

Welcome Rainbow Fish

Dear Rainbow Fish Families,

We would like to welcome you and your child to the Preschool 2/Rainbow Fish class. We are looking forward to meeting all of our new friends as well as welcoming back our previous Rainbow Fish friends.

As you all know we are a nut free school, which means their food cannot contain nuts or be processed in a manufactory that has nuts. See our attached sheet with a list of some great nut-free lunch ideas. We also ask that all the children's lunches are cut and prepared for them to eat (sandwiches cut or the crust cut off, oranges peeled, apples sliced, easy mac prepared, ect.) to make our lunch time more time sufficient.

We would like to ask that your child keep his or her toys at home. Please honor this request. The only exception is items that correspond with our monthly unit. We encourage our friends to share educational treasures with the class (beehive, seashells, birds nest, etc.). We would like note that books are **ALWAYS** welcome in our classroom.

Here is a list of items your child will need in the Rainbow Fish Class; blanket and any other nap time necessities. We ask that each child has at least 2 changes of extra weather appropriate clothing, including socks and underwear!!! During the summer months we recommend the children have an extra pair of footwear in their cubby for when we have water play. Also, on rainy days we still go out for our outside time so please provide your child with appropriate rain gear (rain boots and a rain jacket). During our warmer months we also ask that parents bring their child in with sunscreen on and we will re-apply sunscreen in the afternoon before our afternoon outside time. Also, during the warmer months we are asking that your child come to school in playground appropriate footwear; **no flip flops** unless they have a back. Thank you for you cooperation.

We are looking forward to a great year of learning and fun! If you have any concerns, questions, or ideas please feel free to contact us at any time. Our number is 772-9995 ext. 6

Sincerely,
Ashley and Chrissy

Rainbow Fish Daily Schedule

7:00-8:30	Arrival and Morning Centers
8:00-8:30	Breakfast (as a center choice)
8:20-8:30	Clean up/Pick Jobs
8:30-9:30	Outside Play (weather permitting)
9:30-9:35	Wash Hands
9:35-9:45	Circle
9:45-10:15	Snack (as a center choice)
9:45-10:50	Curriculum Based Activities
10:50-11:00	Clean up
11:00-11:20	Circle
11:20-12:00	Wash Hands/Lunch
12:00-12:30	Bathroom/Books/Dancing
12:30-3:00	Nap/Books Quietly
3:00-3:15	Clean up Nap Belongings
3:10-3:30	Wash Hands/Snack
3:30-4:05	Centers
4:05-4:15	Clean Up
4:15-5:30	Outside Play (weather permitting)



****Parents please remember****



This is a NUT- FREE school; make sure all labels are read carefully and screened for nut warnings themselves, as well as factory and machinery warnings (such as "manufactured in a plant that processes foods with nuts," etc.). We want to make lunch time- and the school day in general- a safe and enjoyable time for all of our friends!!

**Thank you in advance for your cooperation

Lunch Ideas for Appleseeds

- ☺ Cold cut sandwiches
- ☺ Soy butter or Sun butter and jelly sandwiches
- ☺ Jelly and cream cheese sandwiches
- ☺ Carrots and/ or other veggies and dip
- ☺ Tuna salad
- ☺ Cold cut and cheese rolls
- ☺ Fruit cut up
- ☺ Hard boiled eggs
- ☺ Egg salad
- ☺ Chicken salad
- ☺ Crackers and cheese
- ☺ Yogurt
- ☺ Cottage cheese
- ☺ Bagels and cream cheese
- ☺ Left over's in a thermos
- ☺ Mac and cheese in a thermos
- ☺ Boxes of raisins
- ☺ Nutragrain bars
- ☺ Pasta salad
- ☺ Rice crackers with and of the above
- ☺ Ants on a log w/ soy or sun butter
- ☺ Pretzels

