



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

A Day in the Life of a Ko Student at SBCA

8:00–8:15 AM – Arrival & Morning Welcome

Students arrive, unpack their belongings, and are greeted warmly by teachers, fostering a calm and positive start to the day.

8:15–8:30 AM – Morning Circle & Community Building

Includes attendance, morning prayer, classroom jobs, and brief discussion of the day's schedule. Encourages social-emotional growth, listening skills, and a sense of community.

8:30–9:15 AM – Specials / Enrichment

Students rotate through **Music, Art, Gym, Yoga, STEM, Spanish, or Library**, engaging in creative, movement-based, and exploratory learning experiences that complement classroom academics.

9:15–9:45 AM – Outdoor Play / Gross Motor Development

Weather permitting, children spend time on the playground developing coordination, strength, and social collaboration through guided and free play.

9:45–10:15 AM – Snack & Social Time

Students enjoy a healthy snack while practicing independence, table manners, and social skills such as turn-taking and polite conversation.

10:15–11:00 AM – Academic Centers & Hands-On Learning

Guided by the **Lynch Foundation Curriculum**:

- **OWL (Opening the World of Learning)** – Literacy: early phonics, vocabulary, storytelling, and pre-reading activities.

- **Building Blocks** – Math: counting, patterning, sorting, and early problem-solving.
- **Handwriting Without Tears** – Pre-writing and fine motor skill development through tactile activities.

11:00–11:30 AM – Read-Aloud & Language Enrichment

Teachers lead storytelling, interactive discussions, and vocabulary-building exercises to enhance comprehension, listening skills, and expressive language.

11:30–12:00 PM – Lunch (Full-Day Students)

Children eat lunch, practice self-help skills, and engage socially with peers.

12:00–1:30 PM – Rest & Quiet Time

Children have a calm period on mats. Some may nap, while others engage in quiet independent activities like books, puzzles, or soft toys.

1:30–1:50 PM – Afternoon Learning Centers / Small Groups

Students rotate through teacher-guided and independent centers reinforcing literacy, math, science, and fine motor skills in a hands-on, playful way.

1:50–2:15 PM – Closing Circle & Reflection

Students reflect on the day, share experiences, and participate in songs, prayers, and mindfulness activities. Prepares them for a smooth transition to dismissal or extended day.

2:15 PM – Dismissal / Transition to Extended Day (if enrolled)

Students gather their belongings and safely transition to after-school care if enrolled.

After-School Program (Optional, 2:15–5:30 PM)

Children enjoy enrichment activities including arts and crafts, STEM exploration, outdoor play, and social-emotional learning exercises.