



August 16, 2019

Dear Parents,

We hope that you have had a fabulous summer! We are excited about this upcoming year and getting to know you and your family! There have been a few changes over the year so please be sure to read over the housekeeping information below!

Drop Off: We are working on independence and we need your help in encouraging your child to be independent. You will sign your child in at the table in the Little Knights hallway each day. You and your child can work together to place their lunch (if staying) on the table, their snack on the shelf above their name and the bag on the hook. Each child will “sign” themselves into the classroom by finding their name in the basket near the door and placing on the board. Once this is complete then you may drop your child according to what time you arrive:

If arriving between 7:15 and 7:30: You will walk your child to the Multi-Purpose room with the other early arrivals to wait for the before care Pre-K staff.

If arriving between 7:30 and 7:45: You will walk your child to the Little Knights Playground or classroom to join other Preschool children for before school care.

If arriving at 7:45: Please allow your child to enter the room on their own to go wash their hands then join the class to begin Circle Time at 7:50 am.

Circle time: Circle time will begin at 7:45 after all children have washed hands and taken their place in the circle. **It is critical that all children arrive by 7:45 to ensure they can actively participate in Circle.** Circle time sets the tone and expectations for the day and I have found children do not make as much academic progress when they miss this part of the day.

Healthy Snacks: All Little Knights bring their own healthy snacks each day. We do have children with peanut allergies so we ask that all **snacks be peanut free**. Refillable water bottles or 100% fruit juice is ideal for snack time.

We ask that you send nutritious snacks and please no candy, chocolate, fruit chews, sugary drinks and fruit punch. Some snacks that we have found nourishing and filling are; Popcorn, fresh fruit, fruit bowls, goldfish, cheese crackers, carrots, string cheese, hummus, yogurt, granola bars and nutri-grain type bars. Please limit snack items to one or two products plus a drink.

Notebooks: Each child will bring home their DAILY Notebook and back to school every day. Please be sure to initial the behavior log prior to returning the notebook into their book bag.

Clothing and Shoes: We ask that children wear clothing they can easily remove and put back on during bathroom breaks. Overalls, belts, tight pants and one piece rompers are discouraged. **Please encourage your child to independently use the bathroom at home.**

Children must wear closed toe shoes. Please have your child wear tennis shoes on PE Day.

Change of clothes: Your child’s change of clothes should be labeled. You may keep the change of clothes in your child’s book bag or nap cubby/basket if space is available.

Noon Pick up: We will dismiss the children from the classroom at noon. Please be sure to sign your child out.

Lunch: Lunch will be served in the Afterschool room. We generally begin handwashing at Noon. The children will have approximately 30 minutes to eat after washing hands and saying a mealtime prayer. We will provide water if a child does not have a drink. Lunches are stored in a refrigerator from 9am until 11:30 but we encourage parents to utilize icepacks if milk is packed. **Please send meals you feel your child will eat quickly and with little or no encouragement. Please send no more than one sugary/chocolate item. Staff will send home extra sugary/chocolate items.** The USDA recommends children have a milk, protein, 2 fruits or vegetables, and one grain for the lunch meal. (Chocolate milk is considered a sugary/chocolate item)

Rest time: Rest time or nap time is a time for the children to relax and rest or sleep. Please talk to your child about the importance of rest for their growing bodies. If your child does not sleep they will be asked to rest quietly for 45 Minutes. After 45 minutes the children who have not fallen asleep will be given books to look at quietly. Rest time will be from 1:15pm to 2:15pm. Children who are asleep will be woken up no later than 2:30. Blessed Sacrament will provide the sheets that go on the cots. Your child may bring one blanket and one stuffed animal. We have limited storage for the nap items so we must limit the number of items a child may bring.

Mass: Each Friday PreKindergarten will join the school in weekly Mass. The Pre-Kindergarten class will initially leave after the Homily is completed. When the class is ready we will begin staying for the entire Mass. Please talk to your child about how to sit quietly and listen to our Priest during the service. The Preschool class will attend mass at least monthly.

Mondays: On Monday's at 7:45 the Little Knights students join the entire school for morning meeting which includes prayer, pledge, announcements and birthday celebration pencils. This is a great way for your child to get to know the school and learn about all that is going on at BSS. On Monday's if you arrive after 7:45 please meet us in the Multi-purpose room after you have signed in your child and dropped off their belongings.

End of Day Pick up: The children being picked up at 3:00pm will be dismissed with the School through the Carpool Line. Please remain in your car. Once your child is in the car, please pull up past the second steps to assist your child with buckling. Children will be escorted to after school room at the end of the day.

Things we could use: We like to use recycled items in our art center. Children especially love having empty paper towel rolls to color and decorate. We have also found that small bowls from fruit cups are great for art activities. In addition, our classroom can always use donations of stickers, crayola dry erase markers, tape, construction paper, coloring paper or colored copy paper.

A copy of this letter will be in the DAILY notebook so you can review at your convenience throughout the year. Also, please do not hesitate to contact your teacher if you have questions or need assistance. It is easiest to use email (masmar@bssknights.org, jglenn@bssknights.org, ljennings@bssknights.org, or kspradlin@bssknights.org.)

Thank you for entrusting us with the care of your children!

Warmest Regards,

Marisol Asmar, Jill Glenn, Lisa Jennings, and Kelly Spradlin