



☎ 425-610-7019

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How to prepare

What: Mandarin immersion nature class, child led, play based programs that focus on emotional coaching and natural science. More information is available on our website www.myworldedu.com. We are known for kindly but firmly enforcing Mandarin only policy in our programs, so it is a true Mandarin immersion environment!

When: various, please see your registration form for different programs.

Where: parks in and near Bellevue, Seattle, Mercer Island and N. Eastside (Kirkland/Redmond/Woodinville). A precise meeting point of a park is notified the morning of based on weather, air quality and other forecasts via ProCare App, which you will get an invitation to install.

What to bring: water, snack, and a change of clothes in a backpack for your child to carry. Please also include hand sanitizer/baby wipes to wipe their hands, optional hat/sunblock, mosquito repellent if you'd like (ticks are uncommon in our area but check your child if you are concerned).



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What to wear:

Dress for Success in the Pacific Northwest!



1. Base layer

Wool or synthetic material is best to wick away moisture and keep warm. NO COTTON—cotton gets wet, and stays wet.

2. Mid/Fleece Layer

A layer of fleece adds warmth without too much bulk. This layer will keep us toasty all day! Remember to make sure it isn't cotton.

3. Winter Layer

A winter coat and outer pants later adds extra insulation for the colder months. This layer can be worn with or without a rain layer depending on the weather.

4. Waterproof Layer

The outermost layer must be waterproof to shield from rain and moisture on the ground. This is especially important for Washington's wet and cool seasons. This can be worn without a winter layer depending on the weather.



MY WORLD MANDARIN NATURE SCHOOL
POWER OF FUN

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Accessories

Hats

Hats can be important on chilly days for keeping warm. When choosing a hat, make sure it is **not cotton**, covers their ears, and can **fit under their hood of their outer layer**.



Gloves/Mittens

Zipper Rain and snow mittens are great choices that are easy to take on and off! And a thin insulating layer can be helpful.

Elastic or Velcro helps keep the gloves on!

Feet



Keeping feet **warm and dry** during cool and wet weather is crucial! Look for shoes that are comfortable, breathable, and waterproof. **We are big fans of insulated rubber boots**. Socks should be made of natural or **non-cotton** materials. Wool is a great option.



Tips and Tricks

- Thrift stores are a great place to look for under layers! **Goodwill and Value Village** often have a good selection.
- **Pack extras in a 1 gallon ziplock bag w/child's name.**
- **Labelling** your child's clothes will help with losing items.
- **We will say it again, NO COTTON.**

Brands we Like:

REI Oaki Columbia
Reima Boggs

More About Gear



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At My World, we firmly believe that there is no bad weather, only inappropriate clothing. We love the unique learning experiences brought on by all types of weather and all temperatures, and when students are dressed correctly, they are free to enjoy it fully. Wool, silk or synthetic inner layers, waterproof outer layers and good rain boots are key to keeping safe, warm and dry in our wet Pacific Northwest. It may take some trial and error to find the right combination of layers for each child – it helps to have options and plenty of extras, especially in the beginning and during transitional times between seasons. The following are some guidelines for what has worked for many of our families.

Footwear

- Cold/Rainy Weather: Comfortable, insulated and waterproof boots such as Bogs neoprene rain boots will be necessary for most of the year. Choose long, wool or synthetic socks rather than cotton, and make sure boots are not too tight when thick socks are worn.
- Warmer/Dryer Weather: Hiking boots, tennis shoes or closed-toed sandals (such as Keens) can be good options. Please no flip-flops!

Rain Suits

- Cold/Rainy Weather: For younger students, or those that love splashing in rain puddles, we recommend full body, zip-up, waterproof rain suits, such as those sold by Oakiwear and Tuffo. These suits are easy to zip up over your child's entire outfit and keep water from entering between top and bottom layers. On freezing and dry winter days, snow pants and jackets work well. However, snow gear is often not waterproof and can become heavy and uncomfortable when wet. On freezing and wet winter days, lots of layers under rain gear will stay the driest and most comfortable.
- Warmer/Dryer Weather: Even when it is not raining, the ground is often wet, and children should come wearing water proof shoes (or at least pack them).

Jacket

- All Seasons/Weather: A good, waterproof rain jacket is essential. Note that many winter jackets or snow coats are not waterproof, so they become heavy and uncomfortable in the rain. This is one item that you may wish to purchase new, as waterproofing can wear off over time.



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Pants

- Cold/Rainy Weather: Waterproof rain pants are very important because we spend much of our time sitting on wet ground or walking (jumping) through puddles! Pants should have elastic or Velcro around the ankle and fit snugly around rain boots, or stirrups that go around the bottom of the boots. Snow pants are warm and work well for many of our children for winter days, they can become heavy and uncomfortable in the rain. Layers under rain pants will stay warmest and driest.
- Warmer/Dryer Weather: Even when it is not raining, the ground is often wet, and children should come with rain pants packed in their bag.

Layers

- Cold/Rainy Weather: No cotton! Cotton (especially jeans) easily soaks up water and does not dry, leaving students cold and uncomfortable. Starting in Fall, we want to see everyone wearing non-cotton layers, especially on days with a chance of rain. Look for a soft base layer such as wool, silk or synthetic long underwear and an insulating layer, such as a puffy jacket or fleece. Add or subtract layers depending on the season. Keep in mind that multiple loose-fitting layers of clothing provide more insulation than one bulky layer.
- Warmer/Dryer Weather: Cotton during summer is fine, however, during spring the ground is typically still very wet, and students should come to class wearing rain pants.

Mittens

- When the weather gets colder, a pair of waterproof mittens will be essential. Look for styles that zip over the wrist, particularly for younger students, as these are much easier to put on and take off when hands are cold. Rain mittens such as those made by Abeko are also a great choice. Please choose mittens rather than gloves in the winter for ease of use and degree of warmth. Gloves are very difficult to maneuver onto cold, wet hands!

Sunscreen

- Sunscreen is essential on sunny days. Please apply sunscreen before class.

Hat



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In colder weather, students should wear a warm non-cotton hat that goes over their ears. On sunny days, a wide-brim hat is great for keeping the sun off the face and neck.

Backpacks

- Please make sure backpacks are large enough to comfortably hold all of the supplies listed below and make sure students are able to easily pack and unpack all items independently. A completely stuffed backpack that barely fits all items makes it difficult to find and repack items. They typically do not wear their backpacks further than the class site, so one that is a little oversized for them is ok. We do have a sneaky squirrel that sometimes chews into backpacks, we have different measures to prevent this though sneaky squirrel sure is sneaky and surprises us of his ingenuity. It's best not to spend too much on a backpack for this reason, second hand is a great option for backpacks!

Lost/Damaged Items

- My World is not responsible for and will not reimburse for any gear that is lost, damaged or stolen while you or your child are participating in our programs. Leave expensive and/or special items of gear at home. The kids at My World play hard and get dirty, and their gear will likely come home showing signs of wear and tear.

Where to Find Gear

- Thrift/secondhand stores (i.e.: Small Threads for Kids) are great for finding inner layers, such as fleece jackets and pants, long-sleeved shirts, and leggings. Boots can also be found secondhand but look out for tears or small cracks in kids' rain boots. Waterproof outer layers can lose their effectiveness over time, so if you buy these secondhand you may need to apply a water repellent.
- Dependable outdoor gear brands:
 - Rain Gear:
 - Oakiwear* or Tuffo for (on the Oakiwear website, use coupon code "oakischool" to receive 10% off)
 - Mittens
 - Gordini, Abeko or Head
 - All clothing and gear:



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- REI, Columbia or Sierra Trading Post

- If you're running into challenges finding or affording the necessary gear for class time, please contact us to borrow from our gear library.

What to Bring, and What to Leave at Home

- **Backpack:** Please make sure backpacks are roomy enough to hold all of the supplies listed below. Make sure students are able to easily pack and unpack all items independently. A completely stuffed backpack that barely fits all items makes it difficult to find and repack items.
- **Reusable water bottle**
- **One complete change of clothes:** In a Ziploc or other watertight bag, labeled with student's name.
- **Extra Layers:** An extra fleece top and bottom layer, as well as extra mittens and hat in colder months.
- **Masks:** If your child chooses to wear a mask, pack a few since they commonly get wet and dirty.

Tips:

- Label all items with names.
- Keep ease of use in mind when planning and packing.
- Make sure that all extra gear can be easily unpacked and packed into your child's backpack. Avoid tiny backpacks that easily get overstuffed and are especially difficult for our younger students to manage.

Leave the following at home:

- **Toys and electronics:** these take up valuable backpack space, cause jealousy and arguments, and distract from our immersive nature experience.
- **Precious or valuable items/trinkets:** these items very easily get dirty or lost.



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- **High value/expensive gear** that needs to stay in very good condition: there will be wear and tear on anything students wear, use or otherwise bring to the park.
 - **Candy:** We encourage healthy and energizing snacks rather than sugary treats, and candy wrappers are easily lost in the wind and become litter.

Rescue Medication

(Auto-injector, inhaler, etc.)

If your child has rescue medication: Fill out, print & submit the Rescue Medication Consent Form <https://form.jotform.com/250698791906170> , and include it in a labelled Ziplock bag with the medication. You will hand this bag with the medication in it to your teachers at the beginning of class, and teachers will hand it back to the person picking up your student each afternoon. Your help is appreciated at check-out, please ask for the medication each day. Thank you!

Nut Restrictions Due to Life-Threatening Allergies

If your class is peanut-free or nut free due to a life-threatening allergy, we will email you before the start of class. Those students bring their own snacks and lunches, and students aren't allowed to share food.

Emergency Protocol and Weather Closures

Extreme Weather Protocol and Closure

In determining weather related school closures, My World considers closures of local schools along with local weather alerts to determine if classes must be closed for extreme weather. If the roads within or leading to classes are deemed unsafe for driving, My World will be closed. There are no refunds or make-up days for classes cancelled due to weather.

Poor Road Conditions Due to Snow and Ice

- My World may cancel classes if/when the local School District closes.
- If snow starts to fall during class programs, educators will keep an eye on snow accumulations, and the Director will continually assess local road conditions.



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- During class, if you need to pick up your child early, please notify educators via ProCare to arrange to pick up.

Lightning and High Wind Advisory

- All programs will be held indoors or cancel for safety.

Emergency Protocol

In the event of an emergency, such as a severe weather situation or an earthquake occurring during programming hours, the following protocol will be followed:

- If it is safe outside, teachers and students will remain in place at the park/in the backyard waiting for caregivers to return to pick up their children.
- If it is not safe outside, classes will take shelter in the restroom at the park or indoors at our school site when available.

Health Policy

Stay Home When Sick

If the answer to any question below is **yes**, keep your child home.

Health Questions

- Has your child had any **fever-reducing medication** for a fever within the past 24 hours?
- Has your child been sick with any of the symptoms listed below **within the past 24 hours**?
- Is your child **presently experiencing** any of the following symptoms?
 - Unusually tired or difficult to wake
 - Lack of appetite
 - Pale skin
 - Rash, unknown cause or contagious
 - Sore throat
 - Cough, new and/or contagious



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- Fever 100 degrees or higher
 - Nausea
 - Body aches
 - Diarrhea
 - Runny nose not associated with seasonal allergies
 - Lice, students can return after treatment

COVID-19: If your child tests positive for COVID-19, please refer to the Washington Department of Health, [What To Do if You Test Positive for COVID-19 guidelines here.](#)

It is not unusual for students to feel ok in the morning and then worse as the day goes along. If your child is not feeling well while at My World, we will distance them from other students and call you for a pickup. **We require that you, or an emergency contact, pick up your sick child within 30 minutes of our call.**

We are unable to offer refunds if a child cannot attend due to illness.

Vaccination Policy:

We follow local School District's vaccination policy

Injury procedures:

We vigilantly screen for hazard in our environment, so our programs are safe for children to attend. In the infrequent cases of injury, we follow the procedure below on how to respond, report and follow up.

1. Immediate Response:

- **Assess the Situation:**
 - A staff member will immediately assess the nature and severity of the injury.
 - Prioritize the child's safety and well-being.



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- **Provide First Aid:**

- Staff members trained in first aid and CPR will administer appropriate first aid as needed.
- This may include cleaning wounds, applying bandages, or providing comfort.

- **Secure the Area:**

- If necessary, the immediate area will be secured to prevent further injury.
- Other children will be moved to a safe location and supervised.

2. Communication and Documentation:

- **Notify Lead Teacher/Director:**

- The staff member providing first aid will immediately notify the Lead Teacher or Director of the incident.

- **Parent/Guardian Notification:**

- In the event of a significant injury, the parent/guardian will be contacted immediately.
- The staff members will provide a clear and concise explanation of the incident.

- **Incident Report:**

- An incident report will be completed as soon as possible, documenting the following:
 - Child's name and age
 - Date and time of the incident
 - Location of the incident
 - Description of the injury
 - First aid provided
 - Names of staff members involved
 - Witnesses (if any)
 - Parent/guardian contact information
 - Any other relevant details
- This report will be stored in the student's file.

3. Medical Attention:

- **Minor Injuries:**

- For minor injuries, first aid will be provided on-site.
- Parents/guardians will be informed of the injury and any first aid provided.

- **Serious Injuries:**



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- In the unlikely event of a serious injury (e.g., suspected fracture, head injury, severe bleeding), emergency medical services (911) will be contacted immediately.
 - Parents/guardians will be notified immediately.
 - A staff member will accompany the child to the hospital and remain until a parent/guardian arrives.

- **Follow-Up:**

- Staff will follow up with the parents to check on the child's condition.
- Any medical follow-up recommendations will be documented.

4. Prevention:

- **Risk Assessment:**

- Regular risk assessments will be conducted to identify and mitigate potential hazards in the outdoor environment.

- **Staff Training:**

- All staff members will receive regular training in first aid, CPR, and injury prevention.

- **Supervision:**

- Adequate supervision will be provided at all times during outdoor activities.

- **Appropriate Clothing and Equipment:**

- Children will be encouraged to wear appropriate clothing and footwear for outdoor activities.
- Regular checks of equipment will be conducted.

5. Review and Evaluation:

- **Incident Review:**

- All incidents will be reviewed to identify any areas for improvement in safety procedures.

- **Procedure Updates:**

- This procedure will be reviewed and updated annually or as needed.

Communication & Contact Information

You will receive updates from your teachers about the adventures of the class and what we have been learning! Feel free to reach out to our team any time you have questions or concerns.

Reporting Absences



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- Please **inform your teachers at class or via ProCare APP.**
 - We do not issue refunds or make-up days for missed classes.

ProCare App

ProCare App (Required to install, no cost)

We use a Software called ProCare to send updates, invoices and information to caregivers. These messages will typically be related to location, closures or weather. You will receive an invitation to join. We appreciate your timely attention to this matter.

Email

Please give educators 24-48 hours to respond during the school year on their scheduled days. For time-sensitive matters, message us via ProCare, or email info@myworldedu.com.