

### Required Items:

- 2" thick Rest mat
- 1 fitted crib sheet (for rest time)
- 1 small Blanket (for rest time)
- 1 full size backpack (no small preschool backpacks please)
- Extra Clothes: Each child will need a complete change of seasonally appropriate clothing - shirt, shorts/pants, socks and underwear. Please label ALL clothing and place in a gallon size Ziploc bag.
- Lunch Box, labeled with child's name
- Water Bottle, labeled with child's name (no sippy cups please)
- Sunscreen – Please apply sunscreen to your child every morning prior to school. For afternoon extended care enrollees needing reapplication after rest time, send in a SPRAY can of sunscreen with your child's name written on the bottle.

### Supply Needs:

- 1 packs Crayola washable markers
- 1 pair pointed Fiskar school scissors
- 1 Crayola watercolor paint
- 2-8 count of Crayola crayons (primary colors please)
- 1 pack white computer paper
- 2 containers playdoh
- 1 pack white card stock (boys)
- 1 pack multicolored card stock (girls)
- 1 plastic folder with pockets and prongs
- 1 pack of dry erase markers
- 2 large packages of paper plates
- 2 packages of spoons
- 1 package of disinfectant wipes

\*\*\*WHAT TO WEAR – Dress for Play!!! We are super active in the 5 year old class and enjoy getting a little dirty. Please dress your child in clothing that is comfy and ready for action. Also, ALL shoes must be closed toe with back support. Open toe and backless shoes pose a tripping hazard and are unsafe at school. Tennis shoes are the preferred choice for school.

\*\*\*REST TIME – Each child will need a 2-inch thick (blue/green) rest mat. They will also need a loose fitted crib sheet and a small blanket. Please DO NOT send large blankets, pillows or special fitted nap mat covers. These make it very difficult for storage and mat set-up. Please label ALL items with their name on it for rest time.

\*\*\*LUNCHES – Please send a healthy lunch every day for your child. Please send an insulated/non spill sippy cup of milk, 100% juice, boxed milk/juice or bottled water for lunch. We CAN NOT heat up food, so a thermos (steel-lined works best at keeping food warm) is a great alternative. If items need to stay cold until our 11:00 lunchtime, please include an ice pack. PLEASE LABEL all lunch boxes, ices packs, thermoses, etc.

### TOP 10 CHOKING FOODS FOR CHILDREN

1. HOT DOGS: (Vienna sausages, meat sticks, etc.) cut the meat lengthwise so that it is in thin strips and easier to chew.
2. HARD/ROUND CANDY: a danger anytime – please do not send to school.
3. PEANUTS: difficult to chew, easily inhaled; many children are allergic – not appropriate for school.
4. GRAPES: should be cut lengthwise making the fruit thin.
5. MEAT CHUNKS: cut small enough to chew
6. RAW CARROT SLICES: please cut into long, thin slices.
7. PEANUT BUTTER: should be spread thinly onto bread or crackers.

8. APPLE CHUNKS: should be peeled and cut into thin slices.

9. POPCORN: Please do not send to school.

10. RAISINS