



# Bellevue Montessori School

## First Day of School Checklist

We are excited to welcome your child to Bellevue Montessori School for the 2025-2026 school year! Please use the checklist below to help ensure a smooth and happy start.

### 1. Enrollment & Forms

- ProCare profile is up to date and all required forms are signed.
- All fees are paid in full.
- Child's Physical Examination Form (DH 3040) and Immunization Record (DH 680 or DH 681) are uploaded to ProCare or a physical copy is submitted to the office.

### 2. Clothing & Shoes

- Sneakers or closed-toe shoes (no Crocs, flip-flops, or sandals).
- Weather-appropriate clothing and a sunhat for hot days is included.

### 3. Daily Items

- Leak-proof water bottle (labeled).
- Nutritious, ready-to-eat lunch and snack packed daily (labeled).

### 4. Cubby Essentials (All items labeled with FIRST & LAST name)

- Two complete changes of clothes (underwear, socks, top, bottoms) in a large zip-lock bag.
- Diapers and wipes (if not potty-trained).
- Rest time items for Full-Day Program: 1 blanket + 1 fitted sheet for cot, optional pillow or nap-time comfort item.

### Labeling Reminder:

Please label every item with your child's first and last name to avoid mix-ups.

### Importance Of a Constant Routine

Transitioning your child to a school day routine may require some time. Remember, your child should be getting to bed early to get up early. Try to set up the routine days before she/he start going to school to ease the adjustment.



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## Separation Anxiety

The transition from home to school is a significant moment. Usually, the transition goes smoother for the child when parents do:

1. **Create quick good-bye rituals.**
2. **Stay consistent.** Try to do the same drop-off with the same ritual at the same time each day you separate to avoid unexpected factors whenever you can.
3. **Give full attention to the moment:** When separating, give your child full attention, be loving, and provide affection. Then say goodbye **quickly** despite her antics or cries for you to stay.
4. **Always keep your promise.** You'll build trust and independence as your child becomes confident in his ability to be without you when you stick to your promise of return.
5. **Be specific, child style.** When you discuss your return, provide specifics that your child understands. If you know you'll be back by 3:00 pm, tell it to your child on his terms; for example, say, "I'll be back after nap time and before afternoon snack." Define time s/he can understand. Talk about your return from a business trip in terms of "sleeps." Instead of saying, "I'll be home in 3 days," say, "I'll be home after 3 sleeps."
6. **Practice being apart.** Send the children off to grandma's home, schedule play dates, allow friends and family to provide childcare for you (even for an hour) on the weekend. Before starting childcare or preschool, practice going to school and your goodbye ritual before you even have to part ways. Give your child a chance to prepare, experience, and thrive in your absence!

## Do you still have questions?

**Please ask us, we are here to help.**

School email: [office@bellevuemontessori.com](mailto:office@bellevuemontessori.com)

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THANK YOU!



Bellevue Montessori Team

