

GROWING GARDENERS



*Growing Gardeners Spring Break Family Handbook*

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# Hello Spring!

We're thrilled to have your child join us for the Growing Gardeners Spring Break program!

The curriculum for each one of our themed days has been thoughtfully curated by our experienced educators, and we can't wait for your kiddo to experience all the fun activities, games, and experiments we have planned!

We've put together this handy Guidebook to help you navigate the ins and outs of our policies and procedures. If you have any questions, please don't hesitate to reach out to me. I'll be your main point of contact throughout the spring break program!

We're always here to help and are excited to connect with you. Should you have any questions or concerns, please don't hesitate to reach out to me at the phone number or email address below.

## See you in the park!

Kindly,  
Kasey Johnson  
Director



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## Rules and Expectations

As with any program, we implement rules of respect and safety. In terms of behavior, we do not tolerate bullying, shaming, name-calling, or any unwelcome physical touch.

### Program Rules

#### 1. Keep myself safe

- Follow teacher's directions
- Stay with the group
- Tell your teacher if you don't feel safe or respected

#### 2. Respect the safety and feelings of others

- Use kind words
- Respect body boundaries
- Use kind actions

We also set expectations for our teachers and hold ourselves accountable to the same respect and safety rules. Teachers are expected to use growth mindset language (e.g., say "you worked really hard on that!" instead of, "good job!") and to prioritize consent (e.g., may I help you over the log by lifting you up?). In addition, teachers are expected to model the same respectful behavior as they require from their students. Our teachers do not force children to share, instead, they facilitate the taking of turns; and they do not force apologies

## Daily Schedule

**Welcome Circle:** Greet children at drop-off, followed by a Welcome Circle featuring stories, songs, and discussions to set the day's themes.

**Exploration and Discovery:** Unstructured play in the park, fostering development and group relationships. Teachers guide open-ended exploration with an emergent curriculum.

**Snack & Story Time:** Mid-morning break for snacks and story. Teachers share relevant stories, poems, or songs.

**Daily Activity:** Second half focuses on specific activity for that day. Children are free to join in on the activity or play in the mud kitchen.

**Lunch:** Children and teachers sit around stumps to enjoy lunch in the outdoors.

**Farewell:** Reflect on day and discuss highlights.

## Drop-Off Policy

During drop-off and pick-up, we will have a sign in sheet and sign out sheet for parents/caregivers to sign. Only primary parents/caregivers and Approved Adults listed in the child's profile or verbally approved by the primary caregiver may pick up the child. Parents and caregivers may stay as long as they wish during drop off.

## Gear Guide

Here is a list of recommended gear to set your child up for success in the park!

- Durable backpack
- 2 full reusable water bottles
- Snacks/lunch in reusable containers
- Full set of clean clothes
- Dry or wet bag for dirty/wet clothes
- Sunscreen

## Health and Sanitation Policy

Illness:

To reduce incidents of illness, please keep your child at home if a fever is present (100.4°F or higher), has a persistent cough, has vomited or had diarrhea within the last 24-hours or if the child has open sores associated with Hand, Foot, and Mouth Disease. Children must be fever free for 24-hours before returning to school. We trust your judgment on keeping your child home should they be exhibiting COVID-like symptoms, including headache, lethargy, and body aches.

Toilets/Bathroom Breaks:

All participants must be able to independently use the toilet during the program. Staff may assist younger children if needed. We will have access to the bathrooms inside of the Welles Park Center and will take children as needed throughout the morning.

# Themes

## MONDAY

### ANIMAL LIFE CYCLES

Participants will engage in hands-on activities, observing and learning about various life cycles—from the tiny eggs of insects to the majestic transformations of amphibians. Through interactive activities and creative projects, they will gain a deep understanding of the interconnectedness of all living things.

## TUESDAY

### WINGS AND FLOWERS

Your child will become friends with bees, butterflies, and other vital pollinators as they discover their essential role in the natural world. Through flower dissections, gardening activities, and fun games, participants will learn about the intricate dance between pollinators and plants.

## WEDNESDAY

### WEATHER WONDERS

Through hands-on experiments, weather-tracking exercises, and atmospheric adventures, participants will unravel the mysteries of weather patterns. From crafting their own weather instruments to exploring the impact of climate on ecosystems, participants will gain a holistic understanding of meteorology.

## THURSDAY

### BOTANICAL EXPLORERS

Through seed dissections, activities, and crafts, participants will learn about the magic of germination, the diversity of plant life, and the importance of sustainable practices. Your child will nurture their appreciation for the vital role plants play in our everyday lives.

## FRIDAY

### SENSES IN THE GARDEN

Young gardeners will explore the beauty of the garden by using all 5 senses. They will have the opportunity to taste different fruits and veggies, smell herbs and spices by making their own blend, listening to the birds and echoing their songs, feeling the dirt beneath by making mud pies, and looking at the different colors that the garden brings.