

# First day checklist

Welcome to the Preschool! Please be assured that we are here to help make the first day of school a happy transition. We look forward to an exciting and fun time.

## Things to have ready prior to attending first day of preschool

- ✓ **Backpack:** Please obtain a full size backpack (large enough to fit a lunch pail, an extra pair of clothes, and a full size worksheets folder). Please see the sample at the preschool.
- ✓ **Water Bottle:** “Funtainer” by Thermos (available at all walmarts, Targets, etc.) is the only type of water bottle that is accepted at the preschool. Please send with your child a water bottle every day. They need to stay hydrated.
- ✓ **Lunch Pail:** Please obtain a lunch pail/bag in which you can put lunch-box and other lunch containers, spoons, etc. to fulfill all days worth of food or snacks needs. Please obtain a lunch container that maintains the food warm/cold (Thermos). If need be, please see the sample at the preschool. Please choose slider Ziplocs and easy-open packaging that your child can easily open and close. Practice with children at home the opening & closing of the containers. Our goal is to train kids to be able to handle their food themselves eventually. Our goal at meal-time is to get more kids started with eating as soon as possible, so we focus on assisting first those kids, who have ready to eat food and easy to open containers. Other time consuming attention like heating, or cooling, or cutting, or peeling, or difficult opening containers, etc., gets addressed in the end. Kids don’t like this cutting into their playtime, so we request parents to pack ready to eat food in easy to open containers.
- ✓ **Closed toes, easy to wear, shoes:** We require all children to use shoes which are easy for children to themselves take off or put on. Please do not send your child in shoes with laces. Velcro shoes are the best and easiest for your child.
- ✓ **Extra pair of clothes:** In a slider Ziplocs with your child’s name on it, please provide extra pair of clothes. Please make sure to include underwear and socks too. Children sometimes have unexpected accidents and get clothes wet.
- ✓ **Earthquake Kit:** Please provide an earthquake kit in a labeled (childs name) slider ziploc bag containing 3 things to eat and 3 things to drink. Example: small water bottle, juice box, granola bar, an easy open fruit can, boxed raisins, packaged dried fruits, etc. All things must be pre-packaged with an expiry date (as far out as possible) on it. We will request another kit when the

first item in the kit expires. This kit is set aside in the facility to be used only in a case of an emergency like fire or earthquake, etc.

- ✓ **Diapering supplies:** If your child is not potty trained, please provide diapers and wet-wipes in a Slider Ziploc bag with your child's name on it.
- ✓ **Portrait of child:** Please provide a 3" x 4" picture of your child (face only) for classroom use.
- ✓ **Enrollment documents:** Please make sure you fill out the enrollment documents package provided by the preschool to bring on the first day.
- ✓ **Child's Immunization Records:** Please obtain for us a copy of your child's updated immunization records.
- ✓ **Physician's report:** Please have the physician of your child fill out a "Physician's report" Form LIC 508. Obtain a blank form from us or Google it.

### **Preparations prior to first day of preschool**

- ✓ **Educate you child about what to expect:** Prepare your child for the new school experience by explaining what to expect. Communicate to your child to answer all questions directly and honestly.
- ✓ **Establish order and routine for the child:** Routines will add predictability and are comforting in unfamiliar situations. Establish order and routine involving both nightly and morning rituals for school days. We suggest that you:
  - ✓ Have the child *sleep at a fixed time every night* and early.
  - ✓ Arrange the child's room in an orderly way with everything in the same place each day.
  - ✓ Limit toys and games to a workable number.
  - ✓ Consider clean up as much a part of playing as the actual activity.

### **On the first day of school:**

- ✓ **Lunch type:** Please pack a healthy lunch (No candy, cookies, chocolate, cakes/muffins, juice, etc. permitted). Please send food that does not need any further preparation (like cutting, peeling, heating, cooling, etc.) before eating. To minimize waste please do not pack any more than what your child is used to eating. We do not throw away any food, so the parents can know exactly how much their child ate.
- ✓ **On-time, not too early:** Please be on-time, not too early, and not too late.
- ✓ **Sign-in and sign-out:** Please make sure you sign-in and sign-out in your full legal signature. A binder is kept outside for parents to sign in and out. A

digital satellite clock is right next to it for you to accurately document the drop-off and pick-up time.

- ✓ **Calm your child's anxieties:** Clearly state to your child where you will be and when you will return. It may also be helpful to discuss what will happen when you are reunited.
- ✓ **Maintain a clear goodbye routine and avoid sneaking out:** Do not hang around once you have said goodbye. Your child would likely persist on you to stay with them, at least a little longer. Sneaking out leads to children trusting you less and makes the second day of school even harder.
- ✓ **Napping kit:** We issue a new napping kit (pillow, sheet and blanket combo), to children attending preschool during nap time, for a nominal fees. We do not accept any other napping supplies. Parents are requested to make sure to take the napping kit back home for washing every last attending day of the week. And, it must be brought back on the first attending day of the next week.

### **General information:**

- ✓ **Homework:** No homework is given to children. Everyday unfinished classwork (Montessori Job of the day Worksheet, Name Tracing Worksheet, Worksheet of the day, and/or Special event Worksheet) will be provided in folders. Please sit and finish any unfinished work with your child. This will help you know what level work your child is now proficient with. Initial and date your child's finished work and bring it back to school and file in his/her folder.
- ✓ **Birthday Ceremony:** We celebrate your child's birthday at preschool where you can join too. One week prior to the birthday, please bring pictures of your child from birth till now, at 1 year increment. For reasons of allergy and dietary restrictions of other kids we let the parents of each child decide what their children can eat or not. No birthday cakes please. Anything that you provide to share with kids must be in closed (stapled) goody bags prepared by you ahead of time. Parents of each kid will be given a goody bag. Any eating stuff should be plastic (or foil) wrapped and inside the goody bag.
- ✓ **Hooked on Phonics Books:** Purchase this program for your child if they are 4 years old and above for reading. Please sit with your child periodically and help them read.
- ✓ **Repetitive math:** If your child is 3 years of age or older, he/she will be assigned a username and password for an online repetitive math program, [www.ixl.com](http://www.ixl.com). Please spend time with your child at home, helping them complete at least one math skill a day. This will enhance what they learn at school.