



Focused on Learning Tips for Success!

Permanent Learning Solutions, LLC

- **Be on Time:** We have many activities that we fit into our short day. Getting started on time will better help us keep our schedule
- **Snacks/Lunch:** Each parent is responsible to provide their child with a snack (and *lunch for full day students. KINDERGARTEN ONLY!*) Snack time is typically around 10:30 each day. (*Lunch will be at 12:30. AGAIN KINDERGARTEN ONLY!*) **(Food allergies may prevent students from bringing some foods. Such notice will be given in advance.)**
- **Drinks:** As we keep the children moving, we recommend that each child bring water to class. A water bottle with their name on it is preferred. We can keep it in our refrigerator.
Please avoid sending punch or fruit drinks.
- **Breakfast:** Parents please see that your child receives a good healthy breakfast prior to school. This helps the child be able to focus so that learning can take place.
- **Sleep:** A well-rested child is a happy child! Sleep is very important in growth and development of your child both physically and mentally. It is recommended that children 3-5 years of age get an average of 9-12 hours of sleep each night.
- **Physical Activity:** Physical activity is extremely important in neurological development. Right-Left brain coordination is an essential key to this development. Please encourage your child to play. Ex. Running, jumping, throwing, catching, climbing etc.
- **Focus:** The ability to focus physically and mentally is very important in the classroom environment. This is a skill we will help your child develop. In our quest for success, please limit the time your child spends on electronic devices such as: tablets, Smart phones, computers, TV.

The American Association of Pediatrics recommends that children under the age of 3 have zero exposure to the above mentioned electronic devices.