



# Children's World

## BILINGUAL MONTESSORI

INFANT • TODDLER • PRESCHOOL • KINDERGARTEN

## October 2022

Dear Parents,

The termination dust has arrived, and with that, the cold weather is right around the corner. Children's World embraces every new season, and we are looking forward to the transition to the winter months.

### Nutrition

Children's World would like to remind all families that there are guidelines in place for what is mandatory for the children's meals throughout the day and what is not allowed. All children must have a balanced meal for snack and lunches, with a protein, fruit, vegetable, and whole grain offered at every mealtime.

Candy, fruit snacks, chocolate, etc. are not allowed to be packed in snacks and lunches. These items do not provide the necessary nutrients to ensure that your child is operating at their full potential while in school. These items will not be served to your child and will be sent home each time they are provided.

Children also have fluctuating eating habits, where one day they are just nibbling at their food and the next they are gobbling it up. Please take this into consideration and pack extra food to help the children on the days that their bodies are needing more. Items like applesauce, humus, carrots, mandarins, cherry tomatoes, or crackers can easily be transferred to the next day's meal if they are not consumed and are wonderful "add-ins" incase your child is a bit hungrier then normal.

Please continue to follow our nutrition policy and ensure that your child is receiving the appropriate nutrients.

## Reminders

### Parking Lot

Practice caution in the parking lot as lower temperatures and darker drop offs and pick ups arrive.

### Outside Gear

Please don't forget to pack appropriate outside gear for the Fall Season. Gloves, hats, rain coats, warm jackers, rain pants, and boots are all needed.

## DOOR CODE

# 2391



## Cold & Flu Season Arrival

Coughs, runny noses, and non-stop sneezing are starting to become the norm in the classrooms at this time. Children's World would like to remind everyone, that even though Covid-19 has transformed to an endemic, there are still plenty of other viruses that can make your kiddos quite sick.

We ask for your understanding and consideration during this time, and to think of the whole community. If your child is not feeling well, please do not send them to school. A mild runny nose or a slight cough is acceptable, but elevated temperatures, mucus producing coughs, lethargic children, continuous green runny noses, etc. should be kept home.

If your child is sent home, please keep them home until their symptoms improve and the chance of spreading the illness to the classroom and teachers is less likely. If you are ever unsure of a specific health policy, contact administration for clarity.

We thank you for your cooperation.

Please reach out if there are any concerns and questions.

Thank you.

Sincerely,

Children's World Bilingual Montessori