



Welcome to Bright Beginnings!

We are pleased that you have chosen Bright Beginnings to care for, nurture, and teach your child this year. We are confident that we will give your child an experience that will truly foster a healthy body, healthy mind, and healthy spirit! We are looking forward to another wonderful year! If you have any questions or concerns after reading through this information, please email Katy Stratchko at Katy@sportfitclubs.com or call **(301).262.4553**.

Hours:

Half day 9am-12pm

Full day 9am-3pm

Beforecare 8am

Aftercare 5:30pm

Pick-up policy: At pick-up time (12:00 or 3:00pm) we will have your child packed up and ready for you in the classroom. We have a 10-minute grace period for pick-up. We understand there are circumstances that prevent parents from arriving on time occasionally, but routine tardiness will result in a \$1 per minute late charge after the grace period.

Aftercare kids may be out and about when you arrive. If we are outside on the playground or in the Kid's Fitness room, we will leave a note on the classroom door with our whereabouts.

What to Bring:

- One snack per session (we have snack time once in the morning, and once in the afternoon)
- Packed lunch (please avoid meals that needs to be heated in a microwave)
- Blanket and pillow for nap/rest time (full-day children only)
- Change of clothes to leave in cubby in the event of an accident or messy day - please **label everything** with your child's name
- Diapers and wipes to be kept at school (if your child is in pull-ups, please bring the kind that fasten and unfasten)- please **label everything** with your child's name
- Swimsuit, swim diaper, rubber pants, towel- **please label everything** with your child's name (****children won't be able to participate in swim lesson without a swim diaper cover due to pool sanitation regulations**)
- Backpack/ bag to send home projects and communication

What to Expect:

- Structure- Each session is scheduled and planned for ahead of time, and students will come to know what to expect each day. This continuity gives them a sense of security and ownership in their school day. Routine is extremely important to children this age. Students also will come to learn what is expected of them; a behavior policy is in place in each classroom, and once the teachers feel that the child has had time to learn with guidance and role play, they will be held accountable for their behavior. First and foremost, however, we use a positive reinforcement approach to behavior.
- Security- When your child is dropped off each day, we ask that the adult dropping off **signs in and indicate who will be picking the child up**. We also ask that a current phone number be left on the sign in sheet, where the adult responsible can be reached that day in case of emergency (in addition to the emergency forms on file).
- Communication- Communication between parents and staff is extremely important. Our staff is available to speak with you individually before and after class sessions, or by appointment.
- Smiles- We strive to give each student a positive and enriching learning experience.
- Separation Anxiety- Your child may show signs of distress the first few days that they are dropped off. This may range from shyness to crying. This is a normal, healthy, and expected behavior. Once your child has experienced the security of the situation and realize that mom or dad always come back the anxiety will diminish quickly. Remember what a valuable life lesson this is for them! Know that most children will stop crying within minutes of their parents being out of sight. For this reason we suggest that when dropping your child off, confidently tell him or her that you will return later, and that they will enjoy the time that you are gone. Say a quick, confident, and loving goodbye, and leave promptly. Linger will make the situation harder on both of you and confuse your child. Instead of quickly engaging in classroom activities, your child may instead continue crying or looking for you if you have given any signs that you may still be around. When picking up your child, reinforce the fact that you came back as you said you would, and what a fun time your child had while you were away.

Inclement Weather Policy:

For the safety of our students, parents, and staff members, if PG County schools are delayed, then we will be delayed (opening at 11am for a "2 hour delay"). If PG County Schools are closed, then Bright Beginnings is closed. Refunds will not be made for inclement weather closings.

Birthdays:

We love to celebrate student birthdays! We ask, however, that we have advance notice of any food being brought in to share, so that those students with dietary restrictions can bring in an alternative, if desired.

Potty Training/ Bathroom:

Children who are not potty trained will be changed when his/her diaper is soiled. Diapers are changed in a sanitary changing station on clean and disposable paper using rubber gloves. We reinforce training "techniques" that are being used at home, so

please communicate your wishes to the teachers and aides regarding your child's potty training. While we provide assistance as necessary, we encourage all children who are potty trained to use the bathroom as independently as possible.

Medication/Illness:

Children requiring medication throughout the day, prescribed or otherwise, will see the Children's Activity Director to have it dispensed. Arrangements must be made ahead of time, and medication must be given to the Children's Activity Director with specific guidelines. Epi-pens or other emergency medication will be kept in the classroom, and also must be left with specific guidelines. **We ask that you please refrain from sending a sick child to class in order to protect the other students and staff members from contagious illness, as well as for the comfort of the student.** In addition to this, students who experience diarrhea or vomiting MUST be absent from school for at least 24 hours AFTER their last episode. Parents will be contacted should a student appear or act too sick to participate in class activities. Refunds cannot be made for sick days.

Sport Fit Total Fitness Clubs

Bright Beginnings Toddler Program

100 Whitmarsh Park Dr.

Bowie, MD 20715

301.262.4553