

Preschool at Sandwich Children's Center Parent Information

"There is no description, no image in any book that is capable of replacing the sight of real trees, and all of the life to be found around them in a real forest." -Maria Montessori

Welcome to preschool at Sandwich Children's Center! As a play & nature-based program we believe there is no such thing as bad weather and spend time outdoors every day, year round. While you can find lots of information in our SCC parent handbook, here is some information specific to preschool.

PLEASE LABEL ALL BELONGINGS including lunch boxes, face masks, extra clothes, sheets, water bottles, etc.

What to Bring Each Day

- ❖ **Outerwear and footwear appropriate for the season and weather that children can put on independently or with minimal assistance.** Clothing and shoes should be comfortable, and safe for painting, water/sand exploration, running, digging, climbing, etc. In colder months, children must have winter jackets, gloves (two pairs for when one gets wet), hats, appropriate layers, winter boots, and snowpants/snowsuits. On rainy days, children should have a raincoat, rain pants, and rain boots.
- ❖ **Morning snack, afternoon snack and lunch**
 - Food should be packed in insulated containers with an ice pack. **If your child prefers their food warm, please send it in a thermos.** Teachers and children eat together at the table (and outdoors when we can!) and we cannot warm up food for children or prepare hot meals.
 - Good nutrition plays an important role in children's physical, mental, and emotional health, and behavior. To increase children's awareness of food choices and promote sound nutritional habits, families are encouraged to avoid overly processed and packaged food. **Please do not send desserts and sweets including candy, cookies, marshmallow fluff, soda, yogurts with artificial dyes, Jello, pudding, etc.**
 - **Packing lunch and snacks in simple, reusable containers children can manage themselves** will help them learn to reduce trash and to be independent at meals. It is helpful to practice opening containers at home with your child to support their independence at school..
 - **SCC is nut free due to the risk of allergies.**
- ❖ Reusable water bottle which will go home each day to be cleaned
- ❖ Two face masks

What to Bring to Leave at School

- ❖ A picture (4x6 or 5x7) of your child with your family. If you are unable to print at home you can email the picture.
- ❖ Indoor shoes (hard soled slippers, crocs, etc. all work great!)
- ❖ A complete change of clothing (including two sets of socks!) in case your child gets wet or dirty. Remember to replace these when used and update when seasons change.
- ❖ Blanket for rest time (sent home Fridays to be washed at home and returned on Monday). A special stuffed animal can be sent in for rest time, too.

Preschool at Sandwich Children's Center
Sample Daily Schedule

8:00am: Arrival at outdoor play area.

9:00am: Morning meeting & snack

10:00am: Explorations indoors and outdoors. Children move freely in the space, choosing activities that interest them. This time may also include hikes, walking field trips, special visitors, games, music, yoga, and small group time.

12:00pm: Lunch time

1:00pm: Story time

1:15pm-2:45pm: Quiet time

3:00pm: Snack and pack up for end of the day

3:30-4:30pm: Outdoor play time

4:30pm: Dismissal from outdoor play area

Outdoor times may change due to weather conditions. Children will be outside every day.

"Children, more than ever, need opportunities to be in their bodies in the world - jumping rope, bicycling, stream hopping and fort building. It's this engagement between limbs of the body and bones of the earth where true balance and centeredness emerge." - David Sobel