

# TAPC WEEKDAY SCHOOL HANDBOOK

**TRINITY AVENUE PRESBYTERIAN CHURCH**

**927 W. TRINITY AVE.**

**DURHAM, NC 27701**

**CHURCH : (919) 682-3865**

**SCHOOL: (919) 530-8163**

*Trinity Avenue's program has been sponsored by Trinity Avenue Presbyterian Church since the mid 1950's. We are governed by the Weekday School Board, which reports directly to the Session.*

*The Trinity Avenue Weekday School staff pledges to maintain the highest possible standards throughout the entire school and its program. Each teacher is qualified through education and experience for the task to which she is assigned.*

*We are anxious that this year be a happy and rich experience for your child. It is our purpose that every age child is in an appropriate classroom setting and receives the best possible education in an atmosphere of love and understanding. Our staff is dedicated to providing an emotionally supportive and intellectually stimulating environment for young children. Small classes and parental involvement help us achieve these goals.*

**TAPC WEEKDAY SCHOOL IS A PLACE YOUR CHILD WILL**

**LOVE AND WE WILL LOVE YOUR CHILD!!!**

This handbook has been compiled to answer questions most asked by our parents. Please keep this book in a convenient place and refer to it frequently. Contact the school office (530-8163) if you have further questions.

## **SCHOOL OFFICE**

Our School office is located on the lower level of the William Bennett Fellowship Center of Trinity Avenue Presbyterian Church. It is the administrative center of our program. Our Director is happy to hear your concerns at any time. She is here to provide support and guidance to the staff, parents and children.

Office hours are 9:00 a.m. to 1:00 p.m. during the school year, Sept.-May. The Church/School answering machine is also available 24 hours a day for you to leave messages. Calls will be returned as soon as possible.

## **REGISTRATION**

Our school is open to all races and creeds.

Registration is held during January for the following school year. After January 31st, we will fill any available spaces in these programs with children from our waiting list.

Once a child is enrolled in the program and will be returning to us the following fall, a new Registration form\*, Registration fee\* and Supply fee\* will be required no later than January 31<sup>st</sup>. In addition to the registration and supply fee, one (1) month's tuition will be required by June 1<sup>st</sup>. This fee will be applied to your child's LAST MONTH tuition for the following year. This fee is also non-refundable. If it becomes necessary for you to withdraw your child during the regular school year prior to May, we would appreciate a month's

notice if at all possible or the fee will be forfeited.

We **cannot** promise the number of days you wish for your child to attend the program, but will have enough spaces to accommodate our presently enrolled children. We guarantee our present children placement for the following year, **except** for those wishing a Readiness spot. We have a maximum of 10 spaces available in our Readiness program. These spaces are filled on a **FIRST COME FIRST SERVE BASIS** and upon teacher's recommendations.

Financial Aid is available. Forms are available in the office and must be turned in no later than April 30th for the upcoming school year.

We do reserve the right to refuse a registration.

\*Registration fee, supply fee and one month's tuition applied to May of the following year are all nonrefundable fees.

## **CLASSES AVAILABLE** **(Meet 9:00-12:00 noon)**

### Youngest- 2 yr. Old Classes

We offer children who will turn two (2) years old prior to September 1st, a class that meets on Tuesday/Thursday or Monday/Wednesday/Friday mornings. Some parents may wish for the child to attend all days, which is available on approval of the Director and Teachers. This is the only program in which

children do not have to be completely toilet trained. This class meets from 9:00-12:00.

3 year old Classes

Any child who is three (3) years old before September 1st will be offered a three day or a five day a week program.

4 year old Classes

Any child who is four (4) years old before September 1<sup>st</sup> will be offered a five day a week program.

We offer no four day program for any age child.

Any child enrolled in the above classes must be toilet trained.

Readiness: 5 year olds

A child may be enrolled in this program if he or she is five (5) years old by October 15th. The Readiness class is from 9am to 12:00pm.

Regardless of your child's age, we feel it is most important that they be in a program that best suits their maturity and development. Children mature at very different rates and we never want to pressure children into doing things they are not ready to do.

**HOURS**

Our daily school hours are from 9:00 am until 12:00 noon\* on the days for which your child is registered. They MAY NOT be brought into the classroom prior to 8:55 am and MUST be picked up on time at noon. A LATE FEE of \$5.00 for each fifteen minutes is charged if a child

is picked up after 12:05 PM. If it is a car pool pick up, the LATE FEE is charged for each child in that car pool.

These same late fees also apply if your child is picked up after 1:00 PM. from PLAY PALS.

**ARRIVAL & DEPARTURE PROCEDURES**

\*All children must be accompanied to their classroom by an adult.

\* Staff needs to be notified of the child's arrival.

\*Upon departure, an adult must come to the classroom for pickup. Please do not enter the classroom. The teacher will open the door when class is dismissed. If children are picked up on the playground, the teacher *must* be notified before leaving. \*Authorization is required in writing when anyone other than the parents picks up a child \*Children must never be left unattended. Make certain that your children are close by upon entering and leaving the building or playground. They can disappear into the crowd quickly, and go with those exiting directly into the parking lot.

**PLAYPALS**

PLAYPALS is offered from 12:00 noon until 1:00 p.m. Monday – Friday. This is supervised unstructured time by one or two teachers and gives parents flexibility in pick up time. Generally, the children will be outdoors during this time, weather permitting. If PLAYPALS is held inside, activities will include free

play, art, educational videos, etc. We do not put the children down for naps during this time. Fees for PLAYPALS are \$5.00 per day or \$80.00 per month.

Please make reservations for your child to use this service on a daily or permanent basis by entering his/her name on the PLAYPALS list posted on the entry table. If you are on our regular PLAYPALS list, please add the projected cost for the month to your tuition check. We keep tally on a monthly basis. If your child uses this service on an occasional basis, please pay in the WDS office prior to or the day the child is using it. (Please use exact change!)

Daily additions or corrections to the PLAYPALS list should be done prior to 9:00 am to give other children an opportunity to use this service.

*You will be CHARGED whether or not your child uses this service if you fail to remove his/her name from the list once they are signed up.* If your child will be absent, please call the office to have her name removed from the appropriate list. *This should be done prior to 9:15 am.*

A LATE FEE of \$5.00 per child per 15 minutes will be charged if you do not pick up at 1:00 p.m.

**PREPARING YOUR CHILD**

Regularly scheduled hours for all children are from 9:00 am-12:00 noon.

Adjustments are so important to the children. Give them every benefit to adjust to their new school environment and the rewarding experiences they will have every day.

Prior to the start of school, begin to develop a regular routine at bedtime. Getting to bed on time in the evening and arising early enough to have a good breakfast are winners for all children.

**ARRIVE ON TIME!** It is important that each child arrives on time and come to school each day they are scheduled for class.

**HAVE YOUR CHILD WALK INTO THE BUILDING** (instead of carrying him/her).

**PLEASE DO NOT REMAIN IN THE CLASSROOM**, once you have said your goodbyes to your child. We offer a loving morning filled with discovery and excitement for your child. We will call you if we see a separation problem.

Inform us if your child is showing signs of unhappiness AT ANY TIME. There may be days when they do not want to come to school, but it is best to keep up the routine. BE POSITIVE! If there's a problem it will usually work itself out in a few days. Anticipate with your child a happy experience in school. Speak of the wonderful times that will be experienced and the new friends they will meet. Your child will be quick to sense your emotions. We want this to be a wonderful experience for both you and your child.

**BATHROOM HABITS**

Diaper changing is not a routine part of any class except the twos. All children must have the appropriate independent skills in this critical self-help area. To enhance your child's success potential with using the toilet independently, we suggest pants without zippers/belts (and no overalls). We know that occasionally accidents will happen, but, if your child still has frequent bowel accidents, then they are not quite "toilet trained." In such cases, we will need to work closely with parents about strategies for developing these important skills. While we know that it will be just a matter of time before the child will have these routines well integrated, it may also be the case that the child is not ready to be in a classroom. In such cases it is usually best not to push.

Parents are encouraged to talk with their child's teacher or the director if they have questions or concerns.

**CONFERENCES**

We would like school to be an extension of the home. Please feel free to speak to the teacher (before or after school) about any concerns you may have regarding your child. The teachers will do the same.

Our Director is always available to meet with parents. We can also set aside a time for you to meet with your child's teacher upon request. In other words, communication between school and parents is very important to us.

Parent/Teacher conferences are scheduled for one day in late January.

**DISCIPLINE POLICY**

"Children are diamonds in the rough and must be cut skillfully." We are a Christian School and our discipline will show this.

At TAPC Weekday School we view discipline not as a means of punishing a child who has behaved inappropriately, but rather as a means of teaching a child. Positive discipline teaches children where the limits are set, how to maintain control over their bodies and how to problem solve in the event of conflict. When children receive positive, non-violent and understanding interactions from adults around them, they develop good self-concepts, problem solving skills and self-discipline. Based on this belief of how children learn and develop values, TAPC practices the following discipline and behavior management techniques:

- \*The environment is a place designed especially for children
- \*Each class has clear and simple rules which are stated positively and posted in each room. Children are reminded of the rules so that they can become familiar with what is expected from them.
- \*Positive behavior is reinforced when we 'catch the child being good.' We praise those who cooperate by giving lots of attention to the children who do what is expected.
- \*Redirection is used often as a means of interesting a child in a more constructive activity. The teacher might ask a child to

help, or send them to a different area to play.

\*Positive reminders are used to tell the child what we WANT them to do (rather than constantly using 'no' or "don't").

\*Renewal time-when a child loses control, or is disruptive or destructive, the teacher may give the child a brief "time out." During the 'time out' the child is seated in a chair away from the group's activities, but within the group, the teacher will review the rules with the child and offer alternative strategies.

**NOTE: NO CHILD WILL BE SUBJECTED TO CORPORAL PUNISHMENT OF ANY KIND.**

Should a discipline problem arise that the teacher and Director cannot handle without the parent's advice and support, a conference will be held with all involved parties. Written documentation will be provided concerning the problem. A letter will be sent two (2) weeks after this conference restating the problem and informing the parties of the improvements or regressions seen to date. A follow-up conference will be held within the next four (4) weeks if needed.

In the event the discipline problem does not improve, affects the welfare of the other students and/or cannot be adequately counseled by the staff, the Weekday School Board will be presented with the individual situation. They will decide if a dismissal is in the best interest of all parties. A or two week grace period will be given to the parents and child (if needed) so alternative arrangements can be secured.

**TOYS**

Please do not allow your child to bring ANY toys or other personal items to school. There are plenty of toys in the classrooms and “lost” or broken toys upset both the child and the teacher. Please do not allow your children to bring knives, guns or any other 'play' weapons or sharp pointed instruments to school. Should one make its way into the class, the teacher will put it away for the entire morning and return it to the parent at the time of dismissal.

NOTE: Some children require a “security” item. Please discuss any necessity with the teacher.

**HEALTH ISSUES**

Please notify the office when your child is sick or absent for any reason.

We will isolate any child who becomes ill at school and call the parents to come pick up the child as soon as possible.

**The 24 hour rule**

If your child receives a throat culture, please keep her home until you have the results of the culture and/or antibiotics have been administered for 48 hours. In addition, please keep children home if the following has occurred during the previous 24 hours vomiting, diarrhea,

conjunctivitis, or continuous coughing/  
heavy nasal discharge.

Please be fair to the other children in class by not allowing a sick child to come to school. Often a day of rest is the best medicine!

Establish the kind of 'going-to-bed, getting up, resting and playing routine' at home that is conducive to good health and good habits. Children SHARE EVERYTHING especially GERMS!! Be considerate of others and do not bring sick children to school.

We require an annual medical form on each child every year. This form must be signed by your child's pediatrician/family physician. This physical examination and updating of the child's immunization record should take place no more than six (6) months prior to the start of school each September. Please mail this form after completed or bring to the office, no later than the first day of school, This form will remain in your child's file.

**ALLERGIES:** Please alert the school if your child has any food or environmental allergies.

### **Accidents**

If an accident occurs at school staff members will administer first aid as necessary. In cases where the injury seems like it might need further attention, you will be called for a consultation or to pick up your child. If more than a playground scrape occurs,

an accident report will be filled out with details and the first aid administered.

If your child becomes ill or injured and requires immediate medical attention, emergency medical assistance (911) will be called. Parents will be notified immediately.

Teachers are not allowed to administer any medication to children during preschool. If your child needs medication during the preschool morning, one of the parents must administer the medication.

We will post information or send home a note when any of our children have been exposed to a communicable disease. Please notify the office any time that your child is ill.

Each child is asked to bring a large box of tissues and a roll of paper towels to the classroom the first day of school. Once that supply is used up, we'll let you know of our need for more.

### **ABUSE**

North Carolina law requires us to report to the Department of Social Services of Durham County (DSS) if we suspect a child may be abused or neglected. Our staff feels a responsibility for the children with whom we work.

If you feel a situation exists that warrants a closer look, please bring it to the attention of our Director. Any information you give to us will be kept confidential.

**SPECIAL NEEDS**

TAPC does not discriminate against children with special needs. However, under normal circumstances, we are not equipped to meet the special needs of some children. If such cases arise, we are willing to work with parents in finding more appropriate care.

From time to time it becomes necessary to have a child evaluated by a professional to determine if special help is needed for a child to be able to work up to his/her potential. In such cases the parents will be required to have this evaluation completed at their expense. This only enhances the quality of the life of the child in question.

**LUNCH**

We have lunch together at school each day. Please pack a small to moderate amount of food in a lunch box or carrier with the child’s name clearly marked. Please—**NO** candy or dessert. **SPECIAL NOTE:** Each child should bring his/her own beverage (juice box, sealed cup, etc.)

**ALLERGIES:** Please advise the school of any food allergies your child may have.

**BIRTHDAYS**

Birthdays are always special and we love to celebrate them at school with classmates. We encourage parents to bring a simple treat, such as cookies or cupcakes. While we do not have elaborate parties at school, a special snack is certainly welcome. We encourage parents to bring a simple treat,

such as cookies or cupcakes. No gifts are exchanged in class. Parents are asked to be considerate when extending birthday party invitations to children in their child's class. Please extend the invitations personally to **all** children in class or mail the invitations to the invited children. Your regard of this policy will help maintain a feeling of acceptance for all children in your child's class.

**CLOTHING**

Children should be dressed simply, comfortably and sensibly for play. Shoes with non-skid bottoms should be worn by all children all of the time to avoid accidents, particularly on the playground. Please avoid overalls, boots (cowboy) and any clothing with drawstrings (hoods, jogging pants, etc.)

All children should bring a change of clothing at the beginning of school. We will keep these clothes at school, to be used if needed. Remember when the seasons change to update the clothes. Please provide disposable diapers and wipes for children, if needed.

**PLEASE MARK ALL OF YOUR CHILD'S CLOTHING.** Many times a child will not recognize his/her own jacket or sweater. Often times more than one child will have the same jacket/sweater as someone else in the class or school. A name on everything is very helpful.

Please allow your child to wear clothing that is washable. Our paint is washable; however, some colors do not wash out as



well as others. We do not want the children's good clothing to be damaged. We do try to allow the children to explore and be creative. This can be difficult if a child is worried about getting dirty.

MAKE CERTAIN to check your child's bag every day to see what 'treasures' might be coming home!

A lost and found is located in the hall downstairs or in the office.

### **PLAYGROUND**

We feel each child should have some daily outside activity. Therefore, we will go outside when the weather is 40 degrees or above and is not inclement. PLEASE REMEMBER COATS & MITTENS.

Parents often bring their children to use our playground when school is not in session. No one other than WDS classes can use the playground between 8:00 am and 1:00 pm each weekday.

If you use our playground at other times, please help us maintain it by making sure the equipment is used properly, any trash is picked up and disposed of properly and gates left closed upon leaving the area.

### **CAR POOLING/ TRANSPORTATION**

You will be asked to fill out a general Car Pool form at the beginning of school for your child's teacher. This form will indicate the name(s) of persons who will be able to pick up your child. WE DO NOT ALLOW CHILDREN TO GO

WITH PERSONS WE DO NOT KNOW. You must fill out this form with your permission or call the office if your plans change. We will get word to the teacher.

### **Car Pool- Change -Forms**

You must fill out the car pool change form when your child is to ride home with someone other than those listed on our permission slips. We do not take a child's word in these matters, nor do we allow children to leave with persons we do not know. In cases of emergency, you can call the school office and leave a message about a change in plans and we will notify your child's teacher. We do have the right to ask for identification when necessary.

When bringing your child to school please make certain all children are fastened in a seat belt or appropriate car seat. We would also encourage you to place children in the back seats of cars. With newer models of cars and the air bags, no child should be sitting in the front seat of a car. "BACK IS WHERE IT'S AT" is a great motto.

IF YOU DRIVE AN OVERSIZE VEHICLE, PLEASE PARK IN THE LOT NEXT TO THE PLAYGROUND. YOU WILL HAVE MUCH MORE ROOM!

### **FIELD TRIPS**

Throughout the school year, the Readiness class will schedule a few field trips. We rarely take any of the younger children on such trips. If you have a special place to visit, it will be reviewed

by the Board, Director and teachers. Plenty of notice is given to parents regarding the date, time, cost (if any), etc. Parents are asked to drive on these trips. The number of drivers needed will be on a sign up sheet outside the class. If enough drivers are not available, the trip will be canceled. (Teachers are unable to drive students on field trips).

Children under 4 years of age must be in a safety seat. This seat must be installed in the car of the parent who is driving by the parent of the child who is riding in that car. We do not allow any child to ride in the front seat of a car, whether it is equipped with air bags or not.

### **SCHOOL CALENDAR**

At the beginning of the school year you will have received a School Calendar. In general, we start with an “open house” the day after Labor Day in September. The first full day of school will be the Wednesday following Labor Day. Extended hours will also begin on Wednesday.

All other days are from 9-12. The only exception is an occasional day when the Church asks that we vary our schedule to help with traffic tie-ups (Lenten Luncheons, funeral services, etc.)

Our school year ends in May before Memorial Day.

Children at TAPC will attend Celebration at least once a month. This is a short presentation done by the Church staff on Christian Education. It will

include songs and offer age appropriate stories and pictures.

### **INCLEMENT WEATHER POLICY**

We are closed if the Durham Public Schools are closed for bad weather. We will dismiss early if the weather should become "bad" and Public Schools dismiss early. We advise parents to listen to the radio or television, or phone the school. On those particular days, Playpals will not be available.

If the Durham Public Schools have a delayed opening due to bad weather, TAPC Weekday School will open at 9:30am.

If it is necessary for the Durham Public Schools to be out for more than 3 days, we make every effort to reopen school. We will evaluate weather conditions and conditions at school: the parking lot as well as electricity and heat. We will call parents to advise them of school's reopening. Tuition will not be refunded for days missed due to inclement weather. If you are ever in doubt, please don't hesitate to call the office, the Director or your child's teacher.

### **FINANCES**

TAPC's Federal tax ID # is 56-1645828.

All payments are made in the office. Please do not send checks with a child or give them to a teacher. All tuition payments are due on your child's first school day each month (Sept. through

Apr). We do not send bills. A LATE FEE of \$25.00 will be charged on all payments received after the 10th of each month and a \$35.00 fee after the 15th. A \$20.00 fee will be charged for each check returned by the bank. Please indicate your child's name on the check. Often times we have children with the same last name or the parent's name is different from the students. We want to make certain the appropriate account is credited.

The yearly tuition fee has been divided into nine (9) equal installments. One of these payments is to be made by June 1st after registration. It is applied to the next year's last month's tuition. These required tuition payments are non-refundable.

TAPC Weekday School is financed entirely through your tuition payments. The goal of this program is to provide the finest possible learning environment at a fee within the reach of all that wish to participate in the program. We are determined not to sacrifice quality in order to compete with others. Thus we must provide our children with qualified teachers and all necessary equipment to operate an outstanding program.

Each parent is given a registration form at the time a space has become available in our program. This registration form is for one school year beginning in September. Each school year a new registration form non-refundable registration and supply fee are due upon enrolling your child for the following school year.

### **Withdrawals**

We realize it is sometimes necessary to withdraw a child from our program in the case of prolonged illness or moving. In such instances, a 30 day notice should be given to the Director in person. Upon doing this, the tuition you paid in advance for the month of May will be applied to whichever is your child's last month in our program.

NO BILLS ARE SENT FOR TUITION or PLAYPALS.

If your child uses Playpals on a regular basis, you must add the projected amount for the month to your tuition check. We keep tally on a monthly basis. If you overpay, a credit will be given the following month; underpay and please add this amount to your extended hours the next month. If your child uses Playpals on an occasional basis, please pay in the office prior to or the day the child is using it.

### **PARENT INVOLVEMENT**

Parents are encouraged to visit classrooms to participate with children in special activities or projects, read/tell stories to the class, help with parties, go on field trips, share a talent or hobby (playing the guitar, gardening, a rock collection, movies of a trip to the mountains, etc.). Parents are also invited to share their holiday customs and traditions by visiting classrooms and telling, showing, sharing with the children these celebrations. Please check in with your child's teacher BEFORE your visit. If your child is experiencing any adjustment or separation problems, it

might be harder for your child if you visit during that time. Also, please remember that the usual classroom ground rules are in operation even during parent visits.

If you wish to observe in a classroom, please reserve a space in the WDS office.

TAPC is able to continue its tradition of high quality not only because of the dedication of its staff, but also because of the support of our community of parents. Parents in our school community assist us as substitutes in the classrooms, participate in playground workdays, help us with small painting/carpentry chores, provide professional resources and advice from landscaping to computer programming. Everyone's contribution assures that our program remains the best that it can be.

The Weekday School Board enlists the help of parents for several events and fundraisers. We invite all parents to participate in these important events and celebrations.

### **SHOW & TELL SUGGESTIONS**

*NO war-type toys are permitted at any time; i.e., swords, guns, etc.*

Show and Tell is a wonderful opportunity for children to verbally and visually share with their fellow classmates. We prefer items from nature rather than toys. Objects brought for Show and Tell are not played with during the morning. There are plenty of toys and games for everyone to use. Children often misplace or break show

and tell toys at school and this can cause problems.

### **REQUEST FOR LEGAL INTERVENTION**

Legal situations such as marital separation, divorce, child custody, foster parenting, adoption, etc. will not involve the TAPC Weekday School Staff unless the mental or physical well being of the student is in jeopardy. We do not keep in-depth records once they have left the program; therefore we cannot become involved in any actions pertaining to children not presently enrolled. Should testimony from a staff member be required, the preferable format would be that the attorney speaks to the Director and/or Board before approaching any teacher.

Should it become necessary for a staff member to appear in court, the attorney requesting the appearance will be responsible for all necessary expenses-including travel, lodging, meals, salary payment for the time away from school, reimbursement for a substitute to fill the staff members position while away from job and any other expenses incurred by the staff member.

### **WE NEED YOUR HELP**

Drive **slowly** when arriving and leaving our parking lot each day. Remember that children this age do not think about danger. It is up to each of us to protect them. Drivers should keep the children with you at all times. Do not allow them to run ahead or hide from you.

Trinity Avenue Presbyterian Church is proud of their beautiful grounds. Teach your children to respect these surroundings by not climbing on trees, picking flowers, etc.

**WE APPRECIATE YOUR SUPPORT  
OF OUR PROGRAM.**

Snacks are as important to a child's diet, as meals and should be as nutritious and well planned. Healthful snacks are low in sugar and fat and included foods from the good groups (Starches, Fruits, Vegetables, Dairy, Meats/Proteins). The following suggestions include foods that can be combined to create fun and appealing snacks:

#### Starches

Bagels w/Spread (See list below)  
 Biscuits  
 Bread (try cutting w/cookie cutters) w/Spread  
 Graham crackers  
 Gingersnaps  
 Teddy Grahams  
 Animal Crackers  
 Vanilla Wafers  
 Loaf and Quick breads (banana, pumpkin, zucchini)  
 Muffins (Same as quick breads)  
 Pretzels  
 Goldfish crackers  
 Cracker Sandwich Packets (Peanut Butter or Cheese)  
 Shortcake, Peach or Strawberry  
 Popcorn \* (let kids sprinkle on Parmesan cheese)

#### Fruits/Vegetables

Fresh Fruits or canned fruits in juice

- Apple or Pear Slices (Sprinkle w/lemon juice or Fruit Fresh)
- Bananas, Grapes \* (Try frozen!), Orange slices

Applesauce in cups  
 Fruit Cocktail in cups  
 Melon balls w/toothpicks  
 Fruit Kabobs  
 Raisin Boxes  
 Dried Fruit mix  
 Fruited Jello  
 Fresh Veggies  
 Veggies and Dip  
 Celery sticks\* stuffed w/cream cheese or peanut butter  
 Carrot strips\* and raisins

#### Dairy/Frozen Foods

Cheese cubes or slices w/toothpicks (Good Protein Source)  
 String Cheese (Good Protein Source)  
 Yogurt cups  
 Pudding cups (Make w/lowfat or skim milk if homemade)  
 Pudding pops  
 Frozen yogurt  
 Ice Milk or Ice Cream cups  
 Frozen fruit juice bars (Homemade or store bought)

#### Beverages

100% Fruit Juice  
 100% Fruit Juice Boxes  
 Juice Spritzer (Juice and seltzer water)  
 Milk, White or Chocolate  
 Lemonade

#### Miscellaneous

Jello "Jigglers"  
 "Ants on a Log" (half banana sliced horizontally or celery topped w/peanut butter and raisins)  
 "Polly Pear" (1/2 canned pear for body; raisin eyes, nose & mouth; carrot or pretzel strips for arms & legs)  
 English Muffin Pizzas  
 1/2 Peanut Butter & Jelly Sandwich  
 Tuna or Chicken Salad Cones (Meat salad in an ice cream cone)

#### Spread/Dips

Peanut Butter (Good Protein Source)  
 Cream Cheese (Try reduced fat, fruit flavored)  
 Jelly or Fruit Spread  
 Apple Butter  
 Cheese Dip for bread or veggies

\* Some foods should be provided with caution for younger children since they are more likely to cause choking:

Popcorn  
 Nuts  
 Whole Hot Dogs  
 Whole Grapes  
 Raw carrots and celery  
 Gum and Gum Drops  
 Hard Candy