

Hi Everyone,

School is a short time away!

We thought this information would be helpful in starting your shopping preparations for preschool!!

Please read these items carefully – especially those families who have been to our school before as some important information has changed!!

### **WHAT YOU WILL NEED TO BRING TO SCHOOL**

1. We ask that children have a small backpack with a complete change of clothes, extra pull-ups (if needed), and wipes (if still in pull-ups). The change of clothes should include pants, shirt, underwear and socks!
2. Children must have a clean/dry pair of shoes each day. It is best if shoes have a grip for indoor gym time. This is a fire regulation that all children have shoes on in case of an emergency evacuation. Please pack a pair in your backpack and change your shoes daily. Shoes cannot be left at the school.
3. **IMPORTANT – SNACK**  
Over the last few years we have seen a huge spike in not only allergies but food restrictions and intolerances. After meeting with health and safety it is suggested that children now bring their own snacks to school daily. Please read carefully the snack policy.

#### **For snack:**

- Provide your child with a reusable lunch box that is CLEARLY marked with their name
- Please send your child a **HEALTHY** snack consisting of two food groups  
When considering food groups please consider that this is a snack and not a treat – DO NOT SEND chips, cookies, or sugary treat like items.
- Please refrain from sending a 'buffet' – two items is plenty. If registered in the plus program please send 3 items.
- Please provide your child a drink in a reusable cup that can fit INSIDE your snack box. No juice boxes please!
- Please refrain from sending items containing nuts – items with nuts will be sent home!
- Please have snack cut and prepared for your child so they can eat independently. Try and use reusable containers.

- Your child's lunchbox should provide utensils if required and napkins. IMPORTANT: Lunchboxes will not be placed in the fridge, please ensure your items are non-perishable or you must provide a cooling/ice pack in your lunchbox.
- Children will NOT be permitted to share snacks and snack tables will be monitored by teachers. Teachers will be aware of children's allergies and will closely observe snacks. Please be proactive at home and discuss the importance of not accepting food from another child.

We must follow Alberta Occupational Health and Safety guidelines and the food you send must also meet these requirements therefore please modify the following foods and please note the prohibited items.

Food that is NOT modified or food that is PROHIBITED will be sent home

**Caution Foods** (some foods should be modified to make them less hazardous.):

Whole Grapes/Cherry Tomatoes – slice lengthwise  
Cherry/Grape tomatoes – slice lengthwise  
Hot Dogs – slice lengthwise  
Hard Vegetable Pieces – shred or chop vegetables  
Fruit with Pits – remove pits before serving  
Hard fruit pieces – shred or chop

There are some foods that are **prohibited** for children less than 5 years of age. Please ensure these items are not sent to school:

- Snacks made with toothpicks or skewers
- Popcorn
- Hard candies