



# Epiphany Catholic Preschool-Childcare Program Plan

## Program Philosophy

Epiphany Catholic Preschool provides a caring, faith-filled environment where children ages 3–6 learn best through hands-on play, exploration, and relationships. Our program supports social, emotional, physical, cognitive, and spiritual development.

## Curriculum

We use an integrated curriculum including Learn Every Day, Groves Literacy Framework, and Singapore Math. Weekly lesson plans are based on children's interests and developmental needs, with modifications provided as necessary. Lesson plans are available on the Lillio Application.

## Daily Schedule

- Full-Day: 7:30 a.m. – 2:30 p.m.
- Half-Day: 7:30 a.m. – 11:30 a.m.

### Daily activities include:

- Free play and structured lessons
- Outdoor and large motor play
- Meals and rest
- Faith-based experiences (Atrium, Mass, prayer gatherings, buddy time)

## Meals and Rest

- Breakfast, lunch, and afternoon snack provided
- Rest daily from 11:30 a.m. – 1:00 p.m., with quiet supervision

## Toileting

- Toilets are available in both preschool classrooms
- Children are supervised by sight and sound at all times

## Supervision and Safety

Children are supervised at all times by licensed preschool staff. Classrooms and play spaces are arranged for visibility and safety. Staff actively supervise indoor and outdoor activities, transitions, and off-classroom experiences.

## Faith-Based and Community Activities

- Atrium: in Atrium rooms
- Mass: in the church
- Buddy Time: with older students (painting, crafting, reading)
- Prayer Gatherings: gym or prayer garden

All activities are supervised by preschool staff.

## Inclusion and Individualization

All children are welcomed and provided opportunities for individual expression, cultural inclusion, and learning adaptations to support success.

## Positive Guidance

Staff use positive guidance and redirection to teach self-control, empathy, and problem-solving, consistent with Catholic values.

## Outdoor and Large Motor Play

Children engage in daily outdoor or gym-based large motor activities to promote physical health, coordination, and cooperative play.

## Staff-to-Child Ratios

Ratios are maintained in accordance with Minnesota DCYF licensing requirements for ages 3–5 of 1 staff to 10 students maximum, ensuring safety and individualized support.



*In a Partnership of Faith with our families, Epiphany Catholic School educates children through truth, goodness, and beauty. We provide a Catholic environment that forms students in knowledge and virtue to become saints and citizens who love Christ and His Church.*

# PRESCHOOL PROGRAM PLAN

*Our classrooms are set up with engaging activities in a captivating environment to promote growth in the areas of Faith Formation, Physical Development, Language & Literacy, the Arts, Social Studies, Mathematical Thinking, Scientific Thinking, and Personal & Social Development. The schedule components listed below promote age-appropriate physical, intellectual, social, and emotional development of preschool children.*

- ❖ **Group Circle Time:** To encourage self-expression and social interaction within a group setting. It is when the value of understanding and patience in taking turns is instilled among the preschoolers. We focus on respect for others, teamwork, patience, self-regulation, compromise, and active listening. Through these experiences, the preschoolers become more mindful of their senses and physical selves, forming a strong foundation for their future academic undertaking.
- ❖ **Self-Interest/Individual work Time:** To provide our students with the opportunity to explore and engage in activities of their choice, fostering a sense of wonder and curiosity about the world around them. Through inquiry, exploration, interaction, and problem-solving, preschoolers are developing crucial academic foundations and social interaction skills that are essential for their future scholastic success. Interest areas include prayer area, creative arts, writing center, science, sensory table, books, board games, puzzles, drama arts, puppet theater, music, floor games, block construction, and math manipulatives.
- ❖ **Music/Movement:** To provide an opportunity for creative expression and appreciation for music. Music and dancing can help develop social-emotional skills, such as higher self-esteem, confidence, and better self-control. It also promotes cognitive skills, motor skills, and sensory skills.
- ❖ **Daily Focus:** To foster a more cohesive learning experience, we begin with an opening prayer before introducing the weekly and daily skills and themes through an integrated curriculum that aims to make connections, transfer knowledge, and apply it.
- ❖ **Kindergarten Readiness Skills:** To focus on academics and self-help skills: recognizing and printing letters and numbers, counting, phonics, one-to-one correspondence, classification, zipping, buttoning, snapping, cutting, and following directions.
- ❖ **Large Muscle Time:** To provide the opportunity for physical development indoors and outdoors. Supports the preschoolers' movement and coordination. It improves their balance and connection to other body functions, encourages cooperation through active play, and allows for a needed release of energy. It also enhances self-esteem and develops a healthy desire for life-long fitness.
- ❖ **Cooperative Activities:** To work together for a common purpose, to build team spirit and unity, and to offer leadership opportunities.
- ❖ **Discovery Time:** To promote learning through exploration and discovery. To encourage global awareness with exposure to the language, customs, and traditions of other cultures. To provide hands-on experiences through creative and language arts, science, and projects.
- ❖ **Creative Exploration:** To provide opportunities for children's exposure to a wide variety of materials and experiences.
- ❖ **Singapore Math:** The Singapore math method is focused on mastery, which is achieved through intentional sequencing of concepts.
- ❖ **Groves (Believe and Read):** Believe and Read is a best-in-class literacy program. Lessons use a multi-sensory approach that explicitly teaches the connections between letters and sounds.

*The Preschool Program Plan is developed and evaluated annually, in writing, by the program director and teachers.*

# THE AREAS OF PRESCHOOL ENVIRONMENT

**Dramatic Play:** An extension of the home and community environment

- ❖ Coordination of movement activities: sorting, pairing, transferring, calculating
- ❖ Occupation stations: Areas that are changed monthly to learn about specific jobs in the home and community

**Home Living area:** A setting that encourages empathy and understanding to preschoolers as they explore different roles and perspectives.

- ❖ Engaging in dramatic play enables the preschooler to develop essential social and emotional skills. Additionally, it enhances creativity, imagination, problem-solving, and critical thinking skills.
- ❖ Fosters language and communication development, allowing children to express themselves and engage in meaningful interactions.
- ❖ Builds confidence and self-esteem, empowering young children to navigate real-life situations with ease and adaptability. Encouraging the preschooler to participate in dramatic play greatly contributes to their holistic development.

**Sensory Areas and Activities:** Aide in the refinement of the child's senses and knowledge.

- ❖ Tactile awareness and hand-eye coordination
- ❖ Observational skills and cause & effect
- ❖ Vocabulary and verbal expression
- ❖ Math, Number, and science concepts
- ❖ Sharing and turn-taking

**Language and Literacy:** Build the foundation of the love of reading and writing.

- ❖ Alphabetic principles, concepts of print and books, phonemic awareness, vocabulary, comprehension, and rhyming
- ❖ Increase vocabulary and spoken language with rich literature
- ❖ Connect the letter symbol with the corresponding sound.
- ❖ Develop early writing skills
- ❖ Learn to decode early readers and acquire knowledge of sight words.

**Math and Manipulative Materials:** Foundational work of math concepts and fine motor movement

- ❖ One-to-one correspondence
- ❖ Number concepts and counting
- ❖ Estimating and graphing
- ❖ Measuring, ordering, and patterning

**Cognitive Materials:** Focus on information processing

- ❖ Ability to process information, cause, and effect
- ❖ Encourages autonomous thinking & problem solving
- ❖ Fine motor development, practicing skills of persistence, creativity, and imitation
- ❖ Puzzles

# THE AREAS OF PRESCHOOL ENVIRONMENT

**Block & Building Materials:** Focus on using materials to promote math and motor skills

- ❖ Gaining skills in measurement, size & shape, geometry, cause & effect and problem-solving
- ❖ Increasing small & large muscle control and hand & eye coordination
- ❖ Using blocks made from multiple materials (foam, plastic, wooden, Lego, Duplo) and shapes

**Arts:** Development of fine motor and creativity skills.

- ❖ Cutting: varied lines and difficulty
- ❖ Patterns, colors, hole punching, gluing.
- ❖ Modeling and sculpting
- ❖ Painting: watercolors and tempera painting.
- ❖ Study of Artist and art appreciation.
- ❖ Gaining skills in creativity, problem-solving, color concepts, art techniques, emotional expression, and self-confidence

**Music:** Appreciation of music culture and styles.

- ❖ Rhythm Sticks and varied musical instruments
- ❖ Varied music styles and composers
- ❖ Finger play and rhythm activities.
- ❖ Music and movement games
- ❖ Gaining skills in creative expression, recognizing patterns and sequence, listening skills, gross & fine motor skills, coordination

**Social Studies Materials:** Appreciation for own culture and culture for others through books, projects, and planned activities

- ❖ Provide experiences to teach respect and appreciation for own culture and culture for others through books, projects, and planned activities
- ❖ Globe and maps
- ❖ Books and music
- ❖ Comparison/contrast of now and then

**Science:** Exploration of the natural environment

- ❖ Seasons, life cycles
- ❖ Care of nature: maintaining care of growing plants
- ❖ Exploration of animals, mammals, insects, reptiles, and ocean life.
- ❖ Science experiments
- ❖ Practicing: observation skills, predicting, questioning, problem-solving, cause & effect, magnification
- ❖ Vocabulary and Concepts: Math and Science

**Quiet/Calm Area:** Focus on Self-Regulation

- ❖ Area to rest & recharge, lower adrenaline, practice deep breathing
- ❖ Practice skills of identifying emotions to better manage stress, control thoughts, actions, and words

**Prayer Table:** Focus on Faith and spiritual expression

- ❖ Area to communicate directly with the Lord
- ❖ Practicing self-reflection, gratitude, discipline, building trust and faith
- ❖ Opportunities to explore faith through bible stories, stories of saints, and other faith-based materials
- ❖ Learning and Practicing prayers