



## Summer Fun Basics

On the first day please be prepared to spend approximately 10 minutes at the school with your child to check-in and meet your child's teachers and our staff.

During our summer sessions the children will work to develop order, concentration, coordination and independence, we emphasize different skill areas. We also stress care of self, others and our environment.

**Basic rules are:** respect, manners, mat work, my work and work back on the shelves.

**Inside/outside positive reinforcement:** feet on the floor, chairs are for sitting, tables are for work, walk inside/run outside, food goes in our mouth and teeth are for food.

### ARRIVAL ROUTINE

Our Before Care program begins at 7:45a.m. If you arrive prior to 7:45 a.m. please wait outside the building until a staff member unlocks the door and greets you.

Regular arrival begins at 9:00 a.m. Please remain in the lobby or outside the building until 9:00 a.m. Classrooms will open at 9 a.m.

All side doors will remain locked for the entire school day. Toddlers must use the front entrance.

### DEPARTURE ROUTINE

Please enter the building to meet your child at the scheduled times. **A Late Pick up Fee of \$25 will be charged for each 15 minutes or portion thereof and applies to all participants.** We are not appropriately staffed to care for children who are not picked up on time.

### CLOTHING

Please remember this is Summer Fun. We will be getting dirty ☺ Please have your child dressed in play clothes! Children younger than 6 should bring at least one extra set of summer clothes clearly labeled in a plastic bag. Please include socks, underwear, tops and bottoms. Toddlers still in diapers should label extras diapers and wipes each day for use at camp.

### SNACK AND LUNCH

Our program provides a morning snack and an afternoon snack for all applicable programs. If your child is staying for lunch please pack a healthy lunch for him or her. A balanced lunch includes one serving of protein, two servings of fruit and/or vegetables, and one starch. Please No Chocolate, No Cookies, No Cake. Acceptable beverages are 100% fruit juice, milk or water. We will provide nut-free snacks at all times. If your child has a food allergy or other special dietary requirements, you may pack his or her snack and clearly label it for his or her individual consumption. See back for lunch suggestions.

### WATER BOTTLES

Keep Hydrated! The weather gets very hot during summer weeks and we want to ensure proper hydration. Please send your child with a water bottle every day. The bottle must be clearly labeled and dated. To comply with State sanitation laws, the water bottle must have a covered spout. Flip up straw type water bottles work well. Please do not send your child with a water bottle that has fully exposed top that can not be covered.

### MEDICAL FORMS

If we do not have a medical form on file for your child (not a Montessori student, or newly enrolled student) the form must accompany your child on the first day. We cannot allow your child to participate in summer activities without this form. Thank you.



## ITEMS FOR SUMMER PARTICIPANTS

1. **Sunscreen** – apply before coming to school (labeled)
2. **Water Bottle** (labeled with child's name and dated)
3. **Nap roll, small blanket, or beach towel** (labeled with child's name) \*\*Only for napping children
4. **Change of clothes** in a zip-lock bag (including socks, underwear, top and bottoms – each item labeled)
5. **Lunchbox** ( labeled with child's name and dated)

## BALANCED LUNCHES

If your child will be staying with us for lunch, please consider the following:

Children gain practical life experience and learn about nutrition when they are involved in the process of choosing and packing their own lunch. We encourage you to help your child explore their world and their culinary horizons at The Montessori School!

The ideal lunch for each child should contain five components:

One serving of protein

ie. meat, cheese, fish, peanut butter

Two servings of vegetable and/or fruit

ie. celery, carrot, sweet pepper, broccoli, cauliflower, apple, banana, orange, grapes, berries, melon

One serving of starch

ie. bread, rice, potato

One Drink

ie. milk, water, 100% juice

Please avoid sending any food with high sugar content. Chocolate is not permissible in any form.