

Kiddie Academy Newsletter

October 2026



Kiddie Academy of Cedar Knolls

201 Ridgedale Ave
Cedar Knolls, NJ, 07927

October Newsletter 🍁



Parent Reminders

National Noodle Day
• Oct 6, 2026

National M&M Day
• Oct 7, 2026

Columbus Day
• Oct 12, 2026

Picture Day
• Oct 15-16, 2026

National Pumpkin Cheese Cake Day
• Oct 21, 2026

Fall Festive Spirit Week
• Crazy Sock Day Oct 26
• Crazy Hat Day Oct 27
• Pajama Day Oct 28
• Crazy Hair Day Oct 29
• Trunk or Treat/Class Party Oct 30

October is here, and we are so excited for another wonderful month at Kiddie Academy of Cedar Knolls! ❤️ As the leaves begin to change and fall fills the air, our classrooms are buzzing with learning, laughter, growing friendships, and lots of exciting discoveries. It has been wonderful watching our children settle into their classrooms and routines since the start of the school year. Over the past several weeks, they have been building relationships with their teachers and classmates, becoming more confident and independent, and learning what it means to be part of their classroom community. We are so proud of the progress they are making each and every day! 🍎

October brings so many opportunities for hands-on learning and exploration. Our teachers have lots of fun and engaging activities planned throughout the month as children explore the sights, sounds, colors, and changes that come with the fall season. From creative art projects and sensory experiences to stories, music, science, and outdoor exploration, there will be plenty of opportunities to learn through play! 🍁📚

This month, we will also continue incorporating our Character Essentials lessons into our daily classroom experiences. Through conversations, stories, activities, and everyday interactions, our children will practice important social-emotional skills such as kindness, respect, cooperation, responsibility, and caring for others. These little lessons help build the foundation for strong friendships, confidence, and positive relationships both inside and outside the classroom.

Of course, October wouldn't be complete without some fall fun! 🍁 We are looking forward to celebrating the season together and creating special memories with our children and families. Please be sure to keep an eye on your classroom communications and Academy updates for information about October activities, special events, important dates, and any reminders from your child's teachers.

As the excitement of the new school year settles into a comfortable rhythm, we want to thank our families for continuing to be such wonderful partners. The connection between home and school plays such an important role in each child's success. Please continue to share questions, concerns, milestones, or updates with your child's teachers and our management team. We love hearing from you and working together to make sure every child feels happy, safe, supported, and excited to learn.

We are incredibly grateful for the wonderful community we have at Kiddie Academy of Cedar Knolls. Seeing our children walk through the doors each morning ready for another day of learning and fun is one of the best parts of what we do. Thank you for trusting us to be part of your child's early learning journey and for helping make our Academy such a special place.

Here's to a month filled with colorful leaves, cozy fall days, exciting discoveries, growing friendships, and lots of happy memories! 🍁🍁🍁🍁

Wishing all of our children, families, and educators a fantastic October!

Ms. Linda
Academy Director

Monthly Newsletter

October 2026



Kiddie Academy of Cedar Knolls

October Character Essentials®

★ We Have Feelings ★

Everyone has feelings! Children experience many different emotions throughout their day—from happiness and excitement to sadness, frustration, worry, anger, and everything in between. Throughout October, children will explore different feelings, learn how to recognize and name their emotions, and discover healthy ways to express and manage them.

Understanding feelings is an important part of children's social-emotional development. When children are able to identify how they feel and communicate those feelings to others, they begin to develop important skills such as self-awareness, empathy, self-regulation, and problem-solving.

Throughout the month, our teachers will help children understand that all feelings are okay, even when some feelings may be uncomfortable or difficult. What matters is learning what we can do with those feelings. Children will practice using words to express themselves, asking for help when they need it, taking deep breaths, finding a quiet space to calm down, and making safe choices when they are upset.

Through stories, songs, classroom discussions, creative activities, dramatic play, and everyday experiences, children will practice recognizing different emotions in themselves and others. They will learn to notice facial expressions, body language, and other clues that can help them understand how someone else might be feeling.

We will also encourage children to develop empathy by thinking about the feelings of others. They will explore ways to respond when a friend is sad, frustrated, nervous, or excited and learn that listening, offering help, giving someone space, or simply being there for a friend can make a big difference.

Our goal is to give children the language and tools they need to understand their emotions, express themselves appropriately, and recognize that everyone experiences feelings differently. By helping children understand their emotions today, we are giving them important skills they can carry with them as they grow.

💬 Conversation Starters

- How are you feeling today? What made you feel that way?
- What are some things that make you feel happy?
- What can you do when you feel sad?
- What does your body feel like when you are angry or frustrated?
- What helps you calm down when you have a big feeling?
- How can you tell how someone else might be feeling?
- What can you do if a friend is feeling sad or upset?
- Can two people feel differently about the same thing?
- Who can you talk to when you have a feeling you need help with?

📖 Recommended Reading

- The Color Monster – Anna Llenas
- The Way I Feel – Janan Cain
- In My Heart: A Book of Feelings – Jo Witek
- The Feelings Book – Todd Parr
- The Rabbit Listened – Cori Doerrfeld
- When Sophie Gets Angry—Really, Really Angry... – Molly Bang

Educator Highlights



Please join us in congratulating Ms. Gladys and Ms. Maira on successfully completing their Child Development Associate (CDA) Credential! 🎓🌟

This is an exciting accomplishment that reflects their hard work, dedication, and commitment to growing as early childhood educators. Their passion for learning and providing the best possible care and education for our children shines through each day.

We are so proud of Ms. Gladys and Ms. Maira for reaching this wonderful professional milestone and grateful to have them as part of our Kiddie Academy of Cedar Knolls family.

Congratulations, Ms. Gladys and Ms. Maira! 🎉📖

OCTOBER 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 	28	29	30	01	02	03 
04 	05	06 National Noodle Day	07	08	09	10 
11 	12  Columbus Day	13 National M&M Day	14	15 	16 	17 
18 	19	20	21 Pumkin Cheese Cake Day	22	23	24 
25 	26 	27 	28 PAJAMA  DAY	29 	30 	31 

KEY MOMENTS



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Friday
October
30
4:00-5:30



Trunk-or-Treat

Decorate your trunk and join the festivities!

Join us for our Trunk or Treat celebration on Friday, October 30th, from 4:00-5:30 p.m.

Parents, grandparents, aunts, uncles, and all family members are welcome to join in the fun and create festive displays.

*If you are decorating your car, please arrive by 3:00 p.m.