

Hi Everyone,

School is a short time away!

We thought this information would be helpful in starting your shopping preparations for preschool!!

Please read these items carefully – especially those families who have been to our school before as some important information has changed!!

### **WHAT YOU WILL NEED TO BRING TO SCHOOL**

1. We ask that children have a small backpack with a complete change of clothes, extra pull-ups (if needed), and wipes (if still in pull-ups). The change of clothes should include pants, shirt, underwear and socks!

2. Children must have a clean/dry pair of shoes each day. Shoes should have a grip for indoor gym activities. This is a fire regulation that all children have shoes on in case of an emergency evacuation. Please pack a pair in your backpack and change your shoes daily. Shoes cannot be left at the school.

3. Outdoor clothes. Once classes have settled and understand the rules and routines we will take the children outside to play on occasion. We will not take them out on cold or windy days. Please be sure you send your child with proper coats and footwear for outside activities.

#### **4. IMPORTANT LUNCH/SNACK**

Over the last few years we have seen a huge spike in not only allergies but food restrictions and intolerances. After meeting with health and safety it is suggested that children now bring their own lunches to school daily. Please read carefully the snack policy.

**Your child will be attending over the lunch hour therefore please send the following:**

- Provide your child with a reusable lunch box that is CLEARLY marked with their name
- Please send your child a healthy lunch consisting of two food groups  
When considering food groups please consider that this is a lunch and not a treat – DO NOT SEND chips, cookies, or sugary treat like items.
- Please refrain from sending a 'buffet' – a few items are plenty.
- Please provide your child a drink in a reusable cup that can fit INSIDE your snack box. No juice boxes please!

- Please refrain from sending items containing nuts – items with nuts will be sent home! NO PEANUT BUTTER SANDWICHES
- Please have lunch cut and prepared for your child so they can eat independently. Try and use reusable containers.
- Your child's lunchbox should provide utensils if required and napkins. IMPORTANT: Lunchboxes will not be placed in the fridge, please ensure your items are non-perishable or you must provide a cooling/ice pack in your lunchbox.
- Children will NOT be permitted to share lunch and tables will be monitored by teachers. Teachers will be aware of children's allergies and will closely observe food. Please be proactive at home and discuss the importance of not accepting food from another child.

We must follow Alberta Occupational Health and Safety guidelines and the food you send must also meet these requirements therefore please modify the following foods and please note the prohibited items.

Food that is NOT modified or food that is PROHIBITED will be sent home

**Caution Foods** (some foods should be modified to make them less hazardous.):

Whole Grapes/Cherry Tomatoes – slice lengthwise  
 Hot Dogs – slice lengthwise  
 Hard Vegetable Pieces – shred or chop vegetables  
 Fruit with Pits – remove pits before serving  
 Hard fruit pieces – shred or chop

There are some foods that are **prohibited** for children less than 4 years of age. Please ensure these items are not sent to school:

-Snacks made with toothpicks or skewers  
 -Popcorn