



**SOUTH BOSTON  
CATHOLIC ACADEMY**  
FAITH • FAMILY • ACADEMIC EXCELLENCE

## A Day in the Life of a K1 Student

**8:15-8:30:** K1 students arrive unpack and sit on the rug

**8:30-8:45:** Morning meeting which consists of: attendance, morning prayer, the Pledge of Allegiance, classroom jobs, how many days in school, weather and seasons

**8:45-10:00:** Bathroom, Read Aloud, OWL centers which consist of: Language Arts, Math, Social Studies, Science, Religion, Art and Music. The centers vary weekly.

**10:00-10:30:** Bathroom and snack in the cafeteria

**10:30-11:00:** Building Blocks (math) /Handwriting Without Tears

**11:00-11:30:** Outside time (weather permitting) or Free Play

**11:30:** Early Dismissal

**11:30-12:30** Small Groups- Songs, Word Play and Letters (SWPL) - Free Play

**12:30-1:00** Bathroom, Quiet/Rest Time

**1:00-1:30:** Lunch

**1:30-2:00:** Free Play

**2:00-2:15:** Clean up, afternoon prayer and dismissal

**\*K1 students participate in Art, Gym, Music, Spanish, Library, Art, Social Emotional Learning and STEM.\***