

Preschool Room: Rhythm of the Day

7:30am—onwards: Children arrive and separate from their love ones in their respective outdoor environments (weather permitting) with visual contact maintained between educators.

Outdoor playground is set-up prior to Centre opening and is based on the children's interests, different developmental skill levels and projects. Educators ensure all children have had sunscreen applied and are wearing hats.

9:30am: Progressive **morning tea** (from **9:30am**) served at tables on the verandah. Children are reminded to wash their hands with soap and water in the bathroom prior to eating. Educators encourage the children to try new/different foods and to drink all their milk or water. The children use tongs to select and serve their own fruit.

Water breaks: Many children supply their own water bottles and have access to the bubbler at all times during the day. Children are encouraged to have regular breaks for water throughout the day and during mealtimes.

10:00—11:50am: Depending on circumstances and interests on the particular day, the children are provided with the flexibility of an indoor-outdoor program.

11:40am-12:00pm: Following transition reminders the children help educators pack-away activities and tidy learning spaces/areas. The children are encouraged to care for and respect their learning environment and work together as a cooperative team. Progressively the children are transitioned to the bathroom to wash their hands for lunch. Prior to lunch we engage the children in a large or split Group Time experience.

12:00-12:45pm: Children help serve their own lunch and sit in small peer groups at the lunch tables. Positive social interactions are supported and educators encourage the children to try different foods, use their self-help skills, including proper use of cutlery and pouring their own drinks.

Educators role-model good eating habits and mealtime etiquette. The children butter their own bread and scrape their plates as lunch concludes. Following lunch the children are encouraged to use the toilet and wash their hands and faces.

12:45-2:30pm: Children engage in afternoon learning experiences based on their current and emerging interests, usually through the indoor-outdoor program.

2:00pm (onwards): Children who are sleeping/resting begin to wake-up, put their belongings away and commence toileting routines.

2:30:3pm: Children pack-away and tidy environment in preparation for their afternoon tea and transition outside.

Group Time commences (usually split into two smaller groups), sunscreen is applied (dependent on weather & season) before the children gradually transition to bathroom to wash their hands for afternoon tea. As they finish their afternoon tea the children scrape their plates and place plates and cups onto trolley, before putting on hats and transitioning outside.

3-5:00pm: Weather and light permitting, the children play outside until parents/families return to collect their children and communicate with educators about their day. Educators begin packing-away equipment, sweeping and tidying environment with the children's help. Toileting/shoe reminders for remaining children as well as ongoing interactions.

5-6:00pm: Children from Nursery, Dreamtime and Preschool rooms combine to conclude the day (either in the main playground, Nursery playground or inside one of the rooms, depending on weather conditions, group sizes and age groups remaining).

5:15pm: **Late afternoon tea** provided (small snack).

6:00pm: **Centre officially closes.** Educators complete end of day procedures (including final check and signature to confirm all children have left the Centre).

Our rhythm of the day is a guide and is subject to change depending on the weather, Sun Safe guidelines, Centre policies and the children's needs and interests.

Times are also approximate as we firmly believe in providing flexible opportunities that do not always follow strict timelines.