

## **REST TIME**

For those children staying for our extended day program, there will be a rest period of one (1) and one-half hours minimum and will not exceed two (2) hours for those who may need to sleep more. The children will be resting on two-inch mats provided by the school. The school will also provide a sheet (for the mat) and a storage bag to keep their belongings separate. The sheets are laundered by the school every two (2) weeks. We ask that every child provide a small blanket from home. This blanket will be sent home at the end of every month to be washed, and it needs to be returned on the following day they attend. Please be sure that your child's name is clearly labeled. These are state-required items and they must be maintained. The children are given books to look at while resting and soft music is played.