



## Preparing for School: The Essentials

### WHAT TO BRING TO SCHOOL

- A change of clothes, including underwear and socks, in a Ziploc bag, labeled with child's name.
  - Change of clothing should be updated as size and weather changes
  - If your child comes home in "back up" clothing, send a new change of clothes
- Younger children should bring a pack of baby wipes and at least four diapers to school each day.
  - You may prefer to bring a full pack of diapers and wipes to leave at school.
  - Your child's teacher will notify you when it is time to restock.



### CLOTHING

Guidelines for appropriate school attire:

- Comfortable play clothes that can get dirty and are easily manageable in the bathroom
- Comfortable closed-toe, rubber-soled shoes for safety and ease of play inside and outside
- Seasonally appropriate outerwear such as gloves, sweaters, hats and jackets

Hello  
preschool

### LABELS

Please write or label your child's name in all items he or she wears or brings to school. This includes jackets, sweaters, clothing, lunch boxes, book bags, sippy cups, water bottles, gloves, hats, utensils, diapers, wipes, etc.



### FOOD - NO PEANUTS OR PEANUT PRODUCTS

Please send a snack and lunch daily that your child can eat without assistance. Our teachers will teach your children how to open their own packaging/drinks/Ziploc bags, etc. during the school year. If your child has not mastered the spoon and fork, simply send finger foods. We want to encourage independence and confidence in our students, even at snack and lunch time.

Please know that we encourage students to eat their lunches and snacks, but sometimes young children just don't want to eat! If an item is able to be repackaged securely, we will send it home, otherwise it will be thrown away.

One way to help is to send in a healthy variety of foods; sometimes small servings of several fruits, vegetables, and meats will satisfy the picky preschooler. A great lunch for a preschooler might be: cut up apples, grapes or orange slices, small carrots with hummus or ranch dressing for dipping, a rolled up piece of sliced turkey or ham, and a few crackers. A snack should be something simple like a cheese stick or a bag of cereal, pretzels or goldfish crackers.