

Little Sailors Preschool Curriculum Guide for Families



St. Francis Xavier Little Sailors Preschool strives to provide a creative learning environment for the young child. Interaction with other children and adults, in an atmosphere of Christian love, promotes the healthy development of each child. Our program fosters the spiritual, social, emotional, physical, and intellectual growth of a child.

- **Religion:** It is during the early childhood years that the child begins to develop a positive self-image in relationship to God. His/her deep love of God is fostered in examples set by family, school, and parish.
 - The child learns to love God by learning about His wonderful world.
 - Classroom prayer and paraliturgies, all appropriate to the child's developmental level, prepare him/her to participate in the celebration of the church.
- **Language Arts:** The role of the child in the preschool program is one of a developing reader and writer, speaker and listener.
 - These skills will be developed through interacting with others, and listening to stories, music, and poetry.
 - Visual and auditory discrimination and memory enhancement are important readiness skills that are taught in small group and individual instruction, and through play activities.
- **Math Readiness:** Mathematics at the preschool level involves acquiring knowledge which comes from the *understanding of colors, shapes, and quantitative concepts such as size and shape difference, basic counting skills, and classifying and ordering of objects.*
 - These concepts are learned through hands-on activities and the use of manipulatives and play experiences.
- **Motor Skills:** Motor skills are a vital part of the young child's development and are crucial to the learning skills he/she will need in the future. The preschooler learns with his/her whole body. Motor skills support the development of cognitive skills.
 - **Gross-motor skills:** large muscle activities such as walking, running, jumping, hopping and skipping; arm/hand/eye coordination; rhythm and movement

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- **Fine-motor skills:** dexterity and development of small muscles; activities will develop hand-eye coordination and also eye tracking, which is a skill required for reading readiness.
 - **Physical Activity Policy:** Opportunities for physical activity will be incorporated into other lessons and classroom teachers will provide short physical activity breaks between lessons or activities as appropriate. (effective August, 2017)
 - **Health/Nutrition Policy:** Age-appropriate nutrition education and nutrition promotion activities are integrated into classroom instruction. This includes culturally relevant participatory activities, such as taste-testing, farm visits, and school gardens (effective March, 2018)
 - **Screen-time Policy:** Television, video, computer and ipad time is limited to one time per week or less and not more than 15 minutes each time. (effective March 2019)
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- **Art:** Art activities at the preschool level should be joyful, creative experiences full of self-expression. Art activities will be centered on using materials that develop fine motor skills and enhance learning with all five senses.

 - **Music:** Music is a channel for creative expression for performers and listeners. Activities will include listening to music, singing, dancing, using instruments, and other movement activities.