WELCOME

to

Mountain Preschool

Please turn in all of the following paperwork between August 1st and the week prior to our school start date.

The health status form and the immunization form within this packet must be signed by your doctor. No other type of immunization form can be accepted.

Due to state mandates, your child will not be allowed to begin preschool without all the required and completed forms.

We look forward to learning with you!



419 E Stuart St, Fort Collins, CO 80525
(970) 482-3118 Fax: (970)493-4095
www.mountain-kids.com

Gymnastics Dance Ninja Preschool Cheer Swimming Summer Day Camp

Preschool Enrollment Form

Child's Name_____ ☐ **Male** ☐ **Female**

What name do you want us to teach them to spell? _____

Child's Home Phone:_____ Birthdate:_____

Home Address:_____City:_____ Zip: _____

E-mail Address (required) _____

****ALLERGIES**:** _____

Previous School Experience: _____

Developmental Observations: _____

Guardian Name:_____Home Phone:_____Cell Phone: _____

Place of Work:_____Work Address:_____Work Phone: _____

Guardian Name:_____Home Phone:_____Cell Phone: _____

Place of Work:_____Work Address:_____Work Phone: _____

Child Lives With: Guardian(s) (please specify) _____

Other Family Members Child Lives With:

Name:_____Age:_____ M/F Relationship: _____

Name:_____Age:_____ M/F Relationship: _____

Name:_____Age:_____ M/F Relationship: _____

Emergency Contacts (other than Guardians):

Name:_____Relationship:_____

Address:_____Phone:_____

Name:_____Relationship:_____

Address:_____Phone:_____

Doctor's Name:_____Address:_____Phone:_____

Dentist's Name:_____Address:_____Phone:_____

If hospitalization is required-students will be sent to *Poudre Valley Hospital*, 1024 S Lemay, FTC, CO
If PVH is not your hospital of choice, please list hospital name: _____
Address:_____Phone: _____

AUTHORIZATION for EMERGENCY MEDICAL CARE:

I,_____, hereby give my permission to Mountain Kids to call a doctor for medical care for my child,_____, should an emergency arise. It is understood that a contentious effort will be made to locate me before emergency action is taken, but if this is not possible the expenses of emergency treatment will be accepted by me.

Guardian Signature:_____Date:_____

Preschool Pick Up Authorization

Student's Name: _____

AUTHORIZED to pick up the above student (a valid photo I.D. will be required)

Name:_____ Relationship:_____
Address:_____ Phone:_____
Name:_____ Relationship:_____
Address:_____ Phone:_____

NOT AUTHORIZED to pick up the above student.

It is assumed that everyone except parents and legal guardians are not allowed to pick up your student unless they areon the above list. State below if there is anyone who has a restraining order against them regarding your child.

Name:_____ Relationship:_____
Address:_____ Phone:_____

Guardian Signature for Pick Up Authorizations:_____ Date:_____

Preschool Activities Authorization

I,_____, hereby give my permission for my child,_,to go on walking field trips away from Mountain Kids in the company of a responsible adult from Mountain Kids' facility.
(Previous notice will always be given and parent volunteers are always welcomed on such trips.)

Guardian Signature :_____ Date:_____

I,_____, hereby give my permission for my child,_____, to view video or TV programs which pertain directly to the curriculum being presented. (This occurs very rarely.)

Guardian Signature :_____ Date:_____

Preschool Sunscreen Policy

At Mountain Kids Preschool we do not apply sunscreen or any topical preparations to the children .
It is your responsibility to do so before dropping your child off .

As the legal guardian of _____, I understand this procedure.

Guardian Signature :_____ Date:_____

Acknowledgement of Handbook Procedures

As the legal guardian of _____, I have received the preschool policies and procedures handbook. I agree to follow, accept the conditions of and give authorization for the activities described.

Guardian Signature :_____ Date:_____

Preschool Photo Waiver

As the legal guardian of _____, I give Mountain Gymnastics Training Center, Inc. my permission to use pictures of the aforementionedstudent/s for use in advertising, brochures, website, and other promotional materials. I understand any pictures are for private use only and are not to be sold or distributed outside of the use of Mountain Gymnastics Training Center, Inc. for promotional purposes.

Guardian Signature :_____ Date:_____

Mountain Kids

Participant Agreement, Release & Acknowledgement of Risk

Student name :_____

As legal guardian of the student listed above who are my children, I hereby give my consent for these students to participate in any of the Mountain Gymnastics Training Center Inc. programs. I fully understand that participation in any activity that involves motion including gymnastics, dance, tumbling, trampoline, swimming, summer day camp activities, sports acrobatics, parent shared gymnastics or and other related activities even under the best of conditions carries with it a reasonable assumption of risk. I recognize and understand that potentially severe injuries including permanent paralysis or death can occur. I understand that it is the express intent of Mountain Gymnastics Training Center, Inc to provide for the safety and protection of myself and my child. In consideration for allowing myself and/or my child to use the facilities, equipment, programs and participate in activities sponsored by Mountain Gymnastics Training Center, Inc., its officers, employees and representatives from any and all claims, demands or causes of action that are in any way connected with my or my child's participation in activities, program or related travel sponsored by Mountain Gymnastics Training Center, Inc.

Should it become necessary for Mountain Gymnastics Training Center, Inc, or someone on Mountain Gymnastics Training Center's behalf to incur attorney's fees and costs regarding my or my child's participation in this activity, I agree to pay Mountain Gymnastics Training Center, Inc. reasonable costs and attorney's fees if Mountain Gymnastics Training Center, Inc. is not held liable for my or my child's injuries or damages. I certify that I have adequate insurance to cover any injury or damage I or my child may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself.

This acknowledgement of risk and waiver of liability, having been read thoroughly and understood completely, is signed voluntarily as to its content and intent.

Parent/Legal Guardian/Adult Participant 18 years or older

Signature_____date_____
Signature_____date_____

Permission for Medical Treatment

Primary Accident/Medical Insurance Carrier_____
Primary Doctor_____Phone_____

Please list any medical or social issues which we should be aware of for the aforementioned student:

In case of emergency, I give my consent to Mountain Gymnastics Training Center, Inc to seek medical care for the aforementioned student/child should it become reasonably necessary in the course of such activities. I hereby give my permission to trained medical professionals to administer emergency medical treatment to myself or in my absence, my child, should sickness or injury occur. If hospitalization is required, the aforementioned student will be sent to **Poudre Valley Hospital** unless otherwise specified here:_____

Parent/Legal Guardian/Adult Participant 18 years or older

Signature_____date_____
Signature_____date_____

How did you hear about Mountain Kids?_____ 😊

Child's Statement of Health Status

All childcare facilities must retain a signed and dated statement of each child's current health status which indicates the child's abilities and/or limitations to participate in a regularly scheduled child care program. Preschoolers must have this form filled out and signed by a licensed health care professional. Parents of school aged children may fill out and sign this form, it does not need a health care professional's signature.

Child's Name_____ **Sex**_____ **Date of Birth**_____

Address_____

Past Illnesses: Give approximate dates of when child had illness.

_____**Chicken Pox**	_____**Rubeola**	_____**Rubella**	_____**Rheumatic Fever**
_____**Asthma**	_____**Hay Fever**	_____**Diabetes**	_____**Mumps**
_____**Epilepsy**	_____**Whooping Cough**	_____**Poliomyelitis**	_____**Other**

Comments: _____

Date of tuberculin test (if given):_____ **Date of chest x-ray (if taken):**_____

Vision Normal or Requires Corrective Lenses_____ **Hearing Normal or Requires Aid**_____

Surgery/Accidents:_____

Illnesses/Chronic Health Problems:_____

Allergies:_____

Current Allergy Treatment(s):_____

Describe any physical condition requiring special attention:_____

_____

Current Prescribed Medication(s):_____

*IF PRESCRIPTION MEDICATION IS TO BE GIVEN AT CAMP/SCHOOL YOU WILL NEED TO FILL OUT THE **"INDIVIDUAL CHILD'S RECORD OF MEDICATION ADMINISTRATION" FORM.** (available at the front office).

This record must be signed by the parent authorizing staff to administer medication. All prescription medication must be given to your child's head camp counselor/teacher in it's **original prescription bottle** and must be labeled with written permission from your medical provider and the parent. This label must contain the child's name, physician's name, pharmacist, name of medication, dosage, frequency, starting date, and expiration date, if applicable.

Date of last examination of child:_____

NAME OF HEALTH CARE PROFESSIONAL:_____

ADDRESS: (include street/city/zip):_____

PHONE NUMBER:_____

NAME OF CHILD'S DENTIST:_____

ADDRESS: (include street/city/zip):_____

PHONE NUMBER:_____

Signature(s) below verify that this information is correct and current with pediatric guidelines:

PARENT Signature: x_____ **Date:**_____

(Required for preschool and school age children)

PHYSICIAN'S Signature: x_____ **Date:**_____

(Required for preschool age children)

***NOTE:** Proof of immunizations is also required and must be on the Colorado State Department of Health standardized form.

COLORADO
Department of Public Health & Environment

Immunizations must have the Colorado seal and be signed by a doctor.
You may also obtain /print immunizations from the
CIIS Public Portal- https://copublicportal.state.co.us
Immunization forms obtained from the website do not need to be signed.
When obtaining records choose the ME option (not the DEPENDANT)

Advancing Colorado's health and protecting the places we live, learn, work, and play

Dear parents/guardians of students in Colorado child cares, preschools, and Head Start programs for the 2022-23school year:

We know you're thinking of all the things you need to do to make sure your student is ready for child care and school. Getting vaccinated is an important part of their school readiness and keeps children from catching and spreading diseases that can make them sick and interfere with in-person learning. We wish you and your student ahealthy school year!

Required and recommended vaccines

- Colorado law requires students who attend a licensed child care, preschool, or Head Start program to be vaccinated against many of the diseases that vaccines can prevent, unless a *Certificate of Exemption* is filed. For more information, visit cdphe.colorado.gov/schoolrequiredvaccines. Your student must be vaccinated against:
  - Diphtheria, tetanus and pertussis (DTaP, DTP).
  - Haemophilus influenzae type b (Hib).
  - Hepatitis B (Hep B).
  - Measles, mumps, and rubella (MMR).
  - Polio (IPV).
  - Pneumococcal disease (PCV13).
  - Varicella (chickenpox).
- Colorado follows recommendations set by CDC's Advisory Committee on Immunization Practices. You can viewthe recommended vaccine schedule for children 0-6 years of age at https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html.
- Vaccines are recommended for rotavirus, hepatitis A, and influenza but are not required for child care or school entry.

Exclusion from child care and school

- Your student may be excluded from school if your child care or school does not have an up-to-date *Certificate of Immunization, Certificate of Exemption*, or in-process plan on file for your student.
- If someone gets sick with a vaccine-preventable disease or there is an outbreak at your student's schooland your student has not received the vaccine for that disease, they may be excluded from school activities. That could mean lost learning time for them and lost work and wages for you. For example, ifyour student has not received a MMR vaccine, they may be excluded from school for 21 days after someone gets sick with measles.

Have questions?

Talk with a health care provider licensed to give vaccines or your local public health agency (LPHA) about which vaccines your student needs or if you have questions. You can read about the safety and importance of vaccinesat https://www.cdc.gov/vaccines/parents/FAQs.html, https://childvaccineco.org/, ImmunizeForGood.com, and cdphe.colorado.gov/immunization-education.

Paying for vaccinations

If you need help finding free or low-cost vaccines and providers who give them, go to COVax4Kids.org, contact your LPHA, or call the Mile High Family Health Line at 303-692-2229 or 1-800-688-7777 to ask about Medicaid contact information. You can find your LPHA at cdphe.colorado.gov/find-your-local-public-health-agency.

Vaccination records

- Please take your student's updated *Certificate of Immunization* to school every time they receive a vaccine.
- Need to find your student's vaccine record? It may be available from the Colorado Immunization Information System (CIIS). Visit COVaxRecords.org for more information, including directions for how to usethe CIIS Public Portal to view and print your student's vaccine record.

Exemptions

- If your student cannot get vaccines because of medical reasons, you must submit a *Certificate of MedicalExemption* to your school, signed by a health care provider licensed to give vaccines. You only need to submit this certificate once, unless your student's information or school changes.
- You can get the certificate at cdphe.colorado.gov/vaccine-exemptions.

- If you choose not to have your student vaccinated according to the current recommended schedule, you must submit a *Certificate of Nonmedical Exemption* to your school. Nonmedical exemptions must be submitted at ages 2 months, 4 months, 6 months, 12 months, and 18 months. These recommendations expirewhen the next vaccines are due or when the child enrolls in kindergarten. There are two ways to file a nonmedical exemption.
    - File the *Certificate of Nonmedical Exemption* WITH a signature from an immunizing provider, OR
    - File the *Certificate of Nonmedical Exemption* received upon the completion of our online education module.

  Downloadable certificates and our online education module are available at cdphe.colorado.gov/vaccine-exemptions.

COLORADO CERTIFICATE OF IMMUNIZATION

www.coloradoimmunizations.com

COLORADO
Department of Public Health & Environment

This form is to be completed by a health care provider (physician (MD, DO), advanced practice nurse (APN) or delegated physician's assistant (PA)) or school health authority. School required immunizations follow the ACIP schedule. Note: Final doses of DTaP, IPV, MMR and Varicella are required prior to kindergarten entry. Tdap is required at 6th grade entry.

Student Name: ..... **Date of birth:** .....

Parent/guardian: .....

Required vaccines

	Immunization date(s) MM/DD/YY						**Titer date*** MM/DD/YY
Hep B Hepatitis B							
DTaP Diphtheria, Tetanus, Pertussis (pediatric)							
Tdap Tetanus, Diphtheria, Pertussis							
Td Tetanus, Diphtheria							
Hib *Haemophilus influenzae* type b							
IPV/OPV Polio							
PCV Pneumococcal Conjugate							
MMR Measles, Mumps, Rubella							
Measles							
Mumps							
Rubella							
Varicella Chickenpox							

Varicella - date of disease		**Varicella** - positive screen date	

*A positive laboratory titer report must be provided to the school to document immunity.

*The shaded area under "Titer date" indicates that a titer is not acceptable proof of immunity for this vaccine.

Recommended vaccines

	Immunization date(s) MM/DD/YY						
HPV Human Papillomavirus							
Rota Rotavirus							
MCV4/MPSV4 Meningococcal							
Men B Meningococcal							
Hep A Hepatitis A							
Flu Influenza							
Other							

Health care provider signature or stamp: Date:

Student is current on required immunizations for age (circle one): Yes No

OR

Immunization record transcribed/reviewed by school health authority:

School health authority signature or stamp: _____ Date: _____

(Optional) I authorize my/my student's school to share my/my student's immunization records with state/local public health agencies and the Colorado Immunization Information System, the state's secure, confidential immunization registry.

Parent/Guardian/Student (emancipated or over 18 yrs old) signature: _____ Date: _____

MOUNTAIN KIDS PRESCHOOL HANDBOOK

The purpose of the MOUNTAIN KIDS PRESCHOOL HANDBOOK is to acquaint you with our goals, policies and values as well as provide you with a sketch of our curriculum through the school year.

I. MOUNTAIN KID'S GOAL

Mountain Kid's goal is to provide a positive and enriching developmental learning environment for children three through six years of age. Our program is designed to encourage each child's growth in the following developmental areas: physical, mental, emotional, and social, art, math, reading, sensory and science, music and rhythm, and gymnastics.

II. MOUNTAIN KID'S POLICIES: **The following list of policies will help you to better understand our program.**

- **CLASS SIZE:** Our maximum enrollment is 18 students in each class with two instructors.
- **REGISTRATION:** To register your child you must sign and complete all enrollment forms and pay a deposit to hold your child's space. This deposit will be applied to your child's initial tuition. The registration fee is due upon enrollment for Mountain Kids Preschool.
- **REQUIRED FORMS:** All forms must be returned a week prior to the start of school. Children will not be allowed to begin in class if forms have not been completed and returned to us.
  - Mountain Kids Registration Form
  - Mountain Preschool Enrollment Form
  - Child's Statement of Health Status Form-signed by a physician
  - Immunization Form- signed by a physician and in the format included in the packet.
- **ILLNESS & MEDICATION**
  - **Sick Children**- No child who arrives noticeably ill, with a rash, vomiting, diarrhea, sore throat or fever will be admitted for that day. Should a child become ill during the day, he/she will go to the sick area and remain there under adult supervision until a parent or authorized person arrives to take the child home. Child must be symptom free and fever free for 24 hours before returning.
  - **Nonprescription Medications**- All medications are kept in a locked cupboard out of the reach of the children. Any medication to be administered at school, such as aspirin or cough syrup, must be accompanied by both the parent's and doctor's written permission and instructions for use.
  - **Prescription Medication**s- All prescription medicines must be in the pharmacy labeled container with the appropriate forms and signed by a doctor. Staff with Medication Administration training will administer medications according to Larimer County Health Department's regulations.
- **HOURS and DATES-** Morning session hours are 8:30 am-11:30 am. Afternoon Session hours are 12:30 pm-3:30pm.
  - While children are in gymnastics class, they are under the physical and legal supervision of Mountain Kids gymnastics regulations and not the preschool license or regulations.
  - Classes are divided by age; three year olds attend Tuesdays and Thursdays, four and five year olds attend Mondays, Wednesday s and Fridays or Monday-Friday.
- **MISSED CLASSES-** Tuition is based on a 9-month year; therefore, we do not prorate during the school year for vacations, holidays and/or illness. If a gymnastics class day is missed, a make-up class may be scheduled through the front office.
- **INCLEMENT WEATHER-** We will be open during all hot weather days. The building is equipped with swamp coolers and the playground has shade. In case of inclement weather, any class closing will be announced via e-mail, Facebook post and on our phone message at 970-482-3118.
- **FEES-** Fees are based on sessions outlined in the Mountain Kids calendar and include one hour of gymnastics per week. Please see our current price list for fees. Payments are due the first week of each session. Late fees and interest may be charged to accounts over 30 days past due.
- **CLOTHING**- Please dress your child appropriately depending on the weather and the planned activities of the day.
  - Please send an extra set of clothing in a backpack daily and clearly mark your child's name on each article of clothing.
  - For gymnastics, children should wear stretchy clothes that do not have zippers, buckles, or hoods. Please, NO dresses, jeans, or jewelry. Long hair should be pulled back and out of the face.

- **PERSONAL BELONGINGS**- Children need to leave their personal belongings (such as books, toys and money) at home unless it is a show-and-tell day, or a special occasion. We cannot be responsible for personal belongings or money.
- **KEEPING TRACK OF THE CHILDREN**- The children are under direct supervision by Mountain Kids staff at all times while at Mountain Kids.
- **VOLUNTEERS**- Mountain Kids does not use volunteers on a regular basis.
- **VISITORS**- Visitors are welcome at Mountain Kids as long as they have a viable reason for visiting, such as desiring to observe a class in progress when choosing a preschool for their own child. All visitors must check in at the front office and sign the visitor check-in sheet.
- **AUTHORIZATION**- All Individuals who intend to pick up a child must have prior consent of the parents or guardian.
- **SIGNING IN /OUT**- All children must be signed-in and out by the adult transporting them to and from school. The signature sheet is located inside each room.
- **LATE PICK UP**- Children left after preschool hours will be supervised until they are picked up. An effort will be made to contact the parents, and emergency phone numbers will be called if necessary. Children arriving or leaving more than 15 minutes before or after the scheduled school times will be charged a fee.
  If all emergency contacts are attempted and the child is still at Mountain Kids one hour after preschool is over, the police will be contacted. Preschool staff will remain with the child until the situation is resolved.
- **CHILDREN WITH SPECIAL NEEDS**- Children with special needs are welcome at Mountain Kids, based on interviews with the parents and a mutual agreement that Mountain Kids can meet and maintain the needs and requirements of the child and his/her parents. If diapering is needed, staff will follow state guidelines for diapering. It will occur in the south hallway's bathroom which is equipped with a "diapering table."
- **TOILETING-** Should a toileting "accident" occur, staff will help the child clean up and change clothes.
- **SAFETY**- The staff is informed of safety rules, special hazards, and commonly occurring accidents. They receive detailed instruction on evacuation procedures, fire extinguishers, and how to report an accident. No toys or equipment with easily removable small parts are allowed. All poisonous substances are stored in a cupboard out of the reach of children. All sharp objects are stored out of the reach of children. Such objects as scissors are used only under direct supervision. The classroom equipment is observed continually for stability, smoothness of wooden objects, and safe corners. All electrical outlets are capped.
- **DISCIPLINE POLICY**- The staff shall not use abusive, neglectful, corporal, humiliating, or frightening punishment under any circumstances. No child shall be physically restrained unless it is necessary to protect the safety and health of the child or others. Generally, a teacher will take a child aside and speak to him/her about the concern. Children may be asked to choose a different activity for a time, until materials can be used with more care. Children may be separated to reduce aggression. A "time-out" may be used by asking a child to sit on a chair briefly and observe. Prior to the time that a parent is asked to withdraw their child from preschool the following will have occurred: A variety of methods (decided upon by the teacher, director, and parents in a joint conference) will have been used and results documented in an effort to change behavior. The teacher will have had continual communication with the parents throughout these efforts. The teacher and director will make the final decision about expulsion. What this means in practice is that reason and understanding underlie our dealings with children. It is imperative that the home and staff members cooperate with mutual goals for the good of each individual child.
- **LOST CHILDREN**- Should a child be missing, the staff will search the building and grounds thoroughly. If the child is still missing, the police and parent/guardian will be notified while staff begins searching the immediate area.
- **EMERGENCIES**- Every child has an authorized emergency care card signed by a parent or guardian. Emergency numbers for reaching the parent/guardian and other authorized persons are also on file. At least one staff member on duty at all times has first aid training through an accredited course. All other staff members are trained in emergency procedures through annual in-service training. In the event of a serious accident or illness requiring emergency care, the child's parent/guardian or authorized contact will be notified immediately. First aid will be administered by a qualified staff member. The local emergency responders will provide emergency transportation; the local hospital will provide emergency care. In the event that a child is transported to the hospital, his/her health summary and signed Permission for Medical Treatment will be sent along. A staff member will accompany the child until the arrival of a parent/guardian. An Accident Report will be completed for each accident except minor scratches and abrasions. The report is made immediately and filed in the Preschool Accident Log. Parents will always be notified when there has been an accident serious enough to require an accident report. The rest of the staff will also be notified, and prevention will be reviewed and discussed.

- **EMERGENCY PREPAREDNESS AND SAFETY-** Mountain Kids Preschool maintains emergency preparedness procedures designed to protect the safety and well-being of all children and staff. Emergency procedures are reviewed regularly and may include evacuation, shelter-in-place, severe weather, lockdown/secure situations, medical emergencies, missing or eloped children, fire, and other situations that may pose a safety risk.

  Staff members receive training on emergency procedures and participate in drills as appropriate. In the event of an emergency, Mountain Kids Preschool will follow established procedures and instructions from emergency personnel and local authorities.

  Our emergency procedures are designed to prioritize the safety and supervision of children while maintaining appropriate communication with families whenever it is safe and appropriate to do so. Specific operational procedures are maintained as part of the program's staff emergency plan and are not publicly distributed for safety and security reasons.
- **CHILD ABUSE**- Any suspicion of abuse must be documented on the Documentation of Employment Problem form by staff members and reported immediately to the Director. The Director will confer with the staff member, and report to the local family services agency if the Director determines that abuse is a possibility. Procedures outlined by the Department of Human Services must be followed. The Larimer County Child Abuse line is (970) 498-6990.
- **WITHDRAWLS-** If you wish to discontinue preschool, communicate with the front desk personnel prior to the last class in the session. You are responsible for tuition for the next session unless a notification is received prior to the end of the current session.
- **COMPLAINT REPORTING-** Complaints should be voiced to your child's lead teacher; if you are unsatisfied with the result speak with the preschool director. If still unsatisfied, make an appointment to see the owner.
  If you have suspected licensing violations you can file a complaint with the CO Department of Human Services, Division of Child Care, 1575 Sherman St., Denver, CO 80203. Phone: 1-800-799-5876

III. OTHER ACTIVITIES

- **SNACK**- Snack time is part of each day. Please send a snack and water bottle with your child every day.
- **PARENT-TEACHER CONFERENCES**- Mountain Kids' teachers like to confer with parents to inform them of their child's progress and development and are available to visit with parents during the year by setting up an appointment. Written reports will be sent out in the fall for each student and parent-teacher conferences will be scheduled in the spring for all preschoolers.
- **HOLIDAYS**- At Mountain Kids, we recognize these holidays with special activities and crafts: Halloween, Thanksgiving, Hanukkah, Christmas, Valentine's Day, and Easter.
- **SCREEN TIME**- We do not spend any time watching any type of screen-TV, videos, or computer.
- **SPECIAL GUESTS**- We invite special guests to visit when they can augment our teaching theme. By utilizing people from our community, we are helping children learn that these are many different jobs as well as helpers in our community. It also brings in good role models for the children.

IV. MOUNTAIN KIDS EXTENDED CARE

- **QUIET TIME AND REST POLICY**

  Children attending a full day at Mountain Kids will participate in a daily rest period following lunch. Rest time allows children an opportunity to relax, recharge, and prepare for the remainder of their day.
  Each child will have an assigned cot or rest mat. Families are asked to provide a small blanket and any approved comfort item their child may need for rest. All belongings should be labeled with the child's name.
  Children are encouraged to rest quietly for approximately 30 minutes. We understand that not all preschool-aged children sleep during the day. Children who do not fall asleep will be provided with quiet activities such as books, coloring, puzzles, or other individual activities that allow sleeping children to continue resting.
  Children will never be forced to sleep. Staff members provide a calm, comfortable environment and supervise children throughout the entire rest period. If a child consistently does not nap, teachers may work with families to determine the best approach for supporting the child's individual needs while maintaining a restful atmosphere for the classroom. For the comfort and well-being of all children, rest mats and cots are sanitized regularly, and bedding is stored separately to prevent cross-contamination.

V. MOUNTAIN KIDS PRESCHOOL CURRICULUM

- **OPENING ACTIVITIES**- This will always occur first in your child's day. It may include arrival activities, calendar activities, songs or poems, review of skills already learned, that day's activities and schedules. It is very beneficial to have structure and an understanding of what their day will include. Lots of math skills take place during the calendar activities.
- **TABLE ACTIVITIES-** This typically lasts 45 min and is set up into three centers. Math, art, science, writing, and manipulatives will be included. This is where a large portion of academic learning takes place.
- **STORY TIME-** This will occur during opening activities and while children are preparing for their snack. It may include a story, a coordinating activity, song, finger plays, poems, etc. A great deal of language development occurs during this time, as well as comprehension development.
- **GYMNASTICS**- Classes for gymnastics are held for one hour per week in our gym and are taught by professional Mountain Kids staff. The time your child is scheduled for gymnastics will be posted in your child's class schedule. The day and time of the gymnastics classes are subject to change. Large muscle control is greatly developed through gymnastics. Balance, coordination, and strength are just a few of the skills involved.
- **MUSIC**- There will be a 30 minute music class held weekly. Music is an important part of our curriculum and is incorporated into daily activities. Skills taught include beat, rhythm, pitch, and exploration of instruments and types of music.
- **SHOW-AND-TELL**- Show-and-tell is a day set aside for the children to bring something or someone special to school. We have a theme prearranged so the items brought correlate with our activities. The M/W/F and 5-day classes have show-and-tell weekly (see your child's class schedule). The T/Th classes have show-and-tell monthly. The opportunity to practice speaking in front of others enhances verbal skills and confidence.
- **OUTSIDE PLAY-** Mountain Kids Preschool has a fenced playground located on the south side of the preschool rooms. This is a great time for children to develop not only large muscle control, but also social skills. There is a great deal of peer interaction happening on a playground.
- **FIELD TRIPS-** One or two Field trips will be planned throughout the school year. Field trips expose children to the world in a very educational manner. They will involve lead-up activities as well as follow-up discussions and activities which help children gain more understanding of what was seen and heard. Our field trips are close enough to walk. We do not transport to field trips in vehicles. Children may not be dropped off at preschool if their class has left for a walking field trip. The parent must bring the child to the designated destination.