

## 6. PRE-SCHOOL ROUTINE AND ACTIVITIES

### 6.1 Daily Routine



We believe that care and education are equally important in the experience which we offer children. The routines and activities that make up the sessions are provided in ways that:

- help each child to feel that they are a valued member of the Pre-School
- ensure the safety of each child
- help children to gain from the social experience of being part of a group
- provide children with opportunities to learn and help them to value learning

Each session follows a planned but flexible routine. This starts with registration where children learn to recognise their names by posting them in a post box.



The children then choose from and work at a range of activities offered, and, in doing so, build their ability to select and work through a task to its completion. The children are also helped and encouraged to take part in adult-led small and large group activities which introduce them to new experiences and help them to gain new skills, as well as helping them to learn to work with others.

We take advantage of our outside space as much as possible and encourage 'free flow' so that children can move between activities indoors and outdoors as they choose. Being outdoors has many emotional and physical positive benefits for the children, as well as giving them the freedom to explore the world around them.

The session usually ends with group story time and Pre-School rhymes/songs.

### 6.2 Weekly/Termly Themes



Each week a letter, a number, a colour and a shape are chosen and activities are planned to involve these. Each half term also has a theme, eg. Transport, and again this theme is incorporated into the activities. Details of these are emailed to all parents and posted on our closed facebook page weekly.

## 6. PRE-SCHOOL ROUTINE AND ACTIVITIES continued

### 6.3 Activities



Play helps young children to learn and develop through doing and talking - research has shown that this is the means by which young children learn to think. We use the Practice Guidance for the Early Years Foundation Stage to plan and provide a range of play activities which help children make progress in the areas of learning and development which were outlined in section 2.3 Pre-School curriculum.

The majority of the session provides opportunities for children to play freely. We also provide more structured 'adult-led' activities, in which the children are encouraged to participate. Aside from more structured activities, free play is an important part of the session to develop social skills and interaction between children. Special activities also incorporated include computing, gardening & nature, music and movement, cookery, safety, visitors and outings.

### 6.4 Show and Tell



Show and tell is on a Friday for the older children. A rota is emailed to parents at the beginning of each half term to indicate when their child can bring in something from home to share and talk about. It is great if the item links in with the week's theme, however most importantly it should be something your child is keen to share and talk about.

### 6.5 Activity Week



Activity week is held on the first week of each term. The activities in Activity week do not follow a theme and we offer the children the opportunity to use our large indoor play equipment.

### 6.6 Snack Time



The children are offered a snack during the session; playing is hard work! A snack table is provided during the middle hour of the morning session and children can choose when to take a break. On a Friday, and on certain other occasions, all the children will have their snack together. During the afternoon session children have a small snack in their small groups just before they leave at the end of the day.

We offer the children a variety of fresh fruit, vegetables, rice cakes and bread sticks and milk or water. Please provide a beaker with a lid if this is necessary for your child, as the Pre-School only provides cups.

The afternoon sessions also include the children eating packed lunches together.

## 6. PRE-SCHOOL ROUTINE AND ACTIVITIES continued

### 6.7 Lunch



For afternoon or all day sessions children will require a packed lunch and drink.

There is a 'Healthy Eating At Schools' guidance leaflet with more information on what a packed lunch should and should not include. Please ensure grapes are cut lengthways to reduce the risk of choking.

Please also see section 7.7 regarding dietary requirements and allergies.