

Preschool Parent Tips

SNACKS

Children will have one snack in the morning and one in the afternoon. Snacks are supplied by the school. If your child has a food allergy, we ask that you provide a safe snack box.

LUNCHES

Please pack items you know your children will eat and include filling items such as protein, fruit, veggies, and a drink.

LUNCH IDEAS

PROTEIN

Sandwiches: PB&J, lunch meat & cheese

Wraps: Lunch meat w/ condiments or veggies

Bagels: Lunch meat or cream cheese

Pita Pockets: Fill w/ favorite items

FRUIT/VEGGIES

Raisins, apples, fruit cups, bananas, sweet peppers, cucumbers, carrots, celery, etc.

DAIRY

Milk, yogurt, cottage cheese, cheese slices, pudding

LUNCHABLES (No pizza lunchables)

DRINKS

Juice Box, Milk, Thermos

SNACKS

Muffins, cookies, snack cakes, fruit snacks

THERMOS IDEAS

Mac & Cheese, soup

Things to think about:

- Can my child easily open most of their lunch?
- Am I teaching my child how to open zip-loc bags?
- Are there any choking hazards in my child's lunch box?
- Is my child's name on the lunch box and storage items?
- Would my child enjoy having a love note from Mom or Dad in their lunch?

*If you send a THERMOS of hot foods, please leave these on top of your child's cubby. The lunch boxes are considered a "cold" lunch and stored in the refrigerator until lunch time.

NO PIZZA LUNCHABLES

NO SOFT DRINKS

LABEL EVERYTHING

WE DO NOT HAVE THE ABILITY TO MICROWAVE, so please send hot foods in a thermos.

BIRTHDAYS

Often, children want to bring in a special snack. These must be **STORE BOUGHT** snacks and NOT **HOMEMADE**. We suggest a cookie cake for these occasions, as they are the least messy for little hands.



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NAP TIME

Rest time is from 1pm-3pm (All Day Program Only). During this time, children lay on cots (cribs if necessary).

Things to BRING:

- Appropriately sized blanket (must fit in their cubby)
- Pillow (no bed pillows)
- Security Item or "lovey" (this will remain in their cubby until nap time)

Take all items home at the end of the week to be washed!

TOYS FROM HOME

These are not allowed in the classroom. If your child brings a toy to school, it will remain in their cubby or in the office until it is time to go home.

CLOTHING

Be sure your child has a spare set (or 2) of weather appropriate clothes in their cubby

Please include:

- Shirts & Pants
- Underwear and/or Diapers
- Socks (even spare shoes if possible)
- Sweatshirt or Sweater

Things to THINK ABOUT:

- Can my child easily play or get messy in this?
- Can my child run, climb, walk in mulch, or play in sand in these shoes?
- Can my child easily use the bathroom in this outfit?
- Does my child have the appropriate jacket or outerwear for today?
- Is my child's name labeled on all of their extra belongings?

ILLNESS

- If your child becomes ill at school, they must be picked up within 30 minutes of notification.
- Children must remain home until they are 24 hours free of fever without medication before returning to school. A fever would be anything 100° or over.
- If your child has lice, they must be nit and lice free before returning to school.
- If your child develops HFM or Impetigo they must remain home until all open sores are scabbed over or can be covered.

A FEW "NO NOS"

No Flip Flops or Crocs

No Weapons

No Toys from Home

No Meds in the Classroom

No Gum

No Swim Diapers

LABEL EVERYTHING

