



Alcott School believes that preschool children who follow a full day schedule require a daily rest period during their school day. It's a way for the children to "re-charge their batteries" since their minds and bodies are busy working really hard at practicing and learning new skills. Learning how to relax your body in this high paced world is a life skill that plays a part in our overall health. Regulations from the Office of Children and Family Services require this, and that we share our rest policy and procedures in written format with all families who participate in the rest time.

All children enrolled in the full day program at Alcott School have a daily rest period in their classroom after lunch. During rest time, the children are expected to rest their minds and bodies for a short time. The lights are dimmed, the blinds are closed and children may quietly look at a book on their cot if needed. Sometimes soft music or audible stories are played. At rest time, the classroom remains fully staffed by Alcott classroom teachers.

I have read and understand the policy and procedures of Alcott School's rest period.

Parent/Guardian Print Name: _____

Parent/Guardian Signature: _____

Child's Name: _____

Date: _____

Revised 3/2024