

PARENT ORIENTATION



Nature's Way of Learning

WELCOME

Welcome to Nature's Way of Learning. You are now beginning the enrollment process. Having completed your tour and received the enrollment email requesting the necessary registration details, you are ready to proceed.

Before finalizing your registration, we encourage you to review some important information that was covered during your tour, as well as additional details that may not have been addressed.

We recognize that choosing someone to care for your child(ren) is a significant decision. With many options available, including family, friends, and other centers, we sincerely appreciate the trust you have placed in us. What matters most is that you feel confident and comfortable with your choice, ensuring it is the right fit for your family. Each center offers unique qualities, and that diversity is perfectly acceptable. Our priority is that you feel secure and confident in your decision. At our center, we view ourselves as an extension of your family and are committed to supporting every aspect of your child's growth and development. We are always available to answer your questions, even those beyond school-related topics, offering extensive knowledge to assist you from infancy through school age.



POLICIES AND HANDBOOKS



We frequently receive questions about the number of policies and handbooks we maintain. At NWL, we believe it is essential for everyone to have a clear understanding of how our school operates. We also recognize that having well-defined policies provides parents, staff, and students with as much consistency as possible. While a personalized, one-on-one approach would be ideal, given the size of our center, our policies are designed to serve the best interests of the entire community. Additionally, as a state-licensed facility through DHHS, we are required to meet minimum standards.

However, we are committed not only to meeting but exceeding these standards to ensure the health and safety of our students, families, and staff.

All of our forms, policies, and handbooks are available at www.NaturesWayNH.Com. We encourage you to review them thoroughly, but to respect your time, we'll begin with a concise overview.

REQUIRED FORMS

Per DHHS regulations and our center's policy, all forms must be completed and updated annually. Whenever your child receives a physical exam and/or immunizations, please provide us with a copy. Students with expired physicals will not be allowed to attend until their physicals are current. Immunizations are mandatory, and no exceptions will be made. Please note that paperwork may change with little or no notice due to state requirements

These forms are available at www.NaturesWayNH.com and are due on your child's first day with us.

- Enrollment Contract with the child's Full Legal name of the child, child's DOB
- Enrollment form and Emergency Information and Medical info sheet
- DHHS Statements He-C4002.10 (c) 1 and 2
- Registration Agreement
- Family Questionnaire
- Transportation (if school age)
- Medical paperwork
 - Immunizations (must be up to date. This is mandatory for your child to attend. Religious exemptions will only be considered with a letter from the head of your religious organization. For example, the Pope)
 - Physical (within one year)
 - School/Sports clearance form (found on the physical most of the time)
 - Asthma action plan (if applicable)
 - Allergy action plan (if applicable)
 - Medication consent plan (if applicable)
- NH Health Assessment form
 - NH Childhood Health Assessment Record statement in He-C 4002.10 (g)
- Consent forms
 - CPR and First Aid
 - Hospital Transport
 - Assumption of risk
 - Termination of care
 - Review of termination
 - Parent Handbook
 - Medical Handbook
 - Emergency Handbook
 - Emergency Evacuations
 - Tuition Policy
 - Nap ratios
 - Sunscreen
 - Bug Repellent
 - Diaper Rash ointment
 - Photo consent
 - Walking field trip
 - Lawn Permission
 - Video Permission
 - Movie Permission



BRIGHTWHEEL IS THE COMMUNICATION APP ON YOUR PHONE OR COMPUTER. THIS APP ALLOWS YOU DIRECT COMMUNICATION TO YOUR CHILD'S TEACHER AND THE ADMIN TEAM. THIS IS ALSO WHERE YOU WILL PLACE YOUR CHILDCARE DEPOSIT AS WELL AS PAY YOUR WEEKLY TUITION.

BRIGHTWHEEL ALSO OFFERS TEACHERS TO PROVIDE YOU WITH:

- PHOTOS (WE ASK TEACHERS TO POST 3 PER WEEK)
- VIDEOS
- FOOD (AM/PM SNACK AND LUNCH)
- NAP TIME
- DIAPER CHANGES AND TOILETING (WHEN POTTY TRAINING ONLY)
- NOTES
- DAILY ACTIVITIES
- WHEN MEDICATION IS GIVEN
- INCIDENTS (INJURY'S)

- **YOU MUST** let a teacher know when you are dropping off and picking up. Please do not leave your child anywhere in the building or just taking them without letting someone know. This includes on the playground.
- Parents will receive a key fob at pick up on their child's first day. Parents will receive only 2 key fobs unless there is an additional person who drops off or picks up frequently. Key fob replacements are \$10.00 per key fob. When a family leaves the center, their key fob is deactivated, and the fob must be returned.
- Parents must pick a drop off and pick up time. These times must be consistent as this is how we schedule our staff. Students are allowed up to a 10-hour day at no additional charge for care. Anything over 10 hours there is an additional fee
- For example, if you pick 7:00am to 4:00pm, your child may not arrive before 6:45am. They may not stay past 4:15pm.
- Children can be dropped off/ picked up anytime after/before the scheduled time. However, please note that children must arrive before 9:00am. If they have a medical appointment, they may arrive up until 11:00am. Students who leave after 10:00am for an appointment may not return for the day, as this causes a lot of confusion and stress on the child.
- We do ask that children not be picked up between 12:00-2:30 as it is nap time. If they must leave during this time, please arrange with the classroom teacher so that we may help to not disrupt nap time.
- We are **HAPPY** to help in any schedule adjustment should you have an appointment or need to work late. Please notify us via Brightwheels 24 hours in advance so that we can help make staffing arrangements for you.

DROP-OFF AND PICK-UP / VISITING

Visiting the center

We always welcome parents to visit the center and have an open-door policy. We ask that you please be mindful to not visit during nap time.

We also ask that you be mindful that if you have older students, a visit may be difficult for them once you leave.

Should your child receive outside services you are welcome to have them come to the center any time and we welcome them.

From time to time, we may ask for a classroom volunteer to come share knowledge about your work, culture, or anything you feel could/would be helpful for a classroom.

We do not allow volunteers for field-trips without the proper background checks

Tuition and Fee's/ Discount's

- Tuition is due every Friday before the upcoming week.
- Student's who receive a state scholarship must pay the parent fee and any additional amount the state does not cover.
- Failure to pay tuition on Friday will result in a \$25.00 late fee and your child may not attend the upcoming week until tuition is paid. Failure to pay over two weeks will result in a child's dismissal from the program. However, we highly encourage any family struggling to please speak with Kay so that we can help you in any way possible. Our goal is not to punish the parent or the child when times get hard.
- Tuition rates go up every September.

Fee's/ Discount's:

Brightwheel Credit Card Fee 2.9%

Brightwheel ACH Fee .90

Early Drop off/ Late pick up (before/after 15 minutes)
\$3.00 per minute

Pick up after 6:00pm \$5.00 per minute. If more than 1 time in a week an additional \$25.00

Late payment \$25.00

Bounced payment \$50.00

Forgotten lunch \$5.00

Forgotten wipes \$2.00 per day (after reminder)

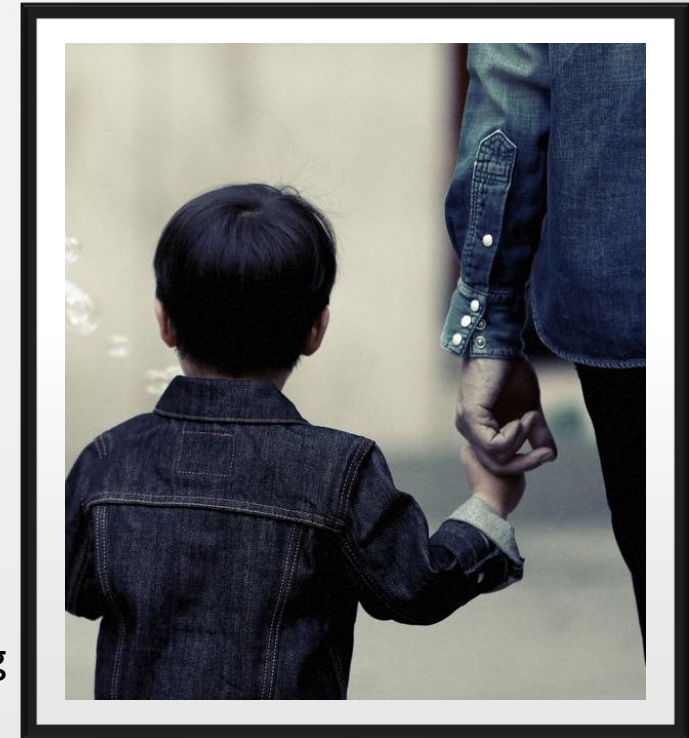
Forgotten diapers \$7.00 per day (after reminder)

If your child attends 5 days per week:

First responders/ Military/ Vets 10% off (only if attending 5-days per week)

BEHAVIORS AND BITING

- Behaviors and biting are all part of growing up and testing the bounds while trying to learn who they are as little ones.
- We believe the best way to handle an unwanted behavior is by giving the students a voice to say “NO” or “I don’t like that” followed by redirection. By giving students a voice, we give them power over their own body and to defend themselves using words and not hands. This is a lifelong skill that will be taught at all ages while in our care.
- The child expressing hands on/ undesirable behavior will be redirected and spoken to at a level they will understand depending on age.
- No parent wants their child to be the biter or to be the child who was bit. Biting can be a natural part of a child’s development. Not all children will bite, but it is a common behavior for students under 2. Children under 2, who bite more than 3 times in one day will be sent home. This allows them the break they need and to offer a break to the friend’s who are being bit.
- Biting, depending on age will result redirection, referrals, and possible dismissal of care. The best way to learn more about this policy is to read it in our handbook.



SUSPENSION AND/OR TERMINATION

- Failure to pay tuition.
- Giving a key fob to someone not approved by admin.
- Repeat aggression and physical harm to other students.*
- Referral to services to better meet the needs of a student.*
- Continuous aggressive biting*
- Failure to provide required forms
- Parents not following the center rules and regulations of DHHS and NWL.
- Threats of any kind to parents, students, or staff.

We never want to ask a child to leave our center for any reason. We feel that consistency is the most important part in a child's life. Sadly, from time to time we may have to ask a child to take a break from care or even leave our center. For a full description of the policy, please read it in our parent handbook. Below is just some examples of why a child may be suspended or terminated from care.

*We will do our best to work with families on all behaviors before suspending or terminating care.

Parent Code of Conduct

OUR PARENT CODE OF CONDUCT IS TO BE FOLLOWED VERY CLOSELY. THIS CODE OF CONDUCT IS IMPORTANT TO KEEPING STAFF, STUDENTS AND OTHER PARENTS SAFE. THIS IS ONE POLICY WE DO NOT WAVER FROM AND FEEL THAT PARENTS SHOULD ALWAYS CONDUCT THEMSELVES IN A MANNER APPROPRIATE FOR YOUNG CHILD. TO SEE A FULL EXPLANATION OF THIS POLICY, PLEASE VISIT OUR PARENT HANDBOOK.

Here are some examples of what is in this policy:

- Providing false information about your child's health, mental health, services, or behaviors.
- Excessive late pickups
- Disrespectful behavior towards staff, admin, parents, students. This behavior includes Aggressive and threatening messages, threatening to harm someone.
- Failure to work with staff and admin.
- Harassing staff and families.
- Ongoing rude and disrespectful behavior.
- Causing physical or mental hard to staff, students or families.
- Failure to comply with state or local law enforcement should an investigation occur.
- Spreading/ positing false or misleading information about the center, staff or another family.
- Giving out any confidential information about the center, staff, and or families.

INFANTS

What is needed:

- Diapers
- Wipes
- Diaper cream
- Sunscreen
- 2-3 changes of clothing (socks may go missing)
- Enough bottles for the day +1 extra (DATED)
- Formula/ Breast Milk (DATED)
- Water (we do provide it)
- Swaddle/Sleep sack
- Pacifier (if used)
- Food for all meals/ Snack (if your child is at that stage)

NO Diaper Bags or Car Seats allowed to stay at the school after drop off.

LABEL ALL CHILD'S BELONGINGS

- Where to put your child's belongings (everything must be labeled).
- Please remove shoes when entering the classroom.
- Child's extra clothing go in the cubbies located on the wall next to the exit door.
- Diapers and wipes are stored under the changing table with extras stored in the classroom bathroom.
- Food/Snacks are stored in your child's labeled draw.
- Pre-Made bottles go in the fridge, formula can, and non-used bottles are placed in your child's labeled draws.
- Breast milk will be stored in the fridge or our freezer. (Must be dated)
- Bottles are sent home daily for cleaning.
- We do provide town filtered water. You can also bring your own.
- Children may use a swaddle until rolling over. Once rolling over, students can have a sleep sack if their arms are free.
- Breast feed infants **MUST** be able to drink from a bottle and have had practice at home before starting. Formula will be discarded. Breast milk will go back in the fridged with a "used" label to be returned home.

Schedule:

- This classroom goes by the schedule you have set for your child. Should we find it be different, we will notify you.
- Please put the next time your child needs a diaper and feeding on the white board at drop off. If you forget, no worries we will ask or message you.
- Diapers are changed every 2 hours unless they need to be changed sooner.
- Diaper cream will be used, but not on broken/open skin. (we do not allow any powders, and we follow instructions on the diaper creams)

OLDER INFANTS

WHAT IS NEEDED:

- DIAPERS
- WIPES
- DIAPER CREAM
- SUNSCREEN
- 2-3 CHANGES OF CLOTHING (SOCKS MAY GO MISSING)
- ENOUGH BOTTLES FOR THE DAY +1 EXTRA
- FORMULA/ BREAST MILK/ MILK (WE ASK THAT YOUR CHILD START MOVING TO A SIPPY CUP FOR THESE ITEMS)
- WATER (WE DO PROVIDE IT)
- CRIB SIZED SHEET AND BLANKET BROUGHT IN A PILLOWCASE
- PACIFIER (IF USED)
- FOOD FOR ALL MEALS/ SNACK (PLEASE PACK FOODS YOUR CHILD MAY FEED THEMSELVES TO HELP SELF-HELP SKILLS)

NO DIAPER BAGS OR CAR SEATS ALLOWED TO STAY AT THE SCHOOL AFTER DROP OFF.

LABEL ALL CHILD'S BELONGINGS

Where to put your child's belongings (everything must be labeled):

- Please remove shoes when entering the classroom.
- Child's extra clothing go in the cubbies located on the wall next to the exit door.
- Diapers and wipes are stored under the changing table with extras stored in the classroom bathroom.
- Snacks are stored in your child's labeled draw.
- Pre-Made bottles go in the fridge, formula can, and non-used bottles are placed in your child's labeled draws. Must be dated!
- Breast milk will be stored in the fridge or our freezer. Must be dated.
- Bottles are sent home daily for cleaning.
- We do provide town filtered water. You can also bring your own.
- Children may use a swaddle until rolling over. Once rolling over, students can have a sleep sack if their arms are free.
- Children must bring a lunch box with an ice pack for meals.

Schedule:

- This classroom will have students learn the same routine daily. Including going outside. Students will have the same nap and mealtimes.
- Diapers are changed every 2 hours unless they need to be changed sooner.
- Diaper cream will be used, but not on broken/open skin. (we do not allow any powders, and we follow instructions on the diaper creams)

WADDLERS

What is needed:

- Diapers
- Wipes
- Diaper cream
- Sunscreen (unless using schools)
- 2-3 changes of clothing (socks may go missing)
- Sippy cup of water (Must take home to clean nightly)
- Sippy cup of milk (if you would like to provide, must take home to clean nightly)
- Water (we do provide it)
- Crib sized sheet and Blanket brought in a pillowcase
- Pacifier (if used)
- Lunch (main meal and 2 sides (pack foods your child may feed themselves to help self-help skills))
- **NO Diaper Bags or Backpack or Car Seats allowed to stay at the school after drop off.**

LABEL ALL CHILD'S BELONGINGS

Where to put your child's belongings (everything must be labeled):

- Child's extra clothing go in the cubbies located in the closet. Jackets/ winter gear stored in the closet in the classroom cubbies.
- Diapers and wipes are stored under the changing table with extras stored in the classroom closet.
- Food/Snacks are stored in your child's lunch box with an ice pack. Please place in the lunch box on the shelf.
- Food must be cut up according to the food guidelines set by DHHS. NO chips, pretzels, gummies, berries must be smooshed until the age of 3.
- Water bottles are required and are left in the classroom water bottle bin and must be sent home nightly.
- We do provide town filtered water. You can also bring your own.

Schedule:

- This classroom will have students learn the same routine daily. Including going outside. Students will have the same nap and mealtimes.
- Diapers are changed every 2 hours unless they need to be changed sooner.
- Diaper cream will be used, but not on broken/open skin. (we do not allow any powders, and we follow instructions on the diaper creams)
- For the full classroom schedule, please visit www.NaturesWayNH.com and click on your child's classroom.

YOUNG TODDLERS

WHAT IS NEEDED:

- DIAPERS
- WIPES
- DIAPER CREAM
- SUNSCREEN (UNLESS USING SCHOOLS)
- PUMP BUG REPLANT
- 2-3 CHANGES OF CLOTHING. PLEASE PROVIDE MORE CLOTHING WHEN YOUR CHILD IS POTTY TRAINING.
- SIPPY CUP OF WATER (MUST TAKE HOME TO CLEAN NIGHTLY)
- SIPPY CUP OF MILK (IF YOU WOULD LIKE TO PROVIDE, MUST TAKE HOME TO CLEAN NIGHTLY)
- WATER (WE DO PROVIDE IT)
- CRIB SIZED SHEET AND BLANKET BROUGHT IN A PILLOWCASE
- PACIFIER (IF USED)
- LUNCH MAIN MEAL AND 2 SIDES (PACK FOODS YOUR CHILD MAY FEED THEMSELVES TO HELP SELF-HELP SKILLS)

NO BACKPACK OR CAR SEATS ALLOWED TO STAY AT THE SCHOOL AFTER DROP OFF.

LABEL ALL CHILD'S BELONGINGS

Where to put your child's belongings (everything must be labeled):

- Child's extra clothing go in the cubbies located in the hallway. Jackets/ winter gear stored on child's hooks in the hallways.
- Diapers and wipes are stored under the changing table with extras stored in the classroom closet and under the sink.
- Food/Snacks are stored in your child's lunch box with an ice pack. Please place your child's lunch box under the microwave in the classroom. Food must be cut up according to the food guidelines set by DHHS. NO chips, pretzels, gummies, berries must be smushed until the age of 3.
- Water bottles are required and are left in the classroom water bottle bin and must be sent home nightly.
- We do provide town filtered water. You can bring your own.

Schedule:

- This classroom will have students learn the same routine daily. Students will have the same nap and mealtimes.
- Diapers are changed every 2 hours unless they need to be changed sooner.
- Diaper cream will be used, but not on broken/open skin. (we do not allow any powders, and we follow instructions on the diaper creams)
- Potty training will start in this classroom at 2.5 years old.
- For the full classroom schedule, please visit www.NaturesWayNH.com and click on your child's classroom.

OLDER TODDLERS

What is needed:

- Diapers
- Wipes
- Diaper cream
- Sunscreen (unless using schools)
- Pump bug replant
- 2-3 changes of clothing. Please provide more clothing when your child is potty training.
- Sippy cup of water (Must take home to clean nightly)
- Water bottles (if you would like to provide, must take home to clean nightly)
- Water (we do provide it)
- Crib sized sheet and Blanket brough in a pillowcase (small stuffy, no pillows)
- Lunch main meal and 2 sides (pack foods your child may feed themselves to help self-help skills)

NO Backpack or Car Seats allowed to stay at the school after drop off.

LABEL ALL CHILD'S BELONGINGS

Where to put your child's belongings (everything must be labeled):

- Child's extra clothing go in a large zip lock bag and to the teacher.
- Jackets/ winter gear stored on child's hook in the classroom.
- Diapers and wipes are stored under the changing table with extras stored in the classroom closet and under the sink.
- Food/Snacks are stored in your child's lunch box with an ice pack. Please place your child's lunch box in the lunch box cabbie in the classroom. Food must be cut up according to the food guidelines set by DHHS. NO chips, pretzels, gummies, berries must be smooshed until the age of 3.
- Water bottles are required and are left in the classroom water bottle bin and must be sent home nightly.
- We do provide town filtered water. You can also bring your own.
- **Schedule:**
- This classroom will have students learn the same routine daily. Students will have the same nap and mealtimes.
- Diapers are changed every 2 hours unless they need to be changed sooner.
- Diaper cream will be used, but not on broken/open skin. (we do not allow any powders, and we follow instructions on the diaper creams)
- Potty training will start in this classroom at 2.5 years old.
- For the full classroom schedule, please visit www.NaturesWayNH.com and click on your child's classroom.

PRE-SCHOOL

What is needed:

- Sunscreen (unless using schools)
- Pump bug replant
- 2-3 changes of clothing. Please provide more clothing when your child is potty training.
- Water bottle (Must take home to clean nightly)
- Water (we do provide it)
- Crib sized sheet and Blanket brought in a pillowcase (small stuffy, no pillows)
- Lunch main meal and 2 sides (pack foods your child may feed themselves to help self-help skills)

- **NO Backpack or Car Seats allowed to stay at the school after drop off.**

LABEL ALL CHILD'S BELONGINGS

Where to put your child's belongings (everything must be labeled):

- Child's extra clothing go in a large zip lock bag and to the teacher.
- Jackets/ winter gear stored on child's hook in the hallway.
- Children must be potty trained to be in this transition classroom.
- Food/Snacks are stored in your child's lunch box with an ice pack. Please place your child's lunch box on the classroom shelf.
- Water bottles are required daily. They are kept next to the microwave and must be taken nightly for cleaning.
- We do provide town filtered water. You can bring your own.

Schedule:

- This classroom will have students learn the same routine daily. Students will have the same nap and mealtimes.
- For the full classroom schedule, please visit www.NaturesWayNH.com and click on your child's classroom.

PRE-K

• **What is needed:**

- -Sunscreen (unless using schools)
 - -Pump bug replant
 - -2-3 changes of clothing. Please provide more clothing when your child is potty training.
 - -Water bottle (Must take home to clean nightly)
 - -Water (we do provide it)
 - -Crib sized sheet and Blanket brough in a pillowcase (small stuffy, no pillows)
 - -Lunch main meal and 2 sides (pack foods your child may feed themselves to help self-help skills)
-
- **NO Backpack or Car Seats allowed to stay at the school after drop off.**

Where to put your child's belongings (everything must be labeled):

- Child's extra clothing go in a large zip lock bag and to the teacher.
- Jackets/ winter gear stored in child's cubby.
- Children must be potty trained to be in this classroom.
- Food/Snacks are stored in your child's lunch box with an ice pack. Please place your child's lunch box on the labeled shelf.
- Water bottles are required daily. They are kept next to the cubby's and must be taken nightly for cleaning.
- We do provide town filtered water. You can bring your own.

Schedule:

- This classroom will have students learn the same routine daily. Students will have the same nap and mealtimes.
- For the full classroom schedule, please visit www.NaturesWayNH.com and click on your child's classroom.

LABEL ALL CHILD'S BELONGINGS

SCHOOL AGE (BEFORE AND AFTER SCHOOL)

What is needed:

- -Sunscreen (unless using schools)
- -Pump bug spray (pump form only)
- -1 change of clothing. Please provide more clothing when your child is potty training.
- -Water bottle (Must take home to clean nightly)
- -Water (we do provide it)
- -(1/2 days, full days, vacations) Lunch main meal and 2 sides (pack foods your child may feed themselves to help self-help skills)
- -Food/Snacks are stored in your child's lunch box with an ice pack. Please place your child's lunch box in their cubby.
- -PM snack.
- **NO Backpack or Car Seats allowed to stay at the school after drop off.**

Where to put your child's belongings (everything must be labeled):

- Child's extra clothing go in a large zip lock bag and to the teacher.
- Jackets/ winter gear stored in child's cubby in the classroom.
- Water bottles are required daily. They are kept next to the cubby's and must be taken nightly for cleaning.
- We do provide town filtered water. You can also bring your own.

Schedule:

- Our schedule we be determined based on what the children would like to do. We do not provide homework help.
- We will provide a consistent schedule for 1/2 days, school vacations, and summer camps.

LABEL ALL CHILD'S BELONGINGS

While students are in our care they will be transition as they grow-up. None of us want our kiddos growing up too quickly, so it is hard to imagine they will move up to the next classroom.

- We move students up based on a few things:
- Age
- Ability
- Social and emotional development
- Gross and Fine motor skills
- Potty training
- Teacher recommendations

We will not move students up or keep them back based on a parent request. We understand that your child is the most important aspect in your life. We also want what is best for them and feel forcing a move/ stay back up can cause issues with trust and overall, well being.

Some students require a slow transition in terms of visiting the classroom slowly, while other students do better with just being moved up. Because we are a smaller center, all our students get to know the teachers within the building. We also from time to time will have teachers visit classrooms so that students may get to know their new teacher. We are not a one sized fits all center, and therefore we will take your child's lead on the best way to move them up to the next classroom.

CLASSROOM TRANSITION



Emergencies and Illness

Sadly, emergencies and illnesses happen within childcare. Our policies are based on the overall well-being of all students, staff and the parents. This means we have strict policies in place. We do this to try and keep illness out and everyone as healthy as possible.

Within a child's first year of childcare, they will be sick 14-16 times. This goes down the more days enrolled and the longer a child is in care. Childcare is very important for building a child's immune system before attending public school.

Please read out Health Handbook to know all the policies we have around different illnesses that can happen in childcare. We do have more strict standards than the DHHS and we are proud of this as we believe it is in the best interest of students. Medical professionals have been consulted on these policies.

Should your child have a medical emergency and require medical attention, we will first contact 911 then contact you. Someone will ride with your child to the nearest hospital.

Should you want to bring a medication to the school, you will need to fill out a medication consent form. This includes all over the counter medication. Please note, we will not give fever reducer/ pain management meds for teething or any other need. If your child is needing fever reducing/pain management, your child should stay home.

Should your child have one of the following we will need a medical instruction plan:

- Any daily medication needed in our care (including behavioral)
- Asthma (equipment is required to always be with the child)
- Allergies that require an EPI pen. (We need 2 epi pens, one to stay with the child, one to stay in the office)
- Epilepsy

MEALS AND SNACKS

WE PROVIDE PM SNACK – WE DO PIZZA FRIDAYS FOR \$3.00

Students under one should have food cut into dice sized bites. We highly encourage baby lead weaning and can offer training.

Parents should provide the following in a lunch box with ice pack:

- Lunch should include a main meal and 2 healthy sides (more if you would like) **Food that needs to be heated up, must be in its own container and not a bento box.**
- PM snack, labeled with your child's name
- Water bottle
- Cup with milk (if you would like)

Students under 3 may not have:

- Popcorn/ Chips/Pretzels
- Raw carrot rounds/ peas or celery
- Marshmallows
- Nuts or seeds
- Gummy snacks/ Fruit roll-ups/ Dried sticky fruit (freeze dried allowed)
- Spoonsful of peanut butter
- Round foods must be cut into 4's (hotdogs, grapes, cherry tomatoes, cheese sticks, other round foods that can roll)
- Berries must be squished

OUTDOOR PLAY



WE HAVE SO MUCH FUN PLAYING OUTSIDE. OUR PLAYGROUND HAS LOTS OF SPACE TO RUN. WE HAVE CLIMBERS, SWINGS, PICNIC BENCHES, AN OUTSIDE CIRCLE AREA AND SAND AREA. DURING THE WATER MONTHS, WE WILL INCLUDE WATER AND MUD PLAY INTO OUR ROUTINE.



WE SPEND A LOT OF TIME OUTSIDE WHEN THE WEATHER ALLOWS. WE WILL RUN OUR FULL DAY OUTSIDE IN THE SUMMER MONTHS AND OFTEN DO MANY ACTIVITIES OUT THERE DURING OUR SCHOOL YEAR.



BECAUSE OUR STUDENTS LOVE PLAYING, THEY MAY GET HURT FROM TIME TO TIME WITH BUMPS AND BRUISES. MANY TIMES, THEY HAPPEN WITHOUT THE STUDENT KNOWING. WE AS A STAFF, DO OUR BEST TO MAKE SURE WE DOCUMENT ALL INJURIES WE SEE HAPPEN, EVEN IF WE DON'T SEE A MARK. WE DO APOLOGIZE IF WE MISS SOMETHING. IT IS NEVER OUR INTENTION.