

True North School - Kindergarden Nursery - Daily Schedule

Age: 18 - 24 Months

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 - 8:00	Arrival				
8:00 - 8:30	Breakfast				
8:30 - 9:00	Outdoor Exploratory Play	Story time	Outdoor Exploratory Play	Break (8:30 - 8:45)	Outdoor Exploratory Play
9:00 - 9:15	Break	Break	Break	Swimming (8:45 - 9:15)	Break
9:15 - 9:45	Fitness Development	Music and Movement	Outdoor Exploratory Play		Fitness Development
9:45 - 10:00	Break				
10:00 - 10:30	Vietnamese Language				
10:30 - 10:45	Quiet Exploration Time				
10:45 - 11:30	Lunch				
11:30 - 12:00	Hygiene - Relaxation				
12:00 - 14:00	Nap				
14:00 - 14:15	Refresh				
14:15 - 14:45	Math/Science (STEAM)				
14:45 - 15:15	Afternoon Snack				
15:15 - 15:45	English				
15:45 - 16:00	Community - Reflection time				
16:00 - 17:00	Free Play/ Dismissal/ Afternoon Milk				
17:00 - 17:30	Dismissal				

True North School - Kindergarden Nursery - Daily Schedule

Age: 24 - 36 Months

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 - 8:00	Arrival				
8:00 - 8:30	Breakfast				
8:30 - 9:00	Outdoor Exploratory Play		Fitness Development	Outdoor Exploratory Play	
9:00 - 9:30	Quiet Exploration Time				
9:30 - 10:00	Vietnamese		Basic skills	Music and Movement	Vietnamese
10:00 - 10:15	Break				
10:15 - 10:45	Math/Science (STEAM)				
10:45 - 11:30	Lunch				
11:30 - 12:00	Hygiene - Relaxation				
12:00 - 14:00	Nap				
14:00 - 14:15	Refresh				
14:15 - 14:45	Story time	Fitness Development	Vietnamese		Swimming
14:45 - 15:15	Afternoon Snack				
15:15 - 15:30	Break				
15:30 - 16:00	English				
16:00 - 16:30	Community - Reflection time				
16:30 - 17:00	Free Play/ Dismissal/ Afternoon Milk				
17:00 - 17:30	Dismissal				