

# Thunder Hill Elementary

## Supply List 2018-19

	ITEM	Kind	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
	Binder 1" three-ring			1	1- 1" 3 ring not zippered	1	
	Composition books, marble	2	3	3	5	5	4
	Crayons, box of 24 <b>re-supply as needed</b>	1	2	2	1	1	1
	Crayons, washable primary size	2 boxes of 8					
	Erasers, large pink		2	2	2	2	
	Expand-a-file						1
	Folders, 2-pocket <b>without</b> fasteners	2 <b>W/O</b>	3 <b>W/O</b>	3 <b>W/O</b>	5 <b>W/O</b> <b>fasteners</b> <b>3-hole</b> <b>punched</b>	6 <b>W/O</b> <b>fastener</b> <b>s 3-hole</b> <b>punched</b>	2 <b>W/O</b>
	Glue, 4 oz bottle white <b>re-supply as needed</b>			1		1	
	Glue sticks <b>re-supply as needed</b>	6	6	6	6	6	6
	Highlighters			2	2	2	2
	Markers, thin 8 pack			1 pack	1 pack	1 pack	1 pack
	Markers, wide 8 pack	1 pack		1 pack	1 pack	1 pack	1 pack
	Notebook paper, wide-rule			2	1 pkg to start	2	2
	Pencil Top Erasers				1 pack	1 pack	1 pack
	Pencils, colored 12 pack		1	1 pack	1 pack	2 packs	1 pack
	Pencils sharpened <b>re-supply as needed</b>	4 primary & 12 #2	24 #2	24 #2	24 #2 - No mechanical pencils	24 #2 - No mechanical pencils	24 #2
	Ruler, customary & metric				1	1	
	School Supply Box or Zipper Pencil Case	1 box	1 box	1 zipper case	1 zippered	1 zippered	1 box
	Scissors (blunt or sharp)	1 pr blunt	1 pr blunt	1 pr blunt	1 pr sharp	1 pr sharp	1 pr sharp
	Spiral notebooks, wide- rule		1 or 3 subject	1 3-subject	1 1-subject	2 3-subject	1 3-subject

### Notes to Parents

**Please label all items with student name.**

During the school year please help your child by replenishing supplies as needed.

# Thunder Hill Elementary

## Supply List 2018-19

### Donation Requests

*Donations of tissues, zip plastic bags, index cards, sticky notes, etc. are always welcomed. Throughout the year, your child's teacher may identify other items that would be appreciated. Thank you.*

Item	Kind	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
Baby Wipes	x	x	x	x	x	x
Baggies, gallon	x	x	x	x	x	x
Baggies, quart		x	x	x	x	x
Baggies, sandwich	x	x	x	x	x	
Brass Fasteners 1/2"	x					x
Pkg Dry Erase Markers	x	x	x	x	x	x
Hand sanitizer	x	x	x	x	x	x
Index Cards 3x5	x	x	x	x	x	x
Post-it notes 3x3		x	x	x	x	x
Post-it notes 1 1/2"x2"			x	x	x	
Scotch tape, dispenser roll	x	x	x	x	x	x
Sharpie markers	x		x	x	x	x
Tissues	x	x	x	x	x	x

#### **Backpack Safety**

##### **Suggested Strategies for Parents**

- Purchase a backpack that is the correct size with adequate back padding and wide straps.
- Talk to your child about backpack safety.

##### **Loading a Backpack**

- Load heavy items close to the back of the pack.
- Don't overload.
- Distribute contents evenly.

##### **Wearing a Backpack**

Wear both shoulder straps. Adjust shoulder straps so the backpack fits snugly against the back. Fasten belt and adjust strap length to secure and distribute the weight evenly. The backpack should rest in the curve of the lower back and not more than four inches below the waist.

- Monitor what your child is carrying to school each day to

help him or her avoid carrying unnecessary items that add weight to the backpack.

- Periodically check to see if your child is wearing his or her backpack correctly.
- Assist your child with cleaning out and organizing the backpack weekly.
- If the backpack weighs more than 15% of your child's body weight have child carry a heavy book or two under his or her arm.
- Ask your child if he/she has any discomfort during or after wearing the backpack.
- Encourage children to exercise to strengthen muscles in the torso, including the lower back and abdominal muscles.
- Help your child file work at home so he/she only needs to bring required work to school each day.
- Talk to your child and teachers about ways to reduce backpack weight.
- Share any concerns about backpack weight with your child's teacher

or administrator.

##### **Suggested Strategies for Students**

- Load heavy items close to the back.
- Only pack items necessary for the day's activities.
- Clean out and organize backpack on a weekly basis.
- Ask teachers what materials and supplies can be kept at home.
- Carry heavy books under the arm.
- Wear backpack properly with both shoulder straps and not more than four inches below the waist.
- Inform a parent of any discomfort from wearing a backpack.
- Share ideas for reducing backpack weight with parents, teachers and administrators.
- Exercise to strengthen muscles in the torso, including the lower back and abdominal muscles.