

—Trillium Christian—



NATURE PRESCHOOL

Parent Handbook
2024

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Thank you for your interest in Trillium Christian Nature Preschool! Trillium Christian is a faith and nature based program that emphasizes faith and knowledge in the God of the Bible alongside nature based learning in His amazing creation. Each day, students spend the majority of their time outdoors, learning from God’s amazing world all around us. At Trillium Christian Nature Preschool we are committed to spending time outdoors! Time in nature allows for spontaneous exploration as the whole child is nourished by utilizing the natural environment around us as our classroom. At Trillium Christian children have the freedom to explore what they are interested in both indoors and out.

I hope this handbook provides you with the information you need. Please feel free to contact me with questions or concerns throughout the school year. I am very much looking forward to this opportunity of working with your child and getting to know you and your family over the course of the coming school year.

Purpose Statement:

Trillium Christian Nature Preschool exists to cultivate within each child a love for God and others, to discover joy in all things, and a desire to know the truth found in God’s Word, the Bible. Our preschool strives to provide Christian support and encouragement to parents in their task of child rearing.

Mission Statement:

Trillium Christian Nature Preschool exists to provide a high-quality early childhood learning program that meets the developmental needs of preschoolers. Our nature-based curriculum combines faith-based Kindergarten readiness learning with age-appropriate educational activities that are designed to develop within each child the following: a stronger curiosity for and knowledge about the natural world around them, social skills with an emphasis on kindness, exercise and physical fitness, health and wellness, and the importance of seeking God’s best for their lives. We are a Christian preschool and have a biblical outlook on the world around us. We want to grow as Jesus grew in Luke 2:52, “And Jesus increased in wisdom in stature, and in favor with God and man.”

Philosophy:

Nature plays a vital role in the physical, emotional, social, and cognitive development of young children. Research shows that children who spend time in nature are healthier, can think more clearly, have an easier time paying attention, and have the ability to cope more effectively with stress. Childhood experiences in nature help stimulate children’s curiosity and interest in the world around them and help them grow intellectually in their desire to better understand the world and their place in it.

Children’s interactions with the natural world allow for the development of a lifetime of skills. Nature serves as a living classroom and provides an ideal environment for children to learn through direct experience and play. Preschoolers spend time outdoors every day, where they can fully engage all their senses in a safe and nurturing environment.

Programming Plan:

In order to connect with their natural surroundings, the activities and explorations center around what is happening in nature and seasonally. These will guide the curriculum, the design of the outdoor and indoor classrooms, the methods used, and the curriculum content. We are committed to excellence in education, which is developmentally appropriate for preschool students.

Emergent Curriculum:

Trillium Christian Nature Preschool will follow New Hampshire's Early Childhood Standards of Quality, which are approved by the New Hampshire State Board of Education. The specific curriculum components will come from the following:

- Abeka Bible & Phonics
- Creative Nature Curriculum for Preschool
- Social skills will be taught and guided by Love and Logic, which is biblically-based.

Sara Ladzinski - Director and Lead Teacher



Hello,

My name is Sara Ladzinski. I have been teaching for more than 12 years. I enjoy teaching lower elementary and have experience in teaching and administration in preschool through third grade. I have been fortunate to teach in schools in the New England area such as **Dublin Christian Academy** in Dublin, NH, **The Giving Tree School** in Gill, MA, and the **Keene YMCA** preschool. I have also taught as far away as Peru, South America where I enjoyed working with missionary families at **Fetzer Memorial Christian Academy**. I have my undergraduate degree in Elementary Education from Northland Baptist Bible College in Dunbar, Wisconsin and have received

my certification in nature-based early childhood education from Antioch University in Keene, New Hampshire. I love working with children and finding the potential in each child to become a lifelong learner while growing mentally, physically, and spiritually. Outside of formally teaching in a classroom I have been a children's museum program coordinator and operations manager, camp counselor, as well as a Sunday School superintendent. I am excited to be working with your family this year! I know the Lord has good things for us as we learn and grow together.



Sample Daily Schedule

Drop Off & Free Play

9:00 AM

- Students arrive, put things in their cubbies, and parents sign their child in.
- Students enjoy playing with friends in our fenced play area.

Morning Meeting & Bible Time

9:15 - 10:00 AM

- We share news of the day, have calendar time, and sing songs.
- We learn verses and lessons from God's Word, the Bible. *"Thy Word is a lamp unto my feet, and a light unto my path." Psalm 119:105*

Bathroom Break & Hand Washing

10:00 - 10:15 AM

Group Snack

10:15 - 10:30 AM

Woods Wander & Learning Activity

10:30 - 11:15 AM

- We get moving by wandering as a group to observe the woods, plants, creatures, and so much more.
- We play games, have scavenger hunts, and participate in other group activities to help students have fun while learning new concepts.

Free Play & Stations

11:15 - 11:45 AM

- Children learn through play. Children will have the opportunity to expand their gross motor skills and social skills as they play together daily.
- Children can participate in different stations designed to aid in learning the concepts from the theme of the week.

Journals & Final Group

11:45 AM - 12:00 PM

- Children will come together to recall the different activities in which they enjoyed and participated throughout the day.
- Journaling in their individual notebooks or in our large class notebook helps students with vocabulary, fine motor skills, and aids in recording what we are learning individually and as a group.

Group Lunch

12:00 - 12:30 PM

Stories/ Free Play

12:30 - 12:45 PM

Dismissal / Pick Up

1:00 PM

Clothing & Gear

Expect your child to go outside every day! Children must be dressed in adequate layers and prepared for the outdoors every morning. At Trillium Christian Nature Preschool we believe that there is no such thing as bad weather, only inappropriate clothing choices. It is the family's responsibility to ensure their child(ren) has proper clothing for school at all times. We want children to be comfortable and confident outside and being properly dressed is the first step to accomplish this.

Students are involved in many types of activities while attending Trillium Christian Nature Preschool and should be dressed accordingly. Hands-on nature-based experiential education requires freedom from restrictive clothing. Students need simple, comfortable, practical clothing that will not interfere with their active work. Students need comfortable, protective shoes with gripping soles for running, jumping and climbing. Sneakers or hiking shoes work best, and close-toed sandals with a heel strap are fine for warm weather (no flip flops, clogs, dress shoes, or backless shoes please). Please provide your child(ren) with clothing and indoor shoes that they can manage independently.

Your child's bin must include:

- 2 pair of underwear
- 2 pair of socks (1 pair wool or synthetic in nature)
- 2 pair of pants (1 pair can be shorts depending on the weather)
- 2 shirts (short or long sleeved depending on the weather)
- Indoor slippers (no flashing lights please)
- 1 winter or sun hat
- 1 pair of waterproof mittens (when seasonably appropriate)

Thoughts on Layering

Children do their best work outdoors when they are warm and dry! Layers are critically important, especially in wet and/or cold weather. Layering allows you to modify your body temperature and adapt to changing conditions. Two lighter layers are better than one heavy layer. Layering also allows you to adjust clothing to match activity level.

Good Fiber Choices for Wet and Cold Weather

The best fibers to dress your child in for wet and cold weather are polypropylene or fleece - some silks and wool work too. Please no cotton! When cotton gets wet it has no warming or insulating ability and keeps your body wet and cold. The best plan is to wear water-resistant clothing that does not absorb moisture-such as polypropylene, fleece, silk, and wool. Save cotton t-shirts, pants and socks for warm weather.

Getting Dirty

You should expect your child to get dirty! Please do not send them in anything you do not want dirty or wet. Make a plan for managing laundry as there will be plenty of it.

- Recommendations for Outdoor Gear -

Please send your child in outerwear that fits. When clothing is too small or too big it does not provide your child with proper protection or comfort.

Rain Pants

Rain pants are vital! Make sure they are waterproof and not just water-resistant. Wind pants do not provide the same protection as rain pants. Puddle pants work amazingly well at keeping children dry in serious mud and puddle play. Brands I would strongly recommend: Polarn O. Pyret, Abeko (of Sweden), Helly Hansen, Grundens, Playshoes, Columbia.

Snow Pants

Bib snow pants work really well as they do not allow snow to sneak in at the waist. They also act as an additional core layer. L.L. Bean makes high quality snow pants for children.

Socks

It is just as important for us to keep our feet warm and dry as it is the rest of our body. Suggested brands are: Smart-Wool, Wigwam, Darn Tough, Fox River, and any sock without cotton! Remember that when cotton gets wet or cold it keeps us wet and cold. One thick, warm pair is better than two pairs. When we start layering socks blood flow becomes constricted and feet get cold. Please, no cotton in cold, wet, or cool weather.

Base Layers

Most outdoor clothing stores (EMS, REI, LL Bean, Patagonia) make their own version of a base layer. You can now find base layers for children at Sierra and Walmart. The important thing is to purchase a base layer that is made from wicking materials and not cotton.

Mittens

Waterproof mittens (vs. gloves) work best for kiddos this age. Their hands stay warm and dry and they can usually sort out how to get their mittens on and off with very little help compared to gloves. I strongly recommend that your child own a pair of winter mittens AND a pair of rain mittens. Options we like include: REI (Timberland Mountain Mitter), Obermyer (Thumbs up), Marmot (Kids Split Mitten), Dakine (Yukon Junior Mitt), Abeko (Rain Mitten), and P.O.P. (Rain Mitten)

Hats

Again, keep good fiber choices in mind. In addition to a hat, please consider a neck gaiter or balaclava style hat, both of which work well to keep necks and chins warm in windy, cold winter weather. Suggested brands: Turtle Fur, LL Bean, Columbia, EMS, and REI also make these.

Boots

Most boots list their “comfort test” temperature..look for boots that are comfort tested to 0 degrees or better. Bogs and Muck Boots are great brands because children can be independent when getting them on and off. They also work well for water and snow. Kamik (Scotty) and Oakiwear (Neoprene Rain/ Snow Boot) make their version of the Bog boot. These boots are expensive, but great deals can be found at second hand stores, garage sales, Ebay, and Facebook marketplace.

- Layering Details -

Insulation

Clothing keeps you warm by trapping warm air near your skin. When cotton gets wet, it ceases to insulate you because all of the air pockets in the fabric fill up with water. When you hike or play hard outdoors, you perspire, and any cotton clothing touching your skin will absorb your sweat like a sponge. If the air is colder than your body temperature, you'll feel cold because your cotton clothing is saturated and no longer provides any insulation.

Wicking and Layering

In addition, wet cotton does not wick water away from your skin. Wicking fabrics move water from wet areas to dry ones using a process called capillary action. For example, a wicking base layer shirt made out of polyester, Capilene or Techwick will move moisture from the surface of your skin to the outer layers of your shirt leaving the part of the fabric touching your skin dry. This is why layering is such an effective clothing strategy for hiking and playing outdoors, because wicking fabrics move water away from your skin and up through your layers one after another, enabling the fabric near your skin to trap insulating air and retain your body's warmth.

Wool

Wool does not wick as well as synthetic garments and will absorb up to 36% of its weight in water. Unlike cotton, it does insulate when wet and is considered an acceptable fabric for hiking clothes.

Rain Gear

When it comes to shopping for rain gear, look for details such as "welded seams" and PU (polyurethane). For us, "breathable" does not matter and is not necessarily desired. In our experience the breathable clothing is not waterproof, only water resistant. We want waterproof! Bibs add further protection. Reinforced knees hold up longer.

Clothing items are essential for your child to be at Trillium Christian Nature Preschool and enjoy each day fully are listed in the table below:

Warm Weather Essentials

Waterproof Raincoat with Hood
Waterproof Rain Pants
Rubber Rain Boots
Waterproof Mittens (with warm gloves as liners)
Fleece, Wool Sweater, or Sweatshirt
Sun Hat
Sunscreen and bug spray (your preferred brand, otherwise we use Badger Balm & Nantucket Spider.)

Cold Weather Essentials

2 Piece Base Layer (polypropylene or wool)
Warm Quality Socks (not cotton)
Mid Layer (fleece or wool)
Insulated Waterproof Snow Coat with Hood
Insulated Waterproof Snow Pants (bib overalls recommended)
Insulated Waterproof Boots
Warm Hat (fleece or wool - balaclava or neck gaiters are a plus.)
Insulated Waterproof Mittens

- Where do I Get All of This Gear? -

Places to Buy Quality Outdoor Gear New & Used:

New Gear

P.O.P. polarnopyretusa.com, Oaki oaki.com

REI rei.com, Eastern Mountain Sports ems.com

Norm's Ski and Bike Shop, Keene, NH normsskibike.com.

Used Gear

Consignment Shops & Salvation Army are also great places to look for used gear in good condition. Whippersnappers in Brattleboro, VT has a good selection. EBay and Facebook Marketplace can provide good resources as well.

Tuition Payment Policies

Tuition Rate for 2024

We have a daily rate of \$60 per day for each child. Our preschool hours are from 9:00 AM - 1:00 PM. You have the option to have your child in our program 2 days a week, 3 days a week, or 5 days a week. **The last day of school for Trillium Christian Nature Preschool is June 7, 2024.*

2 days a week = \$120 per week

3 days a week = \$180 per week

5 days a week = \$300 per week

Registration Fee

A \$50, non-refundable registration fee must accompany the completed application for enrollment form. This fee includes a Trillium Christian Nature Preschool pack for your child (to be used at school as we explore outdoors) as well as a water bottle for your child to use and keep throughout the school year.

Payment Schedule

Upon enrollment a non-refundable, non-transferable tuition deposit (one month's tuition) is due. This deposit will be credited toward January's tuition. Subsequent tuition payments will be due one month in advance of the month of service. Tuition can be paid in one lump sum or monthly. If tuition is over two months late, your child's enrollment will end until the bill is paid to date. There is a late fee of \$50 for payments made after the 10th of the month. There will be a \$25 fee charged for each non-sufficient funds check received.

Attendance

No refunds or adjustments will be made for missed days due to illness, vacation, snow days, or any other event resulting in non-attendance including lice and broken limbs.

Regular attendance is important for your child and our school community. Routine and frequent lateness is not acceptable and is not beneficial for the students. If your child is late more than four times a month without prior and adequate notice, he/she will be considered withdrawn.

Communication

Parent Orientation

It is expected that all Trillium Christian Nature Preschool parents/guardians attend parent orientation (without children). Parent orientation is a time to ask questions, meet other parents, and discuss the coming school year and any concerns.

Daily communications and Interactions

Clear communication between home and school is important. When questions or concerns arise, parents can utilize email or phone calls to get in touch with me. Please do keep me notified of significant events and changes in your child's life so that I may better support them during their school day. The mailbox(with paper and pen) near the front door is a place for: notes or questions that parents/guardians may have and can't discuss in person at drop-off time, paperwork that needs to be turned in, tuition payments, etc. Please do not leave cash payments here.

Quick check-ins at drop-off and pick-up times are fine. Please be mindful that these are not the times for in-depth conversations as I will be engaged in the welcoming and transitioning process with all of the children. I am always willing to schedule other times to talk.

The board just inside the door contains the general outline of each day - what snacks we are having, activities, books we will read, if we are having a special guest, etc.

Weekly communications and Interactions

We will do our best to email a Trillium Christian Nature Preschool update at the end of each week. These updates let parents know a bit of what our week entailed and what to look forward to next week.

The Trillium Christian Nature Preschool Facebook page gets updated with pictures as well as articles about nature-based education, early childhood resources, and other pertinent information.

Monthly communications and Interactions

Monthly newsletters will be e-mailed with information about what's happening that month, dates to remember, things we may need at school including volunteer help for certain events.

Tuition invoices will be emailed at the end of each month to help remind you to make prompt tuition payments.

Parent-Teacher Meetings

Parents are expected to schedule two parent-teacher meetings during the school year, one in the fall and one in the spring. You will be notified in advance when parent-teacher meetings are happening so you can coordinate scheduling. Children are not included in these meetings.

*If email is not an option for your family please let me know so I can send home hard copies!

Parental Involvement

Parental involvement is essential to the health of our program. As a small school we rely on your support in a number of ways to help our community. Please make sure to fill out and return the Parent Volunteer Questionnaire found in your enrollment packet.

Parent's Main Responsibilities Include:

- Sending your child on time each school day prepared and dressed appropriately for the day's weather.
- Attending parent orientation held in September (without children). During this orientation you will have the chance to ask questions, meet other parents, and discuss the coming school year and any concerns. Please see the calendar page for the date & time of this event.
- Participating in parent/teacher meetings twice a year - at the end of October to discuss the first 8 weeks of school and again in April (without children) to review the school year and discuss goals for the remainder of the school year.
- Participating in family days / hikes whenever possible. These will be scheduled throughout the year - see the school calendar for dates and times.
- Reading and when necessary, responding to emails and newsletters. If email is not an option for your family please let me know.

Parents are always welcome and encouraged to be a part of their child's learning process. When talking to your child about their time at school please remember that they have had a full and physically active day. The weather, peer interactions, or unexpected situations may have proved challenging for your child on any given day. We believe these challenges are okay and help our students grow in many ways. Please be sensitive to these potential challenges and try asking questions specific to that day. For example "What did you see in the woods today?" or "What game or song did you like the best today?" Rather than "Did you have fun today?" or "How was your day?" When we ask specific questions that require more than a one word response we show our children that we are genuinely interested and clued into their world.

Please be mindful of your attitude toward the weather and temperatures. Your children are watching and listening to you and we want to set our children up for success in their outdoor adventures at Trillium Christian Nature Preschool.

Behavioral and Intervention Policy

Our goal is to meet the needs of the children enrolled at Trillium Christian Nature Preschool, acknowledging that all children have their own special needs at one time or another. We want to help children overcome and manage any learning struggles to see them thrive and continue on their path to growth physically, mentally, emotionally, socially, and spiritually. We watch the development of all children in our care, and should we have questions we will follow the steps outlined below:

- Teachers will document development and note when behaviors seem outside the normal range over time for children of this age (through anecdotal notes, samples of work, and observation reports)

- We will contact the family and communicate concern(s). We will work with families if they would like to seek screening of any kind through the appropriate school system or agency.
- If the family refuses to pursue helpful resources and changes at home and or at school it may be determined that Trillium Christian Nature Preschool is not able to serve the child. The Trillium Christian director will let the family know as early in the school year as possible of this possible outcome so that the family can pursue other placement options.

Trillium Christian Nature Preschool has two considerations when asking a child to leave:

- Has the implementation of strategies over time resulted in improvement or have the concerns persisted or escalated?
- Is the program able to meet the needs of the individual child and needs of the group as a whole?

*Each case is considered on a case-by-case basis. In some cases we will implement a one month adjustment period after which a determination will be made about continuing enrollment. After thoughtful discussion between staff and parents a family may be asked to make other arrangements for their child.

Teacher–Child Interactions:

The teacher-child ratio is 1:10 or 1:8 depending on the ages of the children in attendance. The teacher serves as mentor and guide, by forming healthy relationships with their students and empowering them to take ownership of their learning. Teachers will use a 6 Steps to Conflict Resolution with children during emotionally charged conflict situations.

1. Approach calmly, stopping any hurtful actions.
2. Acknowledge children’s feelings.
3. Gather information.
4. Restate the problem.
5. Ask for ideas for solutions and choose one together
6. Be prepared to give follow-up support.

Transitioning

We understand that transitions can be hard for both child and parent. For many children, the most difficult transition is drop-off time at the beginning of the school year. The more routine we can make drop-off, the easier for everyone involved. There are several actions you can take to help with this transition and any separation fears your child may have.

- Please arrive at school on time! School starts at 9:00 AM. A timely arrival will offer your child a chance to settle in with their friends prior to morning circle.
- While driving to school, gently remind your child of their morning’s schedule/routine. If it seems helpful, perhaps tell them one or two things you will be doing while they are at school.

- Calmly explain and reassure your son/daughter that you will be back and offer a specific reference (example: after lunch and stories, at 1:00).
- Remind your son/daughter that when he/she enters the classroom or play yard his/her Trillium Preschool time begins! He/She can join their friends in playing, coloring, exploring, or helping their teacher(s) with a special task. There is a lot to do at Trillium Christian Nature Preschool!
- After walking your child to the hallway and or play yard offer a hug & or kiss and say your good-bye. Allow your child's teacher(s) to welcome, comfort, and take good care of your son/daughter from there. Your child may cry, but we recommend that you continue on to your car. By doing this you are communicating to your child that you know Trillium Christian Nature Preschool is a safe place for them and that you have confidence in their ability to handle new challenges. You are also communicating that you trust your child's teacher(s). We have found that the adjustment period can be more challenging when good-byes are prolonged.
- Please be reassured that any crying usually stops within a few minutes of seeing you drive away. However, if for some reason your child does not calm down and settle into their morning I will call you to discuss next steps.

Arrival and Departure

Arrival

Our morning begins at 9:00 AM. Please make every effort to have your child arrive on time. As a class we will often journey to our outdoor classroom and or begin group activities by 9:15/20. If your child is late the whole group is affected. Please call to notify me if for some reason you will be late. Students should have used the toilet, washed their hands, stored their lunch and change of clothes in their bin, and be dressed for the weather (including sunscreen and bug spray when appropriate) when they are received by their teacher to sign in for the day.

Departure

Our day ends at 1:00 PM. Prompt pick-up at the end of the day is important for the child, who is prepared for this transition. It is also respectful of the teacher who has their own commitments to keep. Anyone who picks your child up from school must be on your authorization form. If different pick-up or drop-off arrangements have been made, please inform me directly.

Late Pick-Up Policy

The first five minutes after the scheduled 1:00 PM pick-up time are free of charge. A \$1.00 per minute late pick up fee will be charged for every minute you are late after 1:05. This charge will be reflected on the next month's invoice.

Inclement Weather/School Closings

Trillium Christian Nature Preschool will not operate when extreme weather creates conditions which are dangerous for young children and their families. We will follow the lead of SAU60 (Alstead, Walpole) & SAU93 (Gilsum only) cancellations. The weather at the top of our hill is

often different and more severe than surrounding areas. I will keep you informed of conditions so you can make the best choice for your family. Closures for inclement weather for inclement weather are not refundable. Generally we will not follow SAU60 or SAU93 for two hour delays. Two hour delays will be addressed case-by-case. You will receive a phone call/text by 8:00 AM to notify you of any delays or cancellations. If at any time you feel unsafe driving in inclement weather, do not hesitate to let me know you will not be attending that day.

Transportation

It is important to note that only those people listed on your child's authorization form will be allowed to pick-up your child during or after school. If you are carpooling, please make sure each authorized adult is listed on your child's authorization form.

Trillium Christian Nature Preschool will not transport children in vehicles without prior notification and a signed field trip permission form. Parents may be asked to assist with driving for occasional field trips - for this, additional documentation will be required. If issues of transportation arise please contact the Trillium Preschool director.

Health and Safety

Health Assessment Record and Immunization Form

We are required by the state to have your child's health assessment record and immunization form before their first day of school. A health form must be completed by your child's physician and on file showing that your child has had a physical within the past year. Health forms expire one year from the date of the physical exam indicated on the form and not the date the form was completed. If your child's health form expires during the school year you have 60 days to provide a new one. Please talk to the Trillium Christian Nature Preschool director if you need an exemption form.

Illness

Children are to be kept home if they have symptoms of illness such as a fever of 100 degrees or higher, sore throat, deep cough, rash, diarrhea, inflammation of the eyes, vomiting, or any infectious condition. If your child will not be present please notify us before 8:30 AM. Students should not be sent back to school until they have been symptom free for 24 hours. If your child becomes sick at school, you will be notified through the information you provided on the emergency contact form. If we are unable to contact a parent or guardian, then an emergency contact will be notified.

Water and Water Play

Trillium Christian Nature Preschool will use various locations on our property for educational purposes and play. A brook runs through our property and students may cross over the brook daily to access some of the hiking trails. Please notify me if you or your child has any concerns about water.

Ticks/Mosquitoes

When seasonally appropriate, please check your child for ticks at the end of each day. Trillium Preschool staff will help establish a daily tick check. This can be a daily routine you also do with your child while he/she is getting ready for bed or taking a bath.

Injuries

In the event that your child is injured during their school day a Trillium Christian Nature Preschool staff member will complete an injury report form and parents will be notified of the incident at pick-up time. In the case of a serious injury, parents will be notified by phone to discuss further action. If we are unable to contact a parent or guardian, then an emergency contact will be notified.

As a small, outdoor program Trillium Christian Nature Preschool has limited ability to accommodate children using crutches and or wheelchairs. Please refer to our attendance policy.

Head Lice

Parents must notify the school if they discover that their child has head lice. If there is a confirmed case of head lice identified in our school community, all children will be screened. Students with head lice will be sent home from school and will be readmitted when they have been treated and are nit free.

Medication Administration

Prescription and over the counter medications should be discussed with the Trillium Christian Nature Preschool director and will be handled in compliance with New Hampshire state regulations.

Child Protective Services Act

Trillium Christian Nature Preschool staff are mandated reporters. We are required by the state of NH to report any suspicion of child abuse or neglect to the appropriate authorities.

– Safety Guidelines & Risky Play –

Being Safe and Respectful

We want students at Trillium Preschool to be free in their outdoor explorations and we also want to keep our students safe. We have three basic rules at our preschool, which your children will learn and we ask that parent/guardians help reinforce:

- Children must stay within sight of their teacher(s) and be able to see their teacher(s) at all times!
- Children must always answer to the owl call and return to their teacher(s) when they hear it!
- We have 3 Rs that help us each day: Respect each other, Respect nature, Respect our tools.

At Trillium Christian Nature Preschool we work to maintain a safe learning community both physically and emotionally. We seek to be kind to each other. When we are angry, sad, or frustrated we stop and take a deep breath...or five. Children are allowed and encouraged to work disagreements out with one another, but an adult will intervene if necessary. Teachers will model listening and talking as resources for conflict resolution. Teachers will point children to what God's Word, the Bible has to say about our behavior and how we should act to please the Lord. Teachers will support children as they work to communicate with others using their regular voices so they can be heard and understood. Children exhibiting unsafe behaviors will be removed from the situation and asked to stay by a teacher's side.

It is expected that Trillium Christian Nature Preschool staff and parents/guardians will work together to support the children in conflict resolution. These situations can be great learning opportunities and can have a very strong impact on the development of the child depending on how we handle them together.

Stick Play

At Trillium Preschool children are allowed to play with sticks and are guided by their teachers in respectful stick play. Sticks are amazing, creative tools, that can be use for digging, walking, building, counting, and endless imaginary play. Our three rules for stick play are:

1. We do not point sticks at people, not even for pretend.
2. Any child using a stick must constantly be aware of others around them.
3. Sticks must be shorter than the child's arm length.

If a child is using a stick in an unsafe way after reminders, they will lose their stick privileges

for the remainder of the day. It is expected that Trillium Preschool staff and parents/guardians will work together to reinforce these rules around stick play.

– Food –

Snacks and Lunches

Food and water are very important part of our time together. Taking good care of our bodies by nourishing them with healthy food and lots of water will help keep us energized and prepared to do our best work. Snack and lunch will be eaten together with teacher(s) - building community as we listen to a story, use kind manners, and enjoy each other's company.

Morning snack will be provided by the school. Our snack will be prepared ahead of time so we can enjoy it. We will often eat outside picnic style.

Children are required to bring their own nutritious lunch every day. Good nutrition plays an important role in the development of a child physically, mentally, and emotionally. As a way to promote nutritional eating habits, we encourage families to avoid overly processed foods whenever possible. We ask that they have a balanced lunch without too much of any one thing. Please do not send your child to school with full size candy bars or soda. We all know what that much sugar can do to their bodies and the sanity of those around them.

Food Restrictions & Allergies

Our preschool is a peanut free zone. Someone at our school has a very severe allergy and we ask that you help keep them healthy by not bringing peanut butter or peanut butter products into the school. Please notify your child's teacher of any food restrictions or allergies your child has. Depending on the nature of the restrictions or allergies, families may be asked to provide snack alternatives or eliminate certain types of food.

– Bringing Items from Home –

The majority of our time is spent outdoors. Please have your child(ren) leave his/her toys at home. This will avoid heartbreak over lost or damaged toys. Toys that accidentally come to school will be kept safe in your child's backpack to be taken home at the end of the day.

Things found at Trillium Christian Nature Preschool will most often stay here at our preschool. Children will discover sticks, rocks, fern, feathers, and endless natural treasures during their time here. Most often we ask the children to keep these wonderful treasure here at school. Occasionally we will send home very special treasures that probably were a project we worked on together. Other treasures will be waiting for them here the next day.

If your child needs an item to help with transitioning please speak directly to your child's teacher(s) to discuss and make a plan.



2024 School Calendar

~ Please make sure to check the monthly newsletters for more detailed information about upcoming events and important dates to remember. ~

January 3 - First Day of School in the New Year

January 26 - Family Day (Story Book Hike)

February 14 - Valentine's Be a Friend Day

February 19 - President's Day **No School**

February 23 - Family Day (School Potluck)

March 18-22 - Spring Break **No School**

March 29 - Good Friday **No School for Easter Weekend**

April 26 - Family Day (Story Book Hike)

May 27 - Memorial Day **No School**

May 24 - Family Day (School Potluck)

June 7 - Year End Celebration (Family Day)

June 7 - Last Day of School

Trillium Christian Nature Preschool Checklists

Must be completed BEFORE first day of school:

- Application for Enrollment
- Enrollment Contract
- Health Assessment Record and Immunizations
- Paid the \$50 non-refundable registration fee
- Paid the non-refundable, non-transferable tuition deposit
- Parent Volunteer Questionnaire

What to send on the first day of school:

- Nutritious Lunch
- Clothing for the weather - snow clothes
- Change of clothing to store in bin:
 - 2 pair of underwear
 - 2 pair of socks (1 pair wool or synthetic in nature)
 - 2 pair of pants (1 pair can be shorts depending on the weather)
 - 2 shirts (short or long sleeved depending on the weather)
- Indoor slippers (easy for them to put on themselves & no flashing lights please)



Contact Information

Sara Ladzinski, School Director and Lead Teacher

Sara's Cell Phone (603) 903-2367

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