



Why Head Start?

- Children are learning at their individual developmental level; therefore, building them up for success!
- Children learn self-sufficiency and social skills that will enable them to be successful and productive members of society in adulthood.
- Children eat nutritious meals daily while in school.
- Head Start focuses on the child and family as a whole unit.
- Children receive early intervention services, such as: physicals as well as vision and hearing screenings.



Community Action Partnership of Mid Nebraska Head Start 0-5

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Head Start 0-5

Parents' Guide to a Day in the Head Start



Giving Kids
a Head
Start on
Education

A Day in the Head Start Classroom

What is High Scope?

High Scope is Head Start's curriculum of choice. It is a research based curriculum that is utilized domestically as well as internationally.

- Provides success for all children as they learn at their individual developmental level.
- Children learn kindergarten readiness skills such as early reading, early math, early science, early writing, and early social science skills through play and active learning.
- Children learn self sufficiency skills such as cleaning up after one self and effective personal hygiene such as tooth brushing and hand washing daily.



High Scope Daily Routine in the Head Start Classroom

Children are learning daily through active learning and play. Within their learning, the children are adhering to a consistent daily routine that consists of:

Arrival/Departure: Families and children are greeted daily as they arrive/depart. This is a time for families to briefly touch base with teachers.

Meal Time: Children are provided healthy and balanced breakfast or lunch, depending on whether their class is in the morning, afternoon, or full day as well as a snack.

Large Group:

- **Music and Movement:** Children have the opportunity to sing, dance, and use their gross motor skills (large muscles) such as jumping and marching.
- **Teachable Moments:** Teachers use large group as an opportunity to teach school readiness concepts such as sorting, print awareness, patterning, how a plant grows, and seasons.

Small Group: Children have the opportunity to work in groups of 5-6 with a teacher and learn through discovery, hands-on, literacy, and creative learning. This promotes more individualized teaching support for all children.

Literacy Time: Children have the opportunity to listen to a variety of genres, learn pre-reading and comprehension strategies, book knowledge, and recognize words.

Work Time: Children plan, do, and then review their work time. Students access a variety of learning centers such as the library area, block area, and house areas. Children learn social skills through play and active learning such as:

- Effective listening and communication
- Cooperation
- Problem solving

Outside Time: Children experience outside time (weather permitting) where they have opportunities to:

- Exercise
- Interact with peers
- Develop social and language skills

In the instance of inclement weather, children will have the opportunity to exercise indoors.

