

## **Preschool and Kindergarten Needs for First Day of School**

- 1.** A pair of slippers for wearing in the classroom. These should be simple, easy to get on and keep on, without animal, cartoon characters or flashing lights on them. An excellent source for soft knitted, wool slippers with leather soles is Padraig Cottage Industries, 1-800-881-2848. Water shoes, canvas slip-ons or snug cloth slippers with slide resistant soles will work fine. Check Target, REI or go to the Recycled Lamb for a pattern to knit a pair if you are so inspired.
- 2.** A hat, which covers both the neck and face to protect your child's head from the harsh Colorado sun. In cooler weather a warm hat to cover the head and ears is necessary. Please put sunscreen on your child before they come to school.
- 3.** A spare set of clothing which includes socks, underwear, a pair of comfortable long pants, and a shirt or dress and leggings for the girls. All items should be marked with the child's initials or symbol. Please include a plastic bag in case they need to be sent home one day.
- 4.** A pink hand towel for the drying of hands. Please sew a ribbon on the corner to form a loop from which to hang the towel. This towel will be added to the basket of towels and hung up for the children. Your child will not be using this particular towel every week but will always have one of our clean towels.
- 5.** A small comb or brush which will go easily through their hair and which they can store in our comb holder.
- 6.** When the weather turns cool it is important for all of the children to have with them a snowsuit, scarf, warm hat, snow boots and two pairs of mittens. Knitted mittens are useful for the cool days and waterproof snow mittens for the snow days. We will go outside every day and play, building snow people and sledding when the snow comes. Please make sure your child has appropriate clothing each day, as the Colorado weather is unpredictable.
- 7.** The All-in-one form, the immunization card, and the Physician forms are all to be completed and turned into the office.

Closed toed shoes, sock, and long pants or tights are necessary everyday as the children like to climb in the tall grass and bushes and this will prevent scratches and protect them when they fall down. Overhalls are great because they do not bind their midsection.

Light-weight, long sleeve shirts or jackets are also recommended to protect them from the sun.

Please do not allow your child to bring the following to school.

1. Pocketknives or nail clippers.
2. Jewelry or make-up.
3. Gum or sweets

Please do not send your child to school with TV, cartoon, media images and flashing lights on their clothing or shoes. You do not need to explain this to your child except to say for example “This is not a school shirt, but this one work well” as you hand them a simple plain or patterned top. If you pick out your child’s clothing then nothing at all will need to be said and the child will be free to trust you for your wisdom.

Lunch baskets or boxes for extended care are to follow these guidelines as well. Lunch baskets should also contain an ice pack for items that need to be cooled.

All children need to be signed in and out daily by someone who is a designated pick-up person. Please include the time and your initials on the appropriate place beside your child’s name. If an unknown person is to pick up your child, please write a note and date it for the teacher in advance, as no child can be released without authorization. In an emergency you may call the office staff to notify of the change.

Parents are encouraged to volunteer in the classroom at least once a year so that you know something of what your child experiences and your child receives the joy of having their parent share their day. We especially enjoy having a parent come on a walk or do some work with us. If you can saw wood, dig in the garden, or some other interesting task, please let the teacher know so they can include you in the schedule.

Always feel free to call your child’s teacher at school (303) 384-0139 with any questions or concerns. Do not wait until it is urgent.

If your child is ill and will miss the day please call and leave a message on the voice mail at school (303)384-0139 before 8:00a.m. if possible. Then we will not be waiting for you on a walk day or concerned on another day.

Please direct any questions about finances to a board member or leave a message at school so a call may be returned to you.

The school provides food for our snack. We eat fresh organic foods. We are careful in our food preparation and try to honor children who have special food allergies or diets. When the allergies are severe we will ask the parent to provide food for their child. Our food is vegetarian and includes dairy. Sugar may be used sparingly at a festival celebration.

Birthdays are special events which parents are invited to attend. Parents provide birthday cupcakes from a list of recipes, which are given to each family by the teacher. Half birthdays are celebrated for those who have summer birthdays. Please let the teacher know which date you would like to celebrate your child's birthday so we may easily fit it into our plans. Also fill out the birthday questionnaire one week before the celebration, as it will be needed in order to write the birthday story and song.

It is important that the child have a happy and calm bedtime routine. It is necessary to create a mood of reverence to prepare the child for sleep. If you use the half-hour just before bedtime to read or even better, tell a story, verse, or prayer, then the mood can be established. To do this at the same time every night will create a healthy rhythm for your child.

Television, movies, videos, computer games, CD's and other electronic entertainment will inhibit your child from restful sleep. As well as their ability to listen to story telling and participate in singing and movement time.

To create a healthy morning rhythm, wake your child at the same time each day with a song, poem or prayer, with joy, not anxiousness in your heart. You might light a candle instead of using artificial light. You need not trouble them with conversation but help them gently through the steps of the morning. The more you have each morning the same, the easier it becomes. The media or electronic entertainment should not be a part of the morning routine but a special poem song or poem brought by you can fill your hearts and join you in song or verse.

Thank you for bringing your children that we may grow in love together.

Truly Yours,

The Front Range Waldorf School