PRESCHOOL at SANDY SPRING

[Sample Weekly Schedule | Times are approximate]

Time	Monday	Tuesday	Wednesday	Thursday	Friday
	MORNING SCHEDULE				
7:30-8:00 am	Morning Arrival: **INDOOR/OUTDOOR CHOICE PLAY**				
8:00-8:40 am	Morning Classroom & Care Routines	Morning Classroom & Care Routines	Morning Classroom & Care Routines	Morning Classroom & Care Routines	Morning Classroom & Care Routines
8:40-8:55 am	Morning Meeting Mindfulness	Morning Meeting Mindfulness	**Morning Mindfullness/ Meeting for Worship**	Morning Meeting Mindfulness	Morning Meeting Mindfulness
8:55-9:40 am	**FREE CHOICE:** Classroom Play & Learning Stations	**FREE CHOICE:** Classroom Play & Learning Stations	**CENTERS:** Small Group Skill Development	**FREE CHOICE:** Classroom Play & Learning Stations	**FREE CHOICE:** Classroom Play & Learning Stations
9:40-10:00 am	SNACK & Clean Up/Transition	SNACK & Clean Up/Transition	SNACK & Clean Up/Transition	SNACK & Clean Up/Transition	SNACK & Clean Up/Transition
10:00-10:30 am	**Co-Curricular: FARM**	**Co-Curricular: ART**	**Co-Curricular: SPANISH**	**Co-Curricular: Physical Education**	**Co-Curricular: MUSIC**
10:30-11:00 am	**Inquiry Foundations (Literacy, Math)**	**SCIENCE**	**LIBRARY**	**Inquiry Foundations (Literacy, Math)**	**Inquiry Foundations (Literacy, Math)**
11:00-11:30 am	**OUTDOOR EXPLORATION** & Playground	**OUTDOOR EXPLORATION** & Playground	**OUTDOOR EXPLORATION** & Playground	**OUTDOOR EXPLORATION** & Playground	**OUTDOOR EXPLORATION** & Playground
11:30 - 11:55 am	**NATURE EXPLORATIONS:** Teacher-Led	**NATURE EXPLORATIONS:** Teacher-Led	**NATURE EXPLORATIONS:** Teacher-Led	**NATURE EXPLORATIONS:** Teacher-Led	**NATURE EXPLORATIONS:** Teacher-Led
11:55 am -12:30 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30-12:40 pm	Care Routines, Half-Day Dismissal	Care Routines, Half-Day Dismissal	Care Routines, Half-Day Dismissal	Care Routines, Half-Day Dismissal	Care Routines, Half-Day Dismissal
	AFTERNOON SCHEDULE				
12:40-12:50 pm	Storytime	Storytime	Storytime	Storytime	Storytime
12:50-1:50 pm	Rest Time	Rest Time	Rest Time	Rest Time	Rest Time
1:50-2:00 pm	Care Routines & Transition Time	Care Routines & Transition Time	Care Routines & Transition Time	Care Routines & Transition Time	Care Routines & Transition Time
2:00-2:30 pm	Free Choice: **MOTION & MOVEMENT**	Free Choice: **MOTION & MOVEMENT**	Free Choice: **MOTION & MOVEMENT**	Free Choice: **MOTION & MOVEMENT**	Free Choice: **MOTION & MOVEMENT**
2:30-3:00 pm	**Physical Education**	**LIBRARY/ Story Time**	**SCIENCE**	**Preschool Garden**	**LIBRARY/ Story Time**
3:00-3:20 pm	Clean Up Routines, Closing Meeting, Dismissal	Clean Up Routines, Closing Meeting, Dismissal	Clean Up Routines, Closing Meeting, Dismissal	Clean Up Routines, Closing Meeting, Dismissal	Clean Up Routines, Closing Meeting, Dismissal
3:20-3:40 pm	Afternoon Care: Afternoon Transition, Snack				
3:40-4:00 pm	**OUTDOOR EXPLORATION** & Playground	**OUTDOOR EXPLORATION** & Playground	**OUTDOOR EXPLORATION** & Playground	**OUTDOOR EXPLORATION** & Playground	**OUTDOOR EXPLORATION** & Playground
4:00-4:45 pm	Daily Theme & Creative Activity: **STEM**	Daily Theme & Creative Activity: **ART**	Daily Theme & Creative Activity: **COOKING**	Daily Theme & Creative Activity: **MUSIC & MOVEMENT**	Daily Theme & Creative Activity: **FUN FRIDAY**
4:45-6:00 pm	**FREE CHOICE:** Classroom Play & Learning Stations	**FREE CHOICE:** Classroom Play & Learning Stations	**FREE CHOICE:** Classroom Play & Learning Stations	**FREE CHOICE:** Classroom Play & Learning Stations	**FREE CHOICE:** Classroom Play & Learning Stations
6:00-6:30 pm	Clean Up & Dismissal	Clean Up & Dismissal	Clean Up & Dismissal	Clean Up & Dismissal	Clean Up & Dismissal

NATURE EXPLORATION & OUTDOOR PLAY: Preschoolers enjoy exploring our beautiful 140-acre campus including the playground, mud kitchen, raised garden beds, campus farm, pond, woods, streams, and nature trails. Seasonal nature explorations include activities such as collecting and decorating fall leaves and pumpkins, planting and harvesting veggies, insect observations, tadpole-to-frog life cycle study, and more.

PLAY-BASED LEARNING: Various play center stations throughout the classroom provide opportunities for imaginative, dramatic, constructive, sensory, creative, and cooperative play.

WELLNESS, HEALTH, & CARE ROUTINES: Preschool at Sandy Spring provides healthy morning & afternoon snacks and a nutritious, hot lunch daily. Our teachers encourage good health and hygiene habits throughout the day.
INQUIRY-BASED LEARNING & KINDERGARTEN-READY PRACTICES: Children learn to establish social and classroom norms while participating in circle time, inquiry-based classroom activities, and hands-on projects that provide engaging opportunities to explore reading, writing, art, music, and math. Inquiry Foundations follows children's questions, interests, and discoveries. Children also participate in the Quaker practice of sharing a brief moment of silence during Morning Meeting to practice stillness, listening, and reflection. This helps lay the foundation for attending Meeting for Worship in the Meeting House in Kindergarten.
PHYSICAL MOVEMENT & GROSS MOTOR SKILLS: Our Flex Space provides a safe area for children to climb, balance, push, toss, and build core muscle strength. Using scooters, tumbling mats, balance stones, balance beams, and a block area, children strengthen their core muscles while developing coordination, balance, and body awareness. With balls, hoops, and goals, they practice skills like throwing, catching, and aiming in fun and engaging ways. Students also use SSFS's climbing wall during their PE climbing unit!