

Sage Programs Heartsong & Kinderheart

Parent Handout 2023-24

Inclusivity Statement

When you walk through our gate onto the grounds of Sage Programs, one of the things you might notice is that the grounds are bursting with all kinds of growing things, and that they are all jumbled together. The mint is cozily coming up next to the nettles which shelter under the pokey branches of the plums; snapdragons mingle with corn, while calendula and clematis find their way all over the grounds.

Just like there is diversity and a mixing together of the plant life on our property, we embrace diversity in our staff, in our students, and in the parent body. We welcome people from all different backgrounds, ideologies, identities, and orientations. Just as we believe that our land is thriving with all of the different species mixed together here, we believe our program and community will thrive when all types of people are mixed together. We are committed to acknowledging and caring for one another with respect and to leaning into connection while striving for understanding. Our goal is for every being, plant, animal, and human, who find themselves on this land to thrive and flourish.

It is such a normal part of being in community to feel a rub or dissonance with someone. When this happens, we are committed to facilitating a process that allows everyone to return to a feeling of peace and harmony. That being said, there is a difference between having a disagreement and someone being actively and purposefully non-inclusive. If there is anyone, adult or child, who threatens the inner or outer peace of another being in the program with their words, ideas, or actions, we will be swift and sure to seek out a resolution. We will strive to restore harmony through connection and conversation, seeking to understand and repair. If we are not able to come to a peaceful resolution or the threatening behavior continues, then we will ask those individuals to leave the program.

ALL-PROGRAM INFORMATION

DIRECTORY

You will receive a directory of all the Program Families contact information and children's names and birthdays.

PARENT CONFERENCES

Besides scheduling our end of August and first of the New Year Parent Conferences, it is our striving to be available for parent conferences as the need arises. Please do not hesitate to contact Sage, Aiyana, or Jules for an appointment.

PARKING AND TRAFFIC ON UPLAND

Upland has become a very busy street. Please be watchful of our children. Please park perpendicular to the fence at 1545 or 1535 Upland, or alongside the park. Do not park in front of the neighbors. Do not stand around cars visiting after program.

CLOSING CIRCLE

Kinderheart and Heartsong will be closing together at 2 p.m. on the play yard. You are invited to come in and join us in our closing circle. We ask that you leave in a timely manner by 2:15 p.m. since there are other activities and groups scheduled after the end of Program.

WEATHER CLOSURES

We follow whatever Boulder Valley School District decides. It is your responsibility to check their website if you have questions as to whether or not we are in session. <https://www.bvsd.org/>. Sometimes there is a freak snow in North Boulder requiring our Programs to close yet BVSD schools remain open. If that is the case we will call and email you.

SNACK AND LUNCH

We provide snack. Please send your child with a lunch. All snacks provided in Kinderheart are dairy free.

LOST AND FOUND

The Lost and Found is located in a big, wooden box by the big gate where you enter the grounds.

HEALTH PROTOCOLS

If your Kinderheart child is ill, please contact Aiyana before 9 a.m. by text 720-275-9245. If your Heartsong child is ill, please contact Jules before 8 a.m. by text 804-305-6262. Your child must be fever-free for 24 hours before returning to Program. In addition, your child must not have had diarrhea before coming to Program, including the night before.

Please keep your child home until they are fully recovered. It has been our observation that a child who returns to Program feeling only mostly better not only tires more quickly and takes longer to fully recover, but also contributes to other children falling ill. A child who stays home to fully rest and recover is often back to peak health much sooner!

If your child has been exposed to a communicable disease like Chicken Pox, Whooping Cough, Measles, Mumps, etc., please contact us before coming to Program. We will notify the community and discuss how to proceed.

After navigating COVID, we have stricter health protocols that we reserve the right to implement if a severe public health emergency arises. This handout will be emailed to you with a link to our public health emergency protocols.

PARENT NIGHTS

We hold all-program parent nights about once per month from 5 -7pm. We ask that at least one parent be present at each Parent Night. We will be sharing pedagogy, sharing insights from social dynamics, answering questions that are living in the community, preparing for festivals, and opening up space for parents to connect with each other.

- Wednesday, September 13th
- Wednesday, October 11th
- Wednesday, December 6th
- Wednesday, February 7th
- Wednesday, March 13th
- Wednesday, April 17th
- Wednesday, May 15th

WORK AGREEMENT

Each family will work 3 hours during the program year. There will be a sign-up sheet at fall conferences. The time will be for things like work on Turtle Garden, Festival set-up or clean-up, classroom breakdown, etc.

RHYTHM AND REST

Children flourish when offered routine and rhythm, especially around sleeping and eating. Please consider that this is the time in your child's life when their habit-body and nervous system's baseline are being formed. In support of this and in support of the work they are doing in our program, please consider how slowing down, doing fewer activities during the week, and spending more unstructured time in nature could support them in the present and well into the future.

Please also know that our Kinderheart and Heartsong programs are full days for your children. It would be so helpful for them if you could leave time for them to digest their day by going home for rest and quiet, perhaps having a regularly scheduled playdate with a friend, being in nature, having time for their minds to wander and nervous systems to settle, rather than going to many additional activities.

COMMUNICATION AGREEMENT

We acknowledge that we are living in stressful times. Often we are inundated with emails, texts, calls etc. We want you to know that as a Program, we only send emails that contain relevant information you need to know regarding your child/ren and our program: important dates and times, clothing, food needs, parent night and festival reminders, etc. Please keep your eyes out for this important information.

When you receive communications from Leila, our administrative assistant, concerning contracts, payment, sign-ups for conferences etc. and requests for information, we are asking that you respond to her promptly. If we have to pay her to repeatedly remind you, we will pass that cost along to you in the form of a \$30 charge.

If you have any questions about anything relating to the program, a social dynamic, curriculum, play dates, etc., please do not hesitate to reach out to Sage, Aiyana, or Jules for support.

CLOTHING AND GEAR POLICY

Kinderheart and Heartsong are land- and nature-based programs. We are outside each day in all weather conditions – rain, cold, snow, mud, wind, heat. To enable your child to participate fully and healthfully all year long in our outdoor curriculum, it is crucial that they have appropriate outdoor clothing. If your child does not have appropriate weather gear to participate in our outdoor programming, you will be called to either drop off appropriate clothing or pick up your child.

Your child must have a seasonal change of clothes as well as appropriate outdoor gear in their cubby. If there is snow on the ground, your child needs: snow pants, warm waterproof boots, a warm hat, jacket, warm layers, and waterproof mittens or gloves. If it is wet or muddy, your child needs: rain pants and a rain jacket, waterproof boots, a warm hat, warm layers, and waterproof mittens or gloves. In warm weather, your child needs: a sun hat. In the shoulder seasons, your child needs: warm layers, a warm hat, a jacket. With the beautiful landscaping and microclimate at Sage Programs, often it is cooler and more damp than other areas around town. Please err on the side of warmth.

Your child also needs a water bottle each day. You are welcome to provide a water bottle that can live at school or bring one from home each day. Your child may choose to keep slippers in their cubby to wear in the classroom.

For Kinderheart, please place extra clothes in a large ziploc bag labeled with your child's name. For Heartsong, Jules will help your child track their clothing at the beginning of the year, with the intention that over time, they will develop the capacity to keep track of their own gear.

KINDERHEART

ARRIVAL AND DEPARTURE

Kinderheart begins at 9 a.m. and ends at 2 p.m. Because we value the community, we do not like to begin until all the children are here. If you have children in both Heartsong and Kinderheart, your Kinderheart child may come into the Kinderhut after 8:45 am.

Please come on time and, at the end of the day, leave in a timely way by 2:15 since there are many other scheduled activities after the Kinderheart Program.

BIRTHDAYS

We celebrate every child's birthday, even the summer ones. We celebrate birthdays in groups. You can find the date and time for your child's birthday on our website in our Program Calendar.

Staff will contact you about bringing something in for a treat including information about allergies and dietary restrictions.

CLOTHING

Please be sure that your child has a seasonal change of clothes here at all times, in a 2 gallon zip lock bag with name. We are outside in every kind of weather including, rain, cold, snow, and wind. Please send your child with shoes that are easy for them to put on and take off. They must also be appropriate for outdoor play and walks.

We do not do slippers indoors, but if your child prefers to wear them they may bring them.

DROP IN FEE

The children at Kinderheart often have siblings or friends who would like to spend a day here. Since we are feeding them snack and being with them for the day, we ask for a \$40.00 drop in fee. If two siblings are visiting at the same time, we offer a discounted rate of \$60.00.

Sometimes we have older children that are interested in being a weekly helper. Please reach out to Aiyana if that is something of interest to you.

HEARTSONG

DROP-OFF / DROP-IN

Heartsong begins at 8:30 am. You are welcome to drop off between 8:30-8:50 am. During this time, we will be engaging in purposeful work and getting our bodies integrated and ready to start Main Lesson. Please park either in front of Heartsong (1535 Upland) or Kinderheart (1545 Upland).

If you have children in both Heartsong and Kinderheart, your Kinderheart child may come into the Kinderhut after 8:45 am.

BIRTHDAYS

We will celebrate each child's birthday with an in-class celebration at the end of our Main Lesson. Parents are invited to join us at 10:30 am for cake and storytelling during snack. Summer birthdays will be scheduled either in the fall or late spring, whichever is closest. Please see the Birthday Calendar for the date your child's birthday will be celebrated in class. Jules will email you in the days leading up to your child's birthday celebration in class to ask for a few notes about the birthday child and remind you to please send cream and berries or seasonal fruit for the birthday snack.

CLOTHING

Your child must have a seasonal change of clothes as well as appropriate outdoor gear in their cubby.

MAIN LESSON POLICY

Main Lesson starts promptly at 9 a.m. and goes until 10:30 a.m. Please plan to arrive before 8:50 or drop off your child for program after Main Lesson concludes at 10:30. If you have a morning appointment scheduled, you may drop your child off any time after 10:30. If you know you are running late and will not be to Heartsong by 8:50, please take your time, don't worry, and plan to come at 10:30. Late arrivals will not be allowed into Main Lesson after 8:50.

COMMUNICATION POLICY

For general questions or communication, email is the best way to reach Jules at heartsong@sagehamilton.com (Please do not use her personal email address for Heartsong communication).

If your child is sick, will be leaving early, or will be arriving to program late, please text Jules at 804-305-6262 before 8:30 a.m.

As a reminder, please arrive either by 8:50 for Main Lesson or come after 10:30 if you are running late.

Jules' commitment to the children is to not have phone alerts going off during the program day. However, she will discreetly check her phone at 12 pm each day of program to read any texts.

If there is a real-time, sensitive emergency during the program day, please call Aiyana or Bryleigh (Tuesday - Thursday) at the numbers below.

Aiyana: (720) 275-9245

Bryleigh: (970) 833-9374

For other parent communication, Jules is available after program until 6 p.m. Monday through Friday and will reply to calls, texts, or emails from over the weekend on Sunday evenings. Jules is also happy to schedule an in-person meeting.