



**PLAINS RD. CHILDCARE INC.  
JR SCHOOL AGE FALL DAILY SCHEDULE  
(REGULAR SCHOOL DAY)**

<b>7:15</b>	Centre Opens
<b>7:15-8:15</b>	Arrival / Hand Hygiene / A.M Snack / Free play
<b>8:15-8:30</b>	Tidy up / Transition to Schoolyard (School Supervision) Bell Rings - 8:30AM (Canadian Martyrs)
<b>8:30</b>	Walk children to Parkside – 8:47 AM bell rings
<b>3:00</b>	Pick up from Schoolyard
<b>3:00- 3:30</b>	Outdoor Free Play/ Programming
<b>3:30 – 3:45</b>	Transition Inside / Washroom Routine
<b>3:45 – 5:30</b>	Snack / PM Program / Free play
<b>5:30 – 6:00</b>	Late Snack / Quiet Activities
<b>6:00</b>	Centre Closes

**NOTE:** Time frames specified above are flexible and may vary according to the needs of the children, program, and weather provisions.

**\*\*For inclement weather, the designated space is a modified room and/or gym if available.**

---

**SCHOOL HOURS**

**CANADIAN MARTYRS:**

**8:30AM - 11:15 AM  
11:15AM - 12:15PM (Lunch)  
12:15PM – 3:00 PM**

**PARKSIDE SCHOOL:**

**8:47AM - 11:35 AM  
11:35AM-12:32PM (Lunch)  
12:32PM - 3:20PM**

Last Edited – February 2024



## PLAINS RD. CHILDCARE INC. JR SCHOOL AGE FALL DAILY SCHEDULE (FULL DAY)

<b>7:15</b>	Centre Opens
<b>7:15-9:45</b>	Arrival A.M / Snack / Free Play / Morning Program (See program plan for details)
<b>9:45-10:00</b>	Prepare for Outdoors / Washroom Routine
<b>10:00- 11:00</b>	Outdoor Program (See outdoor program plan for details)
<b>11:00-11:15</b>	Washroom routine / Transition Inside
<b>11:15- 12:15</b>	Lunch
<b>12:15- 12:30</b>	Tidy up/ Handwashing after Lunch
<b>12:30-2:30</b>	Free Play / Afternoon Program (See program plan for details)
<b>2:30-3:00</b>	Hand Hygiene / Free Play / Snack
<b>3:00-3:15</b>	Prepare for Outdoors / Washroom Routine
<b>3:15-4:15</b>	Outdoor Program (see outdoor program plan for details)
<b>4:15-4:30</b>	Transition Inside / Washroom Routine
<b>4:30 – 5:30</b>	Free Play / Afternoon Program (See program plan for details)
<b>5:30 – 6:00</b>	Quiet Activities / Free Play / Late Snack
<b>6:00</b>	Center Closes

**NOTE:** Time frames specified above are flexible and may vary according to the needs of the children, program, and weather provisions.

**\*\*For inclement weather, the designated space is a modified room and/or gym if available.**

Last Edited – April 2023



**PLAINS RD. CHILDCARE INC.**  
**JR SCHOOL AGE WINTER DAILY SCHEDULE**  
**(REGULAR SCHOOL DAY)**

<b>7:15</b>	Centre Opens
<b>7:15-8:15</b>	Arrival / Hand Hygiene / A.M Snack / Free play
<b>8:15-8:30</b>	Tidy up / Transition to Schoolyard (School Supervision) Bell Rings - 8:30AM (Canadian Martyrs)
<b>8:30</b>	Walk children to Parkside – 8:47 AM bell rings
<b>3:00</b>	Pick up from Schoolyard
<b>3:00- 3:30</b>	Outdoor Free Play/ Programming
<b>3:30 – 3:45</b>	Transition Inside / Washroom Routine
<b>3:45 – 5:30</b>	Snack / PM Program / Free play
<b>5:30 – 6:00</b>	Late Snack / Quiet Activities
<b>6:00</b>	Centre Closes

**NOTE:** Time frames specified above are flexible and may vary according to the needs of the children, program, and weather provisions.

**\*\*For inclement weather, the designated space is a modified room and/or gym if available.**

---

**SCHOOL HOURS**

**CANADIAN MARTYRS:**

**8:30AM - 11:15 AM**  
**11:15AM - 12:15PM (Lunch)**  
**12:15PM – 3:00 PM**

**PARKSIDE SCHOOL:**

**8:47AM - 11:35 AM**  
**11:35AM-12:32PM (Lunch)**  
**12:32PM - 3:20PM**

Last Edited – February 2024



## PLAINS RD. CHILDCARE INC. JR SCHOOL AGE WINTER DAILY SCHEDULE (**FULL DAY**)

<b>7:15</b>	Centre Opens
<b>7:15-9:45</b>	Arrival A.M / Snack / Free Play / Morning Program (See program plan for details)
<b>9:45-10:00</b>	Prepare for Outdoors / Washroom Routine
<b>10:00- 11:00</b>	Outdoor Program (See outdoor program plan for details)
<b>11:00-11:15</b>	Washroom routine / Transition Inside
<b>11:15- 12:15</b>	Lunch
<b>12:15- 12:30</b>	Tidy up/ Handwashing after Lunch
<b>12:30-2:30</b>	Free Play / Afternoon Program (See program plan for details)
<b>2:30-3:00</b>	Hand Hygiene / Free Play / Snack
<b>3:00-3:15</b>	Prepare for Outdoors / Washroom Routine
<b>3:15-4:15</b>	Outdoor Program (see outdoor program plan for details)
<b>4:15-4:30</b>	Transition Inside / Washroom Routine
<b>4:30 – 5:30</b>	Free Play / Afternoon Program (See program plan for details)
<b>5:30 – 6:00</b>	Quiet Activities / Free Play / Late Snack
<b>6:00</b>	Center Closes

**NOTE:** Time frames specified above are flexible and may vary according to the needs of the children, program, and weather provisions.

**\*\*For inclement weather, the designated space is a modified room and/or gym if available.**

**PLAINS RD. CHILDCARE INC.  
JR SCHOOL AGE SPRING DAILY SCHEDULE  
(REGULAR SCHOOL DAY)**

<b>7:15</b>	Centre Opens
<b>7:15-8:15</b>	Arrival / Hand Hygiene / A.M Snack / Free play
<b>8:15-8:30</b>	Tidy up / Transition to Schoolyard (School Supervision) Bell Rings - 8:30AM (Canadian Martyrs)
<b>8:30</b>	Walk children to Parkside – 8:47 AM bell rings
<b>3:00</b>	Pick up from Schoolyard
<b>3:00- 3:30</b>	Outdoor Free Play/ Programming
<b>3:30 – 3:45</b>	Transition Inside / Washroom Routine
<b>3:45 – 5:30</b>	Snack / PM Program / Free play
<b>5:30 – 6:00</b>	Late Snack / Quiet Activities
<b>6:00</b>	Centre Closes

**NOTE: Time frames specified above are flexible and may vary according to the needs of the children, program, and weather provisions.**

**\*\*For inclement weather, the designated space is a modified room and/or gym if available.**

---

**SCHOOL HOURS**

**CANADIAN MARTYRS:**

**8:30AM - 11:15 AM**  
**11:15AM - 12:15PM (Lunch)**  
**12:15PM – 3:00 PM**

**PARKSIDE SCHOOL:**

**8:47AM – 11:35 AM**  
**11:35AM-12:32PM (Lunch)**  
**12:32PM – 3:20PM**

Last Edited – February 2024



# PLAINS RD. CHILDCARE INC. JR SCHOOL AGE SPRING DAILY SCHEDULE (FULL DAY)

<b>7:15</b>	Centre Opens
<b>7:15-9:45</b>	Arrival A.M / Snack / Free Play / Morning Program (See program plan for details)
<b>9:45-10:00</b>	Prepare for Outdoors / Washroom Routine
<b>10:00- 11:00</b>	Outdoor Program (See outdoor program plan for details)
<b>11:00-11:15</b>	Washroom routine / Transition Inside
<b>11:15- 12:15</b>	Lunch
<b>12:15- 12:30</b>	Tidy up/ Handwashing after Lunch
<b>12:30-2:30</b>	Free Play / Afternoon Program (See program plan for details)
<b>2:30-3:00</b>	Hand Hygiene / Free Play / Snack
<b>3:00-3:15</b>	Prepare for Outdoors / Washroom Routine
<b>3:15-4:15</b>	Outdoor Program (see outdoor program plan for details)
<b>4:15-4:30</b>	Transition Inside / Washroom Routine
<b>4:30 – 5:30</b>	Free Play / Afternoon Program (See program plan for details)
<b>5:30 – 6:00</b>	Quiet Activities / Free Play / Late Snack
<b>6:00</b>	Center Closes

**NOTE: Time frames specified above are flexible and may vary according to the needs of the children, program, and weather provisions.**

**\*\*For inclement weather, the designated space is a modified room and/or gym if available.**

Last Edited – April 2023





**PLAINS RD. CHILDCARE INC.**  
**JR SCHOOL AGE SUMMER DAILY SCHEDULE**  
**(REGULAR SCHOOL DAY)**

- 7:15** Centre Opens
- 7:15-8:15** Arrival / Hand Hygiene / A.M Snack / Free play  
**8:15-8:30** Tidy up / Transition to Schoolyard (School Supervision)  
Bell Rings - 8:30AM (Canadian Martyrs)
- 8:30** Walk children to Parkside – 8:47 AM bell rings
- 3:00** Pick up from Schoolyard
- 3:00- 3:30** Outdoor Free Play/ Programming
- 3:30 – 3:45** Transition Inside / Washroom Routine
- 3:45 – 5:30** Snack / PM Program / Free play
- 5:30 – 6:00** Late Snack / Quiet Activities
- 6:00** Centre Closes

**NOTE:** Time frames specified above are flexible and may vary according to the needs of the children, program, and weather provisions.

**\*\*For inclement weather, the designated space is a modified room and/or gym if available.**

---

**SCHOOL HOURS**

**CANADIAN MARTYRS:**

**8:30AM - 11:15 AM**  
**11:15AM - 12:15PM (Lunch)**  
**12:15PM – 3:00 PM**

**PARKSIDE SCHOOL:**

**8:47AM - 11:35 AM**  
**11:35AM-12:32PM (Lunch)**  
**12:32PM – 3:20PM**

Last Edited – February 2024



# PLAINS RD. CHILDCARE INC. JR SCHOOL AGE SUMMER DAILY SCHEDULE (**FULL DAY**)

<b>7:15</b>	Centre Opens
<b>7:15-9:45</b>	Arrival A.M / Snack / Free Play / Morning Program (See program plan for details)
<b>9:45-10:00</b>	Prepare for Outdoors / Washroom Routine
<b>10:00- 11:00</b>	Outdoor Program (See outdoor program plan for details)
<b>11:00-11:15</b>	Washroom routine / Transition Inside
<b>11:15- 12:15</b>	Lunch
<b>12:15- 12:30</b>	Tidy up/ Handwashing after Lunch
<b>12:30-2:30</b>	Free Play / Afternoon Program (See program plan for details)
<b>2:30-3:00</b>	Hand Hygiene / Free Play / Snack
<b>3:00-3:15</b>	Prepare for Outdoors / Washroom Routine
<b>3:15-4:15</b>	Outdoor Program (see outdoor program plan for details)
<b>4:15-4:30</b>	Transition Inside / Washroom Routine
<b>4:30 – 5:30</b>	Free Play / Afternoon Program (See program plan for details)
<b>5:30 – 6:00</b>	Quiet Activities / Free Play / Late Snack
<b>6:00</b>	Center Closes

**NOTE: Time frames specified above are flexible and may vary according to the needs of the children, program, and weather provisions.**

**\*\*For inclement weather, the designated space is a modified room and/or gym if available.**

Last Edited – April 2023