

cherry creek presbyterian



preschool & playschool

Promoting  
Growth and Development of the  
Young Child in a Christ-Centered  
Environment

# PRESCHOOL PARENT HANDBOOK

2019-2020



Dear Parents,

Welcome to Cherry Creek Presbyterian Preschool Enrichment Program. Our preschool is dedicated to promoting the growth and development of young children ages 3 to 5 years old in a Christian environment. It is our goal to provide age-appropriate educational and social emotional activities designed to stimulate curiosity and to reinforce the excitement of learning as well as to foster personal health and social skills necessary for future success. The program offers a safe and nurturing environment that enables children to develop a positive self-image and respect for others as well as to grow in their love for God and His creation.

Thank you for allowing us the opportunity to be partners in your child's education. We anticipate a wonderful year with you and your child.

Sincerely,

*Lorna Tamsett*

Lorna Tamsett, Director  
Preschool Teachers

If children live with encouragement,  
    They learn confidence.  
If children live with tolerance,  
    They learn patience.  
If children live with praise,  
    They learn appreciation.  
If children live with acceptance,  
    They learn to love.  
If children live with approval,  
    They learn to like themselves.  
If children live with recognition,  
    They learn it is good to have a goal.  
If children live with sharing,  
    They learn generosity.  
If children live with honesty,  
    They learn truthfulness.  
If children live with fairness,  
    They learn justice.  
If children live with kindness and consideration,  
    They learn respect.  
If children live with security,  
    They learn to have faith in themselves and in those about them.  
If children live with friendliness,  
    They learn the world is a nice place in which to live.



**If children live in Jesus and learn God's ways, they will not only find love and joy in the world, but also will be able and willing to give of themselves so that others may know Jesus.**

*All Rights Reserved. No part of this handbook may be reproduced without permission of Cherry Creek Presbyterian Preschool.*

# TABLE OF CONTENTS

<b>MISSION STATEMENT .....</b>	<b>1</b>
<i>Educational Philosophy/Our Affiliation/Core Values .....</i>	<i>1</i>
<i>Faculty.....</i>	<i>2</i>
<i>Preschool/Playschool Committee .....</i>	<i>2</i>
<i>Communication.....</i>	<i>2</i>
<b>CURRICULUM .....</b>	<b>3</b>
<i>Individual and Small Group Activities.....</i>	<i>3</i>
<i>Group Sharing Experiences .....</i>	<i>4</i>
<i>School Experiences and Artwork .....</i>	<i>4</i>
<i>Special Programs.....</i>	<i>4</i>
<b>PRESCHOOL OPERATING POLICIES &amp; PROCEDURES .....</b>	<b>6</b>
<i>Program/Extra Curricular Classes/Admission .....</i>	<i>6</i>
<i>Student Orientation/Parent Orientation .....</i>	<i>7</i>
<i>Blended or Restricted Family Situations.....</i>	<i>7</i>
<i>Special Needs.....</i>	<i>7</i>
<i>Release of Child.....</i>	<i>7</i>
<i>Sign In and Sign Out/Party Invitations.....</i>	<i>8</i>
<i>Identifying Children/Field Trips .....</i>	<i>8</i>
<i>Visitors/Clothing/Personal Belongings.....</i>	<i>9</i>
<i>Snacks.....</i>	<i>9</i>
<i>Lunch.....</i>	<i>10</i>
<i>Show or Tell (3's and PreK) / Share Day (JrK).....</i>	<i>10</i>
<i>3's "Beary" Special Person Day.....</i>	<i>10</i>
<i>PreK "Beary" Special Person Week.....</i>	<i>11</i>
<i>JrKindergarten "Toad-ally Awesome Kid" Week.....</i>	<i>11</i>
<i>Guidance and Behavior Management.....</i>	<i>12</i>
<i>Heath, Reporting Illness to School.....</i>	<i>13</i>
<i>Infectious Diseases .....</i>	<i>13</i>
<i>Biting, Hand Washing.....</i>	<i>15</i>
<i>Sunscreen &amp; Medication .....</i>	<i>15</i>
<i>Participation Permission Policy.....</i>	<i>15</i>
<i>Solicitation Policy, Parent Grievance.....</i>	<i>16</i>
<i>Child Abuse or Neglect Policy.....</i>	<i>17</i>
<b>EMERGENCY PROCEDURES .....</b>	<b>18</b>
<i>Injury, Allergic Reaction of a Child .....</i>	<i>18</i>
<i>Parent Emergency/Late Pick Up or a Child Not Picked Up .....</i>	<i>19</i>
<i>Snowstorms/Inclement Weather.....</i>	<i>19</i>
<i>Emergency Evacuation/Shelter-in-place.....</i>	<i>20</i>
<i>Lock Down/Reuniting .....</i>	<i>20</i>
<b>FEE SCHEDULE AND ATTENDANCE POLICY.....</b>	<b>21</b>
<i>Student Withdrawal.....</i>	<i>21</i>
<b>NUTRITIOUS LUNCH IDEAS.....</b>	<b>22</b>
<b>NUTRITIOUS SNACK IDEAS .....</b>	<b>23</b>

## MISSION STATEMENT

The vision of Cherry Creek Presbyterian Church is "Seeking the Christ-centered Life Together" and the mission is "To Learn about Jesus, Live in Jesus, and Love Like Jesus". The mission of Cherry Creek Presbyterian Preschool/Playschool programs is to promote the growth and development of the young child in a nurturing, Christian-centered environment.

### **Educational Philosophy**

Cherry Creek Presbyterian Preschool/Playschool provides a variety of developmentally appropriate social, emotional, intellectual, physical and spiritual experiences designed to encourage the child's discovery for learning, awareness and understanding of self and others, and his world, all within a safe setting.

### **Our Affiliation**

Cherry Creek Presbyterian Preschool/Playschool is a ministry of Cherry Creek Presbyterian Church. Therefore, as part of CCPC, you will receive weekly informational emails from the church. Our intent is to serve the community and present the love of Jesus Christ. Families are invited to participate in any church activity and/or weekend church services.

### **Core Values**

- Provide a curriculum that motivates and engages the "whole child" for learning and growing
- Provide a social and emotional environment that embraces the child's needs to develop empathy, cooperation with other children, independence, and self-help and health skills
- Provide a secure and nurturing environment that promotes the child's self-image as a valuable person whose worth is established in Jesus Christ
- Provide age-appropriate spiritual concepts with an emphasis on caring and sharing, thankful hearts, prayer, God as the Creator, love of God and Jesus, Jesus as the Son of God, and God's Word, the Bible
- Provide a partnership with parents to support and encourage them in their knowledge of child development and their parenting skills

**Cherry Creek Presbyterian Preschool/Playschool admits enrollment to qualified children regardless of their race, color, sex, religion, or national ethnic origin.**



## Faculty

Our Preschool staff possesses formal education, training, and work experience in early childhood education. By attending conferences and workshops that equate to fifteen hours annually, visiting other early childhood programs, and reading professional publications, they keep current with the latest in educational principles and methods. The teachers either meet or exceed Colorado Department of Human Services' requirements. All teachers have a personal relationship with the Lord Jesus. The staff is available to answer any questions you may have about your child and our program.

## Preschool/Playschool Committee

The Preschool/Playschool Committee performs required administrative duties as the "working" governing body of the programs. The committee is composed of an assigned church elder, parents who are church members, the Director, the Assistant Director, and the Director Substitute. They orchestrate with the church elders to ensure that the purpose and policies of the Preschool/Playschool programs are maintained.

## Communication

The school strives to form a partnership with you, the parent through clear, concise communication. Most of our school communication is delivered through all-school emails. Our goal is to use these to inform you of:

- School happenings-fundraisers, service projects, family events, etc.
- Additional details to the monthly classroom calendars
- Change of information
- Parenting information-links to websites (i.e. "Bright Ideas") to help with day-to-day parenting concerns
- Individual classroom reminders and clarifications.

Each classroom has its own informative and comprehensive monthly calendar. A paper copy will be placed in your child's basket and can also be found on the preschool website listed under "Current Parent – Class Calendars". The Learning Concept Sheet is posted outside each classroom and can also be found on the preschool website. Additional reminders are written at the bottom of the sign-in sheet at each classroom and periodically you will receive reminders from the teachers in your child's basket. The teachers also post a "Today's Schedule" with details of the day's happening's at the table where you sign your child in every morning.

The teachers have assigned work emails in order for there to be a bridge of communication between teacher and parent. Their work email addresses will be listed at the bottom of the class lists that will be distributed to parents in September. Teacher work emails should not be used to report student absences, late arrivals, etc. Absences and late arrivals should be reported to the school office.



# CURRICULUM

A balance between free choice and structure provides each child opportunities for personal growth through experiences that encourage age-appropriate skills in personal care, self-confidence, independence, self-control, problem solving, and the acceptance of responsibility. Individual and small group activities are included in each day's schedule, as are group sharing experiences and outside play. Special activities and resources are planned to enrich the unit of study. The school integrates Colorado PreKindergarten State Standards and Colorado's Building Blocks into the thematic curriculum.

## Individual and Small Group Activities

Children have the opportunity during Learning Center Time to choose from several experiential areas that teach the following values:

### Home Living Area...

- Provides the opportunity of identifying and socially interacting with peers
- Encourages creative play
- Allows role-play of daily experiences

### Block Area...

- Stimulates individual thought and imagination
- Provides opportunities for problem solving
- Provides a setting for cooperation and interaction among children

### Book Area...

- Stimulates individual thought and imagination
- Reinforces firsthand learning experiences
- Develops child/teacher relationships

### Art Area...

- Provides opportunity for expressing emotions
- Develops creativity and a sense of self-worth
- Provides small muscle movement and aids in developing coordination

### Listening Area...

- Provides a restful place in an active environment
- Provides a place for the shy, timid child
- Develops listening skills and attention span

### Science Area...

- Develops an awareness of God's order and plan in the world
- Develops feelings of wonder, praise, and appreciation for the world God created
- Teaches responsibilities of caring for God's world

### Puzzles/Manipulatives...

- Develops eye-hand coordination and visual perception
- Stimulates the ability to recognize and classify objects
- Develops basic pre-reading and pre-math skills

### Outside Play...

- Opportunities are provided for the child to develop various motor skills. Our playgrounds are equipped with a swing, slides, climbing apparatus, riding toys, and sand boxes. On rainy or snowy days, the children use large motor equipment in another classroom.

## **Group Sharing Experiences**

The group sharing period denotes any time when the group as a whole participates in an activity. Included in the group sharing experiences are stories, conversation, music experiences, finger-plays, and visual aids. Bible stories, Bible verses, and Bible-related songs are used in the "worship" experience. The group sharing experience is important in helping each child feel a part of a large group and in providing opportunities for interaction among the children.

## **School Experiences and Artwork**

Most children are eager to share experiences with their parents. Your response is very important - so listen attentively, give good eye contact and ask open-ended questions. Concerning art, a good comment is "tell me about your picture." Remember, there is no right or wrong way for a child to create art (trees can be purple and the sky green). To keep your child enthusiastic about bringing home his/her work, establish a place where your child can display it (refrigerator, closet door, bedroom door, or wall). This helps promote healthy esteem by showing you value his/her work.

## **Special Programs**

### **Parent/Teacher Conferences...**

Your child's teachers will schedule a parent/teacher conference during the fall to discuss an assessment based on observations of your child's needs and/or progress. Each classroom will provide a sign-up sheet of available times to schedule your conference. In the spring, a written evaluation of your child's needs and/or progress will be sent home and a conference may be requested, if needed.

### **Field Trips...**

Teachers will plan field trips to complement their units of study. Parents will be asked to help drive for field trips and will be advised of the location and date prior to departure. A parent who drives must have a completed "Vehicle Disclosure Statement", a copy of a current driver's license, and a copy of a current insurance card that will be retained in the school file and a motor vehicle record.

### **Resource Experiences...**

Teachers invite special resource people to enrich the curriculum in order to help promote learning experiences.

### **ACC Teachers...**

Cherry Creek Presbyterian Preschool/Playschool has the honor of being selected to be an "observational/teaching school" for undergraduate ECE students from Arapahoe Community College (ACC). Whenever an ACC student is observing in a classroom, a sign will be posted outside the room indicating the name of the student or intern. ACC conducts background checks on all of their students who observe, before they are allowed into the classroom.

## **Special Programs (cont.)**

### **Holiday Snacks**

Teachers schedule holiday snacks for Harvest Festival (in lieu of Halloween - no costumes allowed), Thanksgiving, Christmas, Valentine's Day, Easter, and End-of-School-Year. Each child's parent helps with one snack so that there are three parents contributing to the holiday snack. Parents will provide special treats (including a fruit or veggie along with cookie or cupcake), 100% fruit juice, special table decorations and decorative cups and napkins. The "Holiday Snack" parents are needed on the designated day to set up snacks and decorate the tables. There is no need to do games or activities with the children as teachers plan for the day's activities. The teachers will advise you of details and times needed before the event.

### **Screen Time**

The children may have the experience of viewing a Christian or secular DVD that compliments the teaching themes. An iPad® or tablet may be briefly used in the classroom to enhance a particular theme or lesson. A permission form must be signed allowing the viewing of these electronic devices for your child to participate (see permission form in enrollment packet). The maximum length of time for viewing is twenty minutes and a teacher will interact with the children, so that the device is used as a teaching tool. The subject matter details will be posted on the "Today's Schedule".



## PRESCHOOL OPERATING POLICIES & PROCEDURES

The parents will be notified in writing of significant changes in the services, policies, and procedures of the Preschool program.

**The Preschool Program** consists of sixteen children in each of the three-year-old classes, PreKindergarten (4's and 5's) classes, and eighteen children in the JrK class. Each class utilizes a teaching team of two qualified teachers. Sessions are 9:15 am to 1:15 pm. The classes follow the common calendar of the Cherry Creek Schools. The year begins the week before Labor Day and ends the last week of May before Memorial Day. Enrollment requirements are as follows:

JrK: The child must be five by December 31 and have previous preschool experience. Monday through Thursday 9:15 am-1:15 pm

PreK: The child must be four by October 1 and potty trained.  
Monday, Tuesday, Thursday 9:15 am-1:15 pm  
Monday, Wednesday, Thursday 9:15 am-1:15 pm

Three's: The child must be three by October 1 and potty trained.  
Monday, Wednesday 9:15 am-1:15 pm  
Tuesday, Thursday 9:15 am-1:15 pm

Friday All ages (must be enrolled in Preschool during the week)  
Enrichment: Friday 9:15 am-1:15 pm

**Extra Curricular Classes** (offered at an additional fee):

- Art for Preschool 3's, PreK & JrK – Tuesday through Thursday 1:15-2:15pm
- Spanish for PreK & Jr – Monday/Thursday 1:15-2:15pm

### Admission

Prior to school starting, all parents will fill out a registration form and pay the current non-refundable registration fee. Afterward, a link to complete electronic Admission Forms will be emailed to you. The following forms are posted on the school's website: General Health Appraisal, Certificate of Immunization, and School Supply List. Admission forms must be submitted prior to your child's first class day. **The General Health Appraisal and Immunization forms need to be completed by your child's physician and are required by the Department of Human Services to be in your child's file his first class day; otherwise, your child may not attend school. Completed admission forms are required in order for the child to remain at school.** When a child enrolls at a later date, then completed admission forms are due the child's first day of school.

## Student Orientation

The first day of school is a Student Orientation day. One or both parents must attend class with the child for an hour and a half. Siblings may not attend the orientation so child care will be offered with details in the summer newsletter. This is an opportunity to help your child feel comfortable at school, to meet the teachers, classmates and parents, and to sign up for holiday snacks, field trips, and Beary Special day/week or Toadally Awesome week.

## Parent Orientation

First-time families to CCP Preschool or entering from Playschool **MUST** attend a one-hour Parent Orientation with the director, Lorna Tamsett, on either Wednesday or Thursday of the first week of school. Childcare for siblings will be offered, with details in the summer newsletter. Parents will receive the Parent Handbook, detailed information of schedules, policies and procedures, fundraisers and service projects. **Parents who have attended CCP Preschool in the past consecutive years are not required to attend the Parent Orientation, but will be accountable for all information, including the parent handbook.**

## Blended or Restricted Family Situations

In situations where a blended family situation exists, it is the responsibility of both parents to keep the school current with all necessary and legal documents regarding custody arrangements and how email communication shall be conducted.

If there is a restraining order in place, please bring a copy of the order along with a picture of the restricted party to the school office.

## Special Needs

The school is in compliance with the American with Disabilities Act for children with special needs. A child with an identified special need (emotional, behavioral, and/or physical) and has an IEP or IFSP will be considered for acceptance in the program based on each individual need and situation as determined by the Preschool/Playschool Committee. If the director/teacher has concerns regarding a child's developmental profile, it will be necessary for the child to be formally evaluated to determine if the child should continue in the Preschool program or requires intervention services to meet his developmental and academic needs.

## Release of Child

Children will only be released to registered parents or to the person parents have listed on the enrollment form in the child's file. We must have written authorization from the parent for any person not listed on the initial enrollment form (including carpool). On occasion a parent may want to give a one-time release authorization to a particular person(s). The parent will provide a note that is signed and dated stating the person's name and the date(s) involved for permission of release. If the person is unknown to the staff member, then photo identification must be provided to determine that the person is named on the enrollment form or in the parent's note.

The preschool cannot legally deny release of any child to a parent or guardian unless we have a written court order or just cause. The preschool staff will not allow a child to leave with any inebriated person or a person under the influence of any legal, illegal, or prescriptive substance that we suspect could interfere with the safety of the child. This preschool must immediately report the incident to the police and/or the Department of Human Services. **No drugs, alcohol, or smoking are allowed on or in the premises.**

### **Sign In/Sign Out**

The sign-in sheets are located outside the child's classroom. The parent or designated person shall sign the child in and out for each session and check the box that states sunscreen has been applied to the child. This is a mandate from the Colorado Department of Human Services. There must be written authorization from the parent for any person other than parent to pick up a child (including car pools).

### **Party Invitations**

Personal invitations to birthday parties and other non-preschool activities are not allowed to be placed in children's baskets.

### **Identifying Children**

The teachers will do a head count at the beginning of class and then during transition times exiting to the playground and upon re-entering the classroom. In the event that a child becomes lost, the teacher will make certain that the other children are safe and notify the director. Steps will be retraced to locate the child.

### **Field Trips**

Children will be transported to and from field trips in vehicles driven by either a parent or teacher. In accordance with Colorado law, each child will be restrained in an appropriate car seat. Each parent or teacher who drives will have on file a completed Vehicle Disclosure Statement, a copy of a current driver's license, with a current insurance card and a motor vehicle record. The teachers will bring on the field trip a roster of the children's emergency phone numbers and a copy of each child's emergency information form. The children will be supervised for the entire duration of the fieldtrip by the parents providing the transportation and by the teachers. They will frequently perform a "head count" and know where the children are at all times. A child or children must not be left unattended in a vehicle. A First Aid kit will be supplied by the school and must be accessible in each car used to transport children. The driver shall not eat, smoke, or use a cellular device while driving. Children must be loaded and unloaded out of the path of moving vehicles.

If there is an emergency on the road, the driver will contact 911 if deemed necessary. Then the driver shall call the school (303) 779-9909 ext. 5113 to report the incident and location so that transportation can be dispatched for the passengers. Next, the parents will be contacted so they can meet the children at the school. The Director or Assistant Director will supervise this emergency.

If a parent should arrive late to school and the class has already left on a field trip, then the teacher will leave a note for the parent to find the Administrative Assistant, Director or Assistant Director. The teacher will leave the following items with them: a map to the location of the field trip, a cell phone number of the teacher, and the child's school field trip t-shirt. The child may not stay on the premises so the parent will need to decide to either join the class at the field trip location or return home with the child.

### **Visitors**

All visitors must sign in at the school's office upon entering the premises. Signing in shall include name, date, time, and purpose of visit. If the individual is unknown to school staff, he/she must show photo identification. The visitor will wear a nametag to identify him/her as a visitor to the premises.

### **Clothing**

Dress your child in appropriate clothing that is comfortable and can be subjected to the dirt of the playground and activity of the classroom. The child's footwear must be safe, so it should be closed-toe shoes (no sandals, jellies, Crocs™, etc.). Encourage your child to be age-appropriately independent by teaching him/her to dress himself/herself (i.e. putting on a coat and mittens). **OUTDOOR CLOTHING MUST BE LABELED WITH YOUR CHILD'S NAME**. We will be outdoors almost every day, so dress your child accordingly. Hats, mittens and boots must be provided on cold, snowy days. Every child should bring a backpack to carry items to and from school and with an extra change of clothes and child's name should be written on the outside of the backpack.

### **Personal Belongings**

The school and teachers are not responsible for your child's personal belongings. Please do not allow your child to bring money or priceless items on school property.

### **Snacks**

We share your sense of dedication to nurture your child's proper growth and development through nutritious snacks. Parents will participate by providing nutritious snacks for all the children on a rotation basis. The snack assignments will be posted on the monthly calendar. Please refer to pages 23 and 24 and bring two food items, one from each column of suggested nutritious lunch items and snacks. These must be prepackaged from commercial sources and received sealed. Children will be offered water during snack time; parents may offer 100% fruit juice during parties. High sugar items, such as commercially made cookies and cupcakes (no homemade items) are for special days (holiday snacks, Beary Special Days, Toad-ally Awesome Kid Week, and birthdays). **Due to a potential choking hazard and allergies, please do not bring nuts.** If your child has a food allergy, please communicate with the teachers so that a safe food plan can be created. Teachers will assign a snack day closest to your child's birthday, so the parent may bring a special treat.

## Lunch

Every day the child attends school, he will need to bring a nutritious lunch (meets 1/3 of the child's nutritional requirements – [www.myplate.gov](http://www.myplate.gov)). The parent is to provide the child with a lunch that is in a paper bag or a lunch box with child's name written on the outside.

Food items that are **NOT** considered safe for children younger than four years old are: hot dogs (whole or sliced into rounds), whole grapes, nuts, raw peas, spoonfuls of peanut butter, chunks of meat and cheese, or chunks of raw carrots. Staff will not serve the food items listed above (whole) to children younger than four. Cut foods, such as grapes, hot dogs, and carrots into lengthwise pieces that children can swallow safely. THANK YOU for your assistance with this.

Your child will need to feed himself, so finger foods are best. Parent provides a disposable spoon or fork if needed. Please know that we do not refrigerate or warm food in the microwave. We recommend you limit sugar and offer the child a chance to sample new foods including ethnic foods and fresh fruits and vegetables. The Colorado Department of Human Services requires an ice pack in lunches to keep perishable items cold; i.e., meats and dairy products. Please comply with this regulation to keep your child safe and healthy. A note will be sent home with the child if the lunch is found to be insufficient, and the teacher will give a verbal reminder. If necessary, the Director will speak to the parent about ideas and needs for a child's nutritious lunch. Please refer to pages 23 and 24 for nutritious and healthy lunch and snack ideas.

Students and teachers will sit down together to eat lunch, which provides opportunities to share intimate conversation and build relationships, and for manners to be modeled.

## Show or Tell (3's and PreK) / Share Day (JrK)

Each class will have a designated time for sharing and it will be noted on the individual class calendars. This activity provides an excellent opportunity to encourage a child's use of language and communication skills. We encourage the children to bring nature items, storybooks, pictures, CD's, etc., on their specified days. TOYS WILL NOT BE PERMITTED (except on the child's Beary Special or Toadally Awesome Kid week). Usually children will be asked to bring certain items to correlate with the unit of study. Please place the "show or tell" item in a paper bag or backpack with your child's name on the outside and have your child place the item in his/her basket or hang on his/her hook. Parents, PLEASE be supportive of this policy so as to be fair to all the children and assist the teacher in creating a learning environment.

## 3's "Beary" Special Person Day

A "beary" special day for your "beary" special preschooler! Mom and Dad along with grandparents and special friends are encouraged to come at 9:15 am to help begin the day. We do this once for each child during the 3's school year (please note the time).

### 3's "Beary" Special Person Day (cont.)

On your child's "Beary" Special Day, please bring:

Nutritious snack for 18

Favorite age-appropriate book – to be read by parent at 1:00 pm

Poster made by child and parent to include:

Child's name

Child's age

Child's favorite color

Child's favorite food

Suggested photos: baby, preschooler, family, special events, etc. **Limit: 5 pictures**

Be creative! Let child draw, use magazine pictures, and enjoy doing it together.



### PreK "Beary" Special Person Week

A "beary" special week for your "beary" special preschooler! Mom and Dad, along with grandparents and special friends, are encouraged to come each day to celebrate your child (please note the times).

On your child's "Beary" Special Week, please bring:

First Day (9:15 am)

Poster made by child and parent to include:

Child's name and age

Suggested photos: baby, preschooler, family, special events, etc. **Limit: 7 photos** Be creative! Let child draw, use magazine pictures, and enjoy doing it together.

Second Day (1:00 pm) Favorite age-appropriate book – **parent reads at 1:00pm**

Third Day (9:15 am) Child brings favorite toy (non-violent); Nutritious snack for 18

### JrKindergarten "Toad-ally Awesome Kid" Week

Over the course of the year, each child will be a "Toad-ally Awesome Kid" for a week. If possible, this will be done during your child's birthday week, but for summer birthdays, another week will be arranged. Mom and Dad, along with grandparents and special friends, are encouraged to come and share time during the week (please note the times).

On your child's "Toad-ally Awesome Kid" Week, please bring:

Monday (9:15 am)

Poster made by child and parent to include:

Child's name and age

Suggested photos: baby, preschooler, family, special events, etc. **Limit 8 photos** Be creative! Let child draw, use magazine pictures, and enjoy doing it together.

Tuesday (9:15 am)

Favorite, age-appropriate book – **parent reads at 9:15 am**

Wed (9:15 am)

Favorite toy (non-violent please!)

Thursday

Nutritious snack for 20

Parent or special guest may come join the child on his Beary Special day or week at lunch time and remain through the end of the school day. Please ask the teachers what time is lunch. Please note that it may not be feasible if there is a younger sibling, so please ask the teachers if that is a safe, practical choice.

## Guidance and Behavior Management

We believe it is important for children to learn how to make good decisions and choices for themselves. Each teacher is able to effectively and positively reinforce children's positive behavior and re-direct any behavior that is harmful to a desired behavior. An early learning setting is ideal for teaching children social-emotional skills, self-regulation, identifying feelings of self and others, learning to share, cooperative play with classmates, developing problem-solving skills, and enhancing resiliency. Teaching these skills in the earliest years is what is best. Social and emotional competence is the foundation for success in school and is linked to being a future high functioning adult in society.

Our philosophy of behavior is based on two principles that are developmentally appropriate. The **first principle** is the reinforcement of positive behavior. We state and model expectations in a positive manner. We guide the young child to learn what acceptable behavior is and encourage positive social interaction with other children. **The second principle** is for the child to have the opportunity to make choices and to experience natural consequences. Age-appropriate guidelines for behavior are enforced with pre-determined consequences that are suitable for the young child.

We strive to allow children to settle their own differences as much as possible. As we observe the children, and as conflict arises, we interact and model as needed to encourage a positive resolve. We assist children with vocabulary that could be used in solving a social problem. It is our desire for children to develop skills to solve their own problems of interaction. We acknowledge positive behavior at all possible times and we seek ways to accentuate the positive in all children.

When inappropriate behavior does occur, we feel it is important for the child to understand why his/her behavior is inappropriate and assist the child with vocabulary he/she might use to solve the problem. It is important that the consequences for inappropriate behavior make sense to the child. If the behavior continues to be a problem, the Director will be called in to observe and may take the child to the office for a short time. The parent will be informed of the child's behavior and the steps we have taken.

If the child is involved in multiple incidents, the Director, teaching staff, and parents will conference. The school takes a proactive approach to challenging behavior by partnering with parents and involving a mental health consultant to reduce the likelihood of expulsion. The Director and teachers can assist the parents in assessing services of a mental health consultant to support early intervention as necessary. A child will not be referred for mental health services without parental consent. Should these behaviors continue, the Director and Pre/Play Committee will determine whether continued enrollment is in the best interest of the child and the program.

Cherry Creek Preschool/Playschool does not allow corporal punishment. We will make every effort to help each child be successful in the classroom environment.

## Health

Within the school setting, teachers encourage healthy habits. Children are reminded to use tissues when needed and to cover their mouths using their elbows when sneezing and coughing and must wash their hands. The school uses all reasonable precautions to ensure a healthy environment.

The school office will notify you when there is a contagious disease in the school or when we know your child has been exposed. In order to safeguard the health of the school, please keep your child home if he/she has one or more of the following symptoms within the last 24 hours:

- A cold with sneezing and coughing
- A temperature over 100.5 degrees
- Conjunctivitis or discharge from eyes
- Diarrhea
- Nasal discharge (discolored, yellow or green)
- Rash
- Runny eyes
- Sore throat
- Stomach pain
- Taking an antibiotic for a contagious illness less than 24 hours.

Be sure your child is free of the symptoms mentioned above for at least 24 hours before returning him/her to school. If the child is too sick to go outside, he is probably too sick to be with children and should remain at home.

For communicable diseases, please contact your pediatrician about when your child may return to Preschool. This policy/procedure is in the best interest of all the children. Thank you for your cooperation.

## Reporting Illness to School

Please contact the school's voice mail at (303) 771-1364 to leave a message concerning your child's absence and reason. State the child's name and class. Should any of the above symptoms appear in your child while at school, the Director will notify you and your child will be safely isolated, waiting for immediate pick-up.

## Infectious Diseases

All staff are trained in the use of Standard Precautions for infectious diseases. For all incidents when ANY child is bleeding, the staff uses gloves and cleans up with disinfectant. The children will be taught how to use Standard Precautions for their own safety as well as others. If we experience a large group outbreak, we are required by the Colorado Department of Health to report suspected outbreaks to our local public health agency (Tri-County Health Department) within 24 hours.



## **Biting**

However old the child is, biting is a very upsetting incident for the biter, the injured child, and the families of both children. While we know the causes of biting and that it is normal in young children, we take the situation very seriously.

The following has been developed for the benefit of the biter and safety of the other children in preschool. Teachers respond to biting as follows:

1. When a child bites another child, the area is cleansed with soap and water and ice is applied.
2. The injured child gets large doses of TLC. The teacher gives the child words to use, "Ouch!" "Don't bite!"
3. Next, the teacher takes the biter aside, gets down to their eye level and tells the child in a firm voice that biting hurts and they may not hurt their friends.
4. The teacher will try to determine whether the bite was out of frustration, territorialism, inquisitiveness, or provocation.
5. The teacher will then try to give the child the words to use in a future situation. "I know Billy was too close to you and it bothered you. Next time say, "Billy, please move."
6. The parents will be informed when a child has bitten or has been bitten; however, names will not be disclosed.
7. The teacher will record the biting incident on the appropriate Accident Report Form.

Actions that may be taken to stop a child from biting:

- Notify the parents and provide information on biting
- Schedule a conference with the parents, teacher, and Director to discuss developmentally appropriate techniques to stop the behavior. The parent may be asked to consult with the child's pediatrician
- Repeated biting by children three years and older may reflect a child's inability to function in a group setting. It may be necessary to remove persistent biters from the program for the benefit of the biter and the safety of other children in the program. Periodic reviews and parent conferences with the Director and teaching staff will help determine whether continued enrollment is in the best interest of the child and the program.

## **Hand Washing**

Teachers and children will wash and scrub their hands for 20 seconds with liquid soap and warm running water at the following times:

- On arriving at school in the morning
- After using the toilet
- Before and after eating
- Upon returning from outdoor playtime
- After wiping noses and/or sneezing
- After handling classroom pets
- Before and after food preparation
- Before playing in the sensory table.

Teachers and children will dry their hands with a single use paper towel from a dispenser. Hand washing procedures will be posted at each hand-washing sink.

### **Sunscreen**

It is important to shield your child's skin from damaging effects of the sun, so please apply sunscreen to your child before coming into class. On the sign-in sheet, check the box that states sunscreen has been applied to your child.

### **Medication**

The medication policy for storing and administering of children's medicines and delegation of medication administration is in compliance with section 12-18-132, C.R.S., of the "Nurse Practice Act". Children are not allowed to bring medications to Preschool (including placing medication in the child's backpack). **Teachers may not dispense any medication or apply any topical ointment (diaper cream, sunscreen, etc.) at school.**

If your child has a need for emergency medication (including inhalers and epinephrine) related to allergic reactions (e.g. peanuts, milk, animal exposure, etc.) you will need to have the following on file with the school: (1) health care provider written authorization to administer medication, (2) parent written permission to administer medication and (3) the required medication in a pharmacy labeled container including a dispensing spoon/syringe placed in a Ziploc baggie labeled with the child's name (over-the-counter medicine should be in the original container). The school will place the completed medication form and a photo of the child in the Ziploc baggie with the medication. Please make sure the medication expiration date will allow it to be used all year. The Director, Assistant Director, Director Substitute and Administrative Assistant are certified to administer the medications. During class time medications are placed on the highest shelf in the classroom so they are inaccessible to the children, but accessible to staff. When class is not in session, the bags are stored in a locked cabinet.

If the possibility exists that your child could have a reaction requiring medication on a field trip, please plan on being a parent volunteer for that field trip in order to observe your child and administer needed medications.

At the end of the school year, medications will be returned to the parents.

### **Participation Permission Policy**

The following policy reflects verbatim what each family has agreed to and signed for in their child's admission packet:

I hereby grant permission for my child to use all of the age appropriate play equipment and participate in all of the activities of the school.

I hereby grant permission for my child to leave the school premises under the supervision of a staff member for field trips as long as I am informed prior to the field trip.

I hereby grant permission for Cherry Creek Presbyterian Preschool/Playschool to use any and all photographs and video footage of my child in presentations about the school, programs and people. All photographs and video footage shall remain the sole property of Cherry Creek Presbyterian Preschool/Playschool. I understand that no compensation will be made to me for this use. I also understand that a DVD of the Preschool Spring Program will be created and distributed to the families of the program for a fee.

From time to time, Cherry Creek Presbyterian Preschool/Playschool will create web pages for publication on the Internet. All Web publications are subject to the following terms: all web page documents may include only students' first names; no confidential student information shall be published or linked to a Web page; and no names may be associated with pictures. I hereby grant permission for Cherry Creek Presbyterian Preschool/Playschool to publish my child's work, photograph(s), first name, or non-confidential information on the World Wide Web.

I hereby grant permission for my child to view age-appropriate Christian or secular DVD's relating to classroom themes.

I, the undersigned, do hereby authorize the Preschool/Playschool staff to directly contact the persons named on my child's Emergency Information Form and do authorize the named physicians to render such treatment as may be deemed necessary in an emergency, for the health of said child. In the event that the parents, physicians or other persons named on said form cannot be contacted, the staff is hereby authorized to take whatever action is deemed necessary in their judgment, for the health of said child.

### **Solicitation Policy**

The unrequested solicitation of families attending CCP Preschool and Playschool by external (non-school) or internal (staff or enrolled families) who have products to sell or businesses to promote is prohibited. No unrequested solicitation activities will be allowed on school property or via school ministry events with the following exception:

- Fundraisers sponsored by the school and approved by the Preschool/Playschool Committee and Session.

The school does communicate via email concerning school events, important dates and general information. **No person or organization may use email addresses and/or class roster information of enrolled families for purposes of solicitation. Violations of the above policy will be addressed by the Preschool/Playschool Committee.**

### **Parent Grievance**

When trying to resolve a grievance with either the teacher or the Director, parents are asked to be courteous and to exercise discretion. Please select an appropriate time and place to address your concerns, preferably by making an appointment in advance.

Step One: Consult the teacher. **If not resolved-**

Step Two: Consult the school Director. **If not resolved-**

Step Three: Consult the school liaison representative and request to be placed on the agenda for the next Preschool/Playschool Committee meeting.

**If not resolved-**

The Preschool/Playschool Committee may at its discretion appoint a mediator.

The mediator will report his/her findings and recommendations in writing.

After all input has been reviewed, the Preschool/Playschool Committee will make a final ruling to solve the grievance.

**CCPC Policy for Child Abuse or Neglect**

All school staff members receive training on recognizing child abuse and neglect and mandatory reporting. Any staff member of the program who has reasonable cause to know or suspect that a child has been subjected to abuse or neglect or who has observed the child being subjected to circumstances or conditions which would reasonably result in abuse or neglect shall immediately report the circumstances to the Arapahoe County Department of Social Services or Arapahoe County law enforcement authorities.

**Colorado Department of Human Services  
Child Abuse or Neglect Policy**

Dear Parent,

Your child has been enrolled in a childcare facility that is licensed by the Colorado Department of Human Services. The license indicates that this childcare facility has met the required standards for the operation of a childcare facility. If you have not done so, please ask to see the license and the most recent report of inspection.

Most licensed facilities make every effort to provide a safe and healthy environment for children. Unfortunately, on rare occasions, an incident of physical or sexual abuse may occur. If you believe that your child has been abused, you should seek immediate assistance from:

**Arapahoe County Department of Social Services (303) 636-1750**

Colorado law requires that the childcare provider report all known or suspected cases of child abuse or neglect.

Childcare Services plays an important role in supporting families and strong families are the basis of a thriving community. Your child's education, physical, emotional and social development will be nurtured in a well-planned and run program. Remember to observe the program regularly, especially with regard to children's health and safety, equipment, play materials and staff. For additional information regarding licensing, or if you would like to review a licensed facilities file, please contact:

**1575 Sherman Street  
Denver, Colorado 80203-5958  
(303) 866-5948**

Thank you,  
Office of Child Care Licensing

## **EMERGENCY PROCEDURES**

We take every precaution to ensure your child's safety in the school setting. We have communicated with the local police and fire departments to create safe procedures for all emergencies. Every teacher knows all of the emergency policies and can carry out the procedures as needed. Every teacher has a cell phone for emergency calls and each room is equipped with a first aid backpack – includes a flashlight, band aids, bandages, baby shampoo, gloves, bottled water, 32 lollipops for stress, tissues, and the classroom emergency phone number list.

The school staff is certified in First Aid, CPR and Standard Precautions. The Director, the Assistant Director, the Director Substitute and Administrative Assistant are certified to administer medications to the children who have a completed plan of care on file.

### **Injury**

In the event of a child's injury, the protocol is as follows: Assess whether a minor or major injury.

Minor Injury (an abrasion, scrape, cut or bump) – the teacher will wash the affected area, apply ice if needed and place a band aid on it. An accident report will be completed and signed by the teacher. The Director will place the original report in the child's file and give the parent a copy. The parent will be informed of the injury when the child is picked up.

Major Injury (broken bone, head injury, breathing issue, etc.) – the child will be kept stable and safe by the teacher and the parents will be contacted immediately by the Director. If they cannot be reached and it is determined immediate medical attention is needed, 911 will be called to request professional assistance. If emergency personnel determines your child must be transported to a medical facility and the parents have still not been located, the Director or Assistant Director will go with your child, taking his/her full file which contains the medical release form. Throughout this procedure someone will be assigned the task of locating the parents through use of all available phone numbers: home, cell, work, emergency contact person, etc.

### **Allergic Reaction of a Child**

If a child with an identified allergy and has a completed plan of care has an episode requiring medication, he will be brought to the Director's office. The identified plan of care will be followed and the parent will be contacted. A medication administration log will be completed and signed by the teachers and administrative staff on duty. The Director will retain the original report in the Medical Log (refer to medication policy on page 15).

## **Parent Emergency**

If a crisis occurs and you need to reach the Director or classroom teacher immediately, please call the church office at (303) 779-9909. Request that someone hand deliver the urgent message to either the Director or your child's teacher; or request that if at all possible, the Director or teacher please speak to you on the phone. The crisis must involve your child's safety. Otherwise, leave a message at (303) 779-9909 ext. 5110 (Director), ext. 5113 (Administrative Assistant), or (303) 771-1364 (school voice mail).

In an emergency the parent/guardian may give a one-time verbal permission and the teacher or school staff must ask for a photo identification to verify identity. A copy of the photo identification will be placed in the child's file.

## **Late Pick Up or a Child Not Picked Up**

Picking your child up PROMPTLY at or before dismissal time will alleviate concerns your child may experience.

Please call the school Administrative Assistant at (303) 779-9909 ext. 5113 if an emergency detains you. You are encouraged to add this number to your cell phones. Five (5) minutes after the close of a class session with no communication from the parents(s), a staff person will:

1. Call one or both parent(s), guardian(s), (home, cell, and work numbers)
2. Call the emergency number provided for an authorized pickup, other than the parent(s), guardian(s), (i.e. home provider, other family, etc.)
3. At 1:25 pm, children who are not picked up will be taken to the Preschool office to wait for parent pickup.
4. If circumstances keep the parent from being able to pick up their child, parents must make other arrangements with responsible adults for the child to be picked up. The parents must inform the preschool who will be picking up the child. We cannot release the child to an unauthorized person.
5. If there is no response to the calls that have been placed after an hour upon closing the school, then Arapahoe County Department of Social Services will be contacted.
6. The Director or Assistant Director will remain on site until the last child is picked up.
7. If late pick-up fees apply (page 23), then the parent needs to pay at that time.

## **Snowstorms**

Parents need to listen to the radio or TV for announced closures or storm schedules. School is cancelled when the Cherry Creek School System closes. If Cherry Creek School activates a Delayed Start due to snow, the Preschool schedule remains the same. Should a storm suddenly develop, parents will be called to notify them to pick up their children immediately. Sufficient staff will remain to guarantee the children's safety and comfort until pick up is possible by the parent or his/her designee.

## **Inclement Weather**

If there is inclement weather with unsafe conditions and the temperature goes below 20 degrees or above 90 degrees, then the children shall play inside the

church in Room 209, where appropriate equipment (including large motor) will be provided. Older children will go to the gym located in the CCP Community Center.

### **Emergency Evacuation/Fire Drill**

Periodic drills are practiced throughout the school year as required by the Colorado Department of Human Services. Upon hearing the church's fire alarm, all children will exit the building and go to the south perimeter of the parking lot by the tennis courts. The children will be accompanied by the teachers at all times. The teachers will exit with the First Aid backpack, class roster of names, and emergency phone numbers should parents need to be contacted.

If there is a need to evacuate the building and we cannot return to our building for an extended length of time, the children and staff will walk to the Community Center. The teachers will exit with the First Aid backpack, class roster of names, and emergency phone numbers should parents need to be contacted. The Director and Administrative Assistant will call parents to inform them of where to pick up their children.

### **Shelter-in-Place/Tornado Drill**

Periodic shelter-in-place drills are practiced throughout the school year as required by the Colorado Department of Human Services. For a tornado drill, children will kneel along an inside wall, heads down (turtle position), hands covering the back of their necks. The children will remain there until the "all clear" signal is sounded, then the staff will escort children either to their classroom or a safe location. The teachers will exit with the First Aid backpack, class roster of names, and emergency phone numbers should parents need to be contacted.

### **Lockdown Drill**

During the school year, a lockdown drill is practiced as required by the Colorado Department of Human Services. The children and staff will move to a safe location inside the building and out of sight of a threat. The building is secured and no one, other than emergency personnel, is allowed in or out of the building until the threat has passed. The teachers will exit with the First Aid backpack, class roster of names, and emergency phone numbers should parents need to be contacted. These drills are conducted in conjunction with the Director of Facilities and/or a police officer, and the preschool Director.

### **Reuniting with Children**

The parents will be contacted by the Director, Administrative Assistant, and Assistant Director using the phone numbers listed on the emergency forms, as soon as it is safe and appropriate for parents to be on site. The parents will be given the location of where the children are and advised to stay calm and be patient as each child is safely released to a parent/guardian.

### **Adaptation of Plans for a Child with Special Needs**

Each child with special needs will be assessed to know how to safely and quickly participate in each drill. A designated staff member will be assigned to care for that child as needed.

# FEE SCHEDULE AND ATTENDANCE POLICY

## REGISTRATION

The registration fee for 3's is \$130, PreK is \$140, and JrK is \$150 and must be submitted with your registration form. This fee is **NON-REFUNDABLE** and will assure your child's placement in the school.

## TUITION

3-year-old	Mon/Wed	9:15 - 1:15	\$220/month
3-year-old	Tues/Thurs	9:15 - 1:15	\$220/month
PreK 4 & 5	Mon/Tues/Thurs	9:15 - 1:15	\$330/month
PreK 4 & 5	Mon/Wed/Thurs	9:15 - 1:15	\$330/month
JrKindergarten	Mon/Tues/Wed/Thurs	9:15 - 1:15	\$440/month
All Ages	Friday Enrichment	9:15 - 1:15	\$110/month

The school uses FACTS, an ACH system, for tuition payments. This is mandatory and no exceptions will be made. The first tuition payment will be withdrawn from your designated checking or savings account on September 5, 2019, with the remaining payments to be withdrawn the 5<sup>th</sup> of each month through May 5, 2020. Please note, FACTS charges a non-refundable annual enrollment fee of \$43, which is deducted from your financial account when the FACTS account is finalized by the school.

## ABSENCE POLICY

There are no make-up days for absences. There are no refunds or reductions of tuition for absences, holidays or other vacation periods during the year, including snow days. ***If Cherry Creek Schools are closed because of inclement weather then Preschool will also be closed. Listen to your radio or TV for school closings.***

## STUDENT WITHDRAWAL

When withdrawing a student from enrollment, a written notice must be submitted to the school office 30 days prior to the withdrawal date. If a child is withdrawn from school after August 4, the first month's tuition will be withheld. No exceptions will be made.

We make every effort to take a proactive approach to challenging behavior by partnering with parents and obtaining a mental health consultant to reduce the likelihood of expulsion from the Preschool. If a child's behavior continues to be disruptive in such a manner that other children are endangered, the parents may be asked to withdraw the child from school. Parents are financially responsible for tuition up to the date of expulsion.

## ARRIVAL AND DISMISSAL

Please observe and respect our designated class schedules: 9:15 am to 1:15 pm. If a parent is more than 10 minutes late in picking up a child, a \$5.00 fee will be charged. This will be according to the school's clock and an additional \$1.00 fee will be assessed for each minute after the first 10 minutes. **Please observe and respect arrival and dismissal times.**



## NUTRITIOUS LUNCH IDEAS

You've heard the line, "For good health eat a wide variety of foods every day." Translated into bag lunch language, this means to vary the type of sandwich, use different fruits and vegetables, and be alert for new ideas.

Lunches with variety are seasoned with surprise – they are fun to open and eat!

Here's a guide listing mix-and-match lunch ideas. Keep it handy on your refrigerator door. For a balanced lunch, choose at least one item from each column.

### Fruits & Vegetables

Apples, Banana  
Cherries, Grapes  
Melon wedges or balls  
Orange Wedges  
Peaches, Pears  
Pineapple Chunks  
Canned Fruit  
100% Fruit Juice  
Raisins or Dried Fruit  
Carrot Sticks  
Celery Sticks  
Cherry Tomatoes  
Zucchini Slices  
Pepper Strips or Rings  
Hot Vegetable soup  
Cauliflower flowerets  
Broccoli flowerets

### Grains

Enriched, whole grain or fortified products:  
Bread  
Oatmeal  
Rye  
Wheat  
Raisin  
Biscuit  
Tortilla  
Hamburger or hot dog bun  
Pita bread  
English muffin  
Crackers  
Soft or hard pretzel  
Bagel

### Protein

Sliced meat:  
Chicken  
Turkey  
Beef  
Chicken, egg or tuna salad  
Meatloaf  
Baked beans  
Chili  
Peanut/Almond butter  
Turkey Dog

### Dairy

Low fat milk  
Skim milk  
Yogurt  
Cheese – string/cubed  
Cottage cheese  
Cream soup  
Custard or pudding  
Macaroni and cheese



### Safety tips!

Keep foods hot in a thermos. For cold food, freeze sandwiches or use an ice pack to keep perishable foods safe. Frozen yogurt or a frozen box of 100 % juice also works well.

### Miscellaneous

- Have children help make their own "lunchable" (save container or use divided plastic plate) Choose crackers or cocktail bread, lunchmeat, cheese, etc.
- Yogurt Sundae: container of yogurt, cereal, fruit, etc.
- Banana Dog: spread peanut butter on a whole wheat hot dog bun; wrap. Send along a banana. At lunch peel banana and place on the bun.

### Make lunch special

Include a fun, colorful napkin  
Add a few stickers  
Put lunch in a colored or patterned bag  
Write an IOU for an after school activity  
Add a "You're special because..." note

## NUTRITIOUS SNACK IDEAS

Here's a guide listing mix-and-match snack ideas. Keep it handy on your refrigerator door. **Please bring 2 items:** One from Column A and one from Column B. Homemade items are not permitted (i.e. cookies, cupcakes, etc.)

Must be prepackaged and prepared from commercial sources and received sealed.

### Column A:

#### **Fruits & Vegetables:**

- Apple slices
- Banana
- Blueberries
- Craisins
- Fresh fruit (seasonal)
- Fresh veggies
- Fruit cups
- Grapes (cut-up)
- Raisins
- Strawberries
- Watermelon (cut-up)

#### **Dairy:**

- Cheese cubes
- Cheese sticks
- Yogurt

#### **Protein:**

- Hummus
- Rolled turkey & ham

### Column B:

#### **Grains:**

- Animal Crackers
- Cheese-it Crackers
- Club Crackers
- Dry cereal
- Gold Fish Crackers
- Graham Crackers
- Granola Bar
- Popcorn/Pirates' Booty
- Pretzels (hard & soft)
- Ritz Crackers
- Saltine Crackers
- Teddy Grahams
- Tortilla rolls
- Trail Mix (without peanuts)
- Veggie Straws
- Wheat Thins

#### **Resources:**

To gain more ideas for healthy foods and recipes, refer to the following websites:

[www.myplate.gov](http://www.myplate.gov)

[www.letsmove.gov](http://www.letsmove.gov)

[www.weelicious.com](http://www.weelicious.com)

[www.bettycrocker.com/recipes/courses/dinner-recipes/muffin-tin-meals](http://www.bettycrocker.com/recipes/courses/dinner-recipes/muffin-tin-meals)

