Medication

If your child requires any medications while at school, a medication authorization form will be required. Please come to the office with any medications to complete the consent forms. We are also required to lock medications up. If your child requires emergency medication ie EPI pen, or any other emergency medication we will develop a medical plan together.

Food From Home

We ask that NO food from home comes into the school. We try and accommodate for all allergies and dietary restrictions. If your child requires a special food diet that we cannot provide, we will develop an "Alternative Food Plan" with you. This must be done before food from home can come into the school.

It is very common for children to not eat at school for the first few weeks. We see this every year. Please give your child a chance to settle into their new routine and build comfort and trust with us. See our snacks and meals section in our parent handbook.

Board of Directors

We have had a great response to people letting us know they are interested in joining our Board of Directors this year. All board members are required to get a Criminal Reference Check and help with events, fundraising, purchasing, etc. The First meeting will be held at St. John's on Wednesday September 17th @ 7:00pm. Christine will be emailing out details and committees will be discussed during our first meeting.

The Executive members of the committee are:

President: Sarah Whyte

Vice President: Allie Forte

Treasurer: Sarah Klassen-Rempel

Secretary: Rebekah Ludolph

Monthly Fees Through Kindertales

September Fees: A reminder that your September fees will be coming out of the payment method you selected on September 1st and the first of every month thereafter. If you need a different payment method or date please reach out to Christine

Donation Requests

Some of the items we need continuously throughout the school year are: Kleenex, **Painter's tape**, masking tape, unscented liquid hand soap refills, unscented baby wipes and plastic bags. We can also always use Playdough supplies- flour, salt, vegetable oil at anytime.

We appreciated all your donations. Thank you.

Portfolios

Returning Families please bring back your child's portfolio binder from last year with approx. 20-30 clear empty page protectors added so we can continually document your child's learning. Please feel free to add anything that was memorable of your child and your family over the summer. It is a great way to connect with one another, especially if your child is missing you. New Families at St. John's we ask families to bring in a binder with approx. 20-30 clear page protectors. The first page of the binder we call it an "all about me" page that is made at home with your child. (Christine emailed out a sample page in August) It should have your child's name and whatever captures your family, pets, and things they love! Throughout their time at St. John's educator's will fill these portfolios with photos, meaningful experiences, and documentation that tells the story of your child's learning. You are welcome to take your child's portfolio home and add any special celebrations or photos meaningful to your child. Please remember to bring them back so we can continue to add more!



Volunteers Needed

Can you help with making Playdough or washing Laundry this year?

We're reaching out to see if any families would be willing to help throughout the year with two simple but important tasks: making playdough and doing a load of laundry.

These are both easy jobs that can be done at home in an evening, and they make a big difference in supporting our classrooms.

If you're interested in helping out, please email us at admin@stjohnsns.ca. Marianne will be creating a schedule, and the more volunteers we have, the lighter the load will be for everyone!

Last year, families made playdough approximately once a month, and laundry was done about once every two months.

Thank you in advance for your support — we truly appreciate your help in keeping things running smoothly for the children and staff!

National Truth and Reconciliation Day – September 30/25

Wear an orange shirt on Tuesday, September 30th in recognition of Truth & Reconciliation.

We need to continue to create awareness and take action of the impacts of Residential Schools. As communities we come together in a spirit of reconciliation and hope because Every Child Matters. The 94 Calls to Action (CTAs) are actionable policy recommendations meant to aid the healing process in two ways: acknowledging the full, horrifying history of the residential schools system, and creating systems to prevent these abuses from ever happening again in the future.

Prevention, according to the CTAs, will happen by:

1. Teaching all Canadians the reality of Indigenous Peoples' treatment
2. Creating educational and economic opportunities for Indigenous Canadians so they can fully participate in society



FIRE DRILLS

Fire Drills We will be practicing our first fire drill of the year on September 23. Educators will talk about fire drills and prepare the children for a practice drill. In preparation you could speak with your child at home and reassure them what fire drills are all about. We perform fire drills a minimum of once a month and sound a real fire bell.



KEY FOBs

Every family is required to have a key fob to enter the building. Each fob is \$10 paid through your Kindertales account. When you return your fob at the end of your time at St. Johns, the \$10 will be returned through your payment method on Kindertales. New families can pick up their key fobs at the open house or first few days of school.

Drop Off and Pick-up

Most days, drop offs will happen outdoors on the playground. If there is inclement weather, we will put a sign outside our main entrance indicating, "No Outdoor Play". We are going to be implementing SMS alerts through Kindertales, so we can notify parents if we are starting inside. SMS alerts on the Enrollment form have been checked off for the primary parent. Please always bring your child's outdoor gear as we might go outside later in the day.

If you need to make changes to who is picking up your child and they are not on your child's regular contact list, please email admin@stjohnsns.ca ahead of time and have them bring photo ID. All changes in pick-up should be communicated through the office and we will inform the educators of the change. Thank you.

Absences

A Friendly Reminder to report all absences for illnesses, vacation days, etc. to the school. You can email that information to Marianne at admin@stjohnsns.ca or report the absence on our [website](#). If your child is going to be more than ½ hour late in the morning, please email or call the school at 519-746-4202 to let us know. It helps us planning our day knowing if your child is attending or not. It saves us time following up with you on why your child is absent. We track all illnesses so we can keep parents informed of higher number of illnesses in the school. In addition to tracking illnesses we also must follow our Safe Arrival/Dismissal Policy. The policy is in the Parent Handbook.

Our Playgrounds

St. John's is fortunate to have 2 outdoor play spaces. The first playground is by our school entrance and is our Seedling (Toddler) playground. At the beginning of the year while the children are getting comfortable in their new environment the **Seedlings will start their day inside the classroom**. As the children settle, we will start our program outside.

The larger playground in the parking lot is our preschool playground for both Oak and Maple groups. **Oak and Maple will begin their program each morning on the preschool playground**. When you arrive outside you will need to check in at the teacher desk so we can mark your child off in our attendance. The educators will give your child their picture to hang on one of the outdoor hooks for their backpacks. This is a great routine to start with your child as part of their drop off routine.

Please **ALWAYS close and top latch** our playground gates each time you come in and out.

We have children who can open the gates and the top latch ensures everyone's safety.

We know the top latch is an extra step but its a step for everyone's safety.

Sunscreen

We ask that you please apply sunscreen on your child before dropping them off in the morning. We do have sunscreen available on the playgrounds if you forget or your child is playing outside all morning and may need it to be reapplied.



You have given your consent for the staff to apply sunscreen through Kindertales. The sunscreen that St. John's provides is SunZone SPF 50. If you have any concerns with this, please contact the office. We will reapply as needed in the morning, and for the children who stay for 6 hours, staff will reapply sunscreen after lunch, when the UV is higher than 5 so your child is protected for the afternoon.

SCHOLASTIC Book Clubs

Scholastic offers you and your child a wide range of titles in each flyer, from popular and award-winning fiction series and charming new picture books, and hands-on activities that stimulate creativity and encourage problem solving. Plus, every order you place earns St. John's Nursery School 20% in rewards. With rewards, can get books and the staff can order books and resources for the children to enjoy in the classroom. Book Club flyers arrive in schools five times during the school year, so make sure you keep an eye out for the flyer in your child's cubby. The first scholastic book order flyer will come out in September to keep an eye for the flyer and order your books!

Muddy Buddies Program

St. John's has invested in Muddy Buddies for all children to use. Muddy Buddies are full waterproof suits worn over children's clothing, coats, and winter gear to help keep them dry while playing outside in all types of weather.

If you have not already done so, please email admin@stjohnsns.ca to let us know if you are interested in a Muddy Buddy for your child. We will size your child for their Muddy Buddy, which they will use throughout the school year.

The rental cost is a \$35 deposit, which will be returned in June when the Muddy Buddy is returned. We do not want cost to be a barrier for any family participating in the Muddy Buddy Program, and financial support is available to ensure every child can rent one. If your care is covered under the Regional Subsidy Program, there is no cost.

The Muddy Buddy rental deposit will be billed through Kindertales when you pick up your child's Muddy Buddy.

If you have any questions, please let us know.

Thank you for considering this wonderful addition to your child's outdoor learning experience!



Family Walk and Story Time

The educators have starting planning an amazing family event. Mark your calendar for Saturday, October 17th from 9:30am to 11:30am. This will be a family event and we ask that everyone come dressed to enjoy the time outdoors. More details to follow soon but we wanted you to know that this event was coming up. We hope everyone is able to join us for a morning of fun and friendship!

Helping Ensure a Positive Beginning

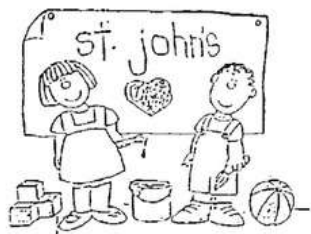
Each September, we welcome several new children to St. John's. Many parents wonder how to help their child feel comfortable when they are experiencing separation apprehension.

First, we want you to know that separating from their grown-ups is very normal and an important part of a child's development. It is common for children to experience big emotions when saying goodbye, and there is no need for parents to feel concerned. It is also very common for children to begin school with excitement and enthusiasm, then after a few weeks start to feel sad about coming to school.

Here are some ways you can help support your child as they transition into Nursery School:

- Look at classroom photos or watch the video on our website so your child can become familiar with the environment.
- Attend our Fall Open House so your child can visit the school and meet their educators before their first day.
- Once your child starts, talk with their educators about how they are separating from you and how they are feeling about school.
- **During drop-off on the first few days;** spend a little time helping your child settle in and find something that interests them. After showing your child around, let one of their educators know that you are leaving. Say goodbye clearly and confidently. If you would like to stay at the school for a short time, you are welcome to observe from an area where your child cannot see you. We ask that parents do not remain in the classroom with their child. Once you say goodbye, it is important to follow through. Consistency helps children build trust, routine, and confidence in their new school experience. Leave happily and confidently – children often pick up on our emotions. If your child is upset, we still encourage you to leave and then call or email the school later in the day for an update. If your child is having difficulty settling and we feel a shorter day may help, we will contact you to discuss a plan and invite you to spend time in the program at the end of the day if needed. Children are welcome to bring comfort items from home, such as a stuffed animal, blanket, pacifier, or family photo. Keep communication open with your child's educators. We are always happy to brainstorm strategies together to help your child feel comfortable and secure.

Starting school for the first time is a big change in a child's life. Children begin building relationships with their educators and classmates when their grown-ups are not present, and this process can take time. Please know that we are here to support both you and your child, and we will work together to make their school experience a positive one.



St. John's Nursery School- Snack Menu v1

Fall Menu (September through December)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cereal Trail Mix (Shreddies/Crispix/ Cheerios) Bananas	Broccoli/Cauliflower Rice Crisps Baba Ghanoush Dip	Apple Cinnamon Bars Apple Slices	Cucumbers Whole Wheat Mini Pitas	Gluten Free Crackers Mozzarella Cheese Cubes
Week 2	Multi Grain Crackers Zucchini Salsa	Made Good Granola Bars Orange Slices	Peppers Melba Toast Hummus	Pear Slices Arrowroot Cookies	Variety Friday (An assortment of snacks from week 1 and 2)
Week 3	Mini Whole Wheat Bagels Apple Butter Apple Slices	Mini Pitas Bean Salad (Black beans, red kidney beans, chickpeas)	Gluten Free Crackers Mozzarella Cheese Cubes	Frozen Peaches Cottage Cheese	Cereal Trail Mix (Shreddies/Crispix/ Cheerios) Honeydew Melon
Week 4	Rice Rolls Pear Slices	Gluten Free Multigrain Crackers Cheese Cubes Pickles	Frozen Berries Plain Yoghurt	Peppers Melba Toast Hummus	Variety Fridays (An assortment of snacks from week 3 and 4)

** Water is available for the children to drink



St. John's Nursery School- Stone Crock Lunch MenuV1

Fall Menu (September through December)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Beef Meatballs Mac and Cheese Pasta Cooked Vegetable Fruit	Vegan Pepperoni Pizza Garden Salad Oil and Balsamic Dressing Fruit	Chicken Stir-fry Vegetable Dumplings (chicken, rice, carrots, snow peas, water chestnuts, baby corn, hoisinsauce) Fruit	Shepherd's Pie (Mashed Potatoes and Beef) Cooked Vegetables Fruit	Chicken Schnitzel Brown Rice Cooked Vegetable Fruit
Week 2	Fish Fillet Cous Cous Cooked Vegetable Fruit	Chicken Sausage on a Whole Wheat Bun Potato Wedges Cooked Vegetable Fruit	Beef Bolognese Whole Wheat Pasta Cooked Vegetable Fruit	Butter Chicken Basmati Rice Nann Cucumber Salad Fruit	Veggie Burger Sweet Potato Fries Cooked Vegetables Fruit
Week 3	Grilled Cheese Homemade Tomato Soup Cooked Vegetable Fruit	Fruit Baked Chicken Burger Sweet Potato Fries Raw Carrots and Cucumbers Fruit	Mexican Street Corn Salad Mexican Picadillo (ground beef & potato with green peppers, onion, garlic, tomato sauce, beef broth) Tortilla Chips Fruit	Beef Meatloaf Mashed Potatoes Cooked Vegetables Fruit	Pesto Chicken Pasta with peppers Ceaser Salad creamy Ceaser Dressing Fruit
Week 4	Za Atar Lemon Chicken Jasmine Rice Roasted Vegetables (red pepper, zucchini, egg plant with garlic rice) Fruit	Breaded Fish Quinoa Cooked Vegetable Fruit	Mini Broccoli and Cheese Quiche Garden Salad Oil and Balsamic Dressing Fruit	French Toast with Maple Syrup Chicken Breakfast Sausage Fruit	Beef Sloppy Joes on a Whole Wheat Bun Baked Sweet Potato Fries Cooked Vegetable Fruit