



8.00 - 8.30 Everyone welcome

- All children are welcomed and encouraged to say goodbye to their parents.



8:30 – 9:00 Breakfast time

- All children are offered breakfast including cereal, milk and/or toast. Food is processed for younger children.



9:00 – 10:00 Free play

- Everyone is encouraged to freely explore the provision in the setting for the day and engage themselves in the activities of their choice.



10:00 – 10:15 Circle time – stories and songs of choice

- Children are welcomed with a song, stories and encouraged to choose songs to sing at circle time.

10:15 – 10:30 Snack time

- Healthy snacks (fruits, crackers, breadsticks, milk and water) are provided for everyone. These are distributed according to children's dietary needs and known allergies.



10:30 – 11:45 Focused time including:

- creative station and messy play, sensory experiences, role play and musical instruments.
- Special time for children introducing first words and focusing on their physical skills and emotions.
- physical games (outdoor games, climbing and crawling, moving in different ways) – outdoor and indoor activities.



11:45 – 12:45 Lunch time

- Home cooked lunch is served to all children considering everyone's dietary needs. Lunches follow well balanced diet and 5 a Day requirement. Meals are blended for babies, depending on their age.



1:00pm – 2:30pm Rest/quiet time

- Children are encouraged to have a rest or quiet time and relax.



2:30pm – 3:30pm Free Play and Focused time

- Everyone is allowed to freely and engage themselves in the activities of their choice.
- Focused time includes quality interactions responding to children's individual developmental needs.



3:30 – 4:00 Tea time.

- Healthy warm tea (fruits, Beans, toast, croissants) are provided for everyone. These are distributed according to children's dietary needs and known allergies.

4:00 – 5:30 Garden play

- physical games (outdoor play/bridge/tent/tunnel/ beam etc) – free outdoor and indoor activities.

5.30 – 6:00 Story time and preparation for home

