



TLCA Early Childhood Aftercare

11:15am – 3:00pm

TO: TLCA Early Childhood Parents
RE: Mandatory Rest Time & Snack

We are required, by the State of Oregon, to provide your child a chance to rest for a minimum of 20 minutes each day. If your child falls asleep during that rest period, they will be allowed to sleep for a minimum of 60 minutes.

In order to keep all children safe and healthy, this year students will not be allowed to bring in personal blankets, pillows, or stuffed animals. Unfortunately, we do not have the opportunity to sanitize them here on campus as is required.

20-Minute Rest Period

Your child will be offered a book each day to look at during rest time if they like. They will rest on a cot. Children who do not sleep after 20-30 minutes of quiet time will be provided with an alternative quiet activity (coloring, reading, puzzle, craft etc.).

60-Minute Nap Period

If your child falls asleep during rest time, they will be left alone and allowed to rest for the full hour.

To clarify if your child will be resting for 20 minutes or needs to be left sleeping for a longer nap time, please complete the attached form.

If you have any questions or concerns, please feel free to contact me at liza.conover@saints.org or 541-382-1850 x170.

Sincerely,

Liza Conover, Director



TLS Academy

Preschool and Jr. Kindergarten

11:15am – 3:00pm

TO: TLS Academy Parents

RE: Mandatory Rest Time

Child's Name: _____ Age: _____ Grade: _____

_____ My child will need an opportunity to take a nap

_____ My child will only need a 20-minute rest period