

Welcome to the Town Room!



A Guide to your Preschooler's Day

Welcome to The Town Room parents and new friends!

Please refer to this parent guide as a resource for the daily functions of our day and some extra information pertaining to our preschool world!

What to bring for your Preschooler:

The Academy provides a nap mat for each child, breakfast and afternoon snack. We ask you to bring the following:

- ✓ Bedding bag- crib sheet, blanket, small pillow and lovey
- ✓ Clean changes of clothing (weather appropriate, 2-4 extra changes of clothing)
- ✓ Lunch in lunchbox (we heat up food as needed)\*if you do not wish for your child to have school lunch.
- ✓ Indoor shoes, sunscreen, hat

### Arrival & Attendance/ Table Activities/ Free Play

Upon arrival, the students will come to the question board to write down their names and answer the daily question. Being able to write their name will provide the opportunity for letter/name recognition. Students will then go over to the circle area in order to choose their daily jobs.

### Breakfast

While adults need breakfast to perform their best, children need it even more. Children burn through calories at alarmingly fast rates and their growing bodies rely heavily on a regular intake of food. Each morning, all of the students will be offered a variety of nutritious breakfast choices including items such as yogurt, cereal, oatmeal, fresh fruit, turkey bacon/sausage, delicious waffles/pancakes.

Following breakfast, we will be working at the table for a short literacy/fine motor activity, followed by free play.

### Circle

After finishing table work the students and teachers will gather on the 'Circle Rug' near the easel in the classroom for a morning meeting time. This gives us a chance to discuss things that will be going on for the day in addition to discussions about who is in school today,

choosing classrooms jobs (such as line leader, water plants, snack helper, etc.), calendar, weather, group activity, weekly theme, and a group song.

### Bathrooms

We will have several opportunities, planned and unplanned, when the students will be encouraged to try to use the bathroom. They will get as much assistance as needed while promoting independence in this area.

### Small Groups

Small group time will be a chance to teach the students a mini lesson relating to one of the domains as suggested in the State of Maine's Early Childhood Learning Guidelines. The domains consist of: Personal and Social Development, Approaches to Learning, Creative Arts, Early Language and Literacy, Health and Physical Education, Mathematics, Science, and Social Studies; and although all of our day will be shaped around these guidelines, this time period will be a more formal teaching time for the students to better prepare them for their kindergarten experience! We will also be engaging in various art projects on alternating days relating to our monthly themes, which are consistent throughout all of the classrooms in our program!

### Outside/Gym

There are two full hours scheduled into our day for physical activity split between the indoor gym and outside playground. We recognize with the high rates of cardiovascular diseases, among other health issues, being contributed to inactivity that children need at least an hour of moderate to vigorous physical activity. Students will be learning a modified physical education curriculum during most of their time in the gym and will also take part in a great deal of exercise and educational experiences on the playground.

### Lunch

Parents may choose to send a boxed lunch for their children daily or participate in our school Lunch Program. We ask that you try your best to pack a nutritious lunch as a great part of our focus at The Academy is based upon healthy living. Students will also have plenty of opportunities to develop their self-care skills such as pouring drinks, passing out napkins, appropriately using utensils, and being responsible for cleaning up their own places. We will be sending uneaten portions home to keep you aware of how much and what they are eating each day.

### Story/Nap/Book & Puzzle Time

Prior to nap time, the students will set up their own napping/resting area and gather on their mats while they listen to a read-A-loud. This short story time will help them to settle into a

relaxed state so they have a more peaceful rest time. If students wake up early they will be able to clean up their rest area and choose a quiet activity in our book area until it is time for all of the students to wake.

### Choice Time:

During our choice time the students will have the option to choose between 3 or 4 centers that are open. Some centers will be closed so that the students can experience each center. The centers will include:

\*book/quiet area- the carpeted area with a book shelf, pillows, and kid friendly chairs;

\*circle rug- the carpeted area where we meet for circle time which will occasionally be set up with activities such as puzzles, or fine motor activities;

\*sensory table- this is a large tub-like table that will have different materials (rice, beans, sand, water) for the students to experiment with;

\*pretend play- this area has all of the toys and activities used for students to use their imaginations (train table & mat, kitchen set, dress up clothes, cleaning tools, puppets with theatre);

\*fine motor- this is the table area where students will be engaging in a range of activities such as cutting, coloring, painting, gluing, play-doh, puzzles, tracing and more based on the weekly theme!

### Snack, Outside/Gym, Goodbye Circle, Free Play/Pick-up

The remainder of our afternoon will be filled with a short snack time; another gym/outside segment with a review of the skills learned from the morning physical activity session; a goodbye circle which is a meeting time to review some of the things that they learned each day!

## Town Room Daily Schedule

7:00-8:00	Arrival, Attendance & Free Play
8:00-8:45	Breakfast and Bathroom
8:45-9:15	Table Work (writing their names, math, tracing, shapes, letter recognition, etc.)
9:15-9:30	Puzzles/Books/Listening Center
9:30-10:00	Circle Time
10:00-11:00	Centers/Snack/Bathroom/Make Mats - Activity of the day - Sensory Table - Table Work
11:00-12:00	Outside/Gym
12:00-12:30	Lunch
12:30-12:45	Bathroom/Brush Teeth
12:45-1:00	Books/Read-A-Loud
1:00-3:00	Nap/Rest Time
3:00-3:30	Clean-Up/Bathroom/Free Play
3:30-3:50	Snack
3:50-4:30	Outside/Gym Play
4:30-5:30	Puzzles/Books/Free Play/Pick-Up

\*Please note that this is our tentative schedule and may change based upon the children's needs and the general flow of our day! Also, we have several other opportunities for bathroom time that are not specifically listed in the schedule.

## Communication

We look to help children discover their strengths and natural curiosities in a safe, encouraging environment. Children's questions will be answered not only through words from their teachers but through the learning experiences teachers set up for them. Our goal is not only to teach your children, but also to teach them how to learn. Our goal is for students to use positive communication habits with each other. This all starts with the teachers being down on the same level as the students when there is a social issue, and facilitating a conversation that will solve the problem. Both sides will be encouraged to explain their sides and their needs.

Teachers will use open-ended questions to help children to creatively think of a solution. Each problem-solving conversation will end in the children having the option to hug each other, high five or fist bump. Teachers will always encourage children to explain their side of a story. Rather than saying "No! Don't do that!" to a child, teachers will explain to a child why a certain behavior is unsafe or inappropriate. Teachers are there to help children brainstorm a different behavior or activity.

We truly feel that each child is an individual and that they are learning and working in their own ways and skill levels. Our goal is to structure our day and curriculum around the specific needs of your child. If you have any concerns or questions that you would like to discuss, please feel free to contact us anytime to set up a meeting time outside of the school day! It is very important to us to be available to the students each moment they are here!

- Miss Carrie and Miss Liz

Contact Information:

Town Room Phone: (207) 854-4000 ext. 6