

What You Will Need for the First Day of School

* 1 COMPLETE set of WEATHER APPROPRIATE extra clothes to keep at school. (Shirt, pants, underwear, socks)
* 1 small blanket and sheet for nap time (crib sheet size) – NO PILLOWS or STUFFED ANIMALS
* 1 Backpack large enough to fit jackets, hats, gloves, etc

Please do **NOT** bring:

* Food/Drinks/Snacks
* Toys from home, (including Stuffed Animals)
* Chapstick/Lip Gloss/Makeup/Lotions
* Medications – unless with appropriate forms from Dr. **and** School District

Healthy Habits for your Child to be Ready for the SchoolDay

* Pick out clothes/shoes the night before
* Make and enforce and healthy bed TIME & Routine (according to the *sleepfoundation.org*, preschool aged children should get between 11-13 hours of sleep a night)
* Wake up with enough time to get ready
* Eat a healthy (non-sugary) breakfast
* Minimize “screen time” (tv’s, tablets, phones, etc) before school
* Kindly discuss goals/accomplishments/ideas for the day or from the night before