

# *Rhythm of the day*

2-5 Preschool Room

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Our 2-5 Preschool space involves all of our two to five year olds sharing the same spaces, engaging in mixed-age grouping. This approach keeps siblings and friends together as well as promoting plenty of peer scaffolding opportunities for all children to benefit from each and every day.

Families are asked to apply their children's sunscreen on arrival, when the UV rating is 3 or above. Sunscreen is re-applied every 2 hours throughout the day usually around 9am, 11am, 1pm and 3pm.

Children are encouraged to stop and have water breaks throughout the day, as well as bringing their drink bottles to meal times.

Children are supported through nappy changes and toileting at 1-2 hour intervals, based on their needs. These nappy and toileting rituals begin around 9am and flow through the day.

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**7.30am - Centre opens** - As children arrive they make a transition to care, using routine and rituals designed in partnership with their families. Children are encouraged and assisted to apply sunscreen and find their hats when UV is 3 or above. Educators work with children to set up learning environments and experiences. Children engage in morning play indoors/outdoors, connecting with their peers and exploring the array of spaces.

**8.00am–9.00am – Atelier opens** - An educator opens our Atelier room around this time for morning creative exploration. Experiences within this room vary based on current interests and skill areas. They cover a large array of creative, investigative and open ended domains of play. As the morning reaches 11am, this space begins to close and transition into the children's rest space.

**9.00am - Yarning Circle** – Educators play “Ngurambanga-ga Yanhanha” by Sharon Mirii Bell, through the speaker to gather Children together around our fire pit. On Awabakal land we say our Acknowledgement of Country, discuss the plans for the day, pose questions, sing, play tapping sticks songs, yarn, listen and share ideas.

**9.30am–10:30am – Preschool room opens, outdoor play and begin progressive morning tea** – Around this time an educator will open the Preschool room for exploration, using discretion of the flow of the day. Children are free to explore and engage in a variety of indoor and outdoor experiences created based on their interests, which support being, creativity, problem solving, inquiry, language, and physical, social, mental and emotional wellbeing. The children who are ready to eat are able to wash their hands, collect their drink bottles and eat in a relaxed environment alongside their peers.

**10.30am – Workshops** — 1-2 meaningful experiences are created and offered by designated Educators to engage children in group exploration, that reflect and follow on with children's interests, project work, social skills, fundamental movement skills, language development, life skills etc. They could include: storytelling, science experiments, dance, music, art, tinkering, gardening, cooking, risky play etc.

**11.30am - Progressive lunch** – Lunch is offered, Educators encourage younger preschoolers to join the table during the first sitting, to flow through for their rest time rituals. All Children are able to tune into their needs and eat when hungry. Educators sit with children and model positive eating habits as well as positive language surrounding foods.

**12.30pm - Rest time** - Children that rest transition to their beds for rest or sleep. Sleep and rest times vary for each child depending on their individual needs. Educators are attuned to children's cues for rest and sleep. Children who are not resting continue to engage in a variety of learning experiences provided indoors and outdoors.

**2.00pm - Progressive afternoon tea** - Afternoon tea is offered and children are able to tune into their needs and eat when hungry. Children are assisted to wash their hands, collect their water bottles and join at the meal time to enjoy their food with their peers. This social setting brings about conversations amongst the children and familiarity with fueling their bodies in company with others. Children are encouraged to scrape their plates and return their drink bottles when they are finished.

**3.00pm onwards** - Children continue to engage in play experiences as their families come to collect them. As the afternoon comes closer to centre closing, Children are encouraged to assist educators to pack away and reset the spaces for the following day. Educators engage children in group social games over the afternoon to bring children together and maintain adequate supervision.

**5.00pm - Late afternoon tea and Family Grouping** - Preschool and Nursery rooms combine and a small snack is provided.

**6.00pm - Centre closes** – All Children and families must have exited the centre by 6pm.

*The rhythm of the day is a regularly occurring sequence of plans, experiences, events and processes in our day. It is defined as a flow that can ebb and change. The routines and rituals of our day are flexible and are dependent on the children's needs, interests, weather and occasions that take place throughout the day.*