

PRESCHOOL



WOODLAND PARK PRESCHOOL PROGRAM DRESS CODE

The preschool program follows the school district's BOE approved dress code policy:

- **Shirts** – polo collared, long or short sleeve- solid color only (navy or maroon)
- **Sweaters/Sweatshirts** – solid color only (navy or maroon)
- **Pants** - chinos or joggers with elastic waist - solid color only (khaki or navy)
- **Shorts, Skirts or Dresses** – solid color only (khaki or navy), shorts same style as chinos.
Please Note: Skirts and jumpers- solid color (khaki or navy) and shorts must be worn underneath.
- **Shoes** – must be closed toe and closed heel back shoes or sneakers (no crocs or sandals).



Dress reminders and checklist:

- Please label all sweaters, jackets, coats, school bags, backpacks, etc. with your child's name. Often a child will have a garment identical to someone else's in the classroom.
- Your child will need at least one seasonably appropriate change of clothing which will include – a top, pants, underwear and a pair of socks. The clothing must be placed in a large Ziploc bag and labeled with your child's name.
- We encourage our students to use the bathroom independently so be mindful that belts and overalls can be difficult to maneuver. Toilet training is on-going for those students who are not yet independent.
- If potty training, please provide any diapers or pull-ups your child will need for the week..
- **On Fridays**, students are allowed to dress in **School Spirit Wear** sold by the Home and School Association (HSA).

- Backpack
- Change of clothes (top, pants, underwear & socks)
- Diapers or pull-ups (if applicable)
- Fitted crib sheet (In a Ziploc bag and labeled with your child's name)
- Small blanket (In a Ziploc bag and labeled with your child's name)

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WOODLAND PARK PRESCHOOL PROGRAM MEALS & SNACKS



Meals and Snacks

Each day the children have a fun time together around the table as they snack. Snack time teaches patience, manners, independence, and language development.

When packing your child's snack, please place it in a **lunchbox**. Please send your child to school with healthy snacks, no "junk food". We define junk food as any food that is high in fat, sugar and/or salt and low in nutritional value. Some examples include candy, chips, cookies, cake, donuts, etc. Please provide foods that are prepared in a way that is easy for your child to handle independently. Please send food in small, manageable portions. All foods should be prepared so that they are ready to eat, such as cut into small pieces, peeled etc.

Examples of healthy snacks:

Fruits. Apple slices, canned fruit, applesauce, fresh seasonal fruit by itself or with yogurt, cottage cheese or ricotta cheese, dried fruits like raisins.

Vegetables. Baby carrots, fresh vegetables with a low-fat dip, 100% vegetable juice, soft cooked vegetables with hummus or yogurt, grilled cheese and tomato sandwiches, or cheese and veggie quesadillas.

Grains. cereals, graham crackers, wheat crackers, bread or bagels with cream cheese spreads, hummus.

Proteins. Tuna salad, hard-boiled eggs, bean dip, pita pocket filled with lean sliced meat or tuna, muffins or pita bread topped with grated cheese or lean cuts of meat.

Dairy. Cheeses, yogurt, flavored low-fat milk, cottage cheese with fruit.