

7:15 – 9:00: BEFORE SCHOOL ACTIVITIES

Open-ended play materials are available before and after school. Examples include, but are not limited to drawing, puzzles, legos, playground, and dramatic play.

8:30 – 11:00 (W only): GYM GROUPS

All children participate in gym every Wednesday morning. Materials rotate every week. Examples are: tumbling mats, gymnast rings, carpet barrels, balance beam, scooter boards, balls, slide, jumping mat, pillow fighting, ladder bridges, and more!

9:00 – 11:00: PRESCHOOL PROGRAM

Children make choices between a variety of “open” activities that are designed to help with children’s academic, artistic, physical, and social development. Activities are:

- structured and unstructured
- planned and spontaneous
- indoor and outdoor
- child-initiated and teacher-directed
- short-term and long-term
- isolated and ongoing projects
- repeated to allow children to build on previous knowledge
- rotated and refreshed to invite new interests
- changed throughout the day depending on the needs, interests, and developmental levels of the children

9:30 – 11:00 (T/TH): SWIM

Each child participates in one 30-minute swim two times each week in our indoor pool.

10:00 (M/F): GROUP TIME

Details about groups:

- Six different groups meet during Group Time.
- Groups are organized according to age.
- Group sizes are small (7 per group).
- The same children meet in each group with the same teacher in the same area of the room.
- Groups work on special projects and focused activities geared specifically for the age group.

11:00 - 11:15 (T/W/TH): QUIET TIME

Children participate in large group activity (10-12 kids) that includes storytelling, music, movement, rhymes, discussion, or games.

11:00 - 11:45: LUNCH

Lunch is served family style. Children pass the bowls, serve themselves, pour their own milk, clean up their own spills and scrape and stack their dirty dishes for the kitchen crew. We view lunch as a time for us to come together as a community and share our lives through discussion and food.

12:00 - 2:30: NAP/REST

We supervise two distinct groups at nap time: a nap group (for children who sleep regularly) and a rest group (for children who typically do not nap). Your child’s placement in either nap or rest is determined upon enrollment in consultation with you and teachers about your child’s sleep needs. Nappers can sleep until 2:30, but they may join preschool activities as soon as they awake. If a child does not fall asleep, she may join preschool activities at 1:30.

Resters are not required to sleep. Instead, they engage in quiet activity (such as story tapes, books, or puzzles) for 10-30 minutes. Preschool activities are available once rest is over.

2:30 – 3:00 (T), 10:30 – 11:00 (W): MUSIC

Every child participates in one 30-minute music class each week with our music teacher.

2:30 – 5:30: AFTER SCHOOL ACTIVITIES

Open-ended play materials are available before and after school. Examples include, but are not limited to, drawing, puzzles, legos, playground, and dramatic play.

SNACKS: We serve one snack in the morning and one snack in the afternoon. Snack is available most of the morning or afternoon. It is served as an “open snack” where children come to our snacks when they are hungry. This allows children to internalize and decide when they are hungry and does not interfere with the important work they are doing in the classroom.