



***Ms. Heather’s Class 2017-18***

Hello and welcome back to school. I am excited to be part of the K-1 teaching team again this year.

I know parents are always enthusiastic to know the wish list, and there will be a few sticky notes to take on the door if you like. I will continue to add to them throughout the year, but we have most of what we need to get started! In addition, there is an annual requested donation of **$15-25 to cover classroom supplies during the year**.  This is ***completely optional***, cash or checks are okay. I use the money to cover extra supplies for parties and field trips, as well as art supplies (which I really enjoy including).  Please make the check payable to DMCS and Room 13 classroom supplies in the memo.

**Lunch:**  Students may either bring a homemade healthy lunch or they may purchase lunch at the school cafeteria.  Families eligible for free and reduced lunches should return the application as soon as possible.  Please label your child’s lunch box with their name.

**Clothing:** Make sure your child is dressed in comfortable clothing that they can run and play in every day. We will have PE most days and good shoes are a must. We do not have cubbies for the students but it would be helpful if they kept a simple change of clothes in their backpacks. A **regular sized backpack** is essential. The students will store their coats in them as well as transporting art, science projects, reading books and homework home.

**Class Pets**: We have a class guinea pig named Ginger. She is very sweet but needs a home during breaks.

**Snacks**: Students do not bring a snack each day, but rather we have a community snack that is provided by a few families each week. Families are assigned a snack day every 5 weeks or so. They are a large group of hungry children and ideally we have a starch and fruit or protein each day. Snack families also wash the dishes and return them the following day. Small birthday treats are welcome (for example mini-cupcakes or a single cookie), just let me know beforehand if you would like to do this. I will provide a suggested snack list for you to refer to. Interesting cultural foods are also welcome!

I am looking forward to getting to know each family and student,

**Ms. Heather**

**hcarson@dixonmontesorri.org**

**Snack Suggestions ( starch for 30 + fruit/protein)**

Crackers (any kind)

Apple Sauce

Jam or Jelly

Salami

Sliced turkey

Veggie Sticks

Pirate Booties

Dried Fruit

**Foods to Avoid**

*Soda*

*Candy*

*Fruit Roll Ups*

*Fruit Punch type drinks*

*Cookies*

Rice Cakes

Rice and Nori

Mini-Bagels

Muffins

Pretzels

Popcorn

String Cheese

Brick of Cheese

Cut up Cheese

Yogurt

Cream Cheese

Butter

Fresh Fruit (pre-cut or sliced, whole bananas OK)

Fresh Vegetables (pre-cut or sliced)