


**Roots Day Care** Preschool daily schedule

Time slots	Preschool (joined group to start)
7.00-8:00	Arrival. Free play with toys. Alternate activities are available. Individual/small group interaction.
8.00-8.15	Morning exercise. Creative movements.
8.15-8.30	Time to meet children's physical needs. Washing hands, toilet routine, preparation for breakfast.
8.30-9.00	Breakfast/Child/teacher interaction. Quiet centers are open for children who had breakfast at home (self help skills and table manners are reinforced)
9.00-9:20	Circle time/musical circle: calendar, seasons, weather; ABCs, numbers, poems, stories, books. Time to prepare materials in advance for next learning opportunity, set up the playground.
9:20-9:45	Art learning Experiences. Free play. All centers are open. Child/staff interaction, quiet and active play. Child/teacher-initiated learning experiences (adapts to meet child's individual needs)
9:45-10:45	Transition time, getting ready for outdoor play (washroom routine and dressing).
10-11	<b>Outdoor physical play</b> , seasonal learning experiences (child/teacher-initiated age appropriate learning experiences with toys, sensory toys, riding toys, etc.; balancing exercise, ball games)
11-11:30	
11-11:50	Transition time-to get ready for hands, face washing routine (one to one child/teacher interaction. Time to meet children physical needs.
11:50-12:20	<b>Lunch</b> (promoting self-help skills, teaching table manners; individual or group interaction to initiate conversation/socialization)
12:20-12:30	Time to meet children's physical needs. Hands, faces washing routine. Toilet/diaper routine. Encourage self-help skills.
12:30-2:30	Quiet story time in cots. Variety of lullabies and appropriate classical music is played. For early risers and non-sleepers alternate quiet learning opportunities are set up. Prepare materials in advance.
2.30-3:00	One to one/small group interaction, quiet and active free play. Art learning experience. All learning areas are open for children to explore. Physical play - child/teacher-initiated experience
3-3:10-	Transition time, toilet/diaper routine. Encourage self-help skills. Hand washing routine (one to one child/teacher interaction), preparation for afternoon snack
3:10-3:30	<b>Afternoon snack</b> . Self-help skills are encouraged.
3:30-3:45	Circle time – calendar, poems, finger plays, songs, ABCs, numbers and creative movement. Time to meet children physical needs.
3:45-4.00	Transition time, getting ready for outdoor play (washroom routine and dressing)
4.00-5.00	<b>Outdoor physical play</b> , seasonal learning experiences (child/teacher-initiated age appropriate learning experiences with toys, sensory toys, riding toys, etc.; balancing exercise, ball games, leaping games) /gym activities and games if weather does not permit outdoor play
5.00-5:15	Toilet routine. Encourage self-help skills. Hands washing routine.
5.15-5:30	<b>Mid-afternoon snack</b>
5.30-6.00	Free play. All learning areas are open. Small group child/teacher interaction.

**Extra curricular Activities: Music Classes: Monday and Friday**

**Russian Classes: Monday and Thursday**

**French Classes: Friday**

**Drama: Wednesday**

**Hebrew Classes: Tuesday- (for some families)**