

TODDLER ORIENTATION

HOW CAN I HELP MY CHILD PREPARE FOR THE FIRST DAY OF SCHOOL?

- Encourage your child to get a good night's sleep.
- Encourage your child to eat a nutritious breakfast.
- Your child may be feeling a range of emotions regarding a return to school and in-person learning. Listen to your child, ask them how they are feeling, and validate their emotions.
- Prepare your child by explaining what is going to happen. (Ex. We will park the car, you will walk on the path, you will go into the playground etc.) Go through your routine for the first day of school ahead of time and talk them through what to expect.
- Prepare your child for the expectation that they will walk up to school independently beside you.

WHAT DOES MY CHILD NEED?

- A white shirt to wear on Fridays for Kabbalat Shabbat (the ritual of welcoming Shabbat).
- A weekly flower list will be sent out in September. Children will take turns bringing in flowers as a way to care for their environment and to embellish our Jewish rituals.
- Please see page two for more detailed instructions.

WHAT ARE THE EXPECTATIONS AROUND FOOD?

- Per CWELCC, a kosher dairy hot lunch is offered to all Toddler students daily. If you wish to opt out of this service, please contact the office. Please see below for information on packed lunches and snacks should you decide to provide your own food items. **Lunch must be packed with an icepack and all items must be clearly labelled.**
- We are a nut-safe school and do indeed have children in the school with serious allergies. It is very important to make sure that no peanuts or tree nuts, or anything containing these ingredients, are sent to school. This information must be shared with anyone who may be helping to prepare and pack lunches for your child.
- As a Jewish school, we ask for kosher-style lunches to honour both Jewish customs and different practices at home. Specifically, please avoid shellfish or pork, as well as meat and milk in the same meal.
- A healthy snack will be provided on a daily basis.

HOW DO BIRTHDAYS WORK?

- Your child may bring fruits or vegetables to share with the class. We ask that pre-cut fruit be store-bought. If you would like to provide whole fruits, we will cut them at school.

HOW DO WE COMMUNICATE WITH YOU AND KNOW WHAT'S HAPPENING IN CLASS AND WITH OUR CHILD/REN?

- In addition to our occasional class emails, we are happy to communicate with you via private email to keep us up to date or to express minor concerns. We will also call you within the first few weeks of school to say hello and check in. Please keep in mind that the window for a response to email is 48 hours, so if you have a pressing issue, please contact the Front Office at (416) 784-5071 ext. 1.
- **Please come to our Parent Evening for an opportunity to learn more about the inner workings of the Toddler classroom.**
- We will be using **Transparent Classroom** to send you pictures and messages about what your child is working on.
- **Parent-Teacher conferences will be held in the Fall and a Parent-Teacher check-in in the Spring.**
- We are available to book individual meetings as needed.
- You will receive Progress Reports in December and June.

If you have any other questions, please don't hesitate to be in touch. We can't wait for the new school year to begin, and we look forward to seeing many of you and your children over the coming days!

WHAT TO BRING

Thank you for choosing our MJDS toddler program. To help your child settle into the classroom routine, we would like to request our parents to prepare the listed items below for your child at school.

Due to the limited space for storage, all the mentioned items should be stored in a **labelled child-size backpack**, which your child could carry on their own every day. All items must also be labelled and refilled daily. At home, we suggest that parents help and encourage their child to refill the necessary items in his/her bag. Setting up a regular routine would help your child develop a sense of positivity coming to school, and it also encourages your child to make their first strides towards independence.

PACKING LIST:

- 2 to 3 sets of spare clothes, including socks
- 5 to 6 diapers
- 2 plastic/waterproof bags
- Water bottle that is labelled

The following items will be kept at school:

- 1 extra pair of indoor shoes (ideally velcro ones, that are easy for the child to put on)
- 2 boxes of wipes (Refilled upon request.)
- Diaper cream and sunscreen (Optional)
- A respectful head-covering for Jewish rituals.
- 1 set of supplies for tooth brushing, including a toothbrush, a small tube of toothpaste, and a small plastic cup.
- Bed sheet and blanket (pillow is optional) for naptime and quiet time. These items must be labelled and will be sent home every last day of the week. Please make sure they are labelled and laundered when you bring them back on the first day of the week.

In addition, please ensure that your child has weather-appropriate clothing. For example, your child may need a hat, neck warmer, waterproof mittens, snow pants and boots for outdoor activity during wintertime; a visor, hat, and sunscreen may be needed on a sunny day.

