
LITTLE STARS HEAD START

Class Supplies Needed

Please send your child with the following items to Head Start:

Healthy Snack (fruit, vegetables, left over dinner, yogurt, cheese and crackers, etc)

Inside Shoes (preferably Velcro shoes as it is hard for us to tie shoes for all the children in the class). Please remember to write your child's name somewhere on their shoes. Children often have the same style and size shoes and it is easy to get them confused if they are not labelled.

Change of clothing (socks, underwear, pants and shirt). Items can be brought in any bag or clear zip loc bag, with the child's name clearly labelled on the outside.

Outside Jacket and footwear that is appropriate for the time of year and weather conditions. We go outside daily (even when it is a little rainy or snowy). Please provide warm gloves, toques and snow pants during the winter months.

NO JUICE (water or milk is provided during lunch time). Each child in the class will have a water bottle and have access to that during the day.

Please remember that it is best to provide your child with healthy food for them to succeed at school. Children will be discouraged from eating snacks that contain a lot of sugar (fruit roll-ups, candy, chocolate pudding, chocolate covered granola bars, etc).