HCA OCTOBER NEWSLETTER

September Highlights:

Grandparents Week

A huge **THANK YOU** to all of our wonderful grandparents for sharing your time, love, and beautiful stories with our little learners!

Your visits brought so much joy and excitement to our classrooms. We hope you enjoyed your time with us as much as we enjoyed having you!



You are always welcome in our classrooms!



Book Fair Update

Thank you so much for supporting our Book Fair!

It was a huge success! Because of your purchases, we were able to purchase



worth of new books for our classrooms!

We are so excited to add these new books to our classrooms and continue encouraging a love of reading in our children.

Thank you, HCA families, for supporting literacy!



Important October Events



FALL PICTURE DAY

October 26

Our Fall Picture Day is coming up!

Non-Spooky Trick or Treat

October 30

Our PRESCHOOL is so excited for our Non-Spooky Trick or Treat!

We don't want any of our little ones to miss out on all the FUN!

Please make sure costumes are not spooky or scary.
We encourage costumes inspired by:

- Animals
- Superheroes
- Princesses
- Favorite Characters
- Fairies
- And more!

Let's make this a fun, happy, and child-friendly celebration for everyone!

Haymarket Children's Academy

October Menu 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1 **Breakfast** Waffles with syrup and fruit **Lunch** Baked chicken bites Sweet potatoes, fruit Veg Option: Veggie nuggets **PM Snack** Apple slices and multi grain crackers	**2** **Breakfast** Yogurt and Granola **Lunch** Cheese tortellini Broccoli, fruit Veg Option: Same as Above **PM Snack** Cucumbers and pretzels
5 **Breakfast** Bagel with cream cheese and fruit **Lunch** Alfredo pasta Corn, fruit Veg Option: Same as above **PM Snack** Sunflower butter and bananas	**6** **Breakfast** Omelet and wheat toast **Lunch** Turkey meatball sandwich Peas, fruit Veg Option: Plant-based meatballs **PM Snack** Cheese sticks and rice crackers	**7** **Breakfast** French toast and apples **Lunch** Steak and Rice Carrots, fruit Veg Option: Baked tofu **PM Snack** Fig Bars and yogurt	**8** **Breakfast** Oatmeal with bananas **Lunch** Three color fusilli with tomato sauce Green Beans, fruit Veg Option: Same as Above **PM Snack** Hummus with cucumbers	**9** **Breakfast** Blueberry muffin and fruit **Lunch** Cheese Pizza Side salad, fruit Veg Option: Same as Above **PM Snack** Watermelon and goldfishes
12 **Breakfast** Wheat toast with jelly and fruit **Lunch** Beef stroganoff over noodles Peas, fruit Veg Option: Lentil stroganoff **PM Snack** Mixed berries and yogurt	**13** **Breakfast** Biscuit with cheese **Lunch** Black bean and cheese quesadilla Corn, fruit Veg Option: Same as Above **PM Snack** Sunflower butter and celery sticks	**14** **Breakfast** Oatmeal with cinnamon apples **Lunch** Turkey taco bowl with rice Black beans, fruit Veg Option: Bean and rice bowl **PM Snack** Cheese sticks and baby carrots	**15** **Breakfast** Whole-grain cereal with strawberries **Lunch** Cheeseburger Green beans, fruit Veg Option: Veggie burger **PM Snack** Cantaloupe and rice cakes	**16** **Breakfast** Bagel with cream cheese and fruit **Lunch** Chicken stir-fry with rice Side salad, fruit Veg Option: Vegetable stir-fry **PM Snack** Apples and crackers
19 **Breakfast** French toast with fruit **Lunch** Mac and cheese Carrots, fruit Veg Option: Same as Above **PM Snack** Veggie Straws and Ranch	**20** **Breakfast** Scrambled eggs with toast **Lunch** Meatloaf Mashed Potatoes, fruit Veg Option: Baked Tofu **PM Snack** Cheese sticks and apples	**21** **Breakfast** Blueberry muffin and fruit **Lunch** Grilled cheese sandwich Soup, fruit Veg Option: Vegetarian chili **PM Snack** Cucumbers and ranch	**22** **Breakfast** Biscuit with cheese **Lunch** Baked chicken Quinoa and rice, fruit Veg Option: Baked tofu **PM Snack** Graham crackers and bananas	**23** **Breakfast** Oatmeal with fruit **Lunch** Cheese pizza Side salad, fruit Veg Option: Same as Above **PM Snack** Watermelon and multi grain crackers
26 **Breakfast** Waffles, syrup and fruit **Lunch** Turkey Tacos Corn, fruit Veg Option: Beans Taco **PM Snack** Granola Bar and Blueberries	**27** **Breakfast** Bagel with cream cheese and fruit **Lunch** Veggie Lasagna Carrots, fruit Veg Option: Same as Above **PM Snack** Nachos and salsa	**28** **Breakfast** English Muffin with jelly and fruit **Lunch** Grilled salmon and rice Green beans, fruit Veg Option: Rice and Chickpeas **PM Snack** Sunflower butter and apple slices	**29** **Breakfast** Pancakes with syrup and fruit **Lunch** Beef Sloppy Joes Baked Potatoes, fruit Veg Option: Veggie Sloppy Joes **PM Snack** Trail mix with dried fruit	**30** **Breakfast** Oatmeal with bananas **Lunch** Butter Noodles Side salad, fruit Veg Option: Same as Above **PM Snack** Custard with berries

All meals are served with milk. • Menu is nut-free. • Sunflower butter is used in place of peanut butter.

HAYMARKET CHILDREN'S ACADEMY

Parents Night Out

Friday, October 16
6:30 - 9:30 pm

Enjoy a fun evening while your child enjoys a special night at HCA!

$20 per child

Activities + dinner Included



PUMPKIN CONTEST

HCA will be having a Pumpkin Contest for classrooms, and families are also welcome to participate!

If you would like to participate, please bring your decorated pumpkin by **Wednesday, October 28.**

Winners will be announced on **Monday, November 3!**



Classroom Winner

A Pizza Party for the Classroom!

Family Winner

A Delicious Pizza to Take Home!



Judging Criteria

Creativity

Please keep in mind that the theme is **FALL**. We encourage everyone to keep pumpkins fun and non-spooky.

Best Use of Various Materials

Use your creativity and incorporate as many different materials as you can!

Children's Participation

The more children participate in creating the pumpkin, the better!

We can't wait to see all of your creative fall pumpkins!

HAYMARKET CHILDREN'S ACADEMY

CAMP DAY

For Kindergarten & School-Age Children

Prince William County Public Schools will be closed on this day, and HCA will be open for our Kindergarten and School-Age children.

Monday, October 12 – "It's Fall Y'all!"

$50 dollars for enrolled children, $100 for drop ins, and no cost for our private Kindergarten.



Dates to Remember

October 12	HCA will be OPEN
November 26 & 27	HCA Closed for Thanksgiving
December 24	HCA Closes at 12:00 PM
December 25	HCA Closed for Christmas
December 31	HCA Closes at 3:00 PM
January 1	HCA Closed for New Year's Day

OCTOBER

Staff Birthdays

Please help us wish our wonderful HCA team members a Happy Birthday!

10/01 — **Litzy Abrego**
Discoverers 2 Lead Teacher.

10/01 — **Andrea Salmeron**
Adventurers 1 Lead Teacher

10/01 — **Michelle Marroquin**
Voyagers 2 Lead Teacher

10/09 — **Aaron Freedman**
Kindergarten Teacher

10/10 — **Ledia Ashamalla**
PM Floater

Happy Birthday

to all of our October birthday stars!

