



**CARROLLWOOD DAY SCHOOL
EARLY CHILDHOOD CAMPUS**

NUTRITION PLAN

1. I hereby inform Carrollwood Day School that I understand and agree to provide the nutritional needs for my child during that time period that he/she is in the school.
2. I hereby consent to allow Carrollwood Day School to assume the responsibility of providing a snack for my child in the event that my child does not have a snack from home.
3. I understand that from time to time snacks may be provided by other families to celebrate special occasions at school.
4. I fully understand the type of food I should provide for Snack will meet my child's nutritional needs.
5. I hereby give Carrollwood Day School the responsibility of serving the food I have provided for my child.

DISCIPLINE POLICY

The faculty and staff of CDS understand that promoting each child's independence and self-esteem is the foundation for all human development. Our discipline policy has been developed with this understanding and further recognizes that the school has a responsibility to promote and facilitate:

- a feeling of one's value and importance
- an understanding of one's right to be respected, to be heard and the right not to be intentionally injured either physically or emotionally
- the development of personal controls and the ability to direct one's actions
- an ability to communicate verbally one's needs and wants
- a growing ability to respond appropriately to the needs of others.

We believe that rule making and breaking helps children develop a sense of boundaries and expectations. Children share with teachers in creating the "rules" for appropriate behaviors and the consequences of not behaving within these guidelines.

"Consequences" typically begin with the adult discussing the occurrence with the child and the adult facilitating communication between children involved in a conflict or problem.

After a problem is addressed, and the adult observes that the child is continuing to have difficulty controlling his/her behavior, the child is helped to choose another activity or area of the room. "Self redirection" is a skill that grows as a child matures and is given the opportunity to practice. It begins with an adult redirecting the child, for example – "I see that you are not able to play safely in blocks right now. It's not safe to play when you throw blocks. You could play a game or work a puzzle. What do you choose?" A child's skill will develop through stages, each involving a decreasing amount of adult intervention and direction. The goal of this process is the child being able to direct and redirect his/her own behaviors and to confidently verbalize his/her feelings.

Adults in an environment such as CDS are not attempting to manage or control children but rather to help children manage and control themselves. This is a process that develops individually within each child. While these skills are developing children are expected to function in a manner that is safe for themselves and not harmful to other children and adults. However, if a child persists in behavior that is inappropriate he/she may be removed from the group and redirected so that he/she can calm himself/herself. This time is shared with a teacher in a loving manner who then helps the child rejoin the other children.

When a behavior concern is identified by a teacher or a parent, it is important to hold a scheduled conference. The parents, teacher and frequently the principal should talk and together share their concerns to identify possible causes and to agree upon a joint course of action.

At no time will there be any form of discipline that is punitive, degrading or embarrassing. In compliance with Florida Law there is NO physical discipline (such as spanking) allowed at CDS nor is the practice of withholding food or water allowed.