



PARENT HANDBOOK 2017-2018

MORAGA VALLEY PRESBYTERIAN CHURCH
10 Moraga Valley Lane
Moraga, CA 94556
925-388-0086 or 925-376-4800 ext. 248
Fax: 376-3750
Email: nurtury@mvpctoday.org
Website: www.nurturyatmvpc.com



License #070207368

Tax ID #94-1546653

Jesus said to them, "Let the little children come to me."
Mark 10:14

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INTRODUCTION

Welcome to Moraga Valley Presbyterian Church Nurtury Preschool. We are a nonprofit organization owned and operated by MVPC. The church has assigned an advisory committee to work with the Pastor and Director in overseeing the operations of the Nurtury.

We hope that your association with us is as personally satisfying to you as it is beneficial for us to serve and love you and your child.

We hope you will feel welcome at our Sunday Worship Services which happen at 9:30am and 5pm. Children's Sunday School and Nursery are available during both services.

MVPC also has a wide variety of activities for K-12 children as well as Bible studies and small groups for adults. For more information regarding any of the programs at MVPC, please contact the MVPC Main Office at 376-4800 or the Nurtury Office at Ext. 248 or visit the MVPC website at www.mvpctoday.org.

Dear Parents,

Welcome to the Nurtury! We are happy that you have chosen to become part of our family here at Moraga Valley Presbyterian Church Nurtury Preschool. This handbook contains valuable information about our program, philosophy and policies. Please refer to it throughout the coming year as it will answer many of the questions that you may have about your preschool. Working effectively depends on knowing what is expected and what you can expect in return.

The Nurtury Preschool was established as a ministry to the community to meet the preschool needs of its residents. We are pleased that you have chosen the Nurtury to be part of your family in fulfilling this ministry. Working together with staff and family, we are able to offer quality education and training in accordance with scriptural principles:

“Train up a child in the way he should go, and when he is old he will not turn from it.” (Proverbs 22:6)

Our goal at the Nurtury is to provide a developmentally appropriate, enriching program that addresses a child's social, emotional, physical, cognitive and spiritual development. Our staff and teachers are trained in early childhood education and are committed to nurturing and loving children.

We are thankful for the dedicated professionals God continues to bring to our school, teachers and staff who have committed themselves to maintain standards of behavior in their Christian walk, work performance, and

personal example. This careful attention builds trust and enables lasting and warm relationships to develop. Our hope is that your child will associate the love and attention they receive with the loving care and goodness of the Lord Jesus Christ.

As we work together to reach these goals, the Nurtury would like to get to know your family and support you in any way we can. We encourage you to ask questions and to visit our program often. We will have special events during the year in which we also encourage you to attend. Contact with parents is an essential part of our program. Please feel free to call us at anytime.

Sincerely, The Nurtury Staff

MISSION STATEMENT

The mission of the MVPC Nurtury is to convey, through our word, actions, and curriculum, the salvation of God in Jesus Christ, and to provide a child-centered program that fosters a love for God, a love for each other, a love for His Word and a love for the world.

HISTORY AND PURPOSE: Moraga Valley Presbyterian Church (MVPC) created and organized the Nurtury, in 1984, in response to a growing need in our community for a quality Christian preschool. The Nurtury's purpose is to nurture and educate young children in a Christian environment. Curriculum is carefully selected to help each child grow intellectually, socially, emotionally, physically and spiritually. This is done in a preschool rich in warmth, love and professional expertise. The Nurtury Advisory Committee (NAC), comprised of the Nurtury Director, a church elder and members of the church oversee this nonprofit program. The NAC sets tuition, approves hiring and oversees and develops policies.

NURTURY DEVELOPMENT FUND (NDF): The NDF is a designated fund of MVPC. This fund is used for capital improvements to the Nurtury facilities, staff training, and scholarships for students. Disbursement of funds is upon recommendation of the Nurtury Director to the NAC for approval. A donation to the NDF can be a thoughtful gift from parents or friends who would like to express appreciation for the program. Checks should be made payable to: The Nurtury Development Fund.

2017 ~ Nurtury Calendar ~ 2018

August 17 – Thursday	Visiting Day
August 21 – Monday	First Day of School
August 21 – Monday	Morning Bunch/Lunch Bunch Begins
August 21–Monday/August 22–Tuesday	Parent Coffee – 9am to 9:45am
September 4 – Monday	Nurtury Closed (Labor Day)
September 11 – Monday	Parent Hike – 9am
October 10–Tuesday/October 11–Wednesday	Farm Days
October 26–Thursday/October 27–Friday	Picture Days
November 10 – Friday	Nurtury Closed (Veteran’s Day)
November 20 – Monday Thru November 24 – Friday	Nurtury Closed (Thanksgiving)
December 15 – Friday 9am to 10:30am No Morning & Lunch	Christmas Program Bunch (dismiss after program)
December 18 – Monday	Nurtury Closed (Christmas)
January 2 – Tuesday	Nurtury Re-opens
January 15 – Monday	Nurtury Closed (MLK Day)
February 14 – Wednesday	Summer Camp 2018 Registration
February 16– Friday/February 19 – Monday (Lincoln’s Birthday/President’s Day)	Nurtury Closed
February 21 – Wednesday	Fall 2018 Registration
February 22 – Thursday/February 23 – Friday	Pajama Days
March 15 – Thursday/March 16 – Friday	Breakfast with Dad–9am to 10am
March 30 – Friday	Nurtury Closed (Good Friday)
April 2 – Monday thru April 6 – Friday	Nurtury Closed (Easter Break)
TBA in April or May	Beach Days (Weather Permitting)
April 30 – Monday Thru May 4–Friday	Teacher Appreciation Week
May 10 – Thursday/May 11 – Friday	Mother’s Celebration–11:30 to 12:30
May 28 – Monday	Nurtury Closed (Memorial Day)
June 8 – Friday	Last Day of Nurtury

Summer Camp Weeks – June 11-15, June 25–29, July 2-6, July 9-13, July 16–20, July 23–27

(A detailed calendar is available on the Nurtury Website www.nurturyatmvp.com)

NURTURY DAILY SCHEDULE

(Sample Schedule - Schedule varies by class)

Morning Bunch Schedule:

8:00-9:00 Activities and Free Play

Morning Program Schedule:

9:00 - 10:10 Learning Centers (art, construction,
manipulatives, dramatic play, sensory station,
literature corner, science center, cooking)

10:10 - 10:20 Clean-up

10:20 - 10:35 Circle (calendar, weather, helpers chart,
concept of the week)

10:35 - 11:00 Wash-up & Snack

11:00 - 11:30 Outside Play

11:30 - 11:45 Story Time

11:45 - 12:10 Music Movement or Concept Related Activity

12:10 - 12:15 Clean-Up & Wash-Up

12:15 - 12:30 Closing Circle (songs, fingerplays, stories or
Bible lesson)

Lunch Bunch Schedule:

12:30-1:00 Lunch

1:00-1:30 Quiet Activities (Non-Nappers)

1:00 - 3:00 Nap Time (Nappers)

1:30 - 3:30 Large Group Activities, including cooking,
science, music, movement and art

3:30 - 4:00 Snack

4:00-5:00 Large Group Activities

GENERAL INFORMATION

NEW STUDENTS: All required State of CA and Nurtury Forms need to be completed and returned to the Nurtury office NO LATER THAN 30 DAYS FROM NOTIFICATION OF ADMITTANCE or BEFORE the first day of enrollment, whichever comes first (unless otherwise specified). All forms must be completed and on file in order for your child to be admitted. These forms are required by the State of California. Please see the Financial Policies pertaining to New Students.

RETURNING STUDENTS: New Emergency info and a completed student file must be on record each year. New medical forms are not necessary unless there are additions and/or corrections.

PARENT/CHILD GOODBYES: Your child's teacher has successfully guided children and parents for years through this process. Work closely with your child's teacher as to how to best support your child through this transition. Tears usually cease soon after a parent's departure. You are always welcome to call us, later in the morning, to check on your child's status.

What you can do:

1. Be very certain that your verbal and nonverbal communication gives a clear message to your child that his/her class is a safe, loving, happy place filled with fun, new toys and friends. Remember, if you are anxious your young child, who is highly

perceptive, will understand that they should be anxious too.

2. Have your child bring a transitional object from home. Please label with child's name.
3. Give your child time cues. For example:
"Mommy/Daddy is going to take you to school and read two stories (or do one art project or visit each table) to/with you. Then it will be time for mommy/daddy to say goodbye to you and go home. I will be back to get you for lunch. We will have lunch together."
4. Do not ever leave your child without saying goodbye (no matter how the tears may flow). Once you've said goodbye you must leave immediately. Do not go back into the class or be caught by your child looking through the window.

SIGN IN/OUT: The State of California requires that an adult sign a child into and out of the classroom using their **full legal signature**. Failure to follow this procedure will result in a fine. (See Financial Policy section for details.) The adult signing in and out may be a parent or other designated individual. Only adults designated on the pick-up list found on the emergency forms may take your child from the Nurtury premises.

In the case of a special occurrence (relative in town etc.) a "Nurtury Child Pick-Up" form found in your child's classroom must be filled out and handed to your child's teacher. This form is for temporary pick-up

permission and must be filled out each and every time unless you choose to add that adult to the permanent pick-up list.

The monthly Sign In/Out forms are in a binder in each classroom near the doors.

PLAYGROUNDS: Your child will have specific outdoor playtime each day, which will be supervised by our teachers. If you arrive early, or remain after school is dismissed, you are responsible for your child's safety and the safety of any children in your care. We ask that siblings do not co-mingle with the classes on the play yard as this poses a safety concern.

From 8am to 5pm, please do not allow your children to play on the upper playground. The lower play yard is open to families by reservation for large class playdates. Children must be supervised at all times. Sand is not allowed in the water fountains for any reason.

ABSENCES: If a child must be absent from school for an extended period of time, it will be necessary to pay tuition to hold the child's place. No allowances are made for absences as we budget for the total year. Supplies and staff need provision whether or not a child is in attendance. If your child is absent, there are no "make-up days". Children may only attend on days that they are scheduled to attend. Please call or email the Nurtury Office if your child is absent.

WITHDRAWALS: After attendance has started, a

written notice 30 days prior to withdrawal is required. If immediate withdrawal is necessary, you will be billed for one month of tuition.

TERMINATION: Termination may take place if the financial policy is not heeded, if a child poses a health or safety threat to others, or under special circumstances determined by the Director and/or the Nurtury Advisory Committee.

BIRTHDAYS: If your child wishes to celebrate his birthday at school, we have a simple tradition of a special birthday grace, songs and a healthy treat. If you choose to send a birthday snack, bring a healthy item such as juice bars, rice crispy squares, fruit or muffins.

Please NO CUPCAKES! We also ask that you do not bring party favors or birthday party invitations to school.

CLOTHING: Children should be dressed for freedom of movement and for a variety of activities (dirt, paints, water, etc.). Assume that anything worn to school may get dirty, torn, (i.e., tights), or stained. Make sure children can handle their own clothing when toileting. Shoes should be safe for all activities. Slippery-soled shoes and shoes without a back-strap are not allowed (we highly discourage Crocs and rubber boots). **Label all outer clothing your child wears to school. Two year olds** need to bring a ziploc bag with a change of clothing (diapers, clothes and shoes) for emergency use. **Label everything with your child's name.** At times, particularly in the beginning of the year, your child may

want to bring a special blanket, animal, or other security object from home. Please help your child understand that these objects should be kept in their "cubbie" to keep them safe.

CONFERENCES: Conferences are scheduled each spring. Conferences are mandatory for all three, four and Pre-K classes. You may schedule additional conferences if you desire, or a teacher may request a conference if she deems it necessary. Conferences regarding two-year old children is optional.

HEALTH AND SAFETY: The Nurtury will make every effort possible to protect and ensure the health and safety of your child. Our programs, both indoors and outdoors, are carefully designed to offer optimum learning experiences in a safe environment. Our teacher/child ratio is excellent and all of our teachers and aides have CPR and First Aid training. The staff is skilled in classroom management and all activities are carefully monitored. Please read our sign-in and sign-out policies carefully. These further ensure your child's safety.

PARENT VISITATION: Parents are always welcome to come into the classroom, at any time, to observe. We ask that you be sensitive to the environment and the work the teachers may be doing. Please reserve your questions and/or comments until after the school day, as teachers need to focus on the children during the classroom hours. Understand, also, that parent visitation in younger classes often changes the focus of

the child toward the parent vs. bonding with the teachers and developing peer interaction.

PARENT INVOLVEMENT: Parent involvement is age dependent. We have found that parent participation in the two's and three's classes is often difficult. The child whose parent is participating tends to spend their time focusing on making certain that their parent stays with and focuses on them. The other children feel distressed because they want their mommy/daddy. Therefore, parent participation often does not happen successfully until the four's and older classes.

Please talk with your child's teacher to determine the best way to participate in your child's class and school experience.

The State of California requires that all parents who regularly participate in the preschool classroom must have a current negative TB test on file, as well as a current measles and pertussis vaccine. All parent volunteers must sign-in in the Nurtury Office when they come to work in the classroom.

ROOM PARENTS: Room Parents are selected by a committee. Their responsibilities include facilitating within class communications for parties, class play dates, snack days or special projects with the approval and the direction of the Teacher, Room Parent Coordinator, and Director.

Room Parent guidelines:

All communications sent home must have the approval of

either the Teacher, Room Parent or Director.

Money should not be collected without approval from either the Teacher, Room Parent Coordinator or Director.

We encourage Room Parents to solicit food and materials for class parties instead of money contributions. Families with multiple children in school can become overwhelmed with extra expenses around holiday seasons.

PARKING: Parent parking is available anywhere along the Sanctuary side of the campus and the upper parking lot. Do not park or use the service road behind the church. This road is narrow and parking spaces are designated for church staff. Do not park in handicapped parking spaces or unmarked parking spaces.

A parent, legal guardian, or other person responsible for a child who is 6 years of age or younger, may not leave that child inside a motor vehicle without being subject to the supervision of a person who is 12 years of age or older.

As you enter the road leading to the church, drive slowly and cautiously. Please tell your child that he/she should always hold an adult's hand when near or on the parking lot! We also ask that you continue to teach your child respect for property by not allowing your child to walk on or in the fountain or in the planted areas.

If someone other than a parent will be picking up your child, they must have a car seat.

DISCIPLINE: Our environment and program are designed to address each child's emotional, social, physical and intellectual needs. In addition, we believe that children need and appreciate set limits. It is the teacher's role to be caring, loving, consistent and respectful. While at the Nurtury, each child will be offered well planned and appropriate activities. Our Staff observes children during play and uses redirection when necessary, providing clear and consistent messages. We believe that positive discipline is based on principles of teaching and guidance, reflecting the love and nurturing example of Jesus Christ.

INTERPERSONAL RELATIONSHIPS: Since a Christian school is a ministry in Christ's name, we must strive to implement Christ's standards in the whole school setting. In Matthew 18, we are given specific guidelines for handling problems with other believers. We believe these verses have the following implications for relationships within the Christian school.

1. When there is a problem, the parties directly involved need to meet privately to seek a God-honoring solution. Most problems can be solved at the "two-person" level. Confidentiality is critical.
2. If a satisfactory resolution cannot be reached, then the two should agree to share the problem with the Director.
3. The decision of the Director should be considered final, except in rare cases where the Director

believes that the issue should be brought before the Nurtury Advisory Committee for resolution.

MEDICAL/EMERGENCY INFORMATION

ABSENCES: We plan our program with the assumption that every child will attend every scheduled class. If your child is unable to attend preschool, please notify the preschool office by phone or email. If your child is absent due to illness with a communicable disease, let us know as soon as possible. We are required to notify all parents when their child has come in contact with a communicable disease.

SICK CHILDREN: State regulations require daily observation of each child on arrival at the Nurtury by a person capable of recognizing common signs of communicable diseases or other evidence of ill health. A child who is ill upon arrival at the Nurtury will not be admitted or will be separated from the other children until the parent or guardian can pick up the child.

When children have been exposed to communicable diseases such as hepatitis, chicken pox, measles, or strep infection, all staff members and all parents or guardians of children will be notified immediately by the Nurtury. With any infectious disease, we ask that you seek your physician's advice and always notify us of the disease.

If a child becomes ill while at the Nurtury, the parent or guardian will be contacted and expected to pick the child up as soon as possible. The child will be separated

from the other children until the parent's arrival.

If a child displays any of the following symptoms, he/she must be kept at home:

- Fever
- Diarrhea
- Nasal congestion (Cloudy or colored nasal secretions may indicate an allergy. Please check with your doctor to rule out infection).
- Sore throat with fever or throat spots
- Cough accompanied by fever, chills, and the coughing up of green or yellow mucous
- Vomiting or nausea
- Eye drainage of any type should be checked by a doctor to rule out infection
- Unusual rashes should be checked by a doctor to rule out bacterial infection
- Child not feeling well, such as lethargic behavior and/or crying

The child may return to the *Nurtury* after illness when:

- Free of fever for 24 hours
- Nausea, vomiting, or diarrhea has subsided for 24 hours
- At least 4 doses of antibiotic have been given over a 24-hour period for any type of strep or bacterial infection
- Child is feeling well again and normal behavior has returned

MEDICATIONS: If your child has an Epi Pen or other lifesaving medications to be dispensed while at the Nurtury, please complete the Medication Permission Form (available in the Nurtury Office) and provide the completed form with the medication in the original packaging with prescription label attached.

If your child requires application of sunscreen, diaper rash medication, or other over the counter medication, a Medication Permission Form must be completed. The child's name must be clearly labelled on the medication.

FIRE/EARTHQUAKE/SHELTER-IN PLACE DRILLS:

Fire, earthquake, and shelter in place drills are held on a regular basis in order to familiarize the children with proper and safe procedures for an emergency and safe exit of the building. In the event of an emergency, students will be evacuated according to plan. The Nurtury is inspected on a regular basis by the fire marshal. The most recent inspection information is located in the preschool office.

FINANCIAL POLICY

Monthly tuition for the 2017-2018 school year:

Preschool Program - 9am to 12:30pm

Days	Monthly Tuition	2 nd Child Monthly Tuition
2 days	\$375	\$355
3 days	\$490	\$465
4 days	\$630	\$600
5 days	\$705	\$670

Full Day Program – 8am to 5pm

Days	Monthly Tuition	2 nd Child Monthly Tuition
2 days	\$695	\$660
3 days	\$965	\$915
4 days	\$1260	\$1200
5 days	\$1495	\$1425

*Monthly Tuition is the Academic Year Tuition divided equally by 10 months.

Morning Bunch/Lunch Bunch:

Permanent Sign Up (for the school year)

\$8/hour (Any Hours – No minimum) \$7/hour (Sib)

-Permanent LB sign-ups will be calculated and billed monthly.

-One month advance notice to change. Max of 2 changes per school year.

Month to Month & Drop In (space available)

\$10/hour (12:30-2:30, 3:30 or 5pm)

NEW STUDENTS: The parents of new students must indicate serious interest in attendance by paying one month of tuition 30 days after notification of admittance. Tuition is based on the total cost of running the school for the entire school year. The total is then divided into ten equal billing periods regardless of how many school days there are in a given month. Tuition is due the first of each month. An additional \$50.00 registration fee is required of all new students entering the Nurtury for the first time. Checks are to be made payable to MVPC Nurtury.

RETURNING STUDENTS: Returning Students must pay one month of tuition at the time of registration, accompanied with the Registration Form, in order to reserve a place for your child.

PAYMENT POLICY: Tuition payment should be turned in to the Nurtury office on the 1st of the month. If tuition has not been received on/by the 10th of the month, a late fee of \$15.00 (first late payment) or \$25 (second+ late payment), will be charged to your account. Tuition cannot be prorated because of student's absence from school (sickness, vacation, etc)

AUTO PAY: You may pay your tuition and monthly Lunch Bunch fees by signing up for Auto-Pay either through your checking or savings. Please contact the Nurtury Office for the appropriate forms.

DELINQUENT ACCOUNTS: If you fail to pay your tuition for one month, your child will not be admitted to class until your account is settled. If checks are

returned, a \$25 fee will be assessed. Your child may not sign-up for or attend Morning & Lunch Bunch if your account is not current.

SCHOLARSHIP/HARDSHIP: Please contact the Director if you need assistance. All financial matters will be kept in the strictest confidence.

SIGNING IN/OUT: This Procedure is required by law. Parent or Guardian must sign with full legal signature - both first and last names when signing in/out on a daily basis. Failure to comply is subject to a \$10.00 fine per empty chart cell in the "in" and "out" columns. Any violations will be charged to your account. You may not pre-sign your child in or out.

LATE PICK-UP FEES: Children must be picked up by 12:30 if not attending Lunch Bunch or by the registered time on Lunch Bunch days.

If a child is not picked up by 12:40, they will be placed into our Lunch Bunch Program and assessed a charge of \$20. If there is no availability in Lunch Bunch, a fee of \$20 will be charged and the parent will need to pick up the child immediately.

Children signed up for Lunch Bunch, must be picked up by their registered pick up time. Whenever a parent picks up their child from lunch bunch 5 minutes or later, they will be assessed additional Lunch Bunch Charges based on the time of pick up (\$10 per hour - rounded up to next hour). If space is not available, parent will be charged \$10 and will be required to pick up their child immediately.

Children picked up after 5pm will be charged a \$20 Late Fee plus an additional \$1 per minute for every minute after 5pm. If a child(ren) is not picked up by 5:15pm, we will contact Local emergency contacts.

MORNING and LUNCH BUNCH PAYMENT:

Morning/Lunch Bunch registration and payment must be completed in advance. Full Day and Permanent Lunch Bunch children are automatically signed up and billed each month. For Month to Month Lunch Bunch sign-ups and drop-ins, there is a two hour minimum charge (\$20).

See "Lunch Bunch" Section for more detailed information.

MORNING & LUNCH BUNCH

Monday through Friday

8a.m. - 9a.m.

12:30 p.m. - 5:00 p.m.

PROGRAM: The Morning/Lunch Bunch program is designed to be an extension of your child's Nurtury day and can be the child's "home away from home". Staying for lunch with a teacher and friends can offer your child a pleasant experience in being away from home and family for a more extended period of time than the school day allows. Children do not have to be potty trained to stay for Morning/Lunch Bunch Morning Bunch will offer a variety of activities and free play (Breakfast is not served).

MONTHLY ENROLLMENT: Children enrolled in our Full day or Permanent program, you will be automatically enrolled and billed each month.

Month to Month registration takes place at the end of each month for the upcoming month. You will register and pay for your selected dates at the time of registration. Be mindful of the registration deadlines. There will be a minimum 2 hour charge for Lunch Bunch.

Additional charges and late fees may be charged if you are late in picking up your child. See "Financial Policy - Late Fees" for more information.

If there is space, drop-in dates are available. Please check with the Nurtury Office to see if there is space.

LUNCH: On the days that you will be using the Lunch Bunch program, please bring a nutritious and clearly marked lunch (make sure their name is on their lunch box or bag) for your child. Children love a lunch box! Do not pack more lunch than he/she would normally eat at home. Children will have adequate time to eat lunch and any leftover food will be sent home. If your child forgets a lunch, the staff will provide a lunch and \$15 will be billed to your account.

PICK-UP: If your child is signed up to stay at LB until a specified time, and you would like to extend their day, you must call the office no later than 11:30 that day to ensure that the Nurtury has adequate staffing to accommodate your child.

If your child is left at Lunch Bunch but is not signed up for Lunch Bunch and we have not received a call from the parent/caregiver by 11:30, notifying the Nurtury of their attendance, the 12:30 pick up time Late Fee policy applies (See Financial Section- Lunch Bunch Late Fee Policy).

CANCELLATIONS/CHANGES:

If you are signing up with a monthly or permanent registration (by the due dates), you may receive a credit under the following conditions: (1) Your child is sick and (2) the parent calls or emails the Nurtury Office by 10am on the day of sign up.

Children must be at Nurtury by 10 a.m. on a Lunch Bunch day, otherwise, we assume they are absent. If you plan

to arrive after 10:00 a.m., contact the Nurtury Office.

Changes to a permanent Lunch Bunch Form require a 30 day notice. Because we plan staffing several weeks in advance, changes to an existing MB/LB Form require a minimum 2 week notice.

NAPPING:

If your child will nap during Lunch Bunch, we will need to have a napping form on file. At 1:00, children will be taken to the Napping Room. Children that do not go to sleep by 1:30pm will be returned to the regular Lunch Bunch Program. At 3pm, children that napped, will be woken up, and returned to the Lunch Bunch Program. Please send a pillow, blanket and lovey that can be kept at the Nurtury for your child. All items should be clearly labelled. Each Friday, your items will be sent home for you to launder and return on Monday.

PACIFIERS:

Pacifiers are allowed if a Pacifier Permission Slip (available in the Nurtury Office) is on file.

OTHER IMPORTANT INFO:

- Drop-ins (for unexpected appointments/commitments) are allowed, with prior approval from the Nurtury Office. Please call the Nurtury Office as far in advance as possible.
- There will be a separate registration and payment for enrichment classes - Science, Spanish, Tumble, Math, etc.

NURTURY SNACK GUIDE

The Nurtury offers parents the opportunity to provide a snack for their child's classroom. Each child is recognized and thanked. The following are ideas for nutritious snacks.

Fruits:

Apples (Teachers will slice), Bananas, Grapes (Seedless, safest when cut in half), Oranges (Peeled and sectioned), Strawberries, Pineapple Chunks, Seedless Watermelon Melon Slices

Vegetables:

Celery sticks with peanut butter
Zucchini spikes with salad dressing or dip.

Dairy:

Cheese cubes, String cheese
Yogurt (Large container to spoon into small cups)

Other:

Pretzels, Crackers, Goldfish crackers
Rice Chex snack mix without nuts
Mini rice cakes with peanut butter* or cream cheese, Mini muffins or breads

***Remember that some foods may cause allergic reactions in children. Check with your child's teacher regarding any food allergies before bringing a snack.**

***Please avoid nuts, trail mix, meat and eggs.**

PORTIONS: Keep portions small, as this is a snack not a meal. Bring enough for the number of students in your child's class, as well as teachers.

BIRTHDAYS: Suggestions include cookies, Jell-O fingers, fruits and dips, juice bars or Popsicles, muffins.

NO FROSTED CUPCAKES! They are very messy and damage the carpet!

NURTURY DIRECTORY

Main Line: 925-376-4800 (to reach an extension)

Direct Line: 925-388-0086

Director

Connie Kellaher x238
Email: CKellaher@mvpctoday.org

Office Staff

Jenifer Patera (Admin) WThF x248
Email: Nurtury@mvpctoday.org

Cari Cole (Accounting) MTW x248
Email: CCole@mvpctoday.org

Classrooms

Gentle Giraffes - Room 101 x253
Email: NurturyGiraffes@gmail.com

Praying Ponies - Room 102 x254
Email: NurturyPonies@gmail.com

Peaceful Penguins - Room 103 x255
Email: NurturyPenguins@gmail.com

Care Bears - Room 104 x256
Email: NurturyBears@gmail.com

Loving Lambs - Room 111 x258
Email: NurturyLambs@gmail.com

Friendly Frogs - Room 112 x259
Email: NurturyFrogs@gmail.com

Trusting Tigers - Room 113 x260
Email: NurturyTigers@gmail.com

Kind Koalas - Room 115 x262
Email: NurturyKoalas@gmail.com

Morning & Lunch Bunch Room Room 105 x257
Email: NurturyLB@gmail.com