The Nest Daily Schedule

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **7:30** | FVMA Opens | FVMA Opens | FVMA Opens | FVMA Opens | FVMA Opens |
| **7:45** | Breakfast served\* | Breakfast served\* | Breakfast served\* | Breakfast served\* | Breakfast served\* |
| **8:30** | Start of school day | Start of school day | Start of school day | Start of school day | Start of school day |
| **8:30-9:15** | Child-led work period | Child-led work period | Child-led work period | Child-led work period | Child-led work period |
| **9:15-9:30** | Snack | Snack | Snack | Snack | Snack |
| **9:30-11:00** | Nap\* | Nap\* | Nap\* | Nap\* | Nap\* |
| **9:30-11:00** | Child-led work period | Child-led work period | Child-led work period | Child-led work period | Child-led work period |
| **11:00-11:30** | Lunch | Lunch | Lunch | Lunch | Lunch |
| **11:30-1:30** | Nap\* | Nap\* | Nap\* | Nap\* | Nap\* |
| **1:30-1:45** | Snack | Snack | Snack | Snack | Snack |
| **1:45-2:30** | Gross motor/Playground | Gross motor/Playground | Gross motor/Playground | Gross motor/Playground | Gross motor/Playground |
| **2:30-3:00** | Nap\* | Nap\* | Nap\* | Nap\* | Nap\* |
| **2:45-3:30** | Child-led work period | Child-led work period | Child-led work period | Child-led work period | Sensory/art project |
| **3:30** | End of school day | End of school day | End of school day | End of school day | End of school day |
| **3:30-5:30** | After care/Outdoor play | After care/Outdoor play | After care/Outdoor play | After care/Outdoor play | After care/Outdoor play |
| **5:30** | FVMA closes | FVMA closes | FVMA closes | FVMA closes | FVMA closes |

\*Breakfast is served promptly at 7:45, and will only be offered to children present at that time. If you are planning on arriving after 7:45, please ensure your child eats breakfast at home.

\*Nap- Each child will nap according to their needs. There are three opportunities to nap, but that doesn’t mean that each child is required to nap three times a day. Newborns will nap as needed.