

# KESWICK SUTHERLAND *EARLY YEARS* AT A GLANCE



Keswick Sutherland's *Early Years* prepares children from eighteen months to three years old for future learning in a fun, stimulating and nurturing learning environment. Keswick Sutherland understands that most young children are naturally curious and ask many questions about the things that catch their attention. The *Early Years* Programme capitalizes on this natural desire to learn and absorb information, and introduces the child to a world in which he or she can; acquire speaking and listening skills, increase their vocabulary, learn by observation and inquiry, develop the ability to communicate through writing and reading, learn outside the prepared environment, and take with them, a vital piece of school readiness that will ensure an excellent prognosis for school success.

## Structured Curriculum

Whether you introduce your child to the half-day or full day programme, Keswick Sutherland maintains that a structured curriculum aids in the child's future scholastic success. The student is immersed in a curriculum that follows the *Balanced Day*, enabling the child to learn at his or her peak level. The structure in the curriculum promotes desired outcomes for literacy, numeracy, and ensures the achievement of learning expectations. Trained and certified ECE teachers speak to the child, answer their questions, offer explanations, encourage the developing child to attempt new things, create new ideas, observe lessons, and stimulate the student through experiential learning. The Programme is offered in the **Half Day 7:00am-1:00pm**, or **1:00pm-7:00pm**, the **Full Time Programme, 7:00am-5:00pm**, the **Full Time Extended, 7:00am-6:00pm**, and the **Full Time Extended Plus, 7:00am-7:00pm**.

## Keswick Sutherland Early Years Balanced Day

B-Breakfast	N/B-Nutrition Snack/Outdoor Break		F-Free time	L/D-Lunch/Dismissal	N/D Nap/Dismissal	D-Dinner							
B	Pd.1	Pd.2	N/B	Pd.3	Nap	F	L/D	Pd.4	Pd.5	N/B	N/D	D	Pd.6
7:00	7:30	8:30	9:30	10:00	11:00	11:30	12:00	1:00	2:00	3:00	4:00	5:00	6:00
7:30	8:30	9:30	10:00	11:00	11:30	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00

Keswick Sutherland's *Early Years* Balanced Day gives students ample time for nutrition and exercise breaks. Educational research indicates that academic improvement is enhanced when nutrition and exercise breaks are equally spaced with teaching and learning blocks of time. Our Balanced Day splits periods into learning blocks and experiential learning breaks. Students are encouraged to exercise outdoors, integrate the indoor learning into the outdoor environment. This improves and excels a student's academic and overall health.

## Family Atmosphere and Bonus Days

Keswick Sutherland School prides itself in its family-friendly atmosphere. It recognizes that parents need flexibility, especially when their children are young. To this end, the *Early Years* programme provides parents flexibility in sick days, and family vacations. Keswick Sutherland School affords each family "*bonus days*" (a full week of personal days that children may be away from school without incurring any costs). Keswick Sutherland School views such family-friendly policies as essential support for families with children aged eighteen months to three years.

## Breakfast Lunch Dinner & Daily Snacks

Focusing on its family-friendly atmosphere, and to help the busy parent, we provide an optional meal program. Keswick Sutherland students are provided with breakfast, lunch, dinner and daily snacks. We follow the guidelines set by Health Canada to ensure that students eat all the recommended grain products, fresh fruits and vegetables, milk products, and meat and alternatives. Since the curriculum follows the *Balanced Day*, parents can be assured that there is ample time for our students to properly eat their meals.

For additional information, and for a fee structure, please contact Mrs. Beth Henderson B.A. at [b.henderson@keswicksutherland.com](mailto:b.henderson@keswicksutherland.com).