



SACRED HEART SCHOOL PROGRAM SCHEDULE

BEFORE SCHOOL SCHEDULE

7:00 - 7:40	Jrs/Srs/Middle Schoolers	<u>Self selected activities:</u> table games, puzzles, reading center, construction, creative arts, etc.
7:00 - 7:40	Jrs/Srs/Middle Schoolers	<u>Snack bar</u> open and available.
7:40 - 7:55	Jrs/Srs/Middle Schoolers	Gym games- Large muscle activities such as baseball, soccer, kick ball, team building games, jump rope, relay races, etc.
7:55 - 8:00	Jrs/Srs/Middle Schoolers	<u>Prepare for a day of learning:</u> final bathroom break and clean up. Dismissal: staff escort children to class.

AFTER SCHOOL SCHEDULE

2:55 – 3:10	Juniors	<u>Arrival:</u> the staff warmly greets Children.
3:10 – 3:45	Juniors	<u>Outside/Gym Games:</u> Large muscle activities such as baseball, soccer, kick ball, team building games, jump rope, relay races, etc.
3:45 – 4:00	Juniors	<u>Team Time:</u> The group will meet to discuss upcoming events and/or fundraisers, assist in planning activities, meet with club representatives on designated days, team building activities, brain teasers or do enrichment activities such as science, art history, math, literature, social studies, etc.
4:00 – 4:20	Juniors	<u>Homework/Quiet Choice Activities:</u> Children can begin their homework or choose to read quietly, use the higher level thinking activity center, creative arts activity center or play a table game.
4:20 – 5:15	Juniors	<u>Self-Selected Activities:</u> Table games, reading center, construction, creative arts puzzles, etc. At this time children can take part in the Specials Activity center, which focuses on enrichment areas of cooking, drama, math, science, social studies, literature and woodworking.
3:10 – 4:30	Jrs /Srs	<u>Snack bar</u> open and available.
2:55 – 3:10	Seniors/Middle Schoolers	<u>Arrival:</u> the staff warmly greets Children.
3:10 – 3:40	Seniors/Middle Schoolers	<u>Homework/Quiet Choice Activities:</u> Children can begin their homework or choose to read quietly, use the higher level thinking activity center, creative arts activity center or play a table game.
3:40 – 4:00	Seniors/Middle Schoolers	<u>Team Time:</u> The group will meet to discuss upcoming events and/or fundraisers, assist in planning activities, meet with club representatives on designated days, team building activities, brain teasers or do enrichment activities such as science, art history, math, literature, social studies, etc.

4:00 – 4:45	Seniors/Middle Schoolers	<u>Outside/Gym Games</u> : Large muscle activities such as baseball, soccer, kick ball, team building games, jump rope, relay races, etc.
4:45 – 5:15	Seniors/Middle Schoolers	<u>Self-Selected Activities</u> : Table games, reading center, construction, creative arts puzzles, etc. At this time children can take part in the Specials Activity center, which focuses on enrichment areas of cooking, drama, math, science, social studies, literature and woodworking.
5:15 – 5:30	Jrs/Sr/Middle Schoolers	<u>Clean Up</u> : Children at various times are assigned to specific jobs and assist in the clean up of the center.
5:30 – 6:15	Jrs/Sr/Middle Schoolers	<u>Outside/Gym Games</u> : Large muscle activities such as baseball, soccer, kick ball, team building games, jump rope, relay races, etc.

PROGRAM ORIENTATION

Parent orientations are held at each center in September/October and again in May for new registrants by the Center Director. A tour of the center is given, the daily schedule reviewed and any questions will be addressed. Families enrolling other months of the year may schedule an individual orientation with the Director.

SNACKS

Snack bars are available to the children both in the morning and afternoon programs. A minimum of two food groups are provided for the children along with milk or fruit juice and water each AM and PM session. The snack bars are available to the children for approximately 30 minutes in the mornings and an hour and a half in the afternoons. Snack menus are posted on our Parent Bulletin Boards.