

First Day Suggestions

3-5 year old Full Day, Junior Kindergarten and Preschool

1. Daily Nutritious lunch and one (1) piece of fruit to share for morning snack (*Afternoon snack provided*)
Please observe the "No Nuts Policy". This includes peanut butter, almond butter and granola bars/cookies with peanuts

- Lunches requiring heating must be appropriately packed in a microwave safe container. Icepacks will help keep food cool.
- Send juice in reusable containers to reduce waste and garbage; juice boxes are discouraged
- Labeled water bottle that your child can drink from during the day & outside



Children will be encouraged but not forced to eat all lunch items. Left-over or uneaten food will be sent home.

2. Change of Clothes (in a labeled Ziploc bag):

- Underwear (2 pairs)
- Socks
- Pants
- Shirt



3. Inside Shoes/slippers:

Velcro only; **no laces** please. Non-marking soles.

4. Weather appropriate items:

- Muddy buddies (for rainy & wet days)
- Boots (slip-on)
- Sun hat and Sunscreen (both labeled)

5. Nap time (3-5 yr full day)

- Thin blanket & (optional) pillow
- bottom sheet (fitted crib sheet)
- nap time cuddle toy (optional)

These items need to fit in a small bucket (9" X 12" X 9") and over-sized items will be sent home. Parents are encouraged to take sheets and blankets home and launder over the weekend.



Please do not send toys from home with your child other than for show and tell.

6. First Week flexibility: If it all possible ensure that you build in some flexibility in the first two weeks your child is with us, perhaps allowing for an earlier pick-up than normal. In the event your child is having a particularly difficult time settling in, staff may give you a call for an earlier pick-up.

Infant/Toddlers (in addition to the above):

- Diapers/pull-ups
- Numerous changes of clothing, especially when toilet training
- Bottles/sipper cups (filled with appropriate milk, formula or juice)
- All food to be supplied including snacks. Ensure that toddler food is cut into bite size pieces to avoid choking hazards.
- Baby wipes



School Age:

1. Daily nutritious lunch and 1 piece of fruit to share for morning snack on non-school days (pro-d, Christmas, spring & summer breaks)
2. Inside shoes/slippers
3. Weather appropriate items (boots & rain jackets - winter & sunhat and sunscreen - summer).

NO TOYS or ELECTRONICS from home; they will remain in your child's backpack.

