

Rockville Presbyterian Cooperative Nursery School

The Four-Year-Old Class' Daily Activities Plan

9:30 – 9:45 **Child drop off**

If your child is in Before Care, the Before Care staff member will assume responsibility for your child till class starts.

Children are encouraged to play outside (weather permitting) or in the hallway, are to hang up coats and backpacks on their hook, and go to the bathroom before the start of class.

Children are to be supervised by their parent before class starts, and never left unattended!

Parents must sign their child in (on the sign-in sheet on the clipboard), temperature checks and health screening questions must be done, check their mailbox & the bulletin board outside the classroom door for notices, announcements, etc.

9:45 – 12:30 **Class Day**

The daily activities are described below. Actual sequence and times are flexible, determined by your child's classroom teacher, who takes into account the children's attention spans, energy levels, any special events, and other factors affecting classroom dynamics.

Circle Time

This is a time of group interaction with the teacher (15 - 30 minutes).

This activity focuses the children at the start of the school day. It's during this part of the school day that the teacher leads her class in a discussion of an age-appropriate topic, whether it be on the unit of study (such as sea life or insects), introducing the special project/activity/concept for the day or the date, weather outside.

Circle Time is also when the children learn and practice basic classroom skills such as sitting in place, speaking in turn, following directions/instructions, focusing attention on the teacher, etc.

Table Top Activities Time

There are usually several skills and projects that the children are working on over the course of any given week. In order to facilitate the development of these skills the teacher will design various activities for the children to do. The children are expected to complete these various activities and projects designed for them at each table. Each table is supervised by either the teacher or one of the co-opping parent members. Some of the projects made by your child will be sent home so the child can show off his/her accomplishments, others will be incorporated into the classroom decorations or posted on the bulletin board in the hallway, demonstrating what we've been learning about to the wider school community.

Free Choice Time at Centers

Over the course of the morning the children will have ample opportunity to engage in free play (using any of the following: blocks, books, toys, dolls, puzzles, dress-up, etc.). It's during this part of the morning that a child can pursue a personal interest, and the pursuit of this interest frequently requires sharing of a toy (turn taking) with other classmates. At this age the children should be playing interactively, but may need assistance with refining their social interactions. It's when a child is playing that the child has the opportunity to employ self-regulation and further develop the social skills of cooperative play, negotiate sharing, develop an understanding of what is fair, and practice conflict resolution; mastery of these skills is necessary for success in Kindergarten.

Clean-up Time

This is done in preparation for a change of activity (usually from free play to second circle or story time). It's a transition activity, and transitions can be a challenge for children. Transitions require a great deal of self-regulation and focus. Mastering the ability to transition readily is key to success in Kindergarten. The expectation with this activity is two-fold: (1) for the children to be able to successfully self-regulate their

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reaction and behavior during the transition, and (2) to assist more constructively in actually cleaning up the classroom, putting toys where they belong and then settling into the next activity.

Music

This enrichment class is taught by a Music Together trained teacher for thirty minutes, once a week. During Music the children not only sing a variety of songs, but they frequently learn hand and/or body motions to accompany those songs, as well as being introduced to basic rhythm instruments, initial music theory, and dance motions. Music fosters connections between language development, math and coordinated body movements.

Story Time

This is usually 10 to 15 minutes long. The teacher reads one or more stories to her class, frequently following up with questions designed to engage the children's comprehension of what they just heard. It's while a child is being read to that he/she can develop so many different skills (aural, auditory, linguistic, visual, cognitive, concepts of print), not to mention the content of the story, which can convey cultural values, etc.

Snack Time

This takes about 10 to 15 minutes. Although this is nominally a refreshment break (food brought in by that day's co-oping parent), it is another opportunity for the children to develop appropriate social interaction skills (such as simple conversational requests to pass such-and-such please), self-regulation and fine motor skills (when serving themselves food).

Outdoor Play

This is generally once a day, 15 to 30 minutes. When weather permits, the children play outdoors on the playground, giving them an opportunity to employ both gross motor and fine motor skills (run, climb, shout, swing, ride tricycles)! During inclement weather (rainy days, or outdoor temperatures dangerously cold), an indoor space is used instead of the playground for the same purpose.

12:30 Dismissal

The teacher dismisses each child to the child's parent. The parent must sign-out his/her child. Please notify the teacher (orally and in writing) if your child will be going home with a classmate, or if someone other than the child's parent will be picking up the child.

If your child's class is outside at the end of the morning, the teacher will either bring them back to the classroom for dismissal or dismiss them from the playground. If your child will be attending an Extended Day Program, or Stay & Play After Care, your child's teacher will make sure your child is brought to that location, with his/her lunch and hands washed.

Once the teacher dismisses a child to his/her parent, the parent assumes full responsibility for their child (even if the child re-enters the classroom).

Before leaving the school parent members should once again check their mailboxes and classroom door for notices, announcements, etc, as well as their child's coat hook.