



West River Montessori School

3650D Route 100N

S. Londonderry VT, 05155

Program Information:
Pack list
Snack and Lunch
Dress/Playground/Outside Time
Mandated Forms
2023/24

Pack List

The following items are needed daily. Your child should bring these things with them on the first day of school. **Please label all items.**

- Slippers / Slide on Shoes / Crocs: outdoor shoes are not permitted in the classroom, therefore we utilize “inside shoes” to keep our classroom clean. For safety purposes, both inside and outside, we require closed toed shoes.
- Spare clothes: please keep at least one set of weather appropriate clothing in your child’s cubby at all times, especially as seasons change and we get wet from playing outside.
- Rest Items: Children staying all day will be given a quiet/rest time after lunch. Each child needs to bring a crib sized sheet and a blanket that will fit inside a small sealable bag. A small stuffed animal or comfort item, if the child needs it, however these items need to remain at school for the week and fit inside their rest bag. All rest items will be sent home on the child’s last day of the week to be washed (or more frequently if needed) and must return with the child the following week.
- Lunch box and water bottle. **All food and utensils must be inside of a lunchbox that children can safely carry up the stairs.**
- Season and weather appropriate gear. Winter: snow pants, jacket, hat, mittens, snow boots. Spring: Rain suit, rain boots.

Snack and Lunch

All children will be responsible for having a labeled, insulated lunch box. If the child is staying for the full day, we ask that you also pack a well balanced lunch. If sending a hot lunch, please use a Thermos as we do not reheat food. Those children staying for extended care will also need to pack an afternoon snack. Please ensure that your child has two ice pack’s in their lunch box (per Vermont State Regulations). Children will prepare their own lunch, so to speak, so we ask that you please use reusable containers that your child can open and close independently or learn to do so with practice. Snack and lunch are also an opportunity for grace and courtesy, socializing and relaxation.

Snack/Lunch Ideas:

- Protein: nuts, seeds, beans, lunch meat, hardboiled eggs, tofu
- Veggies: raw or cooked veggie sticks, cucumbers, peppers, tomatoes, etc
- Fruits: apples, oranges, melon, bananas, berries
- Starch: crackers, breads, rice, pastas, bagels, muffins
- Dairy: yogurt, cheese

Please do not send sugared drinks, fruit snacks, granola bars containing chocolate, or anything containing chocolate. These items will not be served at school.

Food Guide

NOT ALLOWED:

Cookies
Cake
Little Debbie/Hostess Snacks
Jello/Jello fruit cups
Nutella
Chocolate Hummus
Pistachios
Cashews

Candy/Gummies/Fruit Snacks
Chocolate: this includes not in: granola bars, trail mix, and yogurt toppings.
No sugary cereals or bars made of; fruit loops, frosted flakes, coco puffs etc.

SPECIAL PREPERATION REQUIRED

Grapes, carrots, hotdogs and sausages must be sliced in half lengthwise

SOME HEALTHY SUGGESTIONS

Boiled eggs cut into bite size pieces
Scrambled eggs
Pretzels
Goldfish
Hummus
Veggie Sticks
Apple slices
Yogurt
Cheese
Crackers
Rice cakes
Cheese sticks
Applesauce
Granola bars
Raisins/craisins
Freeze dried fruit
Popcorn
Homemade muffins or bread

Tuna
Lunch meat roll ups
Salads
Grahm crackers
Cottage cheese
Real fruit leather
Rice Cakes

- **Food will not be reheated. Any food that needs to be kept warm MUST be kept in a thermos and left out of the child's lunchbox or it will be refrigerated.**
- **All healthy foods will be eaten first before snacks like fig newton bars, cereal bars, fruit leather etc.**

Dress / Playground

Children are encouraged to wear play clothes and comfortable footwear (closed toe). As some daily activities are fun, but messy, please have your children wear items that are allowed to get dirty. To help foster your child's independence, please use clothing that is "kid friendly." Easy on/off clothing is especially helpful with shoes and outside clothing. We go outside everyday, except in extreme weather as required by state regulations, therefore please prepare your child for all seasons with rain and snow gear as well as extra clothes in the event we get wet or muddy outside.

Records and Health Information

Children's Records and Confidentiality

Children's records are open only to staff, an authorized employee of the state licensing agency, and/or the child's parent(s) and/or legal guardian.

Important Forms

There are a number of forms that you will be asked to fill out at the beginning of each school year so that your child may attend WRMS. Failure to complete these forms will result in the termination of your child's academic school year. Forms include:

- Emergency Contact
- Physician's Report and Immunization Record
- Medication Permission
- Financial Responsibility Contract
- Fundraising Contract
- West River Montessori School Activities Consent Form

Health Information

State regulations require that each child have a health statement, which includes a record of up-to-date immunizations and the signature of the child's source of medical care. Each child must also have a signed permission for health care, authorizing emergency care if necessary. These forms will be provided to each family in the welcome packet or at the beginning of the school year.



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Packlist, Snack & Lunch, Dress/Playground/Outside Time

_____ I understand that foods listed on the NOT ALLOWED will not be served to my child at school but instead asked to be eaten on the ride home.

_____ I understand that children go outside regardless of the weather.

_____ I understand that my child needs the appropriate clothing to go outside and spare gear is limited.

Signature

Date