



3s and 4s Room

In the 3s and 4s classroom children are always creating, whether it's art pieces, building projects, or friendships in the dramatic play area. At this stage, children are beginning to collaborate with peers and have more complex conversations. Teachers provide a variety of teacher-directed activities, as well as support self-chosen activities.

Across the Center, teachers practice the play-based approach which encourages interactions that help to stretch children's thinking to higher levels. The *Project Based Learning (PBL) Approach*, which was introduced in the 2s and 3s room, becomes more dynamic in the 3s and 4s as children engage in more complex projects. This approach incorporates developmentally appropriate literacy, math, and science-focused activities, which meet Virginia's Foundation Blocks for Early Literacy.

06:30-08:00	Greeting and talk with parents/free choice play and table top activities
07:30-08:00	Breakfast
08:00-08:30	Bathroom breaks/clean up
08:30-09:00	Morning group time
09:00-09:30	Snack
09:30-10:30	Art/activity
10:30-11:15	Outside play
11:15-11:45	Handwashing and centers
11:45 -12:00	Story time and handwashing
12:00-12:40	Lunch
12:40-01:00	Bathroom break
01:00-03:00	Rest time
03:00-03:30	Bathroom break, snack
03:30-04:30	Outside
04:30-05:00	Games and book reading
05:00-05:30	Free play and goodbyes

ITEMS TO BRING TO CARE (label all items with the child's name):

Cot-sized blanket to be left on the child's cot and washed weekly at CELC

Pull-Ups

One set of extra weather-appropriate clothing, socks, and underwear - labeled with the child's initials

Rain boots and a rain jacket to leave at CELC

Weather-appropriate outerwear (bring daily)

ITEMS NOT TO BRING:

Toys or stuffed animals from home

Snacks, candy, or gum

Over-the-counter medications such as Tylenol or cough syrup

Flip-flops

Sunscreen provided by CELC if *over-the-counter skin products authorization form* is signed

Children in the 3s and 4s room sleep or rest quietly on cots for a 2-hour rest period daily. Children are provided books to look at if they do not sleep and quiet activities to play with on their cots if they wake before the rest period is complete. Children are allowed to sleep beyond the designated rest time as needed. Sheets and blankets are washed weekly at CELC.

A menu of breakfasts and snacks provided by CELC is posted in each classroom at the family check-in location. Children are served a variety of healthy foods. Children are allowed second helpings as desired. Families shall provide a packed lunch for their children daily. Any food remaining from lunch is discarded, not sent home. Possible upgrades to the Bridgewater Church of the Brethren kitchen are currently being studied. For this reason, lunch preparation and dishwashing capabilities are inaccessible to the CELC. If the kitchen becomes available in the future, the center will reassess meal preparation and clean up options with the possibility of providing lunch.