**Busby West Public School**

Preschool

2018 Family Handbook

Information about our Procedures

Starling Street, Green Valley 2168

Phone: 9607 7573

 School email: busbywest-p.school@det.nsw.edu.au

 http://www.busbywest-p.schools.nsw.edu.au/years/preschool

This document summaries some of our procedures, particularly those related to the period when a child enrolls and commences with us. Copies of the full documents and others are available for you to read in our preschool entrance or from our teachers.

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**Welcome**

Firstly, welcome to *Busby West Public School Preschool*. We look forward to caring for and educating your child, as well as working with you to ensure your child is always happy and safe at preschool. We hope that the time you, your child, and family spend at our preschool will be a wonderful experience.

Our preschool is part of Busby West Public School and operated by the *NSW Department of Education.* Our purpose is to provide a year of preschool education and care to children in the year before they commence kindergarten.

**License and Rating**

Our preschool is licensed to care for a maximum of forty children, between 9:00 and 3:00 daily, with a ratio of one adult for each ten children.

* *Approved Provider:* NSW Department of Education PR-00005345
* *Service approval number:* SE-00006793
* *Assessment and rating:* Exceeding

**Management of our service**

Our service is operated by the *Department of Education* and is part of a Preschool- Year Six Public School. Our school principal assumes the roles of;

* Nominated Supervisor
* Educational Leader
* Responsible person in charge

Our preschool teacher’s are responsible for the daily care and education of the preschool children.

**Our Philosophy**

Our preschool operation and activities are guided by our philosophy. This document has been developed by our educators and our preschool families and is available on our website, as well as the preschool entrance. We value any feedback or input regarding this document from our community.

**Hours of Operation**

We operate 9:00am-3:00pm, Monday- Friday during NSW Public School terms.

**Preschool Closures**

In addition to gazetted public holidays and NSW school holidays, our preschool is closed at the beginning and end of each term. This is to enable staff professional learning and the cleaning and maintenance of the preschool and equipment. In 2018 the preschool is closed to children on:

*Term 1: Monday 29th Jan. and Friday the 13 April* ***(children attend Tues 30/1- Thursday 12/4 inclusive)***

*Term 2: Monday 30th April and Friday 6th July* ***(children attend Tues 1/5- Thurs 5/7 inclusive)***

*Term 3: Monday 23rd July and Friday 28th Sept.* ***(children attend Tues 24/7- Thurs 27/9 inclusive)***

*Term 4: Monday 15th October and Friday 21 December.* ***(children attend 16/10- Tues 16/12 inclusive)***

**Fees for 2018**

* $15 a day
* $7 a day for holders of a *Commonwealth Low Income Health Care Card*

**Payment of fees**

Invoices are issued for each entire term and you are liable for the fees for each day your child is enrolled to attend. Payment must be made to our school office.

If you take an extended holiday (more than two weeks) or your child is absent for an extended period we are unable to hold your child’s place till you return unless you have already paid the fees for the time your child will be absent. If you have a fee exemption and your child is going to be absent for longer than two weeks, please notify the principal or teacher, **before** your child stops attending to guarantee their place is held.

**We cannot guarantee your child’s place in a new term if you haven’t paid the fees in full for the previous term, or they have been absent for a prolonged period with no contact from you.**

**Immunisation Requirements**

Under the *NSW Public Health Act 2010,* an immunisation record must be provided in order to enrol your child as follows:

1. An **Immunisation History Statement** showing your child’s immunisations are up to date, or;

2. A **Medical Contraindication Form** if your child is unable to be immunised with any vaccines due to medical reasons, or;

3. A **Conscientious Objection Form** (or certified ACIR letter) if your child is unable to be immunised due to religious reasons, or;

4. An **Immunisation History Form** on which an immunisation provider has certified that your child is catching up on their immunisations.

Immunisation History Statements are sent to each parent/guardian after their child turns 18 months and 4 years of age. In addition, you can obtain your child’s immunisation history;

* by telephone on **1800 653 809**
* By email on acir@medicareaustralia.gov.au
* Online at [www.medicareaustralia.gv.au/online](http://www.medicareaustralia.gv.au/online)
* In person at your local Medicare office, Centrelink office or Child Support Service Centre.

If your child turns four years of age after they have enrolled with us, you will need to supply us with their updated Immunisation History **within two calendar months** of their fourth birthday. After this time, we will suspend your child’s enrolment until we have a copy of the document.

**Enrolment and Orientation**

**Children are eligible to enrol at a government preschool if they are four, or will turn four, by 31 July in the year they attend.**

To apply to enrol your child please submit the completed, *Application to enrol in a NSW Government Preschool* form and the supporting documentation or you can pick up the enrolment forms from our school office. We are unable to process your child’s enrolment until all documentation is provided, and the enrolment form is complete.

If on submitting your application, our preschool has no available places you will be notified of this and your child’s name placed on our waiting list.

In deciding if you will enrol your child at our preschool, we recommend you meet the principal and/or teacher and take a tour of our preschool (with or without your child) in operation. Please make an appointment through our school office to do this.

**Settling In**

Separating from parents and settling into preschool is not always easy, and is different for every child. Some children are happy to leave their parents as soon as they see all the play equipment, but others may be more reluctant. Your child may become upset and it could take several weeks for them to feel comfortable without you. Patience and understanding from both you and the educators is important for your child to learn to cope with this new situation.

If necessary, we ask that you support us in helping your child settle by establishing a “good-bye” routine The routine may involve you in joining your child in one or two of the play activities, then confidently saying goodbye at the gate and leaving (with an educator readily available to give your child a hug). Don’t “sneak” away as this will make your child anxious. Please alert one of the educators if you need assistance in leaving.

Generally, we find a distressed child will settle down soon after their parent has left. If this is not the case and a child is still distressed after 15-30 minutes we will contact you. If you have left your child at preschool in tears, we understand this will be distressing for you also, and so encourage and welcome you to call us after a while to check how they have settled.

**After School Care**

**Before and after school care is available at Busby West Public School** generally between the hours of 6:00 am and 6:00 pm. **Vacation Care** is provided for students during school holidays. Preschool children are walked to and from the OOSH facilities. Contact details are provided below.

Phone: (02) 9826 7824 Email: bwoosh@hotmail.com

**Staffing**

Whenever children are in attendance, our preschool is staffed by two educators who are holding a Bachelor of Education in Early Childhood Education) and two *School Learning Support Officers* who hold a minimum of a Certificate III in Children’s Services. When the teacher takes their lunch breaks, or is relieved to complete administration duties or professional learning, they are replaced by another *Busby West Public School* teacher. When our SLSO takes their scheduled breaks, they are replaced by other *Busby West Public School* support staff. The current educator roster is displayed in the preschool, with any changes noted for that current day on the notice board*.*

**Arrival at Preschool**

It is important you accompany your child right into the preschool building on arrival, at or after 9:00am we are not licenced to have children on the premises before 9:00am. According to our licence, it is not acceptable to leave your child unaccompanied in the main school playground, or in the preschool playground.

On entering the preschool building, it is **very important** you write your arrival time and sign the *Arrivals and Departures Register (Roll)* . If you have a different contact number for the day, or someone different is collecting your child, please notify staff upon arrival. Please talk to an educator if your child has any special needs for the day; eg. If medication is required, a sleepless night, extra hunger due to no breakfast etc.

Each child is allocated their own locker to keep personal items such as their bags and hats. On arrival at preschool each morning please assist your child to unpack their bag;

* Lunch box- into the labelled fridges.
* Hat- on if your child is going to start their day playing outside
* Sunscreen- please apply if necessary

**Departure from Preschool**

On collecting your child, you must again sign your name and write the time your child left the preschool. We are only licensed to have children on the premises till 3:00pm so you must collect your child and sign out **before** this time.

We cannot let anyone else take your child from the preschool without your consent. On page twelve of the enrolment form you will be asked to nominate persons you authorise to collect your child. If you unexpectedly need someone different to collect your child (ie. you haven’t already authorised them), please call the school on 9607 7573 **before** 3:00pm to inform us. The person’s name will be recorded in the diary. If the person is not already known to the school staff, they will need to show photo ID, such as a driver’s license, and be over 18 years of age.

**Late Collection**

Children can become very distressed should their parent not arrive as expected. Should an emergency prevent you from collecting your child before 3:00pm, please call the school on 9607 7573 **before** 3:00pm to let us know so we can inform your child. If you don’t arrive, and we haven’t heard from you, we will attempt to contact you by phone. If we are unsuccessful we will then call the emergency contacts on your enrolment form. If we are unsuccessful here, we will consider your child abandoned and seek advice from the police.

If you are habitually late, our teacher or principal will speak with you about the need for you to make alternative care arrangements for your child.

**Custody & Access**

By law (*The Family Law Act of June 1996*), we are not allowed to refuse access to a child’s natural parent(s) as stated on their enrolment form unless we have written proof of a *Custody Order* or *Apprehended Violence Order* advising us otherwise. Please consult with the teacher or principal if there is likely to be any problems or issues in this area.

**Communication**

In the preschool entrance you will find information detailing our daily routine, the current term’s curriculum overview, our educator roster, our service rating and license details. We also provide information throughout the year in a variety of ways;

* through *Seesaw* an application which can be downloaded in your smart phone or iPad where current preschool information is posted related to; our program, special events, your own child’s learning and development.
* school newsletters
* notices regarding special events on the notice board.
* message folders for each individual child located next to the rolls.
* pamphlets and information related to our preschool, parent support, child safety and wellbeing, the *Early Years Learning Framework*, the *National Quality Standard* and transitioning into kindergarten are in the preschool entrance.

Informal discussions between educators and families are ongoing throughout the year. You are welcome to approach the teacher at any time to discuss a particular matter. If the matter requires privacy or a little more time, please ask for an appointment before 9:00am or after 3:00pm with our teacher. You are also encouraged to make an appointment with our principal if you have any concerns you feel would be more appropriately discussed with him.

**Seesaw**

We will be implementing the app Seesaw at preschool and it can be accessed by using a smart device. Seesaw allows learning experiences to be videoed, photographed and drawn. We are able to comment on each input and draw and write on the photographs. Your pre-schooler will be able to add items with support and educators will also add items of your preschooler’s learning experiences at preschool. You will also be able to respond to an item on Seesaw. An introduction letter and access code will be given to you on the first week.

**Complaints**

Complaints should be made initially to our teacher or principal, whoever is most appropriate, by appointment. Complaints will be dealt with confidentially and professionally, as per the *NSW Department of Education Complaints Handling Policy, 2017.* Wherever possible, less serious complaints will be resolved informally. If your complaint is of a more serious nature or issue, you may choose to contact the *Director, Public Schools NSW Liverpool Network* on 8848 4900 or our regulator;

*Early Learning and Primary Education,*

*Department of Education*

*phone: 9266 8198*

**Child Protection**

If you, as a member of the public, have concerns about a child’s welfare you should call the *Child Protection Hotline* on 132111. More information is available online; http://www.community.nsw.gov.au/home

All our school staff are *mandatory reporters*, this means we are legally obliged to report any child abuse we suspect. We will do this through our school principal and the Department’s *Child Wellbeing Unit*.

**Quality Improvement Plan (QIP)**

Each year our staff and community develop a QIP, which is an action plan for improvement. This document notes the areas we are working on improving in the current year, within our preschool, as measured against the *National Quality Standard*. A summary of our current QIP is available in our preschool. If you would like a copy of the full document, please request this from our teacher.

**Library**

The preschoolers are given the opportunity to visit the library and borrow books each week. You are welcome to provide your own library bag or they can be purchased from the school office for $2.

**Information Changes**

It is important that you tell the preschool and school office if you change any of the following:

* contact phone numbers
* emergency contact people or their addresses or phone numbers
* authorised persons who can collect your child from the service
* medical conditions which your child may have
* Court orders which affect your child

**Positive Behaviour for Learning (PBL)**

Our school currently implements PBL. It is a school wide approach for developing well-being and increasing school success. We believe that if a child is feeling happy, confident and positive, they will function and learn better.

Components of PBL within our service are;

* the intentional teaching of social and emotional skills
* a focus on developing an environment where everyone feels safe, happy and connected
* behaviour expectations- Be safe. Be respectful. Be an active learner.
* a weekly focus on different areas of the preschool so the children know what is expected of them
* educators supporting children to manage their own behaviour and develop self-regulation
* rules which are positive, and tell what the children they can do
* proactive and positive reinforcement and acknowledgement of children following our rules
* displays throughout the preschool to serve as visual reminders.

If a child is behaving in a way that is not safe or respectful they will be given a reminder of our behaviour expectations or redirected to another area. If the behaviour continues, they will be asked to sit away from the group for a short period to discuss with an educator the need to choose an alternative behaviour.

**Rest Time**

Both our indoor and outdoor spaces have quiet comfy corners a child can choose to go to for a little bit of “down-time” when needed. We will always be guided by you if your child requires a day-time sleep or not. Please let our teacher know in the morning if your child requires a sleep during that day and we will organize this for them.

In Term 1, all children will be encouraged to rest their body after they have eaten their lunch. During this period, each child can bring sheets, a blanket and a pillow from home. They are given an individual bed to lay on and rest. At the conclusion of rest time, when the rest of the group returns outside to play, a child is able to remain inside to continue resting if needed.

**Lost Property**

You are welcome to use the permanent marker in the preschool entrance to label your child’s belongings. Most important to be named is their water bottle and lunch box. Any found items will be placed in a tub, in the Preschool. Educators will take care of your child’s belongings, however are not responsible for them if they are misplaced, lost or damaged. Soiled and/or wet clothing will be placed in a plastic bag in your child’s locker or bag.

**Toys from home**

Your child may need a special cuddly toy to help them feel secure at preschool and to settle on arrival. However, we ask that no other toys are brought to preschool. We have found toys from home cause conflict as other children will not realise your child’s toy is a personal item and expect it be shared, as the preschool toys are.

**Family Involvement and Volunteers**

Our Preschool and your child will benefit greatly from your input, suggestions, support and assistance. We have a number of options to facilitate this happening;

* Simply spend time playing with your child and their friends in our preschool. You are always welcome to do this and there is no need to pre-arrange it
* Please collect us recycled materials that can be used for craft
* Complete the surveys and questionnaires which are distributed to gain your ideas and suggestions.
* Attend one of our special whole school events; Easter Hat Parade, Book Week Parade, ANZAC Day Assembly, NAIDOC Celebrations etc.
* Answer the call throughout the year for volunteers to help teach cooking, share family stories with the group, or teach songs in languages other than English.

If you have a special skill or hold a position which maybe of interest to the preschool and the children and you wish to share that interest then please don’t hesitate to make the staff aware of your skills as soon as possible so that a suitable time for your to visit maybe selected at some stage during the year.

**Birthdays**

Birthdays are an important part of a child's life. If you would like the preschool and educators to celebrate your child’s birthday you are welcome to provide muffins or cupcakes for the group as a treat (these are preferable to cake as they are easier to hand out to the children).

The families of children who are gluten free or have allergies are invited to supply a few suitable foods for us to freeze. We would then serve these to your child during a birthday celebration so they feel they are still part of the event.

**Our Educational Program**

The foundation of our program is the national early childhood curriculum framework, *The Early Years Learning Framework*. The framework describes the principles, practices and outcomes to support and enhance young children's learning, as well as their transition to school. The Framework has a strong emphasis on play-based learning as play is the best vehicle for young children’s learning, providing the most appropriate stimulus for brain development. The Framework also recognises the importance of communication and language (including early literacy and numeracy), and social and emotional development.

The Learning Outcomes of the Framework are:

* Children have a strong sense of identity
* Children are connected to and contribute to their world
* Children have a strong sense of well being
* Children are confident and involved learners
* Children are effective communicator

In a usual day we have three large "chunks" of time dedicated to free play (indoor/outdoor). During these times we provide a range of varied activities and equipment for the children to select to play with (eg. painting, building, craft, cooperative games, music, movement, stories, sand, computer activities…). These activities are planned considering the group’s interests, needs and development. They will help your child learn new skills or to practice old ones. We believe children learn best when they are interested, and through hands on experiences.

Our educators support the children to make decisions about the activities they want to engage with. During these sessions the educators support the children in their play by joining them, assisting them with the materials they need, interacting with them and helping them solve any problems they encounter. Between our free play sessions we have two fifteen minute whole group times for singing, music, dance, stories, show and tell or drama. In the preschool entrance is displayed our daily routine and our program for the current week.

**Staying Healthy / Infectious Diseases / Accidents**

The well-being of all children and staff are an essential element of the preschool. Families are asked to help us protect everyone involved with our preschool, by keeping any child who is unwell at home until they are fully recovered, particularly if they are contagious, have a severe cough, diarrhoea or continually runny nose.

The teacher will inform all parents and carers in writing if there is a confirmed case of an infectious disease or head lice in the preschool. A poster in the preschool entrance details the recommended periods of time an infected child must stay away from the preschool. A child not immunised against an infectious disease another child has, will be asked to stay away from preschool until we get the all clear from NSW Health. Please check with our teacher if you need further clarification or information.

If they need to **cough** or **sneeze** the children are encouraged to do so into the crook of their arm, rather than a hand. This way, germs aren’t spread around the preschool as the child touches things and we are able to minimise the spread of infection. For the same reason, one of our preschool routines is **hand washing**. The children wash their hands after using the toilet, before eating, after eating and after digging in the garden.

All care is taken to ensure a safe environment for the children in our care, but occasionally accidents happen at preschool. If your child does have a minor accident they will be given first aid and comfort by a trained first aider. All accidents are recorded on an *Incident, injury, trauma and illness record* which you will be shown when you collect your child. If your child has a serious accident you will be contacted immediately. You will be asked to sign the report to verify you have read it and it will be stored with our confidential records.

If your child appears unwell whilst at preschool, we will have them rest quietly on our lounge and monitor them. If they do not improve or we have concerns about your child’s health we will call you immediately. If your child has vomited or has diarrhoea, we will contact you to collect them asap to minimise the risk of infection.

When a child is ill, the best place for them to be is at home where adequate monitoring and care can be carried out. This is also for the protection of the other children and staff at Preschool and helps prevent the spreading of infection and illnesses.

Parents are asked to notify the Preschool if their child is going to be absent.  If parents are unsure about whether to bring their child, they may contact the Preschool to discuss their concerns.

|  |  |  |  |
| --- | --- | --- | --- |
| Temperature | Tonsillitis | Hand, foot and Mouth Disease | Influenza  |
| Productive Cough | Chicken Pox | Head lice (Until treated) | Measles |
| Vomiting (within 24 hours) | Conjunctivitis | Hepatitis A | Meningitis |
| Diarrhoea (within 24 hours) | German Measles | Impetigo – unless covered | Mumps |
| Severe skin rashes | Glandular Fever | Whooping cough | Scabies |

 **When to keep your child at home**

We strictly abide by the NSW Department of Health guidelines on Infectious Diseases and exclusion periods for attendance at Preschool. This information can be obtained from a staff member as required.

**Clothing and Sun Safety**

Preschool is messy! We use paint and glue, make mud, roll around in wet sand and dig in the garden! Please dress your child in old, comfortable clothes so no outfit is ruined. Also, make sure your child is able to get in and out of their shoes, jumpers and jackets as independently as possible.

We schedule our outdoor play times to avoid the higher UV rates, but all the children still need to wear a hat whilst outside. Children are to bring their own sun safety hats to school and ask you to leave this in their locker, so it is always easy to locate when needed. School hats can be purchased from the school office. Our Sun Safe policy requires children (and staff) to wear hats while outdoors, **all year**. Parents must supply a hat for their child to wear outdoors each day to help protect them against the risk of sunburn.  In line with the Cancer Council recommendations, we recommend (and sell) broad brimmed bucket style hats with a 7cm brim, as these offer the best protection from the sun.  We have sunscreen available in our entrance for you to apply to your child also, if needed. In addition, your child needs to wear clothing which protects their shoulders. This means no singlet tops or dresses without sleeves. We discourage long skirts or dresses, thongs, reef shoes or clogs as they can be dangerous for young children when they climb and play outside. Shoes or sandals that are well fitting and have non-slip (rubber soles) are best. Velcro fastening shoes are preferred over laces this avoids frustration from your child.

**Medical Conditions**

If your child has a medical condition please record this in the relevant sections of our enrolment form. Before your child commences, our teacher will contact you to discuss an individual medical care plan for your child, to ensure we take the necessary action to support them in our service. If your child requires prescribed medication during the day please inform our teacher. You will be requested to complete a form detailing the dosage and time to give, as well giving us authorisation to administer the medicine. Our educators will only administer medication which has been specifically requested by a medical practitioner for an individual child for a specific condition.

**Toileting**

Most preschoolers will have a toileting accident at preschool at some stage. Mostly they are just too busy to stop and go the bathroom! If this occurs an educator will change your child into their spare set of clothes and put the soiled clothes in a plastic bag in their tray or bag. During your enrolment our teachers will speak with you about any particular toileting support your child may need. Please help us by ensuring that your child knows how to flush a toilet and wash their hands. Each child will need a clearly labelled full set of spare clothes in their Preschool bag each day, in case they need changing. This is not only for possible toileting accidents, but can also be needed if children’s clothing becomes wet during water-play activities, if sleeves get wet when washing hands and many other reasons.  (Please remember to change them over depending on the season!).

**Safety Checks**

Educators do daily indoor and outdoor safety checks for hazards. If you notice anything which you are concerned about please let us know.

**Emergency Procedures**

Twice a term we rehearse our emergency and evacuation procedures. Posters detailing these procedures are on each external door. In the event that the preschool needs to be evacuated the educators will take the children to the site emergency meeting point- the shady grass area. If it is necessary for the children to be collected you will be phoned ASAP.

**Nutrition Policy**

We encourage the children to make healthy eating choices. We believe it is part of our role to support families to develop healthy eating habits in their children to ensure their optimum long term health. Water is the best drink for children and the children have access to their own bottle of water at all times of the day. Sweet drinks such as cordial or juice are discouraged.

For **morning tea** at 10:30am, we encourage children to eat a piece of fruit or other healthy choice option.

We have **lunch** each day at 12:30pm, with each family providing their child’s own lunch. We encourage the children to eat the bread, rice or pasta part of their meal first.

We do not have a scheduled **afternoon tea**, however if your child is hungry in the afternoon we will encourage them to retrieve their lunch box and eat any remainders of their lunch. A hungry child who has eaten all their lunch will be offered fruit.

**If a child enrols with a known food allergy, you will be informed and requested not to pack certain foods. A notice will also be placed in the preschool entrance.**

**Ideas For Your Child’s Lunch Box:**

|  |  |  |
| --- | --- | --- |
| **Foods to include** | **Examples** | **Reasons this food should be included** |
| **Fruit** | Fresh, dried fruit, fruit purees and fruit in jelly | High in fibre, vitamins and minerals, low in energy |
| **Vegetables** | Salads, carrots, tomatoes, cucumber, corn, potato, celery, snow peas, capsicum, lettuce | High in fibre, vitamins and minerals, low in energy |
| **Bread, rolls, fruit bread** | Preferably with healthy fillings such as cheese, lean cold meat/chicken/fish and salads | Children need carbohydrates for energy |
| **Carbohydrate foods** | Rice, spaghetti, pasta, couscous, noodles | Children need carbohydrates for energy |
| **Dairy foods** | Yoghurt, fruche, dairy desserts such as custard and creamed rice. | High in calcium, carbohydrates and protein therefore sugar in flavoured items is justified.  |
| **Cheese and biscuits** | The above crackers with cream cheese or slices or cubes of cheddar cheese | Good source of calcium, protein and carbohydrates |
| **Cakes, muffins and slices** | Plain un-iced, fruit muffins, scones, pikelets and un-iced fruit based slices | Children need carbohydrates for energy, ensure they are low in fat and sugar and high in fibre. |

**Canteen**

If you would like to order your child’s school lunch from the canteen, you will need to go to the canteen before school and order their lunch. Canteen staff will deliver your child’s lunch to preschool at their eating time.

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**Whole School Events**

Our preschool is very much part of the wider *Busby West Public School* community and as such participate in whole school events such as NAIDOC week, Harmony Day activities, performances, Athletics Carnivals, Talent Quest etc. For these events the preschoolers will be taken by the educators into the main school, remaining **within** the school fenced boundaries and under close supervision.

**Excursions/ Incursions**

Excursions and Incursions are a valuable learning experience, as well as help connect the children to their local community. We run at least one excursion or incursion per term with a minimal charge. You will be notified of the details of any upcoming excursion in writing, as well as asked for written consent for your child to participate.

**Website**

Please visit our website, <http://www.busbywest-p.schools.nsw.edu.au/years/preschool> for, links and information about local support services, and support for transitioning your child into preschool or kindergarten.

**Conclusion**

We encourage you to speak to the educators if you would like more information or are unsure about anything happening at our preschool. We look forward to caring for and educating your child, and to your family’s involvement in our service.

**What to bring to Preschool**



Sun-safe hat

 

 1-2 spare changes of

clothes



Healthy packed



lunch

Water bottle

(filled with water only)

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Hand soap and a box of tissues

and/or disinfectant wipes

One pair of brand new undies to donate 