

## West Side Family Preschool Daily Schedule (2022-2023)

### **8:00 AM: School opens**

- children gradually start arriving (some kids arrive later than others). Children take time to eat breakfast if they haven't already done so.

### **8:30-9:45 AM: Free play**

- A range of indoor and outdoor play (weather permitting)
- Special activities offered: arts and crafts, music, cooking, reading stories, and movement.

### **9:45-10:00 AM: Clean-up time/ prepare for snack time**

- Children put away toys and materials
- Wash hands for a snack.

### **10:00-10:15 AM: Morning snack time**

- Kids eat their own snacks or eat the snack provided by the school
- Parent contributions are welcomed.

### **10:15-10:45 AM: Circle time**

- Music, Games, movement, learning, stories.

### **10:45 AM-11:45 PM: Park time**

- Playground, neighborhood walks, backyard play, central park (weather permitting)
- Indoor activities- yoga, arts and crafts, playdough, games, imaginary play, puzzles, and other special activities.

### **11:45-12:00 PM: Get ready for lunch**

-Children return from outdoor time, wash their hands and prepare for lunch.

### **12:00-12:30 PM: Lunch-time**

### **12:30-1:00 PM: Rest time begins**

- The start of rest time varies between 12:30-1:00 PM depending on the duration of our activities, and the needs of each individual child.

### **2:30-2:45 PM: Rest time ends**

- Children typically start waking up around 2:30-2:45

### **2:45-3:00 PM: Afternoon Snack**

### **3:00-4:15 PM: Free play**

- Indoor and outdoor activities

### **4:15-5:30 PM: Structured activities**

- Art projects, puzzles, learning manipulatives, science experiments, board games, and other games such as musical chairs, Simon says, freeze dance, and more.

### **5:30-5:50- clean-up time, and pick-up time for full-time students**

\*outdoor activities are based on weather. Field trips and special activities may modify our daily schedule.