

Montessori Children's House Policies and Procedures

IMPORTANT NOTICE: The preprimary classes are striving to be peanut free. Please do not send peanut butter, peanuts or nuts of any kind for snack or lunch. Please read the labels to look for peanut warnings. We have a student with a severe life threatening allergy. We thank you for your cooperation in this matter.

Lunch

Our aim for lunch is that it be an enjoyable time where children can eat nutritional foods in an atmosphere of relaxation and courtesy. The lunch period is one half hour.

NUTRITION FIRST: We trust that **everything** your child brings for lunch is available to eat in any order. This helps your child become more independent at lunch. We suggest to children that they start with their protein/main and fruit or vegetable course. Dessert, chips, etc. are not recommended. Please consider selecting fresh fruits and vegetables, foods with less/no sugar, less/no salt and less/no additives/preservatives. Also, consider not offering too much, allowing your child to eat his lunch with minimum left over. Research does show that children who eat healthily do better in school. Instilling healthy eating habits early is also one way to prevent chronic and serious illnesses.

Your child may bring food to be warmed/ reheated in a microwave. We are not licensed to prepare food. We ask that children **do not bring the prepare-and-eat Lunchables e.g. tacos, pizza or frozen entrees**. With the preparation and/or heating time there is little time left to eat lunch.

ENVIRONMENT: We believe in **reducing, recycling and reusing**. The children use real plates, cups and silverware and cloth napkins. We are asking your help to minimize waste. There is no need to send plastic spoons, paper napkins or **water bottles**. Please only send thermoses for beverages from home. Please **do not send juice boxes/pouches etc**. There is ice water on the tables and your child can purchase milk for \$2.00 a week or \$8.00 a month. Please consider the packaging you use: plastic reusable containers for sandwiches, fruits and vegetables, etc. After lunch the children will pack up any un-eaten food, so containers that your child can open and close easily are the best.

Communication

To communicate with the head teachers, please leave them a voice mail or a written note. They will get back to you as soon as possible. Information may be given to the staff who is greeting at the door. Please do not ask an assistant for information about your child. Information will come from the head teachers.

(continued on back)

Snack

During each class time children are given an opportunity to eat snack. Snack is a choice during their free choice time. Snack at school is part of a child's total meal plan and should be **healthy and nutritious**. You will receive information from your child's teacher about snack procedures. **The preprimary classes are striving to be peanut free so please do not send snacks that include peanuts or other nuts.**

Health Reminders

- **Please give all medicine, prescribed or over the counter, including cough drops, to your child's teacher or another staff member. These items should not be left in lunch boxes, backpacks or lockers.**
- **All medicine must be accompanied by a permission slip (Michigan Law).**
- **For the health of all students and teachers, please follow our 24 hour policy. Children need to remain home 24 hours after their last vomiting or diarrhea and after a fever has subsided.**

Montessori Birthday Celebrations

A birthday is a very special event for a child. All of the Montessori classrooms celebrate the children's birthdays in their own individual way. The teachers ask that the birthday child **not** bring "goody bags" to share. We like to keep the celebrations simple and focused on the child.

Toys

We ask that children **do not** bring toys or other personal items to school (as stated in parent handbook). Each teacher has their policy about "show and tell" and what is appropriate for their classroom. If you have any questions or special requests, please talk to your child's teacher.

Dismissal

If you are going to be late to pick up your child, please call the school. Toddlers will be in their classrooms. Morning preprimary children will be with recess/lunch group and afternoon preprimary children will be in after school care.