SAGEBRUSH CHILDREN'S CENTER

PARENT HANDBOOK



PROGRAM YEAR 2025-2026

WELCOME



Choosing out of home care for your child is a big decision! On behalf of our staff and community, we are honored you picked Sagebrush. We look forward to getting to know your family in the coming weeks.

This handbook is intended to provide comprehensive answers to the questions that arise for families throughout their time in our program. We are committed to continuous quality improvement, innovation, and enrichment, so the content inside will change and grow alongside our school.

As the Director, I want you to know my door is always open to collaborate about how we can provide the highest quality early learning experience for your child.

Welcome to Sagebrush!

Megan Porter
Director

TABLE OF CONTENTS

PHILOSOPHY 04

ADMISSIONS 05

TUITION 07

PROGRAM OPERATIONS 09

CLASSROOM OPERATIONS 11

SICK POLICY 14

SHARED GRASS AREA 15

IMPORTANT DATES 16

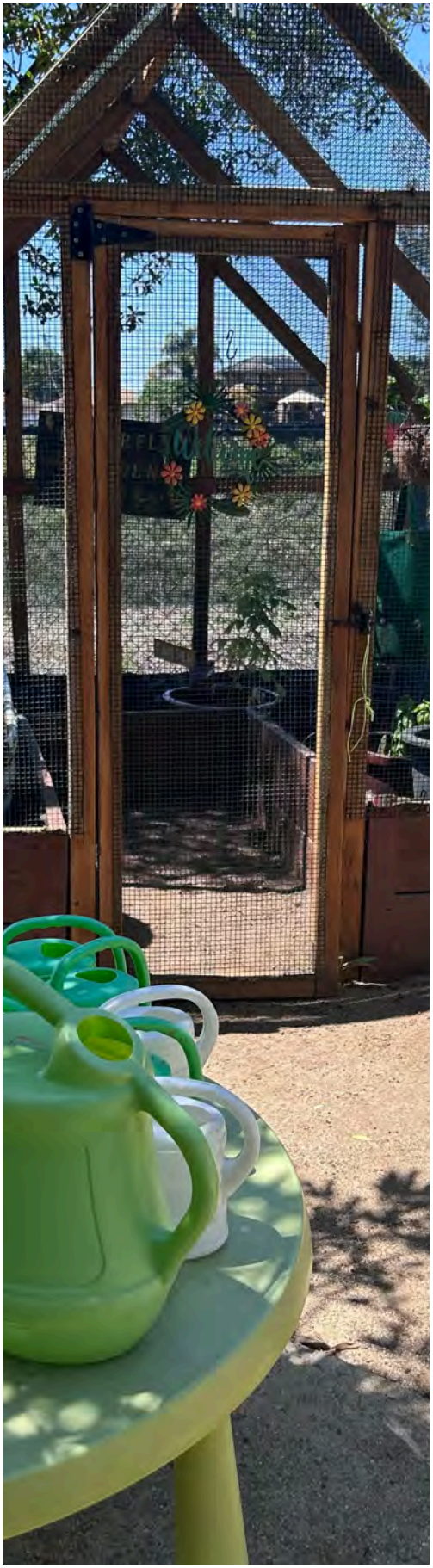
OUR TEAM 17

TOILET LEARNING 19

SCHOOL SUPPLY LIST 21

SNACK MENU 23

LUNCH IDEAS & NUT FREE POLICY 24





PHILOSOPHY

At Sagebrush Children's Center, we believe children learn best through hands-on opportunities created by the adults that know them best. Children deserve space to make mistakes, get messy and test the boundaries of their bodies and minds in a safe, supportive environment. Each child is an individual with a unique set of strengths and interests; we strive to follow the child's lead in exploring the world around them.

As a center, we are committed to spending as much time outside as possible. Being outside gives children opportunities to engage with nature, move their bodies and explore multi-sensory experiences.

At Sagebrush, we empower children in developing the socio-emotional and self-help skills necessary for a successful transition to kindergarten. Some of the foundational skills for elementary school children include following directions, standing in line, raising their hand, and working independently. We actively work to build these skills, as well as important self-help skills, such as dressing, toileting, and advocating for needs.



ADMISSIONS

Program Options

- Full Time: Includes care from 7:30AM - 5:30PM Monday through Friday.
- Tuesday/Thursday: Includes care from 7:30AM - 5:30PM Tuesday and Thursday.
- Monday, Wednesday & Friday: Includes care from 7:30AM - 5:30PM Monday, Wednesday and Friday.

Waitlist

When the center is at full enrollment, parents/guardians may request to be placed on a waitlist for an opening. The waitlist is monitored by the Director. Families on the waitlist will be notified of an opening as soon as it becomes available. The Director will make two attempts to contact the parent/guardian via the phone number and email provided. If the parent/guardian does not respond within two business days, the Director will move on to the next applicant on the waitlist.

Enrollment Criteria

Our center is open to all children, regardless of race, nationality or religion, who may benefit from our program.

Enrollment Ages

This center is licensed to serve children ages two to six years old, prior to kindergarten entry. Once a child has enrolled in Transitional or Traditional Kindergarten, they are no longer eligible for enrollment under the license.

Enrollment Process

The first step of the enrollment process is for the family, including the child, to tour the facility. After the tour, the family may secure a spot via the Registration Fee. Once the fee has been submitted, a start date is scheduled.

Before the first day of school, families will bring their child for one or two play dates with their child's class. This gives the child and family an opportunity to meet the teachers and peers and adjust to the classroom routines.

If it is observed during the play dates that additional supports may be needed to meet the child's social, emotional, developmental or behavioral goals, the Director, and parent/guardian will work together to develop a plan for support prior to the first day of school.



ADMISSIONS

Community Care Licensing Forms
Parents/guardians are required to provide the following forms prior to the child's first day of attendance:

- LIC 700: Identification and Emergency Information Childcare Centers/Family Child Care Homes
- LIC 701: Physician's Report – Childcare Centers
- LIC 701: Child's Preadmission Health History – Parent/Authorized Representative Report
- LIC 627: Consent for Emergency Medical Treatment
- LIC 613A: Personal Rights
- LIC 995: Notification of Parent's Rights

Medical Assessments and Immunizations
Each child is required to complete a medical assessment performed by a physician licensed in the state of California within 30 days of enrollment.

Proof of required vaccines is required prior to the child's first day of attendance at the center. Parent/guardians are responsible for providing a copy of the child's immunization records at the time of enrollment.

Parent/guardians consent to the center utilizing the California Immunization Registry (CAIR) to verify adherence to vaccine requirements.



2025-2026

TUITION RATES

FULL TIME	**$515/WEEK** **BILLED $2,060/MONTHLY**

Includes care from 7:30AM - 5:30PM Monday through Friday.

TUESDAY/THURSDAY	**$385/WEEK** **BILLED $1,540/MONTHLY**

Includes care from 7:30AM - 5:30PM Tuesday and Thursday.

MONDAY/WEDNESDAY/FRIDAY	**$465/WEEK** **BILLED $1,860/MONTHLY**

Includes care from 7:30AM - 5:30PM Monday, Wednesday and Friday.

Discounts

- Military Tuition Discount: 15% on monthly tuition.
- Sibling Tuition Discount: 10% on monthly tuition for siblings of enrolled students.
- Sibling Registration Discount: $50 discount on registration fee for siblings of enrolled students.



TUITION

Deposit
A non-refundable Registration Fee of $175.00 is due at the time of registration. Submission of the Registration Fee guarantees enrollment.

Late Fees
A $15.00 fee, per child, will apply to tuition payments occurring after 5:00PM on the first business day of the month.

Payment Schedule
Tuition payments are required to be paid, in advance, on or before the last business day of the month. Parents/guardians may elect to enroll in electronic automatic payments via Brightwheel, which will be deducted on the last business day of the month.

Refunds, Waivers and Credits
To ensure salary obligations and continued operational functionality, refunds, waivers and credits will not be given for any days the center is closed, including both scheduled and emergency closures or when a child is absent for medical or other reasons.

Outstanding Balances
In the event a parent/guardian withdraws their child or services are terminated, any outstanding balance shall be due and payable immediately. In the event the full amount owed at the time of withdrawal or termination is not paid prior to the last day of attendance, the account may be assigned to collections. The parent/guardian will then be responsible for the balance plus any interest, late fees, collection costs, attorneys' fees or court costs that are incurred as part of the collection process.

Changes in Tuition and Fees
The Center may alter any of the fees listed in this document and/or any Center material at any time by providing the parent/guardian with thirty days written notice of the change.

Statements
Tuition statements are available upon request.



PROGRAM OPERATIONS

Program Hours and Options
Program hours are 7:30AM to 5:30PM. Our center offers full-day enrichment; part-time options may be available depending on individual need and availability. Drop-in and extra day options are not available. Our center does not offer field trips or transportation services.

Parents/guardians are expected to drop-off and pick-up within program hours. If a child has not been picked up by 5:30PM,staff will contact the parent/guardian. If they are unable to reach the parent/guardian, they will begin to reach out to emergency contacts listed in Brightwheel.

Drop-off may happen anytime between 7:30AM and 9:30AM. This allows children time to integrate into the routine before the transition into snack and circle time. If the parent/guardian will be dropping off later than 9:30AM, they are expected to notify their child's teacher via Brightwheel as soon as possible.

Pick-up may occur any time after 2:30PM. Any pick-up during the rest period (12:30PM-2:30PM) must be approved in advance by the Director.

Sign-in and Sign-out
Parents/guardians are required by law to sign children in at drop-off and out at pick-up. Sign-in and sign-out is completed via the Brightwheel application. Parents/guardians are required to use a personalized code and electronic signature at each sign-in or sign-out event.

Approved pick-up individuals must be approved by the Director and added to Brightwheel at least two days before the date of pick-up. Approved pick-up individuals will be required to show identification before the child is released into their care.

If any approved pick-up individual will be responsible for pick-up more than three times in the program year, they will be required to set up a Brightwheel account and be assigned a personalized code.



PROGRAM OPERATIONS

Schedule Changes and Withdrawal
A minimum of 10 business days' notice is required for changes in the child's schedule or withdrawal from the program. This notice must be in writing, either via email or hard copy and delivered to the Director.

Termination
The Center may terminate this contract by providing the parent two (2) weeks' notice in writing.

Babysitting and Care Outside of School
In the event a parent/guardian and Sagebrush staff arrange to have the staff care for an enrolled student outside of school hours, a release must be signed to ensure Sagebrush will not be liable for any incident that occurs outside of the business.

Brightwheel Communication
We use a childcare application called Brightwheel for everything from check-in and check-out to billing. It is also a great tool to exchange messages with your child's teacher, receive photos of your child throughout the day and get information about the daily classroom activities.

Please note that staff are only able to respond to messages during business hours. If you have an urgent question that needs immediate attention, please contact the director at 619-813-9533. Othwise, messages sent outside business hours will receive a response the next business day.



CLASSROOM OPERATIONS

Meals and Snacks
Our center provides two snacks per day, one snack in the morning and one in the afternoon. The snacks provided are always nut-free. If your child has an individual need, our team will work to accommodate to the best of our ability. Parents/guardians are expected to provide a nut-free lunch daily. For children who are at the center after 5:00PM, we may offer a small, one food-group snack, such as a small serving of fruit or crackers, if staff observe signs of hunger or it is requested by the child.

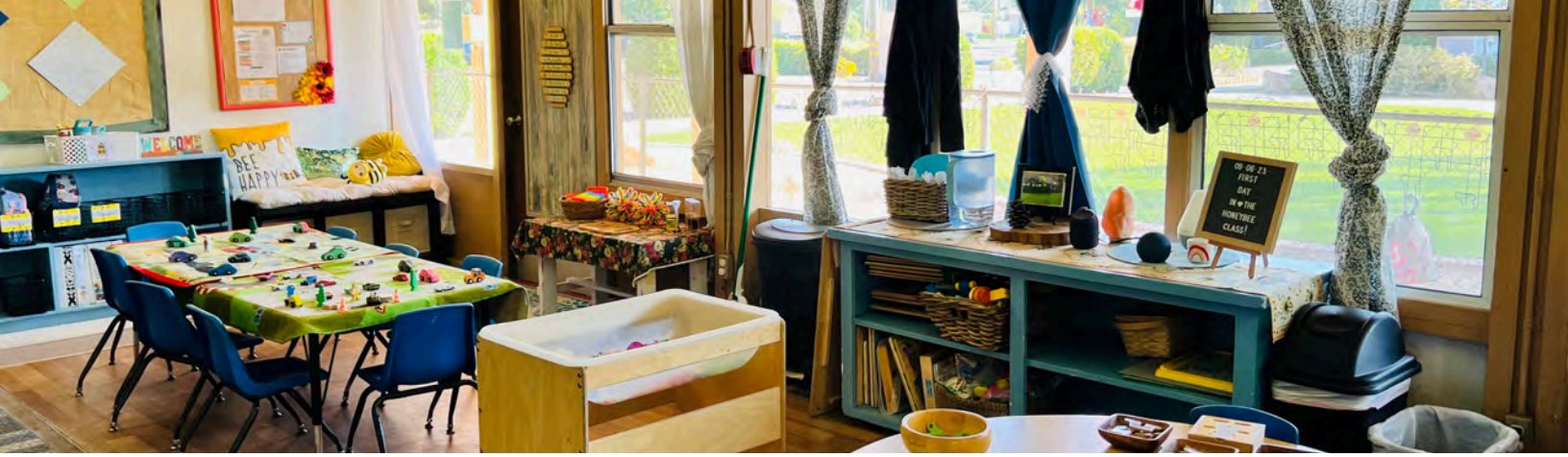
Water
We ask that parents send a water bottle each day; we will refill the water bottle throughout the day as needed.

Nap/Rest Time
Rest time is from 12:30PM to 2:30PM daily. During this time, children are provided a raised cot in the classroom with parent/guardian provided bedding. Children who do not sleep may be given a quiet activity to ensure sleeping children are not disrupted. Bedding is taken home on Fridays to be laundered at home and returned the following Monday. Due to licensing restrictions, we are unable to interfere with a child's sleep cycle and cannot keep a child awake or wake them early from a rest period.

If a child is unable to rest quietly and the disruption begins to impact other children, a behavior support plan will be created to work collaboratively towards the goal of a quiet rest period. If the support plan is unsuccessful, the Director may recommend additional supports and referrals. If the parents/guardians are unwilling to participate in the behavior support process, the Director may recommend modifying the child's schedule at school to exclude rest periods until a long-term solution can be identified.

Urgent Pick-Up for Illness or Other Reasons
Parents/guardians are expected to pick-up their child from school immediately (no more than 30 minutes) when contacted by center staff.

Each family must at least one emergency contact other than the parent/guardian. If staff are unable to reach the parent/guardian for urgentpick-up, they will reach out to the emergency contact.



CLASSROOM OPERATIONS

Birthdays and Special Events

We love celebrating at Sagebrush! If there is an event that is important to your child and family, such as a birthday, and you'd like to bring food to celebrate, we ask that families provide a photo of the product label at least three days in advance so we may verify that the product is nut-free and not processed in a facility that handles nuts. Common celebration foods are popsicles or fruit with whipped cream. We are unable to serve homemade goods because of the risk of cross contamination with allergens.

Medical, Developmental and Behavioral Support

If a child has specific medical, developmental, or behavioral needs, including a suspected or confirmed developmental or medical diagnosis, communication between parents/guardians, staff and service providers ensures collaborative efforts towards goals. In some cases, a pathway to service delivery onsite at Sagebrush may be appropriate to maximize collaboration.

Medical conditions that require medication (such as an Epi-Pen or inhaler) must be cleared with the Director before the first day of enrollment.

Medical or developmental diagnosis that requires classroom/playground accommodations, specialized materials or equipment or restrictions from certain activities must be cleared by the Director in advance.

Food modifications related to a medical condition may be accommodated with appropriate documentation from the child's physician.



CLASSROOM OPERATIONS

Discipline Policy

The Latin roots of “discipline” mean “to teach.” At Sagebrush, each interaction is an opportunity to support children in learning important self-help and pro-social skills. While it is typical for young children to occasionally hit, bite or use inappropriate language, staff address each event and child individually to ensure an opportunity for skill development. In any situation, safety is the priority. Staff will model appropriate behaviors and coach children through skill practice both in the moment and throughout the days to ensure mastery of new socio-emotional skills.

Children are never restrained, isolated, shamed or physically disciplined. Staff will always treat children with dignity and respect to ensure children’s rights are honored.

If unsafe behaviors continue after three separate events, a conference will be held with the primary caregivers, classroom staff and Director. The team will develop a support plan with the goal of scaffolding the child as they build the skills they need to respond appropriately to the situation. In some instances, additional support, such as a developmental or psychological evaluation and therapeutic services, may be recommended to understand the most effective ways to support the child’s success.

If parents/guardians are unwilling to participate in the behavior support process and behaviors continue to be unsafe, they may be given notice of exclusion or termination of care. The timeline for notice will depend on the severity of the behaviors and safety risks involved.



SICK POLICY

To ensure we minimize classroom transmission of contagious viruses, infectious diseases and other illnesses that may pose a risk to the health of our families and teachers, we adhere to local public health authority recommendations and childcare licensing regulations and may exclude children from care in certain conditions.

Staff will inspect children each day upon arrival for signs of illness and other infectious conditions. If staff notice the child is unable to participate in the activities of the day, they will contact the parent/guardian to coordinate pick-up.

If a parent/guardian is keeping their child home due to an illness, it is expected that they inform the staff via Brightwheel of the child's absence and include relevant symptoms, specifically fever, vomiting and diarrhea, so staff may track the timeline for return to school. If the parent/guardian seeks medical attention for any condition, they may be required to provide documentation upon their child's return to school.

Conditions for 24 Hour Exclusion

Children who are ill may not return to the center until they are free of the following symptoms for a minimum of 24 hours:

- Fever of 100.4 or higher
- Vomiting
- Diarrhea

Eye and Skin Conditions

To comply with licensing regulations, we require a doctor's clearance to accept a child back into care following the conditions listed below. When you take your child to be evaluated by the physician, please ask them to provide documentation with the diagnosis, and, if applicable, restrictions and contagious period.

- Regionalized redness of the skin
- Eye discharge or discoloration
- Open sores or secretions
- Complaints of pain or itching in the eyes or on the skin
- Other significant changes in skin appearance, temperature, sensitivity or texture



SHARED GRASS AREA

Use of Shared Grass Area

Many families enjoy spending time on the grass (between Prince of Peace and Sagebrush) at the end of the day before heading home. The grass area is the property of the church and families are expected to ensure the space remains in good condition after their visits. Please ensure all trash is taken away and plants and flowers are not disturbed.

Behavioral Expectations

We use the lawn as an extension of the classroom during the school day. We ask that parents enforce the same behavioral expectations if they choose to spend time on the grass outside the school day, including:

- **Gentle hands:** no wrestling, pulling, pushing or any other physical touch that may result in injury.
- **Stay on the grass:** the area behind the bushes belongs to the church and we ask that parents ensure children do not venture beyond the bushes.
- **Hands off bushes/plants:** the church works hard to ensure the foliage around their facility stays beautiful; please ensure children are not pulling flowers or leaves off the plants.

Lawn Game Fridays

Our Parent Committee has provided lawn games in the bin next to the fence. Families are welcome to use the activities in the bin before, during and aftern school hours.

Pets

Pets are not allowed on campus or the shared grass area at any time.

IMPORTANT DATES

GREY HIGHLIGHT=SCHOOL CLOSURE

AUGUST	SEPTEMBER	OCTOBER
8/11/2026: FIRST DAY OF 2025-2026 SCHOOL YEAR	9/1/2025: LABOR DAY 9/25/2025:PARENT NIGHT	10/13/2025: INDIGENOUS PEOPLE'S DAY 10/18/2025: TRUNK-OR-TREAT 10/24/2025: FINAL LAWN GAME FRIDAY 10/31/20205: HALLOWEEN PARADE
NOVEMBER	**DECEMBER**	**JANUARY**
11/11/2025: VETERAN'S DAY 11/26/2025: PAJAMA DAY 11/27/2025: THANKSGIVING DAY 11/28/2025: THANKSGIVING DAY OBSERVED	12/5/2025: MOVIE NIGHT 12/19/2025: PAJAMA DAY 12/22/2024 - 1/2/2026: WINTER BREAK	1/19/2026: MARTIN LUTHER KING JR. DAY
FEBRUARY	**MARCH**	**APRIL**
2/16/2025: PRESIDENT'S DAY 2/27/2026: BESTIE'S BALL		4/18/2026: PARENTS NIGHT OUT
MAY	**JUNE**	**JULY**
5/1/2026: LAWN GAME FRIDAY KICKOFF 5/25/2026: MEMORIAL DAY	6/19/2026: JUNETEENTH	7/3/2026:INDEPENDENCE DAY (OBSERVED) 7/31/2026: LAST DAY OF 2025-2026 SCHOOL YEAR

Sagebrush CHILDREN'S CENTER

OUR TEAM

Roadrunner



Ms. F
Roadrunner Teacher



Ms. O'Keefe
Roadrunner Teacher

Squirrel



Ms. Milligan
Squirrel Teacher



Ms. Thompson
Squirrel Teacher



Ms. Rasco
Squirrel Teacher

Honeybee



Ms. B
Honeybee Teacher



Ms. G
Honeybee Teacher

Monarch



Ms. Casillas
Monarch Teacher



Ms. Pro
Monarch Teacher



Ms. Arriaga
Monarch Teacher

Sagebrush CHILDREN'S CENTER

OUR TEAM

Support Staff



Ms. Mathiasen
Afternoon Support



Ms. Rodriguez
Morning Support



Ms. Snyder
Afternoon Support

Substitutes



Ms. Case
Substitute



Ms. Hernandez
Substitute



Toilet Learning AT SAGEBRUSH



OUR CHILD-LEAD APPROACH

We want children to have the skills and enthusiasm for success! If the toilet learning process is initiated before they can communicate, notice they are wet, dress/undress themselves, we set them up to hit multiple barriers along the way. This can lead to frustration and resistance to continue the process, resulting in power struggles, impact on self-esteem and negative associations with toileting. We want to create a positive relationship with your child and focus on skill development on an individual basis.

WHAT ARE THE SIGNS OF READINESS?

Body Awareness: The child has a sense of when they are "wet," and, eventually, when they need to go. They may seek out a specific spot to squat in a diaper for a bowel movement.

Communication: The child can communicate that they need to go; this may be a word or gesture, but the key here is the child is comfortable advocating with a close adult about their need to go or that they are wet.

Enthusiasm: The child is curious about the process and may follow the caregiver into the restroom, help flush the toilet, ask questions, etc.

Dressing: The child can pull loose-fitting pants down and up, take off pull up/underwear, lower and lift themselves from the toilet seat, etc.

WHERE DO WE START?

1. **Make a Plan:**
Determine the method of toilet learning that you feel will work best for your child. To the best of your ability, involve your child in the plan. You can offer two options of rewards and let them pick, take them shopping for underwear, etc.

2. **Communicate the Plan:**
Talk with your child's teacher about the plan at least 2 weeks in advance. We want to be sure we have all the equipment and resources to be consistent with your plan at home.

3. **Pick a Start Date:**
While there's never a "perfect" time to start, we advise against initiating the process during times of transition (i.e. birth of a sibling, long vacation, etc.).

4. **Expect Hiccups:**
As with all things in the early years, process is rarely linear. Expect accidents, tough days and plateaus, this is normal! What is important is that the caregiver is attuned to the child's needs in the moment. If there is significant resistance (crying, fear, etc.), we recommend pausing for a few weeks to "reset," then trying again.

Toilet Learning
SPECIAL TOPICS



REWARDS

We believe it is much easier to taper off a reward system then to get a child to sit who is unmotivated, frustrated or scared. We are happy to offer a reward for trying on the toilet! We discourage rewards "only if you go" because sometimes they genuinely don't have anything to eliminate and we don't want to set them up to try to force elimination.

If you choose to use rewards, make sure the system is consistent and home and at school. The rewards should be high-value (something they really like), unique to the toileting process (i.e. if you use gummy bears for sitting on the potty, don't use them for cleaning up their toys at home), and nut free. Some common rewards are: gummy bears, stickers, stamps, Goldfish crackers, etc.

Please note that under age 5, the strongest rewards are immediate. We do not recommend delayed gratification (i.e. "you can have this toy if you try every day this week"), as it is not developmentally appropriate in being effective due to the cognitive skills of this age group.



SLEEP

We recommend addressing sleep after waking routines have been established and successful. In most cases, it's best to wait until the child wakes up dry in the morning OR is waking up at night/nap to use the restroom, even if they are in a pull-up. Moving to underwear during sleep before the child is able to wake themselves has the potential to set them up for frequent accidents.

BOWEL MOVEMENTS

Most children master urination in the toilet long before they are successful with bowel movements, and that's OK! If you elect to use underwear, until they are ready to sit on the toilet for a bowel movement, you can have the child ask for a pull up to put on when it's time to eliminate.



PULL-UPS VS. UNDERWEAR

Ultimately, whether you decide to make the switch from diapers to underwear or pull-ups, the most important part is consistency. It can be confusing to be in underwear at home and a pull up at school and confusion leads to slowed process or regressions. If you choose pull-up, please seen ones that have velcro sides so the child can easily remove them independently.



Sagebrush

School Supply List

At Sagebrush, we want children to discover all the amazing things they are capable of doing independently! We ask that you partner with us by providing items that follow the guidelines below to ensure children are set up for success in the classroom.

Rest Period Supplies

In selecting items to send to school for nap, select what will most closely replicate the home environment to keep consistently across environments . If you're working on discontinuing a pacifier, bottle or thumb sucking, please let us know ahead of time so we can come alongside you in the process at school.

- **Bedding Backpack:** We want to work towards the goal of your child being able to take out and put back everything in their backpack. Please make sure the backpack is big enough to hold the contents without having to "stuff" items back in.
- **Sheet:** Standard toddler crib sheet (52" x 28").
- **Blanket:** Any blanket roughly the size of the sheet will do! Weighted blankets are welcome as long as it fits in the bedding bag.
- **Portable White Noise (Optional):** We play soft instrumental music during the rest period. If your child benefits from white noise while they sleep, you are welcome to send a small, portable white noise machine in their bedding bag.
- **Other Bedding Items (Optional):** Comfort items, such as stuffed animals, pacifiers and pillows are welcome. If they become a distraction, the teachers will connect to discuss a solution.





Meal Time Supplies

- **Lunchbox:** We want to work towards the goal of your child being able to take out and put back everything in their lunchbox. We also want them to be able to open and close any food containers inside the lunch box.
- **Ice Packs/Thermos:** We are unable to heat or refrigerate food items; please pack a lunch that can be eaten as is in their lunchbox.
- **Water Bottle:** Please send a reusable water bottle, preferably with a straw and closure (to avoid spills if it's tipped over) with your child each day. Staff will refill the water bottle as needed.



Sagebrush
School Supply List

At Sagebrush, we want to children to discover all the amazing things they are capable of doing independently! We ask that you partner with us by providing items that follow the guidelines below to ensure children are set up for success in the classroom.

Extra Clothes

We LOVE to get messy at Sagebrush! Please be sure to send and re-stock the following clothing items. The items may fit in the bedding backpack or be sent in a separate bag to leave at school.

- Shorts (2)
- Pants (2)
- Shirts (2)
- Socks (4 pairs)
- Underwear (4 pairs)
- Shoes (1 pair)



Toileting Supplies

Please send whatever items are in use at home - if they are in underwear at home, send us underwear! Same for diapers & pull-ups.

- **Pull-ups/diapers:** we can store about two week's supply at school. We will notify you when we are running low. Please ensure pull-ups have velcro sides.
- **Wipes (Optional):** we stock Huggies Naturals brand; if your child has sensitivities and needs specific wipes, please plan to stock them and discuss with your child's teacher.



Medications (Including Diaper Cream)

All medications, including diaper cream, must be approved in advance by the Director. Please stop by the office to complete the medication consent form & allergy action plan (if applicable).

- **Prescription Medication (Inhalers, Epi-Pens, etc.):** please ensure the medication has the child's name and dosage on the packaging.
- **Over-the-Counter Medication (Desitin, Hydrocortisone, etc.)**: please clearly label the medication with your child's first and last name.



Labels

Please help us ensure your child's items find their way home by labeling EVERYTHING. Many families purchase permanent/washable labels for their child's water bottle, lunch box, bedding and clothing. Here are some examples:

- Amazon: Personalized Name Labels
- Etsy: Personalized Name Labels
- Walmart: No Iron Fabric Labels



Sagebrush
CHILDREN'S CENTER

SAMPLE Snack MENU



MONDAY

Raisin Bread (1/2 Slice) + Bananas (1/2 Cup)

String Cheese (1/5 OZ) + Ritz Crackers (1/4 Cup)



TUESDAY

Yogurt (1/4 Cup) + Granola (1/4 Cup)

Pita Bread (1/2 Slice) + Hummus (1 Tbsp)

WEDNESDAY

Apple Slices (1/2 Cup) + Graham Crackers (1/4 Cup)

Pretzel Sticks (1/4 Cup) + Sunbutter (1 Tbsp)



THURSDAY

Yogurt (1/4 Cup) + Strawberries (1/2 Cup)

Cucumbers (1/2 Cup) + Triscuts (1/4 Cup)

FRIDAY

Life Cereal (1/3 Cup) + Milk (3/4 Cup)

Bell Peppers (1/2 Cup) + Tzatziki Sauce (1 Tbsp)



NUT-FREE Lunch IDEAS



MAIN DISH

Sunbutter and Jelly Sandwich
Hummus and Whole Grain Crackers
Tuna or Egg Salad with Crackers
Lunch Meat and Cheese Wrap
Crackers with Meat and Cheese
Hummus Wrap with Sliced Vegetables
Sunbutter Roll-Up with Jelly
Dinner Leftovers
Pasta with Marinara Sauce
Hot Dog on Whole Wheat Bun
Cheese Quesadilla
Grilled Cheese
Oatmeal or Yogurt Parfait
Noodles
Meatballs
Rice
Black Beans
Bagel and Cream Cheese
Mac and Cheese

SNACKS

Veggie Straws
Pretzels
Pita Chips
Mozzarella Cheese Stick
Granola Bar
Graham Crackers
Mini-Muffin
Rice Cakes
Triscuits
Fruit Leather



VEGGIES

Raw Baby Carrots
Celery Sticks
Sliced Cucumber
Sliced Bell Pepper
Sugar Snap Peas
Cherry Tomatoes
Broccoli
Cauliflower
Green Beans
Corn
Sweet Potato

FRUIT

Sliced Apples
Applesauce
Banana
Fresh Berries
Orange/Clementine
Sliced Pears
Avocado
Watermelon
Peaches
Melon







What does *Nut Free Facility* actually mean?



Please use the guide below to determine what products are safe to send in your child's lunch. We appreciate your support in keeping sagebrush safe for all students!



"Produced on shared equipment with nuts"

INGREDIENTS: Sunflower Kernels, High Oleic Canola Oil and/or Sunflower Oil.

Product of USA

Produced on shared equipment with peanuts, tree nuts, milk, wheat, soy and egg.



"Processed in a facility that handles nuts"

Supplement Facts

Serving Size: 1 vegetable capsule
Servings Per Container: 120

	Amount Per Serving	% DV
Zinc (as zinc bisglycinate chelate [150 mg] [Albion™ TRAACS™])	30 mg	270%

Other Ingredients: rice flour 141mg (to fill capsule volume), vegetarian capsule (hypromellose, water).

Processed in a facility and/or manufacturing line that also produces milk, tree nuts and nuts.



Sunflower seeds are ok!

INGREDIENTS: SUNFLOWER SEEDS, SALT, MALTODEXTRIN. CONTAINS 2% OR LESS OF NATURAL FLAVORS, OLD BAY® SEASONING [SPICES AND HERBS (INCLUDING RED PEPPER AND BLACK PEPPER), SALT, AND PAPRIKA], SPICES, TORULA YEAST, EXTRACTIVES OF PAPRIKA, BROWN SUGAR, SUNFLOWER OIL, CULTURED BUTTERMILK, DRIED ONION, CITRIC ACID, PAPRIKA, XANTHAN GUM, DRIED POTATO, MONOSODIUM GLUTAMATE.
CONTAINS: MILK. MAY CONTAIN: SOY.



Birthdays and Other Events

If you would like to bring treats for a special occasion, please send a photo of the product label to the staff in Brightwheel at least **3 days before the event** so we can ensure the product meets school requirements.

Thank you!

Check out the

SAGEBRUSH PARENT COMMITTEE

What is the PC?

The Parent Committee is:

- Parent volunteers from all classrooms
- Sagebrush teacher volunteers

Everyone works together to plan fun events for the Sagebrush Families!

We meet monthly via Zoom.

What We Did Last Year

We hosted Several Events including:

Trunk or Treat, Movie Night, Lawn Games, Pizza Nights, Valentine's Besties Ball & Parents Night.

We raised funds to show our teachers lots of love for their birthdays and teacher appreciation week. We also funded a visit from a traveling Zoo at Sagebrush!

Commit When you Can!

The requirement for volunteering is very flexible so please join us in any capacity you can!

How YOU can help!

We are looking for volunteers for the 2025/2026 school year to help with planning events. Ideally 2 room parents per classroom & several extra support volunteers!



Send us an email to join!

sagebrushparents@gmail.com

EFFECTS OF LEAD EXPOSURE

Children 1-6 years old are the most at risk for lead poisoning.

- Lead poisoning can harm a child's nervous system and brain when they are still forming, causing learning and behavior problems that may last a lifetime.
- Lead can lead to a low blood count (anemia).
- Even small amounts of lead in the body can make it hard for children to learn, pay attention, and succeed in school.
- Higher amounts of lead exposure can damage the nervous system, kidneys, and other major organs. Very high exposure can lead to seizures or death.

LEAD POISONING FACTS

- Buildup of lead in the body is referred to as lead poisoning.
- Lead is a naturally occurring metal that has been used in many products and is harmful to the human body.
- There is no known safe level of lead in the body.
- Small amounts of lead in the body can cause lifelong learning and behavior problems.
- Lead poisoning is one of the most common environmental illnesses in California children.
- The United States has taken many steps to remove sources of lead, but lead is still around us.

IN THE US:

- Lead in house paint was severely reduced in 1978.
- Lead solder in food cans was banned in the 1980s.
- Lead in gasoline was removed in the early 1990s.



LEAD IN TAP WATER

The only way to know if tap water has lead is to have it tested.



Tap water is more likely to have lead if:

- Plumbing materials, including fixtures, solder (used for joining metals), or service lines have lead in them.
- Water does not come from a public water system (e.g., a private well).

To reduce any potential exposure to lead in tap water:

- **Flush the pipes in your home**
  Let water run at least 30 seconds before using it for cooking, drinking, or baby formula (if used). If water has not been used for 6 hours or longer, let water run until it feels cold (1 to 5 minutes.)*
- **Use only cold tap water for cooking, drinking, or baby formula (if used)**
  If water needs to be heated, use cold water and heat on stove or in microwave.
- **Care for your plumbing**
  Lead solder should not be used for plumbing work. Periodically remove faucet strainers and run water for 3-5 minutes.*

- **Filter your water**
  Consider using a water filter certified to remove lead.

WARNING! Some water crocks have lead. Do not give a child water from a water crock unless you know the crock does not have lead.



(*Water saving tip: Collect your running water and use it to water plants not intended for eating.)

- For information on testing your water for lead, visit the Environmental Protection Agency at their website or call (800) 426-4791. You can also visit the California Department of Public Health's website at www.cdph.ca.gov.



POTENTIAL SOURCES OF LEAD

- Old paint, especially if it is chipped or peeling or if the home has been recently repaired or remodeled
- House dust
- Soil
- Some imported dishes, pots and water crocks. Some older dishware, especially if it is cracked, chipped, or worn
- Work clothes and shoes worn if working with lead
- Some food, candies and spices from other countries
- Some jewelry, toys, and other consumer products
- Some traditional home remedies and traditional make-up
- Lead fishing weights and lead bullets
- Water, especially if plumbing materials contain lead

SYMPTOMS OF LEAD EXPOSURE



Most children who have lead poisoning do not look or act sick. Symptoms, if any, may be confused with common childhood complaints such as stomachache, crankiness, headaches, or loss of appetite.



A blood lead test is free if you have Medi-Cal or if you are in the Child Health and Disability Prevention Program (CHDP). Children on Medi-Cal, CHDP, Head Start, WIC, or at risk for lead poisoning, should be tested at age 1 and 2. Health insurance plans also will pay for this test. Ask your child's doctor about blood lead testing.

For more information, go to the

California Childhood Lead Poisoning Prevention Branch's website, or call them at (510) 620-5600.

The information and images found on this publication are adapted from the California Department of Public Health Childhood Lead Poisoning Prevention Program.

PUB 515 10/2019