



## Supplies and Daily Routine in Kindergarten (K)

Dear Parents,

To facilitate this back to school, we ask you to take into account the following recommendations which you will find below.

**From the first day of school, you will have to provide us the Emergency Sheet as well as the Day-care Sheet duly filled out.**

**If we do not have them, we cannot accept your child.**

### KINDERGARTEN STUDENT ARRIVAL AND DEPARTURE

In agreement with the rules of "Licensing" of the state of California, the parent or the legal guardian in charge of the child must **print his name legibly on the Register of Presence upon arrival as well as leaving the school premises.**

### REST TIME

All the children rest after the lunch. The children stay in their respective classes and remain quiet not to disturb the peace of the class.

- **Do not send familiar object oversize or voluminous (blanket...).**
- **Musical or noisy toys, as well as hard plastic or metal toys (car, figurines...) are not authorized.**

### « DRESS CODE »

We encourage our youngsters to be autonomous, for this reason we ask you to follow our recommendations.

- Comfortable and practical clothes**, adapted to the weather and which are not afraid of having stained (for art projects, an apron will be supplied);
- For safety reasons, shoes have to completely cover the toes** (flip-flops, and sandals are not authorized) and are easy to tie (zippers, buckles, straps or Velcro but no laces) in order to evacuate promptly (Croc's are not allowed).
- Long scarves and clothing with cords are not allowed** (danger of entanglement on the structures).

### NUTRITION

A well-balanced diet is important for being in good health and as well as remaining focused and active during school hours. Good habits start at the youngest age. Families need to supply daily to their child:

- A varied and well-balanced meal** (either in a plastic container marked to the child's name, or by our outside supplier);
  - Meals to be warmed up must be placed in a container that is micro-wave safe or you may use a Thermos jug.
  - A fork and a spoon, **knives are not allowed** (please cut your child's food beforehand).

- Peel fruits in advance if your child does not eat fruit's skin.
- ❑ **A varied and well-balanced Morning Snack; every morning, upon your arrival you will have to put your child's snack in her/his cubby.**
- ❑ **A varied and well-balanced Afternoon Snack for children who stay for afternoon daycare**
  - We provide tap water. You can provide a reusable liquid container with water or milk (we do not recommend fruit juice which cut the appetite)
  - **Candies and chocolate are not allowed** (“fruit roll-up “, “fruit leather”, vitamins supplements included)

**In case of a food allergy (peanuts, eggs, milk...) of a child in the class, we will have to prohibit the dangerous food of your child's classmate.**

The parents will have to contact the teacher for the appropriate procedures when they want to bring food for special occasions (birthday, cultural event...).

We are pleased to welcome your child in preschool this September, and we thank you for your cooperation.

Sincerely,

Bruno Le Brize  
School Primary Director