

PAPILLON  
&  
THE LITTLE BLUE STARS

preschool, day care and after school care program



**Papillon**

*Can a butterfly start a hurricane?*

The **Butterfly** Effect: "This effect grants the power to cause a hurricane in China to a butterfly flapping its wings in New Mexico. It may take a very long time, but the connection is real. If the butterfly had not flapped its wings at just the right point in space/time, the hurricane would not have happened."

If the flutter of a butterfly can move a wave all the way across the world and if this flutter of a butterfly would represent positive change and transformation.....

– "Then even one individual little butterfly child can impact and move a whole world".

# **PROGRAM**

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## About

Dear Parents,

Welcome to Papillon & The Little Blue Stars Preschool and Day Care Combo Program. In 2005, original "The Little Blue Stars Program" started as morning and afternoon Pre-school program. Due to personal circumstance in 2010, I had to make rapid changes and decided to operate as a full-time day home, providing more hours of care for more children and parents.

While I ran the day home for these last 6 years, various parents wanted their children to participate in pre-school (part-time, 2 hours, 2-3 days a week). I recognized that there was a challenge. The parents who put their children in preschool were under more stress running back and forth, or had difficulties finding people to transfer their children.

Simultaneously, children seemed more tired, stressed and confused with the transferring back between of the two different environments during those days and had a harder time separating from their parents. Some parents just decided due to this kind of hardship not to send their children to preschool at all, simple because it was not doable or to avoid all the extra stress.

Further, often comments were made; "It seems as if I just dropped my child off and practically got nothing accomplished. Meaning that the preschool hours are too short to get some real work or appointments done during this time.

This brought me to the conclusion that it would absolute make sense to operate as a Preschool - Day Care Combination. This would resolve the issue of transferring children back and forth to two different environments, and would reduce a significant amount of stress for the children and the parents alike. This helps parents to reduce stress and allow parents to have an actual productive days while their child is attending preschool & child care in one setting.

### **What are the benefit for the preschool & daycare combo?**

- Papillon offers 3 hours and 4 days a week of preschool instead of 2-3 hours of preschool
- Papillon preschool is operating all year round.
- It is a smaller group setting in a cozier environment
- Due to a smaller setting, education can be directed to the needs of each individual child.
- We provide two types of care in one child care setting.
- Parents do not have to run around picking and dropping of their child to different facilities.
- Therefore parents don't have to leave work or drive up and down and therefor get more done in their day and children are settled in one save environment for preschool and a full day of care.

## Mission

### How Does the Preschool & Daycare Combo work?

1. The preschool will provide academics and will specialize in the following:
  - First of all, Emotional and Social Development - this is the first focused and priority in this program.
  - Self care essentials, meaning learning a healthy sense of self and how to take care of our selves and others.
  - Educational Development with a Waldorf influence.
  - The program will offer simple exposure to different Languages: English, French, German and Dutch.

Preschool is a stepping stone to prepare children for the Kindergarten structure and academics. Because we have younger preschoolers with shorter concentration span, mixed with older preschoolers, the younger ones will be encouraged to participate during the preschool program, but will have space to go off for free play if needed. Activities will be adapted to the different ages.

#### 2. The Mixed Age Classroom

We are just weeks away from the start of our enrichment programs. This year we are thrilled to offer a true mixed age classroom experience. Starting fall 2016 both our AM and PM Enrichment classrooms will be for children ages 2-5. I understand that a mixed aged classroom might be a new concept for many families. So let me explain just a few of the many highlights to this approach. Let's start with

The mixed age curriculum approach:

- Creates an environment where learning is supported across all levels.
- Instruction is about ability, interest, and development not just age.
- Lessons and activities are differentiated and accessible for all children
- Learning is self-directed and individually paced while maintain group expectations

The entire classroom is structured for multi-level learning and experiences. From our physical layout of the space, the materials we choose, to the activities we offer. Children

access information on different levels and the design of our classroom is intended to support this. The mixed age classroom curriculum is designed to support learning and understanding as each child becomes "ready" for the information. Learning is focused on what the individual child needs. Not all children learn to write their name at the same time or at the same age...and that is perfectly OK! In our classroom we create learning opportunities that are available to every child - age is not a factor for learning.

By creating an environment where children are on various developmental levels, the classroom allows for children to preview what comes next in the process. Younger children hear conversations between other peers and learn social language. Older children learn to self-monitor their actions, as well as, how to become positive role models for other children. We become not just a classroom but a family.

What I have seen in the past with my day home children is that the younger children adore and look up to the bigger children (feeling 'I am loved and nurtured'). The older children love to nurture and take care of the little ones, help little ones eat, bring them to bed and sing a lullaby. This is teaching them to be caring, instills compassion, empathy, understanding, love, responsibility, and leadership (feeling 'I am big'). The ages in the middle are the inter-graders that transfer from being little to becoming big leaders (feeling 'I want to be big'). Younger children experience higher level thinking and problem solving skills through observation and interactions with the older children

It is such a beautiful transformation to see children learn and care for each other. It melts my heart. Would I do one specific age group, this would not transform. My experience is that having different ages works perfect.

The most valuable advantage of this integrated group is that it will help them to build a greater and healthy sense of self and how to stand in the world. We should not underestimate how playfully we can instill these skills in our young children. It is said that personality traits are set as early as the age of three. With having some good sense of self in the world around them and knowing already some social skills to manage the world around them, will give our children not only an advantage in the academic world (school) but also in the social world - our society.

Are there struggles with having a mixed age room...sure. But there are struggles in any classroom. Every group needs to find their way to work together. But I see less competition and more cooperation in my classroom that has larger age differences and the compassion that children develop are for the ultimate quality for life.

### 3. Why still include babies?

Momentarily there is one younger baby, 1.5 years old, continuing the program.

Depending on how this takes form, I may or may not continue in the future with one part-time 18 month old.

You may have heard of the Roots of Empathy Program, a classroom program that claims to have dramatic effect in reducing levels of aggression among schoolchildren by raising social/emotional competence and increasing empathy. The idea of Roots of Empathy is very basic. Children will learn based on observation and interaction with a baby, able to witness the baby grow and change. Further by observing several different emotions conveyed by the baby that they might not recognize as easily in children their own age. This would be naturally applied with in this program.

More on emotional and social development will be posted on the website that will be build and ready soon.

*"Our children are our future.  
What ever we give to them, they will give back to the world"*

4. The first formal educational experience set a stage for a lifetime of learning.

Alternatively, this includes academic programming, "teacher-directed," "teacher-managed." During this time the children are directed in a more structured way, with planned and organized activities, and the children are guiding to follow them. This design is aimed at preparing children for the kindergarten setting. For the most part, classroom time is devoted to learning letters, sounds, distinguishing shapes, colours and other skills. Preschool is not only a time to learn social and emotional skills but also the first stepping stone to introduce children to structure and routine.

Perhaps you may have also noticed lately in media, that there is now more research out there were professionals believe children are to early in structured academic and competitive extra curriculum. For this reason I was drawn to the idea of integrating some of the Waldorf methods in this preschool program. The aim of Waldorf schooling is to educate the whole child, "head, heart and hands". The curriculum is as broad as time will allow, and balances academics subjects with artistic and practical activities to help create a genuine love of learning within each child. I believe in using multiple forms of intelligence development. Different children learn academically better with influences of sound, music, art, movement, hands on, experimenting, seeing, hearing, feeling. More over this you will find later on my website.

5. Self care essentials

What do I mean with self care essentials. With this I mean learning how to take good care

of our self. Our body, our mind, our feelings. For example: mediation - learning playfully breathing techniques that make us feel calm, learning when we feel sad, mad or happy, and how we can let our feelings out in different ways. What foods are we are eating, and why are we eating these foods. What is this food doing for our body? We do exercises and learn why we do these exercises, and that even though it make us tired they will learn why it makes us feel good at the same time. This will give our children a better understanding of what our body is feeling and what we can do to make our body and mind feel better. We will practice this throughout the day but also in activities and themes. For example one of our theme is "my five senses" (as well as additional senses as gut feelings and intuitive senses), yoga and meditation for little once.

#### 6. **Languages Learning a language broadens kids' views of the world.**

Learning a language is a wonderful opportunity for kids to broaden their view of the world. Children's full language development start at the age three and this is the time when they easily pick up multiple languages. It is not my intention to give them a full second language but merely to give them the understanding of multiple languages and cultures. This will give them an understanding that we can learn to speak, (read, write), listen and think in another way, and to explore and appreciate language and its different cultures. Along with the languages we will also have a theme of different cultures.

#### 7. **What is offered**

- **Centres:** Puzzles, educational card, and board games, Constructional and building toys, imaginary encouraging toys (puppets show, dress up) fine motor skill toys (beats, pegs), cars, dolls, visual games (marble tower) audio toys with sounds, (piano, shakers)
- **Art (fine motor):** Play dough, drawing, painting, gluing, cutting, baking, outside material crafts
- **Exercise (gross motor):** Yoga, playing outside with balls and cars, going out for a small hike.
- **Circle time:** Stories, singing, sharing stories,
- **Self regulation:** Mediation, listen to calm music.
- **Academics:** Every week there is a different theme related to the time of year events or socially or emotionally developmental orientated. Academics are integrated through out all play: from little work sheets, doing art, playing with blocks, to doing math while we are outside exploring.

## **AGE GROUP**

Papillon and the Little Blue Stars accepts children from 2 - 4 years old for the Papillon Preschool. The Little Blue Stars child care program after school care will further accept children 5 years and up.

## **HOURS**

### **Preschool hours**

The four hours of preschool are split in morning and afternoon hours.

Monday	morning	9:30 - 11:30	afternoon	2:00 - 4:00
Tuesday	morning	9:30 - 11:30	afternoon	2:00 - 4:00
Wednesday	morning	9:30 - 11:30	afternoon	2:00 - 4:00
Thursday	morning	9:30 - 11:30	afternoon	2:00 - 4:00

**NOTE:** Please make sure that your child is dropped off at 9:30 am at the latest and picked up at 3:00 pm at the earliest to not disturb and distract us from the activities during the preschool program hours.

### **Daycare hours**

Monday	8:00 - 9:30	(9:30 - 4:00 preschool program)	4:00 - 5:00
Tuesday	8:00 - 9:30	(9:30 - 4:00 preschool program)	4:00 - 5:00
Wednesday	8:00 - 9:30	(9:30 - 4:00 preschool program)	4:00 - 5:00
Thursday	8:00 - 9:30	(9:30 - 4:00 preschool program)	4:00 - 5:00

From 11:30 am to 2:00 pm is lunch and quiet time.

### **After school care hours**

After school care	3:15 - 5:00
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- 1) Momentarily the program will be closed on statutory holidays unless notified differently.
- 2) Unpredictable emergencies (such as taking my boys to the hospital) or illness can occur. It is advisable to have back-up plans for childcare available at all times.
- 3) Momentarily the program is running all year around



# **PROGRAM SCHEDULE**

## **Preschool schedule**

Morning:

- 9:30 Inside or outside exploring, educational centres, play centres
- 10:30 Story & circle time, book reading, music, dance, dress up
- 10:45 Individual craft, fine motor skills, messy play
- 11:30 Washing hands/bathroom - Lunch time

Afternoon:

- 12:30 Bathroom, napping and quiet time
- 1:15 Free play while little ones nap
- 2:00 Story & circle time, yoga, meditation, group learning, discussion topics
- 2:30 Educational centres, play centres Inside or outside play
- 2:45 Group craft, science
- 3:30 Washing hands/bathroom - Snack time
- 4:00 Transfer to day home - some children going home

## **Day home schedule**

Morning

- 8:00 Children can eat their breakfast if they have not eaten yet and have free play.
- 9:00 Snack
- 9:30 Preschool schedule starts

- 11:30 Lunch
- 12:30 Little ones going for naps while older children have quiet time

After school

- 3:15 After school children joining
- 3:30 Washing hands/bathroom - Snack time
- 4:30 Play outside, or group choice indoor activity.
- 5:00 Closing

## **RATES**

### **Day care & preschool fees combined**

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Daily Rate	\$70
Drop-in (only if space is available)	\$70

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