

Frequently Asked Questions (FAQs)

Do I need to provide snacks?

The Centre provides two nutritious snacks each day, one in the morning and one in the afternoon. Each snack consists of 3 food groups.

What should I send in my child's lunch?

We encourage parents to provide nutritional lunches. Choose foods that your child will enjoy. We do provide cutlery and dishware so no need to send it. Although we aren't able to heat up lunches, feel free to send lunch or soup in a thermos. Don't forget the fruits and veggies. We are so lucky that we are able to buy a variety of fruits and vegetables even if they aren't in season. Please avoid sending foods with low nutritional value such as chocolate bars, candy, soft drinks, chips/nachos and other snack foods.

Picky eater?

Try sending small portions of several kinds of food that your child enjoys. This provides choices for children with particular palettes and there is less waste.

What do the children do all day?

We believe that children learn best through play. The day is filled with opportunities for play-based learning both indoors and outdoors. All of the materials in the children's environment are interesting, fun and chosen specifically to encourage social, emotional, physical and cognitive development.

How will you teach my child their letters and numbers?

The play experiences offered to the children provide daily opportunities for practice and development of literacy and numeracy skills. We encourage families to read together as often as possible to create a strong foundation for learning.