

# BIG BEAR/SUN BEAR LUNCH & REST GUIDELINES

Dear Big Bear & Sun Bear Parents,

We are looking forward to spending Lunch & Rest Time with your All-Day Bear! This message includes a general outline and expectations for your Pre-Kindergarten Bear during this portion of our day.

Following the morning dismissal of half-day kiddos, the All-Day children will stay on the class meeting rug for a brief reset. We will practice deep breathing and a few stretches before dismissing for handwashing. Children will be dismissed one at a time to wash hands, retrieve a lunch & find their seat at the assigned table. Kiddos will be encouraged to open their own lunchbox and containers and begin eating. Teachers will assist with opening when necessary. **Lunches will NOT be refrigerated or warmed at school.** We encourage children to become increasingly independent with lunch time responsibilities as the year progresses and use polite table manners & conversational voices throughout lunch.

## **Polite Table Manners include:**

- sitting on your **bottom** in your chair, facing the lunch table
- taking **small bites** of growing food and chewing with your **mouth closed**
- taking turns when speaking in your **CONVERSATIONAL VOICE** (just loud enough for the classmates at your lunch table to hear you😊)
- clean up** your lunch space and trash & **return your lunch box** to your backpack

## **What to pack in your Child's lunch:**

- Peanut & Tree Nut Free items**
- reusable and recyclable** containers and utensils (when possible) with lids that kiddos can open & close
- small portions of healthy** "Growing Food" (fruits, vegetables, main course, yogurt, etc). (\*WUNS provides a morning & afternoon snack each day)
- minimize sweets** & sugary snacks
- your child's **water bottle** will also be used during lunch
- \*We will send home what your child does not eat, so you are aware of consumption

## **Rest Time:**

**\*The expectation for Rest/Quiet Body Time is that each BB/SB child will remain quietly and calmly on their cot for the entire duration of rest.**

**Rest/Quiet Body time is critical to all children so that they can rest, recoup and reset for a positive afternoon of fun & learning.**

After your child returns his/her lunch box to their backpack, each will be asked to use the restroom each day. They will then go to their cot in a designated area of the room.

Rest/Quiet Body Time is approximately 45+ minutes each day. During this time, the classroom is quiet & darkened & calm music is played. Each child has their own cot with a sheet in an assigned area. Your kiddo can bring a cozy blanket and a soft toy/lovey, that will remain at school and be used during rest time (so something that will NOT need to come home each afternoon😊).

