



Charity number: 1114179

# A day in the life of an RMOP child

Time/session	Activities
8.00am-9.00am <b>Scurries</b>	Children can access the full environment - painting, clay, drawing, reading, running, climbing, sand pit, dressing up
9.00am-10.00am <b>Arrival and play</b>	Child led continuous provision with staff using 'in the moment' planning. Activities can include: clay, drawing, painting, weaving, threading, mud kitchen, playdough, baking, fire cooking, paper crafts, woodwork (using hammers, nails, drills, sand paper) water play, gardening and more!
<b>MORNING SNACK</b>	
10.00am-11.00am <b>Play</b>	Child led continuous provision with staff using 'in the moment' planning (see above for examples of activities).
11.10am - 11.30am <b>Fire Circle</b>	Adult led songs games and stories
<b>LUNCH TIME</b>	
12.00pm - 2.00pm <b>Play</b> (Some children go home at 1pm)	Child led continuous provision with staff using 'in the moment' planning (see above for examples of activities).
<b>AFTERNOON TEA</b>	
2.30pm -3.00pm <b>Tidy up and relax</b>	Adult led stories, songs, yoga, rest. Cosy yurt time in Winter
<b>3.00PM HOME TIME FOR NON-SCURRIES</b>	
3.00pm -4.15pm <b>Scurries</b> (School children Scurries pick up @3.15pm)	Activities can include: fire circle, specific tool or craft session, relaxing with books/hammocks plus free play.
<b>SCURRIES SNACK</b>	
4.30pm - 5.00pm <b>Scurries</b>	Final tidy up and relax ready for hometime!



Charity number: 1114179

# Mealtimes at RMOP

Time	Snack examples
<b>8.00am</b> <b>Breakfast for Scurries</b>	A selection from: Cereal, fruit, toast, pancakes or crumpets (with butter/ jam)
<b>10.00am</b> <b>Morning snack</b>	Choice of fruit and a drink of milk (and hot drinks in the Winter) plus a selection from: English muffin, crumpets, yoghurt, breadsticks, fig rolls, popcorn.
<b>11.30am</b> <b>Lunchtime</b>	Packed lunch or school dinner
<b>2.00pm</b> <b>Afternoon tea</b>	A selection from: Milk, hot chocolate, fruit, crackers and cheese, breadsticks and cream cheese, pitta pockets, yoghurt, dried fruit, cheese crackers, toast, pancakes.
<b>4.15pm</b> <b>Scurries snack</b>	A selection from: Toast, cereal, beans on toast, egg on toast, muffins and cheese, fruits, breadsticks, yoghurts, milk, hot chocolate

A note about our request for a voluntary 'snack' donation on all invoices. This is a historical term that doesn't really explain that your contribution isn't just for all the food that hungry children devour. It also helps fund cooking ingredients, trips offsite, additional Forest School resources and our hygiene supplies (wipes, gloves, nappy bags, spare nappies/pull ups) therefore we appreciate any and all donations. Please speak to Leader Ruth if you have any questions about this.