

YOUR CHILD'S DAY

UPSTAIRS A.R.T.S.

Children in the Upstairs A.R.T.S. program are grouped into two cohorts of no more than 12 students each.

Each morning, the carpool aide will direct the children to the mezzanine, where they will leave their outerwear and change into their slippers. Before heading up the stairs to the East Gym, they will use hand sanitizer, while a teacher or aide disinfects the outside of their water bottle.

In the classroom, each child will have an area for their project box and their supply caddy. The boxes will contain everything they work on, with a folder for “stay” projects, and one for “go home” projects, and the supply caddy their basic everyday materials.

They will keep their water bottles with their boxes in order to avoid many hands touching the same surfaces.

Once they have dropped off their water bottles, the children will get their daily calendar (from their “stay” box), and stamp the correct day with the corresponding weather stamp. Then it is free time until Morning Circle. The Project Area is open during arrival and break time. Aside from a changing selection of puzzles, projects, and games, we offer books that support the week’s theme, some that support preschool learning in general, and some that are just plain fun.

During Morning Circle, we will go over the day’s lessons, and the children will have an opportunity to tell their teachers and friends anything exciting that comes to mind. Every day has different activities, with two different classes lasting about 35 minutes each. There is a break between classes to wash hands, and for some free choice Project time. At the end of each day, the children will participate in picking up their supplies, and making sure that they are clean and ready for the next day.

Each group will line up and walk together to their coat hook area to get ready for dismissal.

Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Art	Creative Art	Music	Creative Movement	Montessori/ Practical Life
Dance	Music	Physical Fitness	Literature & Culture	Science
		Possible Outdoor Walking Day	Possible Outdoor Walking Day	Possible Outdoor Walking Day

UPSTAIRS A.R.T.S. CLASS DESCRIPTIONS

Art on Mondays offers students a first look at art theory (learning about colors, shapes, styles, and media) and history (introduction to and discussion of famous artists, works, and periods), with hands on activities to enforce that learning; while Creative Art on Tuesdays takes a more

crafty approach with “traditional” preschool projects that coordinate with the lesson plan and seasons in general.

Literature & Culture is a class that aims to introduce the children to stories from around the world and provide them with historical and cultural context. In this class, we also discuss traditions, celebrations, and humanity at large.

Dance and Creative Movement are similar but different. Both classes set movement to music, and both classes work toward a performance opportunity; however, while Dance focuses on learning basic movement patterns/rhythms: marching (4/4 time), leaping, skipping, polka or step-together step hop, and on learning simple choreography from different styles of dancing; Creative Movement is centered around the children’s interpretations and expressions in a freestyle format. It is oriented toward problem solving, and inspired by music and imagination.

Physical Fitness engages the children’s gross motor skills in ways that also require coordination, but without a performance based focus. Preschool games and cardio play integral parts in Physical Fitness, which may introduce activities inspired by yoga, body weight workouts, ball play, all adjusted to the body and muscle development of preschoolers. All movement classes seek to engage crossbody coordination. **Music Class** introduces the children to rhythm, pitch, simple instruments, and early music theory and terminology. Through songs and fingerplay, we will explore different genres of music while also practicing singing in harmony and unison.

Our **Friday** classes are an opportunity for students to try different hands-on experiences.

Science introduces the children to the concept of positing and testing a theory, and recording our results - be they successes or failures - in a journal. **Practical Life** inspired by Montessori covers exercises in two main areas of childhood development: care of self and care of the environment. Friday classes are taught in smaller cohorts, which means that each child will have ample opportunity for one-on-one instructional time with the teacher.

What all classes in the ARTS program have in common is the integral incorporation of early math concepts such as symmetry, skip counting, and pattern recognition. All movement classes work with directional concepts, and art, literature/culture, science, and practical life classes practice letter recognition, fine motor skills, and hand-eye coordination, even when writing or drawing is not the primary objective.

Outdoor Walking Days will be decided on the day of. Throughout the year, we will plan field trips as usual; in addition to these field trips, we will go for walks around the neighborhood to see what we can see. We will observe the changing of the seasons, enjoy seasonal decorations, perhaps even revel in a light sprinkle of rain or a dusting of snow. Therefore, always be prepared. If the forecast requires a light jacket, please have your child wear a light jacket to school, and as the seasons progress, make sure that your child will be able to go outside in appropriate footwear and outerwear.

This year, due to mask recommendations, some activities may be limited to insure that everyone can participate comfortably.