



## 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.

