

BRONX-MANHATTAN SEVENTH-DAY ADVENTIST SCHOOL

1400 Plimpton Avenue ♦ Bronx, NY 10455
Phone: (718) 588-7598 ♦ www.bmsdaschool.org

Early Childhood Program

Required Daily Materials

To ensure a safe, comfortable, and healthy environment, every child must arrive each day with the items listed below. Please label all personal belongings with your child's full name. Items should be replenished weekly or as needed.

Food & Nutrition

Healthy Morning Snack

Please send one nutritious snack for your child to enjoy mid-morning. We ask that snacks support healthy habits and align with our Seventh-day Adventist wellness values.

- Fresh or dried fruit (apple slices, grapes, raisins, banana)
- Raw vegetables with hummus or yogurt dip
- Whole grain crackers or rice cakes
- String cheese, yogurt cup, or a hard-boiled egg
- Nuts or nut butter (only if no classmates have allergies — we will notify you)

 Please avoid sugary snacks, chips, candy, soda, or juice drinks. Water is the preferred beverage. We are a vegetarian-friendly program.

Packed Lunch

Each child must bring a full lunch from home. Our classroom has a microwave available for teachers to warm meals — students' meals will not be microwaved by staff. Please send lunch in a clearly labeled, insulated bag.

- Pack a balanced meal: protein, grain, vegetable or fruit, and a drink
- Foods should be ready-to-eat or easy for a young child to manage independently
- Include a reusable water bottle — the only beverage permitted in the classroom
- Avoid items with strong odors out of respect for the classroom community
 - No pork, shellfish, or pork-derived products in keeping with our school's dietary guidelines

 The classroom microwave is for supervised use by the teachers, if such a meal item is included please provide instructions along with it.

Diapering & Personal Hygiene

Families are responsible for providing all diapering supplies. Please check your child's bag daily and restock as needed so that staff always have what they need on hand.

Required Diapering Supplies

- Diapers — size appropriate for your child, according to their daily needs

- Please bring a full pack at the start of each week
- **Baby Wipes — unscented preferred; at least one full travel pack**
 - We use wipes for diaper changes, hand cleaning, and spill clean-up
- **Diaper Rash Cream — clearly labeled with your child's name**
 - Staff will apply as directed by the parent on the authorization form
 - A signed Medication/Topical Authorization is required before any cream can be applied

 All diapering items must be labeled with your child's first and last name. Unmarked items cannot be used.

Clothing & Footwear

Children learn best when they can move freely, explore, and get a little messy. Please dress your child in comfortable, washable clothing each day.

Daily Clothing Requirements

- One complete change of clothes in a labeled zip-lock bag (shirt, pants, underwear, socks)
- Weather-appropriate outerwear (jacket, hat, mittens as needed)
- Clothes that are easy for your child to manage independently during bathroom routines

Footwear Policy — Velcro Shoes Required

For the safety and independence of all children in our program, we require that all footwear feature Velcro (hook-and-loop) closures.

- Shoes must have Velcro straps only — no laces, buckles, or slip-ons without a heel strap
- Velcro shoes allow children to manage their own footwear and reduce tripping hazards
- Sneakers or closed-toe shoes are strongly preferred for outdoor play and safety
- Flip-flops, sandals, and open-toe shoes are not permitted

Accessory Policy – Jewelry and forbidden hair accessories

In line with our Adventist values, we ask that all jewelry items be left at home.

For the safety of all students within our program, we also ask that you also withhold accessories such as hair beads, which can exist as a choking hazard.

If a child arrives while wearing these items, our teachers will assist in removing them and holding them until pick up, where they shall be returned to the parent.

 Shoes with laces will not be permitted in the classroom. If your child arrives in lace-up shoes, we will contact you to bring a change of footwear.

Labeling Reminder

Every item — bags, clothing, shoes, food containers, diapers, wipes, and creams — must be labeled with your child's first and last name. We are not responsible for lost or unlabeled items.

Questions? Contact us at (718) 588-7598 or visit www.bmsdaschool.org

Thank you for partnering with us to make every day a great day for your child!