

REST TIME

The children begin to get ready for a rest period at 12:30 P.M. By 12:45 P.M. everyone has been to the restroom and is ready to lie down. They are given books to look at and soft music is played. We do not refer to this time as a “nap” but only as a “rest”.

Our rest time is from 12:45 – 2:15 P.M. Those children requiring additional rest are allowed to stay on their mats until 2:30 P.M.

The school provides a 2 inch mat, sheet and a storage bag for their belongings. The school washes the sheets every two weeks. **We ask that every child bring a small blanket from home.** Be sure to have your child’s blanket labeled clearly with their name on it. Their blanket will be sent home to be laundered at the end of every month.

We do not have the storage space for pillows or large bed size blankets, so please do not bring these items to school.