

SNACK IDEAS

- **FRUITS:** oranges, apples, bananas, seedless grapes, watermelon, cantaloupe, honey dew, berries, fruit sticks, fruit cups, fruit dip
- **VEGETABLES:** carrots, celery, cucumber, broccoli, cauliflower, tomatoes, snow peas, with dip
- **DAIRY:** cheese strings/slices/cubes/sticks with crackers, pudding, yogurt cups, yogurt tubes, ice cream
- **BREADS:** muffins, crackers, dry cereal, bread sticks with Cheez whiz, English muffins, bagels, pita bread, melba toast, rice cakes, sandwiches, granola bars, rice krispie squares, bear paws
Absolutely no donuts or Timbits. Bear paws are the only cookies allowed.
- **DRINKS:** assorted fruit juices, white, chocolate or strawberry milk

DUTY PARENT SCHEDULES

WHEN YOU SEE YOUR CHILD'S NAME ON THE FOLLOWING SCHEDULE:

- YOU MUST ARRIVE **15 MINUTES EARLY** TO HELP SET UP AND STAY **15 MINUTES AFTER CLASS** TO HELP CLEAN UP. IF YOU ARE RUNNING LATE PLEASE PHONE MRS. MCKELLAR TO AVOID BEING FINED. ON YOUR FIRST SHIFT PLEASE ARRIVE **20 MINUTES EARLY** FOR A SHORT ORIENTATION.
- DUTY PARENTS MAY BE MOMS, DADS, GRANDPARENTS, AUNTS, UNCLES, FRIENDS, NEIGHBOURS ETC. **MUST BE 18 YEARS+. SIBLINGS ARE NOT PERMITTED.**
- YOU ARE RESPONSIBLE FOR BRINGING WHICHEVER SNACK OR DRINK IS LISTED BESIDE YOUR CHILD'S NAME.
QUANTITIES:
 - MILK OR JUICE: 3-4 LITRES
 - SNACKS: PLEASE MAKE SURE YOU BRING ENOUGH FOR ALL STUDENTS AS WELL AS EXTRAS
- **ACCORDING TO BOARD OF HEALTH REGULATIONS**, SNACK MUST BE BROUGHT IN SEALED (UNOPENED) PACKAGING AND BE PREPARED AT THE PLAYSCHOOL USING OUR KNIVES, PLATES, BOWLS ETC. BEFORE CLASS BEGINS. FRUIT AND VEGETABLES MUST BE WASHED AND CUT UP AT THE PLAYSCHOOL TOO.
- **NO NUT OR NUT PRODUCTS WILL BE ALLOWED ON PLAYSCHOOL PREMISES!!**
- IF YOU CANNOT WORK A DUTY DAY AFTER THE SCHEDULE IS POSTED, YOU ARE RESPONSIBLE FOR FINDING A REPLACEMENT OR SWITCHING ANOTHER PARENT. PLEASE LET MRS. MCKELLAR KNOW PRIOR TO YOUR SCHEDULED DUTY DAY.
- WHEN YOU ARE DUTY PARENT IT IS ALSO YOUR CHILD'S SPECIAL DAY AND THEY WILL GET TO HELP OUT WITH VARIOUS ACTIVITIES DURING THE CLASS. PLEASE REMEMBER TO BRING SOMETHING FROM HOME FOR THEM TO PUT IN THE SHOW N' SHARE BAG. PLEASE BRING AN ITEM THAT STARTS WITH THE LETTER OF THE WEEK WHEN POSSIBLE.
- DUTY PARENTS CANNOT SMOKE, USE CELL PHONES OR LEAVE THE BUILDING AT ANY TIME DURING THEIR DUTY DAY AS PER LICENSING. HOT BEVERAGES ARE ALSO NOT PERMITTED.

- PLEASE REMEMBER THERE IS ABSOLUTELY **NO PARKING** PERMITTED IN THE PARKING LOT. IF YOU HAVE A MEDICAL CONCERN PLEASE SPEAK WITH MRS. MCKELLAR.

- IF YOU ARE LATE FOR YOUR PARENT DUTY DAY OR DO NOT SHOW UP YOU WILL BE FINED ACCORDING TO THE PARENT HANDBOOK.

- ANY QUESTIONS OR CONCERNS PLEASE CONTACT MRS. MCKELLAR AT THE PLAYSCHOOL 780-473-1915