



## NIS ELC Supply List (Ages 3-5)

### Clothing:

- **Please write your child's name in permanent marker on all clothing, shoes and supplies.**
- 2 extra sets of clothing (including pants, shirt, socks and underwear) – Please put each set in a plastic bag.
- 1 pair of rain boots to be kept at school. Rain boots should go to mid-calf or above.
- 1 Raincoat with hood to be kept at school – Please buy the slicker kind that comes past the knee.
- Cap or sun hat to be kept at school.

### Shoes:

- Regular outdoor shoes worn to school every day should be sensible for the weather, easy for children to put on independently and permit children to run and play safely.
- Children must be able to put on without assistance.
- Please note that crocs, dress shoes and flip-flops are not acceptable shoes for school.
- 1 pair of indoor shoes without laces (for classroom)
- 1 pair PE shoes (non-skid shoes, no laces with light-colored soles.) – to be kept in the gym

### Personal Supplies:

- Preschool only: 1 small-sized blanket for quiet time
- 1 towel to be used after water play, etc.
- Plastic bag for wet clothes.

### Lunches:

- Reusable drink bottle with easy sip top for water (**no sweet drinks or juice**)
- Lunch bags/boxes should be easy for the children to manage independently. If you are sending bento lunches from home they should include a little of each of the following:
  - Carbohydrate (bread, crackers, rice, pasta, etc...)
  - Vegetables and/or fruit
  - Protein (pork, chicken, beef, fish or cheese by itself, in a sandwich, in pasta, etc...)
  - Please do not put in sweets like cookies, donuts or cake. If your child enjoys desserts, fruit or yogurt would be appropriate.
  - If you are ordering lunch from Cezars Kitchen, please also cc your child's teachers.

### Birthday Parties:

- We celebrate birthdays quietly. Birthday children wear a special hat and special privileges for the day. Please **DO NOT** plan parties for school or send in cakes or presents for birthdays.
- Birthday Party Invitations: Teachers are happy to distribute invitations as long as all students in the child's class are invited. We ask that parents refrain from putting messages/invitations into other student's backpacks.

### Sunscreen and Mosquito Repellent:

The sun in Nagoya in late and early summer is very strong and there are many mosquitoes on the playground. To help protect your child from the sun and mosquitoes, please apply sunscreen and mosquito repellent on your child **BEFORE** you arrive at school from August until mid October and again for May and June. Thank you for your cooperation.