

## Daily Rhythm- Aleph Academy Preschool

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Aleph Academy's children begin the year with their own unique rhythm. As the children develop into a community and our year progresses, the classroom routines form a natural daily rhythm. The children constantly invite us to re-evaluate classroom routines through their experimentation with the environment and its materials, as well as their ever-changing interests and development.

### **Greeting Time**

Aleph Academy opens between 7:30-8:00a.m. Arrival time is very different for each family as they enter Aleph Academy and say goodbye to their child. All areas of the room are open for exploration. It is important that the children arrive by 9:00 a.m., as we come together as a community and move into our morning meeting.

### **Morning Meeting**

The children and teachers gather together, sing, share news and discuss classroom happenings.

### **Morning Snack**

Children are invited to visit the snack table. Children are encouraged to pour their own juice and clean up after themselves.

### **Small Group Work**

Children work in small groups in all areas of the room. On a typical day there may be one or two small groups, each one working closely with a teacher and usually focusing on an exploration of materials and/or spaces in the school or project work around a particular topic or goal. The rest of the children select an area of the classroom to work in, often with a provocation presented to enrich or extend their time in that space. The teachers circulate throughout the room and support the work of these children by offering suggestions, helping them to resolve any issues that arise, and making notes about their observations.

### **Large Group Experiences**

Throughout the week, there are opportunities for the entire group of children to share experiences together. These may include Hebrew language activities, drama and movement class, visiting guest artists, reading buddies, challah baking and Jewish holiday exploration.

### **Outdoor Exploration**

We go outside daily, in the morning and afternoon, weather permitting, to explore our outdoor play space. Children participate in seasonal activities outside, including planting and composting, as well as art.

### **Story Time**

The group gathers together to read a story, with follow up discussion.

### **Lunch Time**

Each teacher sits at a lunch table with the children. Food is served in large bowls, family-style, and children are encouraged to try a little of each dish offered. Children take responsibility of setting and clearing the table. Children who attend a half day program depart after lunch.

### **Quiet Time**

Soft music is played while children lay quietly on their cots, typically with a special soft toy or blanket from home. Teachers circulate to pat backs and visit quietly with children. During the second half of quiet time, children who are not sleeping are offered books or a quiet activity to do on their cot.

### **Afternoon Snack and Exploration**

After putting away their personal belongings, the children are invited to visit the snack table. Afternoons are spent exploring our playscape outside and participating in small group or large group activities.

### **Reuniting**

Between 3:30 and 5:30p.m., parents and children are reunited. Parents are encouraged to arrive at least 15 minutes before 5:30p.m. to help the children have a smooth transition to home. Aleph Academy closes promptly at 5:30p.m.