

# Kindergarten Lunchtime



Parents of OCS Kindergarten Students,

Our kindergarten students do not eat in the cafeteria. It is a high stimulus environment, and one that most kindergarteners are not developmentally ready to handle. Our students enjoy a quiet, peaceful lunch in their classroom with their teacher and classmates. Teachers turn down their lights, turn on a lamp, play soft music and pretend they were eating in a fancy restaurant! We have noticed the children actually eating more in this environment than when they eat in the cafeteria. After three years of having kindergarteners eat in the classroom, I am more convinced than ever this experience is more developmentally appropriate for children.

We ask that each student bring a healthy lunch to school with them each day. All lunch contents should be in leak-proof containers and able to go back in the students' lunchbox after they have finished eating. Students will also bring their own drinks. Milk from our cafeteria will not be available. Please send either small water bottles or juice boxes with light-colored juice. Avoid red or purple juices and/or dyes, please. Additionally, the kindergarten teachers have requested students not bring Gogurt (messy!). Kindergarten students will eat lunch at 11:15 am each day.

Looking forward to a great year,  
Stephanie Gardner