

## A Typical Day at Young Sussex

		07:00	Option 1	Option 2
SR (DR Only)		07:30		
	ES	08:00		
Full Day Session	Morning Session	08:30	Breakfast	
		09:00	Indoor/Outdoor Free Play	
		09:30		
		10:00	Group Time	
		10:30	AM Snack	
		11:00	Indoor/Outdoor Free Play	Adult-led Activities
		11:30	Indoor/Outdoor Free Play	Adult-led Activities
	School Day Session	12:00		
		12:30	Lunch	
		13:00		
		13:30	Sleep/Quiet Time	Indoor/Outdoor Free Play
		14:00		
		14:30	Group Time	
		15:00		
		15:30		
Afternoon Session	16:00	PM Snack	Adult-led Activities	
	16:30			
	17:00			
	17:30			
	18:00			
SS (DR only)	LF	18:30	Sunset Snack	
		19:00		

### How it Works

Our daily routine is designed to be completely flexible to help the staff meet your child's individual needs and interests. Indoor and outdoor play and activities will be based around the 7 EYFS areas of learning to suit their age, with your child's key person making sure that the activities and routines are suited to their unique needs. Start and end times will vary depending on the age group, and planned activities will change to suit the weather or in reaction to spontaneous events. Your child will be learning new skills and acquiring knowledge to support their healthy development.

### Child-led Free Play

All of the nurseries resources are available to the children during free play. The children are free to choose what they want to do but will be observed and supported by the staff in getting the most out of each activity.

This might include sand & water play; role play; construction; small world activities (farmyards, dinosaurs etc.); malleable experiences (clay, dough, gloop); ICT (computers, programmable toys); heuristic play (natural materials); art & craft; mathematics (sorting, counting, sequencing); mark making (emergent writing, letters, name recognition); fine motor activities (threading, scissor use, zips and

### Group Time

The children are welcomed to nursery, share entries from their link books with each other and plan what they are going to do by plotting the day on the visual timetable.

They have themed discussions, as well as stories and songs. The older groups chat about their "letter and colour of the week" and delegate special responsibilities.

### Lunch

Available from our specialist boutique caterer, these are freshly prepared each day using only natural ingredients. Or, you are welcome to bring in your own.

### Snack

Nutritionally balanced with a choice of fruit, vegetables, dairy products and bakery items.

### Adult-led Activities and Experiences

Planned activities to support your child's next steps. More details can be found on the Environment Plan.

### Visitors and Special Events

We regularly give your child the opportunity to learn about the talents of professionals within the community as well as take part in extra curricular activities (cookery, music, signing classes etc.). Please see our Facebook page and Newsletter for details on upcoming events and guests.