

Our Philosophy

At KKA, we believe in learning through play, but we also believe that in learning everyday skills we are teaching and preparing our children for the actual world we live in. In addition, we believe in purpose. Our learning center teaches children how to connect with their inner selves and align with who Divine has created them to be. We navigate this philosophy through a holistic approach, learning about herbs, anatomy and natural healing; and aligning our energy to prevent dis-ease.

Our program teaches children how to regulate their emotions, speak positively and with intention to themselves- and others, and how to develop a healthy sense of self-love; all while learning basic skills and exploring the world around them. We creatively do this by correlating each of our 7 units to a chakra, focusing on color therapy, breath/energy work and implementing academics into our activities.

Our curriculum is designed with enhancements that will also teach your child language, math, science and the arts at any developmental age; and to overall just be a good/empathetic/productive human being.

Furthermore it is our goal to create a learning environment that is health conscious and good for our minds and bodies. That is why we are adamant about the quality of foods we serve and products we use in our environment. We want to make sure that even during a pandemic that we are a safe place for your children to be and to protect their physical and emotional health. Immunity is imperative! And a strong immune system starts with what we put into our bodies and what we use to heal our bodies when feeling yucky.

Krunchy Kidz Association doesn't just want to be your child's learning center but a part of your community. We are here to keep you up to date on health regulations and to help you make informed decisions as parents. We are here to provide you with healthy and safe alternatives and to know your options as parents. And most excitedly, we are here to offer support, a social community, and lots of memories for you to cherish as your family grows. We want to be a part of your family!

Nonetheless, we don't just stop at the children who enroll into our programs. We know that it is important for the teachers who oversee your child's day to day experiences are well taken care of so that they feel relaxed and thoroughly enjoy their careers; and can in turn be better teachers to your children. Krunchy Kidz Academy started as an in home private preschool/ learning center, however our goal is build a holistic school for the crunchy community that upholds crunchy beliefs and practices and is designed specifically towards balancing good health for our minds/bodies as our children are being educated to be our next leaders of our world.

Thank you for choosing Krunchy Kidz Association. We hope this is the becoming of a long-term friendship!

What Your Child Will Learn At KKA

Basic Life Skills:

Self-love, self respect, self-confidence

How to respect, affirm, and validate others

How to care for nature and the world around them

Basic life and home skills

Agriculture

Herbal nutrition and healing

Safe and non-safe ingredients

Emotional regulation and creating great days

Being socially aware of themselves and others

Academically:

Art- *in addition to colors, shapes, paintings and drawing, your child will learn what they are naturally good at and how to nurture that gift

Reading/writing

Grammar

Math

Anatomy

Science

Financial literacy

Community Building

Daily Schedule

Arrivals: 7:45-8:30

Breakfast: 7:45-8:20

Morning Affirmations: 8:30-9:00

This part of our day is our circle time. This is where a big chunk of our learning experience happens! At this time we greet one another, go over the date/weather, go over our classroom rules, talk about what we are feeling and say some positive affirmations to boost our self confidence and set the tone for the positive day. We go over our alphabet sounds, numbers (1-20 in both English and Spanish) and do a fun activity that focuses on the topic of the day.

Traverse Learning: 9:05-9:50

At this time, we will utilize home/life skills to learn literacy, chemistry, math, financial literacy, and biology. We will be carrying out activities such as baking, learning how to identify different forms of money and bartering and trading through play, as well as studying herbs and plants to learn how to count, identify letters and sounds, add/subtract, identify our body parts, identify colors and shapes, and learn techniques of art.

A.M. Snack: 9:55-10:05

This is an extension to transverse learning- for, we usually will make our snacks together as a class during that time.

Outdoor Exploration: 10:10-11:00

We start this section of the day spending 20 minutes taking a brain break and indulging in a little fitness play. During fitness play we use our imagination to engage the muscles in various parts of our bodies, finishing it out with breathing exercises to ground us and prepare us for 30 minutes of exploring the outside. While exploring the outside, we have centers that allow us to engage in agricultural science, astrological studies, and take a closer look at nature or simply just play on the outside equipment. This is choice led by your child.

Freshening up/Lunch Preparation: 11:00-11:30

Lunch: 11:45-12:15

Lunch will be served family style! We will practice sitting at a table properly and using our table manners, as well as cleaning up after ourselves. This is a great time for your child to engage with their teachers and learn how to socially interact with one another

Nap/Quiet time: 12:30-2:30

Afternoon Snack: 2:45-3:15

Afternoon Outdoor Explorations: 3:20-4:25

We will start this session with interactive songs that wake us up and get our body's moving! Then we will spend 40 minutes just enjoying the outdoors as I engage and check in with each child

Core Zones: 4:30-5:00

Different centers will be placed out to summarize and reiterate the core things we learned that day.

Our Menu

At Krunchy Kidz Association we believe in eating a clean diet that is organic and gmo free! We know that what we put into our bodies directly impacts our physical health and that our physical health regulates how we grow and learn. Therefore, we strive our best to create a well balanced menu that promotes optimal health.

The foods on our menu are plant based and home cooked. We want to ensure that we serve your child an alkaline diet that best supports their growing bodies. The benefits:

Fruits and vegetables are normalized and made fun for your child
Helps to detox your child's body
Encourages families to have fun looking up plant-based meals to create at home
Eliminates having to make multiple meals due to food allergies

*Krunchy Kidz is not against meat eating and may sometimes include it in a meal to be all inclusive, however the goal is to be a plant-based school.

Examples of meals

Bean and cheese tacos, broccoli, strawberries

Potato soup, salad, blueberries

Vegetable stew, cornbread, pineapples

Broccoli and cheese quinoa, peaches

Margherita pizza, salad, pears

We will be making most of these meals with the kids so that they are excited to try it!

Every month a menu for the month will be sent out to the parents. We welcome plant-based meal ideas! So if you would like for us to include a recipe on our menu, please email the recipe by the 25th of the month to be included on the following month's menu: jasminehughes@krunchykidz.org. Any parents who provide us with recipes will be shouted out in our school newsletter that month to provide opportunity for parents to connect and share ideas