



# Our Daily Schedule At Seedlings

**Arrival:** Children may arrive between **6:30-8:30 a.m.** according to their contracted drop-off time. At teacher will check children in to attendance on Tadpoles.

**First Things First:** At **8:30 a.m.** we officially begin our day as a class by joining together to have our morning snack provided by Seedlings. This provides children with the opportunity to talk and listen to one another as well as offers the teacher a time to talk with the whole class about the upcoming day's activities.

**Morning Meeting:** From the snack table, the children move seamlessly to the Morning Meeting, which is the first large group teacher-directed activity (also called Circle Time). This time includes morning songs, question of the day, dancing, calendar review, weather report, daily book, and large group activity. The teacher is able to touch on several learning domains including language and literacy, math, science, and creative thinking, as well as physical and social/emotional development.

**Free Play Indoors and Out:** A significant amount of time each morning is dedicated to play. Indoors children can choose what and with whom they want to play. In every room, there are areas dedicated to dramatic play, blocks, and bins filled with toys that allow for open-ended, creative play with friends. Additionally, teachers set out "invitations to play" which are open-ended, theme related activities that need little direction. Outside, classes have a scheduled turf time for running and playing with balls/bubbles. Outside time can be extended by including a nature walk down the quiet alley behind our campus. And for children 3 years of age and older, the nature yard provides an opportunity for climbing, scientific exploration, dramatic play, and gardening.

**Small Group Activities:** Offsetting morning play time, teachers invite small groups of children to join them to work on specialized skills such as art, math, language/literacy, science, or fine motor development giving them more opportunities to provide one-to-one hands-on help.

**Lunch Time:** **11:30 a.m.** is lunchtime. Lunch is catered by PreK Gourmet, a certified small business on the west shore, for all children ages 12 months and up. Neil and his team cook homemade healthy meals that each include protein, vegetable, and fruit. These are delivered each day and are covered by your tuition cost.

**Nap/Rest Time:** **12:30 – 2:30 p.m.** is nap/rest time. According to the DHS regulations, all children must sleep/rest on their cots for 2 hours. For children who do not sleep, teachers ask them to rest quietly for the first hour and then provide them with quiet activities to occupy themselves on their cots.

**Afternoon Overview:** When naptime is over, children gather for an afternoon snack from **2:45-3:00** provided by Seedlings. From there, teachers lead children in a large group activity after which they engage in small group activities and free play both indoors and out.

**Departure:** Seedlings closes at **5:30 p.m.** with parents (or other designated individuals) arriving to pick up children according to their contracted time. A teacher will check children out of attendance on Tadpoles, allowing for parents to receive their individualized daily report. Teachers will make sure any notes related to their class as a whole or for individual children are noted on Tadpoles as they may or may not be able to connect personally at the end of the day.

**Diapering/Potty Breaks:** Diapering occurs every 2 hours or more often as needed. Other children will be encouraged to potty throughout the day especially before napping and going outside.

**Our goal with our daily schedule is to promote growth for the whole child in the context of community and a safe, healthy, and positive environment.**