

## **First Day of School**

I would like to welcome you and your child to Carmel Valley Montessori School. We are happy to have you as part of our school. We are a traditional Montessori school that works with children individually and at their own pace. We focus on academic, social, and physical development. Aside from our regular Montessori work time, we also offer Zumba, Music and Movement, Spanish, Gardening, Arts and Crafts, and Sport and Fitness Classes as part of a well-rounded program for the children to enjoy.

### **Please bring in the Following Items on Your Child's First Day of School**

- Print out and bring in all the completed paperwork from registration page.
- Physician's report signed by the doctor from the online paperwork
- A copy of your child's shot records (yellow card)
- 2 sets of extra clothes (labeled with child's name)
- A jacket or sweater to leave at school (labeled with child's name)
- 1 fitted crib sheet and a small blanket for nap/rest time (labeled with child's name)
- A hat to leave at school if you would like your child to wear one in the playground
- Lunch (daily), placemat, utensils, water bottle (labeled with child's name)

### **Primary Classrooms (in addition to the items above)**

- 1 box of diapers/pull-ups and wipes
- A labeled sippy cup if your child still uses one

### **Daily Reminders**

- Sign in daily upon arrival and departure with correct time and full signature
- Allow your child to walk in the building carrying their own belongings
- Call or email anytime your child will be absent so we can staff accordingly
- We do not allow bottles or pacifier at school, please leave them at home
- Leave all toys, and stuff animals at home
- Apply 8-hour sunscreen on your child before you bring them to school

**Door code to enter building:** Your child's 2-digit birth month and 2-digit birth date followed by a star key. (For example, if your child's birthday is March 6<sup>th</sup>, your code will be: 0306\*)

To make this an easy transition for everyone, we have some recommendations. We understand the first day of school is very difficult for some children (as well as parents), the easiest thing to do is to give your child one quick hug and kiss and allow our caring staff to help your child get adjusted to their new school and class. The longer the parents stay and try to console children, the longer the crying will continue. Please do not feel bad about leaving your child if they are crying, our staff will do our best to allow your child to get comfortable with the environment as well as the staff and help your child get acclimated. The longer you stay the harder this adjustment period will be and more of a distraction to the rest of the class. We do not want your child to feel stressed out in a new environment and feel uncomfortable coming to school. Another suggestion, if you are able to leave your child for just a short amount of time the first couple of days, this will help your child trust that you will come back to get him/her and help with the transitional period. If there are any problems during the day or if your child continues to cry for an unreasonable amount of time, we will call you. Welcome to CVMS!

Sincerely,  
Holly Rosa  
Director, CVMS