

## Example of a 4 hour schedule

(Times and order of activities will vary by center and classroom)

9:30-9:30 Arrival / Free Choice  
9:30-9:50 Breakfast  
9:50-10:00 Morning Circle  
10:00-11:30 Small & Large Group / Teacher Directed Activities  
11:30-12:00 Outside time  
12:00-12:30 Free Choice  
12:30-1:00 Lunch / Brush Teeth  
1:00-1:30 Brush Teeth / Open Centers / Good-bye



## Example of a full day schedule 7:30-5:30 (fees apply)

7:30-9:00 Table activities  
9:00-9:40 Breakfast, brush teeth  
9:40-10:50 Free choice  
10:50-11:00 Transition outside  
11:00-11:50 Outside time  
11:50-12:00 Transition inside  
12:00-12:30 Lunch / Swish-n-swallow  
12:30-2:30 Nap  
2:30-2:50 Story  
2:50-3:00 Transition to snack  
3:00-3:30 Snack  
3:30-3:50 Free choice  
3:50-4:00 Transition outside  
4:00-5:00 Outside time  
5:00-5:30 Open tables / Goodbye

### Resources

Programs for Infants and Children 907-561-8060  
[www.picak.org](http://www.picak.org)  
Anchorage School District—907-742-4000  
[www.ASdk12.org](http://www.ASdk12.org)



Kids Corp Inc.  
Anchorage Head Start/ Early Head Start

We provide a head start to families who need it most.

## Time For Head Start?



What to expect for your child  
in Head Start.



Tel: 907-272-0133  
East Center



# Transitioning to Head Start

## The Transition

### At 2 years 6 months (6 months before transition)

- Discuss placement options with EHS staff
- Discuss needs of family & child, any special considerations

### 5 months before transition

- Schedule dental exam
- Schedule immunizations and physical

### 4 months before transition

- Ensure all screenings and assessments are up to date

### 3 months before transition

- Choose placement

### 2 months before transition

- Update health records and follow-up form, nutritional assessment
- Make a site visit

### 1 month before transition

- Confirm placement
- Sign release for records to be sent
- Attend transition plan meeting

### At transition

- EHS will send application & child file, recent physical & immunization record, ASQ, IFSP (if needed), child's health & nutrition records



## Head Start Objectives

- Follow limits & expectations
- Balances needs & rights of self & others
- Demonstrates gross motor control
- Uses fingers & hands
- Comprehends language
- Uses an expanding & expressive vocabulary
- Attends & engages
- Shows curiosity & motivation
- Uses classification skills
- Thinks symbolically
- Notices & discriminates rhyme
- Identifies & names letters
- Writes name
- Counts to 20
- Compares & measures
- Uses scientific inquiry skills
- Demonstrates knowledge of physical properties of objects
- Demonstrates knowledge of self
- Shows basic understanding of people & how they live
- Explores visual arts
- Explores musical concepts & expression

## What is different from

## Early Head Start?

- Classrooms have between 17-20 children; 1 teacher and 1 assistant teacher.
- Family advocates will have a caseload of 40+ children, instead of 8.
- Children learn to follow a structured schedule.
- They will begin focusing on academic goals to prepare them for kindergarten.
- Students will go outside to a chill factor/ temperature of -0 degrees F every day. Make sure they dress accordingly.
- When your child is absent, you need to notify the center.
- Limited busing is available at some centers.
- Meals are served family style and students eat as a group.
- Classes will rest for approximately two hours in the afternoon (full-day classroom).
- Any children with an IFSP will be transitioning to an IEP if services are still required.

