



URBAN SPROUTS DAY SCHOOL

When starting the preschool your child will need:

- slippers (or any type of indoor shoes) to be worn inside
- at least one change of clothes to be kept in cubby
- diapers (if used)
- depending on the season: either sun hat and a light jacket or warm hat and warm jacket
- rain boots, rain pants, and rain coat (we do go on walks and play outside, even in the rain)
- sleeping bag (if staying for afterschool program)

Please dress your child in comfortable clothing, i.e. pants that can be pulled on and off by the child. Please be prepared for your child to get his/her clothes REALLY dirty. They play outdoors every day in the garden, sandbox, and once a week at the park. Please take all coats and jackets home at the end of the day and have your child wear weather appropriate pair of shoes for outside. Do not leave any extra shoes at school.

What to expect on your first day/week:

- It is important to be on time, especially during the transition period. Please arrive between 8:30 and 9:00 am.
- Your child will be given a cubby with a symbol. The symbols are selected for each child and may be assigned a few days later when the teachers get to know the child a little.
- We would like you to go through a transition period with your child. Plan to be available to either go home early with your child, or to stay with them for the first few days in the classroom, if necessary.
- Please enter school through the garden gate and come out through the garden gate. Please try to minimize walking through the classroom when not necessary.
- To pick up your child after nap, please enter through the office. You will be given a combination to the office door on your first day.

In the classroom parents are asked to be 'silent participants'. Finding some work to do that you can truly engage in, will help the children to be free in their play. Please try to refrain from directly engaging with the children. This is their "work" place, and should be taken seriously. If your child is having a difficult time adjusting, please try to "do" (thereby encouraging your child to do), what others are doing-basically just follow as though you

were a child in the classroom imitating whatever the teacher is doing, i.e. singing the songs, holding hands with others, participating in mealtime blessings and circle games. As soon as your child is engaged in his/her play, that is a good time to leave the classroom, and either come back after a short while, or a longer while, depending on yours and your child's needs. Please check in with the lead teacher for your child's specific needs.

Teachers are busy and generally only available for brief greetings or messages at drop off and pick up times. Please try to refrain from lengthy conversations with the teachers while the children are present. Please, never talk about another child or your child in front of the children-they are always listening! The teachers are easy to communicate with between 2:00 and 3:00 pm each day, or you may leave a message on the phone or in writing.

Starting a preschool is an important and difficult time in a child's life. They will need your support and confidence to help them get comfortable with the new environment and the new routine. If you are not sure you can make a commitment and get through the difficulties of the transition period you might want to reconsider starting the preschool at this time. It is more traumatic for a child when he/she does not feel that parents support the process 100%. In other words don't start the preschool if you just want to "try it out".

If your child is crying when you leave, do not panic. All the happy children that you see in school now went through that transition period when they first started.

Please make sure to check the school calendar for any upcoming holidays or events at http://www.urbansprouts.com/preschool_calendar.html

Please download the parent handbook at http://www.urbansprouts.com/Parent_Handbook.pdf

Please do not send any food to school with your child due to children with allergies in our care.

We are looking forward to having your family be part of our community!