

Dear Big Bear & Sun Bear Parents,

We are looking forward to spending **Lunch & Rest Time** with your All-Day Bear! Here is a brief outline of what lunch and rest time will be like for your child. Following the morning dismissal of half-day kiddos, the All-Day Pre-K children will stay on the rug for a brief reset. We will do a few stretches and read a story. Children will then be dismissed one at a time to wash hands and get their individual lunch to sit at their assigned table. Teachers will assist with opening and securing containers before and after eating if necessary. We encourage children to become increasingly independent during this process and too use their *Polite Table Manners & Conversational Voices*.

Polite Table Manners:

- sitting on your bottom in your chair, facing the lunch table.
- taking small bites of food and chewing with your mouth closed
- taking turns while speaking in your Conversational Voice (just loud enough for the folks at your lunch table to hear you😊).
- clean up your lunch space and trash and return lunch box to a backpack.

We request that a nutritious lunch for your child be sent, packed and ready to eat. We will not be able to microwave or refrigerate, so please use a cold pack if needed. In the interest of helping the environment, reusable containers and silverware are preferred. As a reminder we are a peanut and tree nut free school. We try to maintain a calm, pleasant atmosphere during lunchtime. Remember that your child will be having a snack (a type of cracker, fruit and water) mid-morning and mid- afternoon, so it may take a while for you to know the moderate amounts/choices that work best for lunch. We ask the children not to throw away what they don't eat—this will also help you gauge what to pack. After lunch, children will prepare for nap/rest time by using the bathroom. Rest is approximately 30 minutes each day. Each child will have an assigned cot-space to rest each day. The children will use the same cots and sheets on a daily basis. Sheets will be laundered once a week at school. **The expectation for Rest/Quiet Body Time is that your child will remain quietly and calmly on their cot for the entire duration of rest. This time is critical to All-Day Kiddos to rest, recoup and reset for a positive afternoon of fun and learning!** *Your child may bring a favorite lovey OR a blanket that will remain at school (not something that will need to go home each afternoon each day-so maybe not their "Favoritey-Favorite" thing.*

Sincerely,

Suzy Frillman