



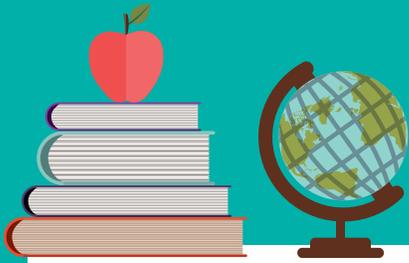
**THE  
SAN FRANCISCO  
SCHOOL**

**PRESCHOOL  
PROFILE**

# DAILY SCHEDULE

The schedule is based on our Montessori-inspired approach to learning, which incorporates long blocks of time to allow children to explore and engage deeply with projects, peers, and play.

8:00 – 8:45 am	<b>MORNING EXTENDED CARE.</b> Children play, read, draw, and participate in teacher-led activities.
8:45 – 10:30 am	<b>MORNING WORK TIME.</b> Families and caregivers may drop children off between 8:45 – 9:00 am. Students begin with self-selected or teacher-selected activities, including Montessori curriculum materials, books, beginning sound or math concept games, painting, or science activities. Teachers circulate through the classroom to work with individual children and small groups. Each class also has a community meeting time that includes songs, calendar activities, stories, and other routines. Starting around 9:45 am, children have the choice of playing inside or outside.
10:30 – 11:00 am	<b>SNACK TIME.</b> Children eat a healthy snack while talking quietly. Before they resume active play outside, all students set their own tables for lunch, one of many sequential activities that allow children to develop concentration, coordination, memory, and grace in the Montessori curriculum.
11:00 am – 12:00 pm	<b>OUTSIDE PLAY.</b> Weather permitting, all children head outside for a variety of independent and teacher-led choices. Teachers may offer an art project or a variety of gross-motor activities. Students might play in the sandbox, build with crates and boards, play basketball, ride a trike, swing, or scale the climbing wall. Different age groups also attend Music, Spanish, and Health & Wellness classes during this time.
12:00 – 12:50 pm	<b>LUNCH.</b> Students help the teachers pour milk and wait patiently until each child is served. After lunch, children clear their own dishes and clean up. The older ones play outside while the youngest ones gather for reading time, followed by a teacher-led circle time.
12:50 – 2:00 pm	<b>NAPT TIME.</b> All children in the three-year old group take naps or rest at this time, supervised by a teacher from their class.
12:50 – 2:40 pm	<b>AFTERNOON PERIOD.</b> The four-year old group gathers for a curriculum-focused circle time, followed by individual and group activities. The nappers rejoin the class at 2:00 pm. At 2:30 pm, all of the children work together to clean up the classroom, then have a closing whole-group time to sing songs or share thoughts about the day.
2:40 – 3:00 pm	<b>END OF THE SCHOOL DAY.</b> If they are headed home, children listen to stories outside while waiting to be picked up. If they are headed to Extended Day, children have a snack and story with teachers in the classrooms.
3:00 – 6:00 pm	<b>EXTENDED DAY.</b> The School provides a safe, nurturing Extended Day program for all age groups. Afternoon activities include yard play, art projects or other indoor activities, and circle time. Beginning in the Kindergarten year, additional enrichment classes are offered. More information about Extended Day is on our website.



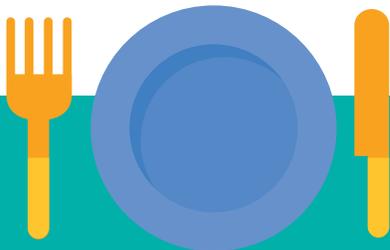
## A LITTLE ABOUT US

Our Preschool spaces consist of two mixed-age classrooms. Each classroom has a head teacher and three teaching assistants working with 24 children from age three to five. There is direct access to the preschool yard from both classrooms.

Specialists in Music, Spanish, and Health & Wellness meet with different age groups throughout the week. The size of the classes, and the different ages in each, give students a large and diverse social group as they learn and play together in our Montessori-inspired program.

## SNACK & LUNCH

Our school chefs prepare organic, homemade, and kid-friendly meals each day. The meals always include an entree, along with vegetables, fruit, and bread. Meals are served family-style in the classroom. Our youngest students learn to use cutlery, real dishes, and glasses. Mid-morning and afternoon snacks are also provided by the kitchen.



## WHAT IS “MONTESSORI”? WHAT DOES “MONTESSORI-INSPIRED” MEAN?

The Montessori method of education, developed by Italian physician and educator Maria Montessori (1870-1952), is an experiential, hands-on approach to learning. Montessori classrooms are mixed age, involve a high level of student choice within thoughtfully prepared, developmentally appropriate activities, and place an emphasis on self-reliance, responsibility, and awareness of others.

We are “Montessori-inspired,” which means that we combine these methodologies with the best of other early childhood approaches to create a unique, child-centered program that is rich with play, academic content, social-emotional learning, and outdoor adventure.



## PARENT-TEACHER COMMUNICATION

Each classroom sends updates with curriculum highlights via ParentSquare, a school-home communications platform. The School also produces the *Tuesday Note Home*, a weekly newsletter with school-wide information. For communication about a specific child, we offer intake conferences for new families, as well as annual parent-teacher conferences. Email is the best way to contact the teachers to check in, ask a question, or to arrange a meeting. We also encourage you to sign up for a part-day visit to see your child’s experience firsthand!





## BEGINNING OF THE YEAR

New Preschool students have staggered start dates throughout the first few weeks of the school year. This allows each child to experience the first day of school in a more personal, individualized way. On a child's first day of school, one of the head teachers introduces them to classmates, guides them through the classroom routines, and shadows them throughout the day to help the child feel comfortable in their new surroundings. Careful thought is put into each child's start date. We understand that this can present a short-term childcare challenge for some families, and appreciate your flexibility.

## HOW ARE FAMILIES INVOLVED IN SCHOOL LIFE?

Parent/guardian participation is an important part of life at SFS, and there are many opportunities to get involved in ways that work for your schedule, including:

- Family-Teacher Intake Conferences
- New Family Orientation
- Back-to-School Curriculum Night
- Family Association and Affinity Groups
- Board of Trustees
- Board Committees including Diversity, Public Purpose, Site, Risk/Audit, and Finance
- Annual Fund
- All-School Meetings & Potlucks
- Room Representative or Buddy Family for a new family
- Grade or Class-Specific Gatherings

## WHAT HAPPENS IF MY CHILD IS SICK?



When you notice your child is coming down with something, please keep them home. If a child is sick or injured at school, the School Nurse will call you to pick up your child. The School complies with the California and San Francisco Departments of Public Health guidelines for the health and safety of its students, staff, and families.

## DOES MY CHILD NEED TO BE TOILET TRAINED?

Yes. Please note that every child must be fully toilet trained and able to use the toilet independently by their start date.



## CONTACT US

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