

First Day checklist

To return to the school (either in person or by mail) before your child's first day:

- The **General Health Appraisal** form filled out by a health care professional
- Immunization records (or signed exemption form)
- Annual registration fee
- Admission paperwork

To bring on **first day** (all should be clearly labeled with your child's name):

- A child-sized blanket
- A crib sheet to put over the napping cot
- A small stuffy which does not make noise
- A re-usable water bottle
- A waterproof grocery-like bag to store your child's nap items
- A change of clothing appropriate for the season
- Diapers and wipes (if needed)

About separating from your child:

- Frequently the longer you stay the more anxious your child may become
- Often familiarizing your child with the environment before the first day will help with this transition, ask your **mentor teacher** how to schedule a time to do this
- Give your child an encouraging good-bye kiss
- Remind your child that she/he will have a wonderful day with new friends
- Remind your child that you will see her/him soon
- Your child may experience temporary sadness. This is perfectly normal. We will be sure to call you if it becomes prolonged.
- You may bring or e-mail a photo of you/your family for us to laminate for your child to have as a comfort.