



4s and 5s Room

The 4s and 5s classroom is a dynamic place where children engage in a variety of learning activities while navigating relationships and processing differing emotions. Teachers support each child throughout the day in all areas of social, emotional, cognitive, and physical development. Teachers provide a variety of teacher-directed activities and also support self-chosen activities.

Using the play-based approach, teachers guide children in asking meaningful questions, creatively solving problems, collaborating with peers, and developing a drive to find answers. These skills are also strengthened as children identify what they want to learn and develop projects to investigate a topic through the *Project Based Learning (PBL) Approach*. This approach incorporates developmentally appropriate literacy, math, and science focused activities which meet Virginia's Foundation Blocks for Early Learning.

06:30-08:00	Greeting and talk with parents/free choice play and table top activities
07:30-08:00	Handwashing and breakfast
08:00-08:30	Bathroom breaks/clean up
08:30-09:00	Morning group time
09:00-09:30	Handwashing and snack
09:30-10:30	Art/activity
10:30-11:00	Free choice play and prepare for outside
11:00-12:00	Outside play
12:00-12:15	Handwashing and bathroom break
12:15-12:45	Lunch
12:44-01:00	Handwashing and bathroom break
01:00-03:00	Rest time
03:00-03:30	Bathroom break, hand washing and snack
03:30-04:30	Outside play
04:30-05:00	Games and book reading
05:00-05:30	Free choice 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

One set of extra weather-appropriate clothing, socks, and underwear

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 4s and 5s 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.