



The Rise School

O F D E N V E R

Things to Bring to School (Please label all items)

For Nap Time

- A blanket and/or lovey
- A crib sheet to cover the nap mat

Things to Keep at School

- Two changes of weather-appropriate clothes, including socks. Please remember that preschool activities can be messy! Please bring clothing in which your child can be active and get messy.
- Diapers - please send a minimum of 3 diapers a day (or 5, if your child is in after-school care) or enough to keep for the week. Unfortunately, we have limited storage space- some rooms are able to keep a larger stack of diapers for each child. Please check with your child's teacher.
- Diaper cream if necessary. *Please note: We can use diaper cream proactively, but we must have a signed doctor's note to apply diaper cream if the child has already developed a rash. Please see the office to obtain a medical authorization form.*
- Sunscreen (Again, please label.)

Snacks and Lunches

- Families will be assigned a week at-a-time to provide snacks for the whole class. Please ask the teachers if you need snack ideas.
- Lunch and drink each day in a lunch box with an icepack for cold items (Unfortunately, we have limited access to a refrigerator.)
- Some classrooms may have allergy restrictions: please check with your child's teacher.
- Please note that we are not equipped for food preparation, so we ask that you prepare your child's lunch so that it can be given directly to the child without having to open cans/cut up food. **Per licensing requirements, we are not allowed to heat up lunch items. If you would like to send a warm item, please use a Thermos.**
- Drinks: We are happy to provide water for the children at snack time and lunch time. Please avoid sending juices or drinks high in sugar.
- Lunchtime is for learning too! Lunchtime is a social time, and a great time to practice eating, self-feeding, talking about manners and conversing with friends. We love having our children try new things in their lunch, but please also send something you know they enjoy and will eat.

Welcome to The Rise School! We look forward to spending the year with you and your children!