



SERVING THE CHILDREN OF SURREY SINCE 1973

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### What To Pack For Preschool

**BACKPACK** – It is important that your child bring a backpack to school each day with a complete change of clothing (appropriate for the time of year).

- Shirt and/or Sweatshirt
- Pants / Shorts
- Underwear / pull-ups
- Socks
- Extra "inside" shoes (not slippers) for rain / snow days

Accidents happen (spills and other accidents) and it is very uncomfortable for a child if they have nothing to change into. Check the backpack each day for notices to families and to make sure extra clothing is packed. Please write your child's name inside/on their backpack and **LABEL** any items that your child brings to school, as it is difficult to keep track of groups of hats, boots, coats, etc...

**PHOTOS (2)** – We ask for 2 recent photos (no larger than 4" X 6"). We will place one by the child's coat hook, to help the children locate their own cubby and we also require a small picture of your child for their emergency form.

**EMERGENCY SUPPLIES** – Each classroom has Emergency supplies (Food, Water, First Aid, Emergency blanket, etc...) for the class. If your child requires an individual emergency kit (ie. dietary concerns), please discuss this with the Preschool Supervisor.

**DRESS TO PLAY – Inside and Outside** – Children will be playing, learning and exploring – they will be standing, jumping, sitting on the floor, dressing themselves and using the washroom on their own, as much as possible. There will be water, sand, paint, etc...Please have your child dressed to participate fully, in clothes they can manage independently (ie. no belts please).

**Outside and active play** is important for preschool development. We will have outside time each day, unless the weather is too poor. Shoes or boots should allow children to run, jump and climb safely.

If the children are not able to play outside, the class will participate in movement activities inside (ie. music and dancing, balancing, etc...)

What To Pack for Preschool (continued...)

HEALTHY SNACK – We ask parents/guardians to send healthy foods and drinks for snack. This gives your child energy to explore and learn - Some snack ideas are:

- Cut up fruit, vegetables – fresh, frozen, canned, dried
- Applesauce
- Whole grain bread, pita, roti, pasta, small muffin
- Small sandwich – cheese, tuna, lean meats
- Cheese & crackers, yogurt, cheese string
- Cooked egg (hard-boiled or scrambled)
- Hummus

To Drink – We recommend Water (prefer re-useable containers to reduce waste – a small, spill-proof water bottle – labeled with child’s name please).

If your child does not have a drink in their backpack, preschool staff will offer water.

During the school year, there will be some days with “shared snack”. The children may bring in apples for applesauce, veggies for stir-fry, fruit for fruit salad, etc...

Special snack days and party days will appear on the monthly calendar.

We ask that children DO NOT bring nuts, peanut butter, other nut products, etc... because of possible allergies in the class.

\*\* Please save chips, sweets, chocolate, etc... for Special Party Days only.

For more information about Healthy Childhood choices:

Live5210.ca

Canada Food Guide (www.canada.ca)

fraserhealth.ca/health-info/children-and-youth/nutrition

vch.eduhealth.ca (search GK.260.H43) Vancouver Coastal Health  
Healthy Snacks – Preschool

Thank you. We look forward to getting to know you and your child, and having a fun and successful preschool experience!