



Supplies and Daily Routine in Pre-Kindergarten (PreK1 & PreK2)

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.

PRE-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.**

CHANGE OF CLOTHING

The Lycée supplies a linen bag marked with each child's name. This bag will contain labeled clothing which every family needs to provide:

- 2 underwears,
- 2 paires of socks,
- 1 T-shirt,
- 1 pant or sweat pant,
- 1 sweater
- 1 cap or hat (for the sun).

We use these clothes when children get dirty, or in case of catastrophic event (earthquake). The parents are responsible for checking, renewing clothes, and making sure that they are their child's size.

NAP TIME

All the children rest after the lunch. Children sleep in their respective class on portable beds. If the child does not wish to sleep, he/she will have to remain quiet on his/her bed in order to not to disturb the other children.

For safety reasons (earthquake) the children sleep dressed.

Do not send oversized or large sleep linen (otherwise, we cannot pile beds).

- 1 light small labeled blanket.
- 1 small pillow with a washable and labeled pillow cover (if the child is used to it),
- 1 stuffed animal (or soft familiar object) which stays at school.

Musical or noisy toys, as well as hard plastic or metal toys (car, figurines) are not authorized.

Important Reminder for PreK 1 : Diapers or « pull-ups » are not authorized. Children have to be toilet trained for the beginning of the school year; our facility as well as our staff members is not authorized to handle diapers in classrooms.

« 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 with their child's name, or by our outside supplier);
 - o Meals to be warmed up must be placed in containers that are microwave safe or you may use a Thermos jug.
 - o A fork and a spoon, **knives are not allowed** (please cut your child's food beforehand).
 - o Peel fruits in advance if your child does not eat fruit's skin.
- A varied and well-balanced Morning Snack ;**
- A varied and well-balanced Afternoon Snack for children who stay for afternoon daycare**
 - o We provide tap water. You can provide a reusable liquid container with water or milk (we do not recommend fruit juice which suppress the appetite)
 - o **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 need 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
Primary School Director