

Kindergarten Parents. . .

***Please Remember
to have your child :***



Start each school day with:

- ◇ ***a good night's rest (at least 9-12 hours)***
- ◇ ***a good breakfast (with protein -- a great brain food -- peanut butter, breakfast meat, eggs, etc.)***
Some people are not hungry for a couple of hours after they get up in the morning. If your child falls into this category, please send a little larger snack with him/her.
- ◇ ***Pack a healthy snack -- even if you are buying hot lunch. Our snack time will be around 9:30 each day.***
- ◇ ***Bring a bottle of water to drink during the day.... especially in this hot weather.***
- ◇ ***Pray for us each day that Jesus will fill our room with His happiness and peace.***

Thank you so much !!!