

Education for the head, the heart, and the hands

The Early Years





The start of your Waldorf adventure

The Early Years include Preschool (children aged 3-4 years) & Kindergarten (P1 and P2).



The Early Years Team: (from left) Claire McIlwaine - Kindergarten Assistant, Katherine Riera Cassorla - Kindergarten Teacher, Angela Clements - Preschool Teacher & Head of Early Years, and Katie Clements - Preschool Assistant.

Preschool

3-4-year-olds

In our Preschool, the child is learning primarily through imitation. Most of the child's day consists of meaningful work and activities with a purpose such as, baking, gardening, doing laundry, cleaning, and taking care of the Preschool room. Our children also explore creative activities through painting and modelling using natural materials.





The day is structured so that there is a varied pace, with periods of free play and periods of concentrated activity, led by the teachers, providing a balance between times of activity and times of rest, known as breathing in and breathing out. This provides us with the rhythm in the room, which is an important part of Steiner education. The children enjoy a main meal each day which follows the grains of the weeks and follows an organic and vegetarian menu. Our children help to prepare the meals and serve them. This teaches them skills of cooperation, kindness towards others and responsibility.



As part of our day, the children spend time outside in our garden. Here they get to spend time in nature and are encouraged to slow down and enjoy the gentleness of nature all around them.

They search for gnomes and fairies in the fairy garden, build little homes for the animals and care for the food they are growing in the vegetable patch. They make mud pies and use water and sand as a sensory experience.



By doing this they learn valuable skills which include, problem solving, working with others, and caring for the environment.







Ring time is an important part of our day, as children sing traditional songs, rhythmical verses, including poems and fingerplays which are linked to the seasons and the many festivals we celebrate.

This helps to focus the children's attention, develop their linguistic skills, and strengthen their motor skills.

Listening and clear articulation is practiced through this rhythmical recitation, which is repeated for a week or more.

During the final movement we incorporate a meditation, when the children rest on the floor and experience hearing the quietness and feeling the calm. When the children are relaxed and rested, we move to our story corner for our daily story. The mood is hushed, and the expectation is that the children will listen and respect that this is a quiet time. Nature tales, traditional stories and fairy tales are told often using puppets.











These are repeated to give all the children a chance to find a deeper relationship with them and to familiarise themselves with the material. Each story is carefully planned to make sure it is age and developmentally appropriate and we have the same story for a full week. When the story ends so does our day and the children sing a goodbye song to each other and join their parents.

Email us at info@holywood-steiner.co.uk or call us on 028 9042 8029

Kindergarten

4-6 year olds/P1 and P2





as the children arrive, they are warmly welcomed into a room full of gentle colours, soft furnishings, and natural toys, they take off their shoes, coat and put on their own slippers kept at kindergarten.

Kindergarten continues the strong rhythm set up in Preschool, however now as the children slowly prepare for formal learning in Class One new elements are added into the day to develop further independence and fine motor skills. As the children arrive the activity of the day is already under way, and the children are invited to join in.

We follow a rhythm of the week and every day has a different activity, from baking, painting, seasonal crafts, drawing and cleaning.





When the children are in their last year of Kindergarten, they start their very own weaving frame, which helps to develop fine motor skills in preparation for book work in Class One.

The children gradually move into free play, where beautiful, simple, and natural toys are on offer to evoke the children's imaginations, encourage social play and problem solving. Amongst other things we have a home corner, wooden frames for building houses, wooden blocks which one day become a castle, the next a tower or part of a ship.



Claire McIlwaine, Kindergarten Assistant & Katherine Riera Cassorla, Kindergarten Teacher







Through song we transition into tidy up time, every child is encouraged to put all the toys back in their place neatly, ready for the next day. We practice the skills needed to keep our room and equipment well cared for and tidy.

Every day we gather in a circle for a Ring time, a time for seasonal songs, rhymes, and actions. It is a wonderful opportunity to practice our gross and fine motor skills and connect to the different seasons.

At mid-morning, each day we all sit together for a snack prepared in Kindergarten, including freshly baked bread and fruit. Snack time is a moment of quiet and a chance for conversation with each other. We follow a weekly rhythm, and each day has a different snack, often the children know Tuesday simply as bread day. The children all help tidy up the snack table then put on their waterproofs and wellington boots and go outside to play.

We have a large garden with trees, flowers, a sandpit, climbing frame, slide, and swing. The children love to climb, slide, swing and get muddy. The garden is cared for with, pruning, raking, and planting which the children are always welcome to join and love to help.

After an hour of playing outside the children come inside, wash their hands, and settle into our cosy story corner. Every week a new fairy tale or nature story is told by the teacher, the children listen carefully to the story. Often, the teacher creates a simple puppet show for the children.

After a busy morning it is time to sing our goodbye song and for the children to go home.

Email us at info@holywood-steiner.co.uk or call us on 028 9042 8029







If you wish to find out more about Holywood Steiner School please visit **holywood-steiner.co.uk**

To arrange a walk-through and meeting with Headteacher Peter Chambers, please contact the school at info@holywood-steiner.co.uk or 028 9042 8029.

f holywoodsteiner o holywood_steiner_school