

Dear Parents of Teddy Bears,

We are looking forward to spending time with your children in the afternoon! Miss Allie will join me in the afternoon. She teaches the morning Bear Cub class. Miss Sarah, a student will be helping with lunch.

Here is a brief outline of what lunch and nap time will be like for your children. After the morning dismissal for the half day children, the all-day Teddies stay on the rug. We will do a few stretches and read a story. After, Teddies will prepare for lunch; using the bathroom, washing hands and finding their assigned table. The lunches will be set out where the children will be sitting with one or two of their peers. Teachers assist with opening and securing containers after eating. We encourage children to become increasingly more independent during this process, to use their manners, and to clean up after themselves with teachers' help.

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 either using the potty or changing into a diaper/pull-up if needed. The children will use the same cots on a daily basis. The sheets are laundered on Fridays. Your child may bring a favorite lovey or blanket that will remain at school.

We dim the lights, close the curtains, turn on white noise machines or quietly play music during nap/rest time. If a Teddy does not fall asleep after an hour (at 1:30), a teacher will bring the group to the 4<sup>th</sup> classroom to play from 1:30 and return by 1:55. The teacher who stays back will wake up the children by 2:00.

We will have the afternoon snack after the children finish with rest/nap time. Shortly afterwards, the Teddies go out on the playground until dismissal.

I hope this overview gives you a sense of what your child will experience during their lunch and the transition from morning to afternoon. I look forward to a wonderful year with your child.

Feel free to contact us if you have any questions.

Chona Carson and Allie Price