



**FOREST HILL PRESCHOOL**  
Parent/Student Handbook  
2019



Dear Parents,

Welcome to Forest Hill Preschool! We are so glad to have you and your child with us. Thank you for your confidence in us as you entrust your precious little ones to our care. We will give your child the attention, care, and love that Jesus shares with us.

Your child will grow in many new ways this year under the guidance and loving encouragement of our dedicated , loving, and well-trained staff. Our goal is to help each child develop spiritually, mentally, physically, and emotionally as fully as possible. It is such a blessing to see each of your children develop their own God endowed gifts!

I am looking forward to getting to know each of you and your children. May God lead and bless us as we share in the responsibilities of training our children...God's most precious gift!

Yours in Christ,

A handwritten signature in cursive script that reads "Susan Kincaid". The signature is written in dark ink on a light-colored background.

Susan C. Kincaid

“Train up a child in the way he should go and when he is old he will not depart from it.” - **Prov 22:6**



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## General Information

Forest Hill Preschool is a program of loving care and quality education for preschoolers, 14 16 months through Transitional Kindergarten (TK). Forest Hill provides a nurturing Christian environment for preschoolers to learn and grow in a developmentally appropriate way, following God's design for each of them!

The program is designed to meet the needs of the total child. Our Preschool program will include activities that help the child grow emotionally, mentally, physically, socially and spiritually.

Emotionally a child will learn to adjust to a time away from mom and dad and develop a love and trust for her/his teachers. Helping children to discover and explore the world around them will help them to grow developmentally as they learn to process the world around them. Basics, such as colors, shapes, numbers, the alphabet, and phonics will be introduced in a way that makes learning fun and exciting.

Preschool provides outside play, Preschool Praise, GymSport, Science, Spanish, Chapel and the use of educational manipulative toys to help a child develop a healthy mind and body, building fine and gross motor skills. As preschoolers play and interact with one another they make friends and grow socially, learning the concepts of kindness, forgiveness, patience and self control. Your child will hear Christian teachers share Bible stories, songs, and prayer that help them learn about God, Jesus, and God's Word.

We strive to lay foundations that a child will continue to build upon. Our desire is to grow preschoolers to leave our program with a love for Jesus, good self-image, happiness, confidence and eagerness to learn.

## Registration Process

Pre-registration for current students/siblings begins the 2nd week of January via SCHOOLDOC. SCHOOLDOC is our exclusive means of registering your child.

The following forms must be completed in SCHOOLDOC to secure placement for your child for 2019-2020 Preschool year:

- |  |   |
|--|---|
| <input type="radio"/> Registration Fee       | <input type="radio"/> Tuition Agreement     |
| <input type="radio"/> Liability Release Form | <input type="radio"/> Medical Release Form  |
| <input type="radio"/> Application Form       | <input type="radio"/> Developmental History |

**THE REGISTRATION FEE IS NON-REFUNDABLE.**

# Program Specifics

We are a **Scripture based, Reading, and Math Development Program**, focusing on developing the individual child! Each is unique in Jesus!

## **Program/Days Offered:**

**2 Day (Tuesday/Thursday) –** Toddlers, and 2's

**3 Day (Tuesday/Wednesday/Thursday) –** 2's, 3's and 4's

**4 Day (Monday/Tuesday/Wednesday/Thursday) –** 3's, 4's and Transitional Kindergarten

## **Program Hours:**

**Weekday School –** 9:00 AM-1:00 PM

**Extended Day –** 1:00 PM-3:30 PM

**Fun Fridays –** 9:00 AM-1:00 PM

## **Weekly Enrichment:**

**Preschool Praise –** all ages

**GymSport –** all ages

**I Spy Science –** 3s, 4s, and TK

**Hola! Spanish –** 3s, 4s and TK

**Chapel –** Ages 2 through TK

**THREE YEAR OLDS MUST BE COMPLETELY POTTY TRAINED AND INDEPENDENT OF ASSISTANCE (BY AUGUST 31) FOR ADMITTANCE TO THE 3-YEAR-OLD PROGRAM IN SEPTEMBER.**

# Tuition Payment Information

Preschool tuition is determined in accordance with a yearly budget and is calculated at a yearly rate, then divided into nine monthly payments.

**Tuition is due on the first day of each month.** If tuition is not paid by the 10th of the month, you will be charged a \$20.00 late fee.

## **Delinquent Accounts**

If tuition payments become delinquent for over one month, your child cannot continue in our program until tuition is paid. Please feel free to speak with the Director if you find that there are extenuating circumstances.

## **Withdrawal Policy**

A four week notice is required in order to receive a pro-rated tuition credit. An exception to this rule would be a transfer out of town or a long-term illness.



# The Beginning and The End of Our Day

Morning Car Drop-Off is offered each morning for students in the 2s through TK classes. Toddlers must be walked to class. You may walk your child/ren to class any day you choose.

## **9:00 a.m. – The Beginning**

Our school day begins at 9:00 a.m. Children cannot be received in their classrooms before 8:55 a.m. due to staff devotion and final teacher preparation for the day. Parents and siblings are to remain outside of the room at drop-off time, which makes for a shorter and easier adjustment period if a child is experiencing some separation anxiety. Teachers will greet the children at the door and welcome them warmly!

## **12:50 – 1:00 pm. – The End**

Classes are over at 1:00 p.m. Children will be ready for pick-up beginning at 12:50 p.m. We ask that parents not enter the room or carry on lengthy conversations with the teacher at this time, so teachers can keep an eye on remaining children. If you have concerns or questions, please ask them to contact you at home.

**Extended Day is offered from 1:00 – 3:30pm, Monday through Thursday. Registration for afterschool is done through SCHOOLDOCS and is on a first come, first serve basis.**

## **Late Pick-up Procedure**

We realize that there is an occasional emergency, however, our teachers cannot be responsible for children after 1:00 p.m. At 1:05 p.m., any children who remain in the classroom will be taken to the Administrative Offices. Parents must sign their child 'out' and note time of pick-up.

After 1:05 p.m., your account will be assessed a late fee of \$5.00. There will be an additional charge of \$1.00 per minute after 1:10 p.m.

# Curriculum and Teaching Methods

Our program adheres to the NAEYC and Early Education Curriculum Guidelines as the basis for our teaching curriculum. Our teachers enhance this developmentally appropriate material with other resources and draw from their previous experience.

We will be covering eight basic concept areas: God, Jesus, Bible, family, self, others, the natural world and developmental readiness. This will give us the springboards to help our preschoolers learn more about their world.

Our teaching methods implement learning centers. To help teach the topic of study, preschoolers are encouraged to choose activities involving art, blocks, cars and trains, home living, music, nature, puzzles, and manipulatives. Teachers will present concepts through conversations, stories, songs, circle time, individual instruction, and prayer as preschoolers participate and interact during the activities. **Weekly enrichment classes** include Chapel, Music, Gym Sport, (Toddlers, 2s, 3's, 4's, TK), Science Lab (3s, 4s, TK), Spanish (3s, 4s, TK), Computer/Tech Lab (3s, 4's, TK).

## Communication

We use Brightwheel as the primary communication tool for our families. You will be invited to join Forest Hill Preschool to log in and see what's taking place in your child's classroom and at Preschool. Communication is of utmost importance as we work together in the best interest of your child. Teachers are responsible for communicating to families through the Brightwheel, which will include the monthly calendar regarding classroom curriculum and daily activities that take place in the classroom. Topics, events, and activities will be highlighted. For added convenience, calendars, newsletters, forms, and notifications will be available in paper and electronic form by request.

Weekly and monthly Director's Newsletters are sent to parents through Brightwheel, sharing current monthly Preschool information about events and activities.

If you have questions and concerns about policies, classes, staffing, curriculum, or events, feel free to contact Susan Kincaid at [susan.kincaid@foresthill.org](mailto:susan.kincaid@foresthill.org) Questions and concerns regarding tuition payments, the registration process, School Doc and Brightwheel, please feel free to reach out to Joy Crouch at [joy.crouch@foresthill.org](mailto:joy.crouch@foresthill.org).

## Health Policies

Each child must have a copy of the current immunization record, All About Me Form, an Emergency Health Care Plan, and a Medical Release form signed by parents on file.

## Behavior Policy

The mission of Forest Hill Preschool is to provide a Christian learning environment for our children. This environment is in place to provide the safety/security of all children, as well as the ongoing learning process, and is to be as free of disruptive behavior as is reasonably possible.

Disruptive behavior can include, but is not limited to: biting, repetitive tantrums, inconsolable crying, repetitive aggressive behavior towards other children and/or the teacher.

We understand that children are young in their social skills; however, behavior of this nature greatly affects the entire class. Consistent disruptive behavior, daily and/or weekly, will necessitate a Parent/Teacher/Director conference as an initial step. Subsequent incidents would require parents to pick up the child for the day. If the behavior issues cannot be resolved, then dismissal from the program for a period of time will be necessary. Any issues will be addressed by the Director and resolved with Christian compassion.

To provide positive discipline, we adhere to the following teacher/pupil ratio, in most cases we following maximum enrollments:

Toddlers: 1-4 ratio	4's: 1-8 ratio
2's: 1-6 ratio	TK: 1-8 ratio
3's: 1-7 ratio	

# Sick Policy

Please keep your child home if your child exhibits any of the following illnesses **in the 24 hours prior to arriving at preschool in the morning** or when you suspect your child is sick. This will help keep our classrooms free of illness.

**Examples of common reasons a child should stay home is:** fever, diarrhea, and vomiting, congestion, yellow or green mucus in the nose, eye discharge, skin lesions, or any other indication of illness.

If your child becomes sick at school, we need to get him/her home as quickly as possible to keep others from being exposed. **Be sure we have updated contact information should we need to contact you! Because we do not have an area to isolate sick children, they will not be allowed to remain at Preschool.**

**Students cannot be kept inside when the class is outdoors, so if he/she needs to remain indoors, please keep your child home.**

A phone call to let us know why your child is absent is appreciated. If your child contracts any contagious disease, please inform the school so we can inform other parents. Tuition credit is not given for student absences.

# Bite Policy

Biting is a natural response and usually a temporary condition that many children go through, however, because the safety of your child is of primary concern to the Preschool staff, the following steps will be taken if a biting incident occurs at Preschool:

- The biting will be interrupted with a firm but positive "No, no...we don't bite friends!" "Teeth are for food".
- The bitten child will be comforted with hugs!
- We will remove the biter from the situation and redirect their activity.
- The wound will be assessed & cleansed with soap and water.
- The parents of both children will be notified of the biting incident.
- Confidentiality of all children involved will be maintained.
- The bitten area will continue to be observed by parents and staff for signs of infections.
- If a child bites more than twice a day, the parent must pick the child up. If a child is biting more than 4 times in two weeks, he/she will need to take a break from the program for a period of at least four weeks. This will hopefully break the cycle and allow the child grow in awareness. After the four week period, the parents and Director will evaluate the child's readiness to return to the classroom.
- If a bite draws blood we will follow the guidelines set forth by the State of NC center for Disease Control for body fluid exposure.

# Toddler and Two's Potty Plan

At Forest Hill Preschool we want to help you and your child when you begin to potty train your little ones.

Our potty plan is as follows:

- We will take the child to potty when he/she shows signals (verbal or non-verbal).
- We will assist them with underwear.
- We will assist them in hand washing.
- We will then give positive re-enforcement with stickers/charts.

When a child is completely potty trained for one week at home he/she can then wear "big kid pants" and we will celebrate! No underwear can be worn until the child is fully potty trained.

Sometimes accidents can happen because the Two's are involved in lots of activities. However, if they again begin having several accidents in a week, they will need to start over with diapers while at Preschool. We will be glad to repeat the process!

If you would like to read the entire "Potty Training" procedure, please request a copy from your child's teacher or the director.

## Appropriate Attire

Your child(ren) should come dressed in play clothes, appropriate for outdoor play. If he/she is toilet training, dress them in clothes that are comfortable and easy to remove. In cooler weather be sure to send a coat. We go outside if the temperature is above 40°. Shoes should be a good fit, and should be rubber-soled or non-slip shoes. (Cowboy boots, clogs, and flip flops should not be worn because they are not safe while running and climbing on the playground).

## Things to Bring

Please label the following with your child's name:

- **"Lovies"**: Occasionally children will have a hard time adjusting to new faces. Please bring your child's favorite "lovey" or "paci" to help make them feel secure.
- **Diaper bag (babies - untrained 2's)** - At least 3 disposable diapers and a change of clothes. No pull-ups or cloth diapers due to strict NC Health and licensing Codes.
- **Lunch box** – finger foods and juice boxes with straw or sippy cup, spoon or fork and a napkin.
- **Change of clothes** – Diapers/Underwear, pants, shirt and socks to remain in the bag, in case of an accident.

### Things Not Permitted

Do not bring any toys or items from home except for Show 'n Tell items (which teachers will ask for) or items that are pertinent to the topics of study. These items will be kept in your child's cubby until Show 'n Tell. We cannot be responsible for toys brought from home. They often cause sharing problems and can occasionally be broken.

# Birthday Celebrations

## Birthday Celebrations

Birthday party celebrations for your child are welcomed! **All birthday parties are held from 12:30 – 1 p.m.** If you would like, you may provide refreshments, with arrangements being made with your child's teacher. Please do not give party favors or toys. Party invitations or special snacks will only be given when the entire class is included. \*Parents who have children with food allergies will need to provide an alternative treat for these non-designated days. It is a good idea to leave a snack/treat with teachers during the year for children with allergies so they'll have a treat during impromptu birthday celebrations.

# Holiday Celebrations

**Parents are welcome to host holiday parties during the year – no siblings please.**

Volunteering involves providing juice and a small snack for each child and teacher. (a simple activity and game is also an option) Sign-up sheets for parties will be available at the Open House.

The class holiday parties are as follows:

- October – The Fall Festival
- November – Thanksgiving Feast
- December – The "Birth of Jesus"
- February – Valentine's Day
- April – Easter Celebration
- Class Year-End Party

Parents who have children with food allergies will need to bring an alternative treat on these designated days. It is a good idea to leave snack with teachers during the year for impromptu birthday celebrations.

# Observance of Teacher Holidays

For the 2019-2020, Preschool at FHC will be closed the following days:

- November 27-29
- December 20-January 3
- January 20
- April 10-17

## **Inclement Weather**

When inclement weather prevails, we will follow Charlotte Mecklenburg School closings. In addition, unforeseen or emergency situations may occasionally dictate the need to close Preschool. An email will be sent to families regarding inclement weather or unforeseen situations by 8am that morning. We are self-supported and do not give credits for days when the center is closed, including unforeseen and emergency circumstances.

Forest Hill Preschool observes the CMS holiday and workday calendar because most of our teachers have children who require care at home on these days. Therefore, Forest Hill Preschool is unable to provide childcare these days.

## **Field Trips**

TK and four year old classes will be taking three off-site field trips during the school year to experience history, science, social studies, and God's world around us in a 'hands-on' way! Field trips coincide with monthly classroom curriculum units. There are two on-campus field trips' each year.

Due to our Preschool Insurance Liability Policy, teachers cannot transport students; parents will need to provide transportation to and from the designated Field Trip location. If you are unable to drive, please make arrangements for your child to ride with another student and parent. Fees and dates will be communicated to you one month in advance and will be payable through PayPal.

## **Volunteers**

We always need volunteers to help make Forest Hill Preschool run smoothly! Volunteering enables you to share and take an active part in your child's preschool education. Grandparents are welcome too!

Some of the areas for which you may volunteer include:

- Substitute as an assistant in the classroom
- Room Mother (assist with phone calls/notices, class reminders, man the teacher Coffee Cart twice year, and help serve during the spring teacher appreciation luncheon in April)
- Picture Day 'Runners' (escort classes to photographer)
- Scholastic Book Club-send monthly email to parents reminding them to order Scholastic Club items online and, when orders arrive, organize and deliver the items to the teacher/student.

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# Curriculum Overview

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## Toddler Classes

The goal of our Toddler Classes is to provide a safe and loving environment for your child's first Preschool experience. The Toddler Classes each have a maximum of eight children with two teachers. Emphasis is placed on following simple directions, learning social skills through play and interaction with others, being a good friend and helper, understanding boundaries, and experiencing the world through play. Each day our Toddlers will get one-on-one attention as they do simple learning activities. They will also experience Bible Time, music activities and read stories daily. They take walks in the "Big Blue Buggies" and play outside on the small playground, weather permitting. Toddlers have 'Preschool Praise' and 'GymSport' enrichment classes weekly. Our precious Teachers give the Toddlers lots of love and individual attention, emphasizing the love of Christ. They are precious in His sight.

## Two Year Old Classes

At Forest Hill Preschool, we believe that Two-Year-Olds are like little "sponges" who absorb information and experiences so quickly. Two-Year-Olds are exposed to colors, numbers, shapes, cutting, pasting, 'writing', and reasoning and listening skills. Bathroom habits are important as the ones in diapers soon want to be potty trained like their friends. We are happy to partner with you in the potty training experience.

Our Two-Year-Old program is individualized for each student, therefore easily adaptive to the changing skill levels, attention levels, and needs of the classes. We provide an inviting atmosphere that encourages a sense of fun and discovery. Our main goals are social interaction with other children, a positive separation from parents, and listening to and following simple directions. The two year olds continue to learn best through free play in centers, interactive activities in circle time through songs, stories and games. During the day they will experience creative art, play time out on the small playground and our daily Bible Time. They will participate in the weekly enrichment classes, 'Preschool Praise' and 'GymSport'. The Two-Year-Old program is a loosely structured academic program with a loving emphasis on shared experiences and social interaction, Reading and Math Readiness skills, as well as large and fine motor development. They are created with individual gifts!

## Three Year Old Classes

The Three-Year-Old Class provides a time for your child to practice new-found independence, while remaining within the comfortable boundaries and routine of a classroom environment. Children are given the chance to play and develop relationships with friends. Our main goals in the Threes classes are making an easy transition from home to school, developing good listening skills, learning to follow simple directions, and learning to share. The Threes will also take part in free play centers, interactive activities in circle time through songs, stories and games. Socialization skills, self-help skills and gross & fine motor skills are emphasized in the daily activities.

Our Threes are exposed individually to the alphabet through art, music and other activities that emphasize each letter and its properties. The goal is that the children will recognize each letter by its upper case and its sounds. Math readiness skills are built upon daily through planned curriculum as well as free play. Hands-on activities provide awareness of the concepts of sets, number recognition, and patterning. Exposure to the daily BIG calendar allows for many opportunities involving numbers and relativity. Shape, color, letter, and number recognition are also emphasized through interactive games, sorting and matching activities. Three-Year-Olds have daily 'Bible Time' as they experience Bible stories and songs. Weekly enrichment classes include 'Preschool Praise', 'I Spy Science', 'Hola! Spanish' and 'GymSport'. Our goal is to help develop each child's special God given strengths.

## Four Year Old Classes

The goal of the Fours team is to provide a Kindergarten readiness program while encouraging creative and enriching free-play. Our Four-Year-Old is exposed to both pre-reading and pre-math activities. Handwriting, through the use of sensory activities and worksheets, develops the skills necessary to be prepared for

Kindergarten. Children are exposed to the alphabet through art, songs, and daily individualized activities that emphasize each letter case. The goal is that the children will recognize each letter by its upper and lower case and its sounds. Math readiness skills are built upon daily through hands-on activities and work sheets. These activities provide awareness of the concepts of sets, number recognition, sequencing, patterning and one-on-one correspondence. During Circle Time, exposure to the daily calendar allows for opportunities involving numbers and relativity. Shape, color, letter, and number recognition are emphasized through interactive games, sorting, and matching activities in this group activity.

Creative skills are developed and nurtured throughout various activities during our busy days. Social and emotional skills, and recognizing positive boundaries are emphasized during free-play which is still generously available. In addition to providing a creative outlet, art projects are a medium for teaching colors, taking turns, and learning multi-part directions. Most art projects help to build small motor coordination through the use of scissors, paint brushes, markers, glue sticks, and other tools.

The Four-Year-Old Class focuses on a different theme nearly each week of the school year to expand the children's knowledge of the world. Theme units are enhanced through on and off-site Field Trips that are scheduled throughout the year. Theme concepts are also taught through finger plays, art, storybooks, foods, and crafts. Language skills and vocabulary are developed through these fun units of study as well. Topics range from "Insects" to "Animals in Spring", from "The Christmas Story" to "Celebrate Easter", from "Health and Our Bodies", to "Community Helpers" and "Transportation" to "Around the World Passports". The Weekly enrichment classes provided for the Four-Year-Old experience are 'Preschool Praise', 'I Spy Science', 'GymSport', 'Hola! Spanish' and 'Technology'.

The goal of the Fours' teacher is to provide Kindergarten prep in a loving environment which will encourage the individual development of happy, thoughtful, curious children who know they are precious because they are loved by God.

### **Transitional Kindergarten Class**

This wonderful program is a hands-on, child-centered Reading, Writing, Math, and Science transitional-kindergarten program. The curriculum will allow your child to be actively involved in doing, creating, thinking and experimenting with concrete experiences in the classroom. Our program offers a multitude of rich language experiences. We use the Abrams Learning series 'The Letter People' for an in-depth phonics study. The class meets a new letter person each Monday and most weeks' activities revolve around the designated letter. The Letter People curriculum is based on the reading readiness development process. Our intent is to provide each child with a wealth of readiness experiences so that when your child is truly ready to read, he or she will discover the joy of reading on his or her own. The use of sight words encourages early recognition of basic words used in first readers. We use Handwriting Without Tears to introduce capital and lower case writing, numerical writing, beginning sentences and punctuation.

The Math/Science portion of the curriculum is modeled after Math Their Way. Classroom math activities are designed to help your child ask questions, be curious, and then find the solution through the use of manipulatives. During the week, we will focus on science concepts through experimentation. The children enjoy receiving their own magazines and learning a variety of interesting facts about themselves and the world around them. Social Studies is integrated throughout our weekly studies and theme units as well. We believe that the TK program helps each child build his or her self-confidence and Christ esteem through developing your child's ability to think, contribute, and problem solve. Our curriculum helps us nurture, encourage, and develop the whole child. The Weekly enrichment classes provided for the Four-Year-Old experience are 'Preschool Praise', 'I Spy Science', 'GymSport', 'Hola! Spanish' and 'Technology'.

**IT IS OUR PRIVILEGE TO PARTNER WITH YOU TO DEVELOP YOUR CHILD'S GIFTS AND ACADEMIC SUCCESS IN GOD'S GRACE AND LOVE.**





# Event Calendar

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## 2019-2020 Forest Hill Preschool Calendar

Month	Date	Event
<b>AUGUST</b>	8/30	Open House...(11:00am-11:45am and 12:00pm-12:45pm)
<b>SEPTEMBER</b>	9/2	Labor Day (School Closed)
	9/3	First Day of School (Walk-in Only)
	9/11-9/12	Soccer Shots begins! Wear athletic shoes!
	9/16	Car Rider Drop Off Begins for students age 2 and up
	9/19	Room Mom Meeting at 12:15pm in the Charis Room
<b>FUN DAY</b>	9/25-9/26	Sprit Day...wear your FHP tee shirt or something blue!
<b>OCTOBER</b>	TBA	4s/TK Field Trip (Hunter Farms, 10:00 a.m.)
	10/1-10/2	Fall Picture Days
	10/7-10/31	Student Classroom Observations
	10/24	Family Fun Night (Exploratorium, 5:30-7:30)
<b>FUN DAY</b>	10/30-10/31	Spirit Day...wear your FHP teeshirt or something blue!
	10/30-10/31	Fall Harvest Parties
<b>NOVEMBER</b>	11/11	Veteran's Day (School Closed)
	11/11-11/26	Blessing Bags donations due
	11/25-11/26	Thanksgiving Harvest Parties 12:30-1:00
	11/27-11/29	Thanksgiving Break (School Closed)
<b>DECEMBER</b>	12/5-12/6	Blessing Bags distributed to ABW ministry
	12/17, 12/18, 12/19	Birthday for Jesus parties
	12/18	Christmas Program Practice, 12-1
	12/19	Christmas Program 12:00pm in the Sanctuary (Reception)
	12/20-1/3	Christmas Break (School Closed)
<b>JANUARY</b>	1/6	Classes Resume after Christmas Break
	1/13	Registration Opens for 2019-2020 School Year
	1/20	Martin Luther King Holiday (School Closed)
<b>FUN DAY</b>	1/29-1/30	Spirit Day...wear your FHP teeshirt or something blue!
	1/30	Room Mom Meeting 12:15pm Charis Room
<b>FEBRUARY</b>	2/3-3/2	Preschool Student Progress Reports
	2/12-2/13	Happy Valentine's Day Parties 12:30-1:00
	2/19-2/20	Donuts for Dad 9:45am Charis Room
<b>FUN DAY</b>	2/26-2/27	Spirit Day...wear your FHP teeshirt or something blue!

## 2019-2020 Forest Hill Preschool Calendar

Month	Date	Event
<b>MARCH</b>	3/12	Zany Zootastic Money Due
	TBA	Zany Zootastic Day
	3/18-3/19	Muffins (Donuts) with Mommy
<b>FUN DAY</b>	3/25-3/26	Spirit Day...wear your FHP teeshirt or something blue
<b>APRIL</b>	TBA	Spring Picture Days
	4/8-4/9	Easter Celebrations 12:30-1:00
	4/10	NO Fun Friday
	4/10-4/17	Spring Break (School Closed)
	4/23	Family Fun Night/Picnic on the Lawn (Grounds, 5:30-7:30)
<b>FUN DAY</b>	4/29-4/30	Spirit Day...wear your FHP teeshirt or something blue
<b>MAY</b>	5/1	Closed for Wells Fargo Championship
	TBA	4s/TK Field Trip
	5/14	Field Day (Grounds) and Family Picnic
	5/20	Graduation, 4s/TK Practice (Charis Room, 11:00)
	5/19,5/20, 5/21	End of Year Celebration
	5/21	4s/TK Graduation Ceremony and Reception
		(Charis Room, 12:00)
	5/21	LAST DAY OF SCHOOL!
<b>JUNE</b>	6/15-7/2	Session 1 Summer Fun (T/W/TH )
<b>JULY</b>	7/13-7/31	Session 2 Summer Fun (T/W/TH)



# Peanut Free Suggestions

# Peanut Free Suggestions

We avoid all foods that contain or may contain peanut and tree nuts. In addition, we avoid foods that are processed in the same facility as peanut and tree nuts. This list is not a substitute for your own due diligence. Recipes and ingredients change. Read the label of every item you purchase.

Item	Manufacturer	Meal	Subcategory
Zoo Animal Crackers	Austin	Snack	Crackers
Cinnamon Graham Cookies	Betty Crocker	Snack	Cookies
Dunk Aroos	Betty Crocker	Snack	Cookies
Cheetos	Frito Lay	Snack	Chips
Fritos	Frito Lay	Snack	Chips
Ruffles Potato Chips	Frito Lay	Snack	Chips
Rold Gold Pretzels	Frito Lay	Snack	Chips
Sun Chips Original, Sour Cream, Cheddar, Classic, Flavored	Frito Lay	Snack	Chips
Bugles - Original	General Mills	Snack	Chips
Bite Size Snackin Grahams - Cinnamon, Chocolate	Keebler	Snack	Crackers
Elf Grahams	Keebler	Snack	Cookies
Fudge Stripes Shortbread Cookies	Keebler	Snack	Cookies
Golden Vanilla Wafers	Keebler	Snack	Cookies
Grasshopper Mint Cookies	Keebler	Snack	Cookies
New Rainbow Vanilla Wafers	Keebler	Snack	Cookies
Munchems - Sour Cream & Onion, Original, Ranch, Cheddar	Keebler	Snack	Chips
Snack Stix	Keebler	Snack	Crackers
Sugar Wafers	Keebler	Snack	Cookies
Toasteds, Wheat, Buttercrisp	Keebler	Snack	Crackers
Town House Classic Crackers	Keebler	Snack	Crackers
Wheatables - Original, Honey Wheat, Seven Grain	Keebler	Snack	Crackers
Handi-Snacks- Cheez N Crackers	Kraft	Snack	Crackers
Handi-Shacks - Apple Dippers	Kraft	Snack	Crackers
Handi-Snacks - Cheeze N Pretzles	Kraft	Snack	Crackers
Handi-Snacks - Teddy Grahams - Honey	Kraft	Snack	Cookies
Handi-Snacks - Teddy Grahams - Chocolate	Kraft	Snack	Cookies
Oreos - Plain	Kraft	Snack	Cookies
Lay's - Plain Chips (NOT KETTLE CHIPS)	Frito Lay	Snack	Chips
Lay's - BBQ Chips (NOT KETTLE CHIPS)	Frito Lay	Snack	Chips
Lay's - Sour Cream and Onion Chips (NOT KETTLE CHIPS)	Frito Lay	Snack	Chips
Ritz Cracker - ORIGINAL ONLY	Nabisco	Snack	Crackers
Chips Ahoy Cookies - Plain	Nabisco	Snack	Cookies
CheeseNips	Nabisco	Snack	Crackers
Newtons - Fig	Nabisco	Snack	Cookies
Newtons - Cobblers	Nabisco	Snack	Cookies
Newtons - Raspberry	Nabisco	Snack	Cookies
Newtons- Apple	Nabisco	Snack	Cookies
Saltine Crackers	Nabisco	Snack	Crackers
Teddy Grahams - Cinnamon	Nabisco	Snack	Cookies
Teddy Grahams - Chocolate	Nabisco	Snack	Cookies
Teddy Grahams - Chocolate Chip	Nabisco	Snack	Cookies
Teddy Grahams - Honey	Nabisco	Snack	Cookies
Triscuits	Nabisco	Snack	Crackers
Triscuit Thin Crips	Nabisco	Snack	Crackers
Wheat Thins	Nabisco	Snack	Crackers
Goldfish - Any Flavor	Pepperidge Farms	Snack	Crackers
Pringles - Any Flavor	Procter and Gamble	Snack	Chips
Big Cheez-it	Sunshine	Snack	Crackers
Cheez-it Regular	Sunshine	Snack	Crackers
Cheez-it Reduced Fat	Sunshine	Snack	Crackers
Hi Ho Crackers	Sunshine	Snack	Crackers
Hi Ho Reduced Fat	Sunshine	Snack	Crackers

The following suggestions will help with packing peanut/nut free lunches. This list is certainly not comprehensive. Labeling is clear and often you will find an allergen statement in bold at the bottom of ingredient listings. Find more extensive lists at [peanutfreelife.com](http://peanutfreelife.com).

## MAIN COURSES

- Bagel and Cream Cheese
  - Lenders and Thomas brands- plain, blueberry, whole wheat, NY style- obviously no nut bagels
  - Prepackaged Kraft Bagel-fuls in freezer section of Publix- nice substitute for prepackaged crustables. These bagels, pre-stuffed with cream cheese, come in plain and apple cinnamon.
- Chicken fingers (Tyson-frozen, Publix deli)
- Cream cheese and Jelly sandwich
- Eggs – boiled eggs or egg salad sandwich
- Ham and cheese Sandwich or Turkey and Cheese Sandwich
- Ham rolls (rolled up ham slices)
- Hot dog – slice lengthwise for younger children to avoid choking
- Lunchables – ham+swiss cracker stacker, turkey+cheddar cracker stacker, chicken strips, cheese pizza, pizza with pepperoni, chicken+American sub, turkey+cheddar sub, - (avoid items with candy bar dessert)
- Macaroni and Cheese (send in thermos)
- Pizza (leftovers or frozen)
- Raisin Bread (Sunmaid)
- Soybutter sandwich (Fresh Market) See website – [www.schoolsafesoybutter.com](http://www.schoolsafesoybutter.com) Website says also available at Wal-Mart and Winn Dixie – can, of course, add jelly
- Sunbutter sandwich (organic isle at Publix) – can, of course, add jelly
- Soup in thermos (chicken noodle, tomato, etc)
- Spaghetti in thermos
- Tuna salad sandwich
- Turkey Rolls – (rolled up turkey slices)
- Zoe's pasta salad (Mondays buy one get one free pints in off-season)
- Zoe's chicken salad sandwich (Mondays buy one get one free pints in off season)

## SIDES/SNACKS

- Annie's organics brand bunnies - Cheddar Bunnies, Whole Wheat Bunnies, Sour Cream and Onion Bunnies, White Cheddar Bunnies, Bunny Graham Friends, Cinnamon Grahams (organic section Publix – also some at WalMart)
- Cascadian Farms Granola Bars – Vanilla chip and Chocolate chip flavors only (no almond or peanut butter flavors). These are the only granola bars I've found that don't contain peanuts/nuts. (Publix – sometimes buy one get one free)
- Cereal – dry – many safe choices (see [peanutfreelife.com](http://peanutfreelife.com) for complete list of safe cereals)
- Cheese – cheese sticks, string cheese, cheese slices, cheese cubes, etc.
- Chips
  - Lay's – plain, BBQ, Sour Cream & Onion, BUT NO LAY'S KETTLE CHIPS
  - Frito Lay – Cheetos, Fritos, Ruffles, Sun Chips, Doritos
  - Pringles – all safe
- Crackers –Saltines, Hi Ho Crackers, Wheat Thins, Triscuits, Townhouse Crackers, Carr's Water Crackers, Carr's Whole Wheat Crackers
- Fruit – any kind – strawberries, grapes, apples, blueberries, raisins, applesauce, etc
- Goldfish – all flavors
- Kellogg's Nutri-Grain bars
- Pretzels –ROLD GOLD BRAND IS BEST –GO FOR THE GOLD. Some brands contain peanut flour.
- Special K Bars – Blueberry, Peaches and Berry, Strawberry, Vanilla Crisp, Raspberry, Bliss Mocha, and Chocolatey Drizzle – **BUT NO CHOCOLATEY PRETZEL OR HONEY NUT.**
- Veggie sticks and dip -- any are great – carrots, broccoli, celery, etc
- Yogurt, yogurt drinks – any kind but NO GRANOLA topping...granola contains peanuts with few exceptions – see above – granola bar
  - Example: Stoneyfield Organic yogurt, yo-kids squeezers, O'soy, yogurt smoothie, etc

*NOTE THAT NO NATURE VALLEY PRODUCTS ARE SAFE*



## DESSERT/BIRTHDAY IDEAS

- Cookies – prepackaged –
  - Chips Ahoy
  - Oreos- plain
  - Nabisco Newtons – Fig, Cobblers, Raspberry, Apple
  - Nabisco 100 calorie packs – Lorna Doone, Chips Ahoy Fudge drizzled, Chips Ahoy chocolate chip cookies, Oreos, Oreos mini cakesters
  - Nilla Wafers (Nabisco)
- Kellogg’s Rice Krispy Treats – original, chocolate drizzle, Rainbow
- Krispy Kreme Donuts
- Publix birthday cakes, cupcakes – traditional flavors – *These packages often state they are processed in a facility that also process peanut and tree nuts. We have researched their manufacturing process and are comfortable that they are safe for our family. We do not consider the cookies from the bakery safe.*
- Wal-Mart birthday cakes, cupcakes – traditional flavors – *These packages often state they are processed in a facility that also process peanut and tree nuts. We have researched their manufacturing process and are comfortable that they are safe for our family. We do not consider the cookies from the bakery safe.*
- Bluebell Ice cream cups – Chocolate, Vanilla or Birthday Cake flavors
- Publix brand Ice cream cups – Chocolate and Vanilla





