

Welcome to Preschool!



International Children's College

Inhambane Moçambique

Going off to preschool

Preschool may feel a little overwhelming for you as you feel your little one is growing up too quickly. Put your mind at ease! Here at preschool, we are all about having fun, learning from each other, building confidence, and developing through play.

Getting prepared

What your child needs.

- 3-4 x Nappies
- ½ -1/3 full Baby wipes
- Bum cream and powders
- Empty plastic packet for wet /dirty clothes
- Change of clothing, including underwear.
- Hat
- Shoes for nature walk
- Healthy Lunch
- Water bottle
- Sun Cream

WhatsApp Group

Teacher-parent communication is made very easy and convenient through our use of WhatsApp.

Please make sure that you have WhatsApp and supply us with your details so that we can add you to our Class groups.

Have you met your Class teacher?

It is important to get to know who your class teacher is. The teacher will be able to tell you about what happens at preschool and answer any questions that may help your child settle in. We work on an open-door policy. The preschool has a range of policies and procedures to promote the health, safety and wellbeing of all children. These include arrival and departure, food and nutrition, education and sun protection. It is also an opportunity to pass on any additional information about your child to the teacher such as whether your child still naps and what time. Be sure to leave a contact number with them to add you to the Class WhatsApp group. For more information on the teachers visit

<https://kingfisherlakeschool.com/staff-4/>

Comfortable clothes

Dress your child in comfortable, practical clothes that are safe and easy for them to manage on their own, including sensible shoes for playing and climbing. Grade R has a uniform to wear, and you can ask your teacher where you can get this. While teachers try to avoid children staining their clothes, paint and dirt are all part of having fun and learning. Provide an apron or large t-shirt for art. Children will be expected to wear a hat to play outdoors. Encourage your child to get used to wearing a hat when they are outside.

Label everything

Clearly label all of your child's items such as their clothes, bag and lunch box. There will be a lost property box at the preschool. However, make sure your child's name is not visible on the outside of anything they will be wearing to and from preschool. Please use a clear, lower-case script when doing so

i.e., John Smith not *John Smith* or JOHN SMITH

Registration

Please make sure you have filled and complete all registration forms with the office and have provided us with a copy of your child BI/passport/Birth Certificate.

Learn and Activities

Children learn through play. Your child's interests will direct the learning experiences the teacher plans for your child through play. Through these learning experiences, your child will explore and experiment. They will develop their skills in solving problems, communicating and socialising. They will also develop self-esteem, confidence and the foundations for their formal learning. The learning program in preschool is guided by the British Early Years Foundation Stage framework while incorporating various methods and approaches to learning such as Montessori and project-based learning.

Support your child's learning

Children learn best when parents and teachers work together. Help your teacher by sharing information about their interest and any needs they may have.

- Encourage your child to dress and undress themselves.
- Encourage your child to use both knife and fork when eating.
- Encourage your child to become more independent when using the lavatory and when washing their hands
- Talk about school with your child, emphasising the positive and exciting aspects of school i.e., new friends, exciting things to play with, and new things to learn. Focus on those things that you know your child will enjoy.
- Spend time looking at books with them and reading to them. Sharing a book does not mean just reading together. It means ...A cosy cuddle, learning to choose, gaining confidence, laughing together.
- Read nursery rhymes with your child and encourage them to say them with you so that they become familiar with the idea of rhyming words and gradually begin to learn things by heart.
- If your child shows an interest in either reading or writing, please identify letters by sound as well as name. For example, a as in c a t for the sound and A (ai) as in train for the name.
- If your child is writing at home, encourage them to hold their pencil correctly and to form letters in the correct way. (Ask your teacher for a copy of the letter formation sheet if you are interested).
- The most valuable mathematical activities for parents and children are practical ones which relate closely to everyday life. Everyday experiences such as shopping, counting objects, looking for shapes and board games are full of opportunities to use mathematical language.

Programme Times

School starts at 08h00 daily end at 14h00 Monday to Thursday; and 13h20 on Fridays. Preschool children (excluding Grade R) may be dropped off & picked up anytime WITHIN those hours, depending on their sleeping patterns or needs & parent schedules. We have daily snack periods at 10 am and 12 am. We follow a weekly schedule, which includes different topics and activities. Please chat to your teacher for more information.

Preschool activities for learning

- Puzzles and playing with blocks
- Painting, drawing, cutting and pasting
- Reading books and listening to stories
- Talking and listening
- Dressing up and playing in the mud kitchen jungle gym house
- Listening to and playing music
- Dancing and movement
- Climbing on equipment, balancing, running, and jumping
- Playing with clay, play dough, sand, and water

Healthy Preschool Routines

A good night's sleep

Children need a good sleep each night to be able to cope with the adventures and fun of preschool. A good sleep will help your child to:

- pay attention and concentrate
- problem solve and think of new ideas
- play sensibly and enjoy their day.

A good start

A nutritious breakfast will help set your child up to have the best day possible at preschool. It will help them to concentrate and give them energy to play. It will also help them develop good eating patterns for the rest of their life.

What to do if your child is sick

If your child has the following symptoms (or any of the common illness listed below), then it is best to see your doctor and keep your child at home:

- a fever of 38°C or above
- vomiting or diarrhoea
- cough or respiratory symptoms
- cold or flu symptoms
- rashes of an unknown origin.

Food at preschool

Eating at preschool is an important part of the daily program and we promote healthy eating habits. Our preschool staff will also help your child during mealtimes by reminding them to wash their hands. Staff will encourage them to finish their food and not to share their food with friends. You will be asked to provide healthy food for the day. Talk to your preschool teacher to get an idea of what to pack for your child each day. Pack food you know your child likes and will eat; you can even do this together.

Common illnesses

Conjunctivitis - The eye feels scratchy, is red and may water. Eyelids may stick together during sleep.

Impetigo - (school sores) Small red spots change into blisters that fill with pus and become crusted. Usually on the face, hands or scalp.

Ringworm - Small scaly patch on the skin surrounded by a pink ring.

Head lice - Do not be alarmed if an outbreak occurs. Head lice are not dangerous and are easy to manage. Having head lice is not a reflection on your child's level of personal hygiene.

Preventing head lice

- Regularly check your child's hair.
- Keep long hair tied back or braided.
- Keep a fine-toothed comb in the bathroom and encourage your family to use it when they wash their hair.

Treating head lice

Daily combing with a white hair conditioner using a fine-toothed comb will help get rid of head lice and their eggs (nits). If your child has head lice, let the preschool know so they can ask other families to check their children's hair. Your child does not have to be identified.

Good to Know

Birthdays

If it is your child's birthday you are more than welcome to bring in treats and share a little celebration with your child at school. Please chat with your class teacher on the details and bear in mind we encourage healthy snacks so we would like to discourage juices, sodas and sweets. Again, speak to your teacher on healthy alternative or find ideas on the internet.

Pick up and Collecting Kids

Parents should use the parking area to the left of Preschool as you enter the property. Children should be accompanied by their grown up to and from their respective classrooms, making use of the gate near the toilets. Please let your class teacher know if your child will be collected by you or is part of a lift club. If you cannot collect your child, have someone else who will collect or are running late you are to contact the school to inform them. (Telephone: +258 844 662 646).

Getting involved

We encourage and take great joy in your involvement and interest shown in your child's school and education. We have a volunteer Class parent role for each grade that works closely with the class teacher helping with any needs and providing support for the class when required. We also have a Dream Team Parent Association that help with fundraising events. If you are interested in getting involved please contact the Office for more information.

Toys

We kindly request that you discourage your child from bringing toys from home to school. We do not mind a cuddly toy while they are still settling into the school routine. We would like to avoid children being upset when special toys are lost or broken.

More...

This is a brief information letter as we encourage you to explore more information on our website www.kingfisherlakeschool.com. Which may include but is not limited to topics such as:

- Vision and Mission of the school.
- Outreach programme
- Code of Conduct
- School calendar
- Stationary list

Check back occasionally for updates to the website. You can also contact the office if you require printed

How to find the right person if you have a question or issue

We understand that you may have questions or concerns about your child while they are going to preschool or when they are getting ready for school. If you would like to discuss your child's progress or readiness for school, your child's preschool teacher is often the best place to start. We have termly reports that are sent out as well as parent teacher conferences, and you will be notified when these will take place. If you have concerns about the service, you can ask to speak to the Head of Department or Principal. Telephone: +258 844 662 646 Email: info@kingfisherlakeschool.com