



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

A Day in the Life of a K1 Student at SBCA

8:15–8:30 AM – Arrival & Morning Welcome

Students arrive, unpack belongings, and are greeted by teachers. This time encourages independence, responsibility, and a smooth, positive transition into the school day.

8:30–8:45 AM – Morning Circle & Community Building

Attendance, morning prayer, classroom jobs, calendar, and weather. Students practice language skills, self-expression, and develop a sense of community within the classroom.

8:45–9:30 AM – Specials / Enrichment

Students rotate through Music, Art, Gym, Yoga, STEM, Spanish, or Library, building creativity, gross motor skills, social skills, and problem-solving.

9:30–10:00 AM – Snack & Social Skills

Healthy snack while practicing independence, self-help skills, and positive peer interactions.

10:00–10:45 AM – Academic Centers & Core Curriculum

Guided by the Lynch Foundation Curriculum:

- **OWL (Opening the World of Learning)** – Literacy: phonics, vocabulary, comprehension, and emergent reading/writing.
- **Building Blocks** – Math: number sense, patterns, sorting, counting, and problem-solving.
- **Handwriting Without Tears** – Pre-writing and fine motor development.
- **Heggerty Phonemic Awareness (short daily lesson)** – Focused, interactive practice of sounds, rhymes, segmenting, and blending to support early reading skills.

10:45–11:00 AM – Small-Group Enrichment

Students rotate through hands-on activities in literacy, math, and fine motor skills, reinforcing concepts introduced earlier.

11:00–11:30 AM – Outdoor Play / Recess

Gross motor development, cooperative play, and social interaction in a structured outdoor environment.

11:30–12:00 PM – Read-Aloud & Language Enrichment

Teacher-led storytelling enhances comprehension, expressive language, and critical thinking through discussion, prediction, and sequencing activities.

12:00–12:45 PM – Lunch (Full-Day Students)

Students enjoy a healthy lunch and practice social routines and independence.

12:45–1:00 PM – Transition & Quiet Activities

Students transition into a calm, reflective period, engaging in quiet, independent activities like reading, drawing, or puzzles.

1:00–1:45 PM – Rest & Quiet Time

Children enjoy a calm period on mats. Some nap, while others engage in quiet, independent play, promoting self-regulation and reflection.

1:45–2:15 PM – Afternoon Learning & Closing Circle

Hands-on literacy, math, science, or art activities reinforce the day's lessons. Closing circle includes reflection, songs, and mindfulness activities to end the day positively.

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

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

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

Enrichment, outdoor play, STEM challenges, arts, and collaborative problem-solving extend learning in a structured, joyful environment.